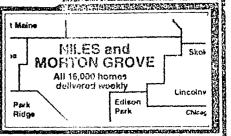
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THURSDAY, JUNE 14, 2001 Lawyers close to deal with Caldwell Ave. Tam Fitness Club;

## Redistricting means one Congressman for all of Niles

The redistricting that resulted from the 2000 census will bring changes to Niles, when the village is no longer split between two districts but falls entirely within the new 9th Congressional District of Rep. Jan Schakow-

. But Democrat Schakowsky. now serving her second term. will lose much of her Chicago territory, although she will keep some areas near the lakefront. She also retains parts of the Northwest Side between the Northwest Highway. Harlem, Talcott and Nagle.

She picks up all of Park Ridge and the part of Niles which pre-viously fell within Henry Hyde's district.' along with Rosemont. western Wilmette and all of residential Maine Township.

The new districts are configured to meet an ideal population size of about 653.000. To meet this number, the 9th District had

Continued on Page 42

## **District 64 considers** increasing bus fees

School board members recommended a 31 percent increase in bus usage fees at their May 29 meeting. The board is expected to vote on the matter at the June 11 meeting.

The proposed increase would apply only to those students whose pick up points do not entitle them to free transportation. State guidelines allow students

who live more than one-andone-half miles from school free bus service. Another qualifier includes those students who would pass through "hazardous situations" while walking to school. "Hazardous" could be defined as a difficult-to-cross highway, for instance, said Patricia McGuire, district comptrol-

Continued on Page 42

# \$20 million loan for Niles **High improvements**

At their recent board meeting. trustees of Niles High School District 219 took steps to get additional funding for construction and remodeling projects.

The board approved a \$5 million refinancing bond and a \$17 million loan, making more than \$20 million immediately available for Niles North and Niles

The \$17 million, however. will not buy project improvements, cautioned Board President Robert Silverman. Instead.

Continued on Page 42

#### Man chased by teen with gun in Niles

the Niles Police Department after he was chased by an unidentified teenager with a gun at about 5 p.m. June 2 near the intersection of Grand and Elizabeth.

According to the police report.

A Waukegan man contacted the boy is about 17-18 years of age, white, 5'6", 130 lbs, with a shin build and a medium complexion. The report does not indicate how the two crossed paths or if there was any motivation for

Continued on Page 42

# Niles Parks to purchase indoor tennis courts

Park Director Joe LoVerde looks for club opening this summer

Niles Park District has taken steps to acquire the TAM Fitness Club located at 7680-86 N. Caldwell Avenue, Niles. Illinois by filing a Complaint for Condemnation. Executive Director Joseph LoVerde stated that according to the Complaint, the Park District has been negotiating with the owner to acquire this Fitness and Recreational Center to enhance the Park District's programs and expand its facilities. The Park District has signed a Letter of Intent to purchase the facility, including its fitness equip-

The parties are negotiating the details of a future contract so that this acquistion can take place as

early as possible. According to Executive Director Joseph Lo-Continued on Page 42

#### Niles student scores 100% in national science test

At 14. Adam Reisberg, an eighth grader at Gemini Junior High School, already has a list of accomplishments to his name.

Keen on writing, he's working on a novel, has published in the local press, won an award

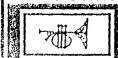
He's developed a feature video he describes as a parody of the TV show. "Survivor."

In music, he plays secondchair trumpet at Gemini, in both Continued on Page 42

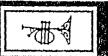
# Academic excellence awarded at St. John Brebeuf



St. John Brebeuf 8th graders receiving awards for academic excellence included: (back row) Bob Galassi, Bob Bednarz, Ken D'Aquila; (front row) Christine Zafiropoulos, Caroline Merkel, Laura



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Dayna Berman is the new Director of MaineStay Youth and Family Services. Located at 838 Busse Highway in Park Ridge. MaineStay is a department of Maine Township.

"As a true professional. Dayna was promoted from Assistant Director to Director in recognition of her superb contributions to Maine Township and our residents," says Supervisor Bob Dudyez in making the announce-"She is respected throughout Illinois for her knowledge and accomplishments. She and the staff are real assets to our Township commumity and I am sure well up to the challenges that lay before them." Having joined MaineStay in

1995, she recently celebrated her sixth anniversary. As a longtime resident of Des Plaines, she was a 1986 graduate of Maine East High School. She received her Master of Social Work degree in social work in 1992 from the Jane Addants College of Social Work at the University of Illinois at Chicago. She now lives in Buffalo Grove with husband. Stuart, and daughter, Shelby, age 3 1/2. In her free time, she

enjoys painting and gardening. Bernian has been a licensed clinical social worker since 1995. As a Director, she will su-

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pervise all activities of MaineStay that services an average of 4.500 residents per year. There is a staff of 8, which includes three master's level therapists. Some of the programs MaineSmy is known for include the Drop-in Center for youth afterschool and summer activities. E.A.R.N. which matches youth job seekers with part-time opportunities from residents especially seniors, and KLOWN which teaches third graders



about the dangers of drug and al-

"I am very excited about the opportunities and the challenges of my new position." Berman says. "I look forward to the new responsibilities and being able to bring new programs online and upgrade our popular services which help so many local families and young people. This is a very rewarding position.'

In other professional capacities. Berman was recently elected as President of the Association of Illinois Township Committees on Youth (AIT-COY), a statewide non-profit organization of township-affiliated youth and family service agencies and programs.

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

#### Scout Master receives Silver Beaver award

Boy Scout Troop 84 of Morton Grove is pleased to announce the Northwest Suburban Council of the Boy Scouts of America recently recognized their Scout Masier, Mr. John Wydra, with the Silver Beaver award. This award. the highest recognition that the council can present to a volunteer, recognizes the exceptional service of the recipient to Scouting and to the community at

Mr. Wydra, a long time resident of Morton Grove and a veteran of World War II. donates his time and talent to a number of local organizations. In addition to serving as Scout Master for Troop 84. Wydra acts as a docent at the Morton Grove Historical Museum, lectors at St. Martha Church and is a member of Post

Other past recipients of the Silver Beaver Award from Morton Grove include John Slater and





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# Notre Dame to host one-day golf clinic

Boys' head golf coach Bob Beckman is pleased to announce the addition of a one-day golf clinic scheduled to be held on Sunday. June 24, at the Notre Dame Golf Center on the school's Niles campus. The clinic will start at 1 p.m., and end at 4 p.m.

(NU) -- The beaches and

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tional Institute for Automotive

The three-hour golf clinic is open to anyone age 12 and over. The clinic, titled Introduction to the Fundamentals of Golf, will include the following areas: Clubs, set-up (i.e. grip. stance, ball position and alignment), swing fundamental (chipping, pitching and 8694.

Notre Dame High School for full swing) and putting tech-

Beckman and professional golf instructor Tom Granato will share teaching duties at the clinic. Coach Beckman is beginning his 13th season as Notre Dame's head coach this fall. The cost of the clinic is \$80 per person. Registration deadline is set for Wednesday, June 20. Clinicians will need to bring a 5-. 6- or 7iron, putter and wedge.

For more information, please call coach Beckman at (847) 779-

## Local congregations combine exercise and worship

Congregation B'nai Jehoshua Beth Eloltim, (BJBE), and Tema 8:30 a.m. ride/walk. Sundays ple Beth El. Glenview, have formed a Shabbat Biker's (Walker's) Minyan that will meet at Temple Beth El on successive Saturday mornings during July and August. Starting June 16 through August 18, the group will

meet at 7:30 a.m. for services and mornings August 26 and September 2 the group will meet at 8:30 a.m. for riding only.

Printed guidelines are available for those interested. For information contact BJBE at (847)

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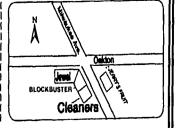
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- etc.) as recommended. Check the condition of tires, including the spare (Tip: Let tires "cool down" before
- checking air pressure.) · Inspect all lights and re-
- place any burned out bulbs. Replace worn wiper blades. (Tip: Keep plenty of washer fluid

on hand to fight dust and insects.) For a free brochure with suntmer maintenance tips, send a selfaddressed. stamped businesssized envelope to: ASE Summer Brochure, Dept. NU-005, 13505

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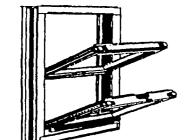
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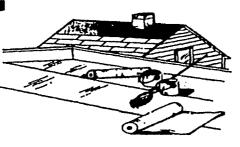
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non McNeill, Chris Santos Grade 7 - Room 32 First Honors

Kevin Bohn, Kathie Hyrc, John Johann, Regina Ramos, Katic Stasiak.

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Second Honors

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**Second Honors** Jessica Jurado, Richard Nelson, Marcella Yaniz.

#### Grade 8 - Room 35 First Honors

Khrista Harris, Stephen Christ, David Ladao, Michael Sachaj Sarah Hwang, Kristen Greif Reggie Lara, Hubert Szacilowski, Amit Patel, Julie Wiatr,

#### **Second Honors**

Kimberly Casey, Ashley Spencer, Kira Baltutis, Peter Szachowicz, Max Starowicz, Anthony DiGregorio.

# Don't let insects put the bite on your family

(NAPS)-As your family heads outside to enjoy the warm weather, remember to guard against those pesky creatures that bite and sting. According to the American College of Emergency Physicians (ACEP), your first line of defense is to be prepared.

"While most people have mild reactions to insect bites, some people have severe allergic reactions that require emergency treatment," said David Wilcox, MD, of ACEP. "In addition, some insects carry disease, such as Lyme, Rocky Mountain Spotted Fever, and encephalitis, although this is rare."

While it's impossible to prevent all insect bites and stings, there are steps you can take to minimize the risks. For example:

• Use insect repellent. Repellents with DEET are effective in preventing bites by mosquitoes, ticks, fleas, chiggers, and biting flies. Repellents for children should contain no more than 10 percent DEET. Do not use DEET on babies.

• Don't use scented soaps, perfumes, hair sprays, or sunscreens, which can attract bugs,

 Avoid going out during peak and dawn.

 Avoid areas where insects nest or gather, such as stagnant pools of water, garbage cans, and orchards and gardens where flowers are in bloom. • Don't leave food, drinks, or

garbage out and uncovered, flowery areas, or in areas infested swelling and relieve pain.

with ticks or mosquitoes, wear long-sleeved shirts and pants and protective shoes. Avoid dressing in bright colors or flowery prints, which seem to attract insects. Don't wear baggy clothing, which can trap bugs.

• Check yourself and your

children for ticks after leaving infested areas. If you find one, and you know how to remove it, do so. Otherwise, call your physician immediately.

• Children and adults who are highly allergic should wear identification bracelets, and adrenaline auto-injectors should be available at all times.

If a bite wound remains or worsens over several days, seek medical treatment for possible infection. Get immediate medical attention if you have been bitten or stung and you know you get dangerously ill from a bite. Symptoms of an allergic reaction

· Hives, itching or rash away from the bite area.

 Swollen lips or eyelids. Swelling of the throat.

· Difficult or noisy breathing (wheezing). Decreased consciousness

"If your child is stung by a bee,

it's important to remove the stinger," said Dr. Wilcox. "Scrape or flick it out with something stiff like a credit card to avoid squeezing more venom into the wound. Also, wash the wound with soap and water, and use cold com-• When outdoors in grassy or presses or ice to help reduce

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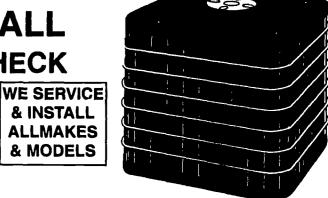
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## Women's News

# **NAWIC** adopts new core purpose

A core purpose was recently adopted at the National Association of Women in Construction's Mid-Year Board of Directors Meeting in Indianapolis, Ind. The core purpose replaces the Association's mission statement and says that NAWIC exists "to enhance the success of women in the construction industry."

The adoption of a core purpose

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came from a recommendation by NAWIC's Strategic Plan Committee that had met earlier in the year. A core purpose is a concise statement that explains the organization's reason for being. Unlike a mission statement, the core purpose does not change over time.

In addition to adopting a core purpose, NAWIC adopted three core values. They are: Inclusiveness, Interaction and Innovation.

Founded in Fort Worth, Texas in 1955, NAWIC is an international association serving more than 6,000 members in nearly 200 chapters across the United States and Canada. NAWIC is also affiliated with NAWIC-Australia, NAWIC-New Zealand and South African Women in Construction (SAWiC). The association's membership is comprised of business owners, engineers, architects, tradeswomen and a variety of other construction-related careers. For more information, please contact PR/ Communications Director Leona P. Dalavai at (817) 877-5551 or visit www.nawic.org.

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# **Recipes that Capture the Spirit of Australia**

(NAPS)—Looking for a quick chef for McPherson Wines of and delicious meal that's suitable for serving friends and family? According to Suzi McKay,

Australia, your best bet and a ravishing recipe for entertaining is Grilled Snapper with Pink

to serve,

Grilled Snapper with Pink Grapefruit Salsa & Fried Ca-

(serves 6) This simple summer seafood dish relies on a quick grilling of fresh snapper or cod, accentuated by the tart, bitter tang of grapefruit salsa that is softened with avocado, and a salty high note of fried capers. This combination of tart, salty, and rich ingredients provides a lovely textural accompaniment McPherson Semillon-Chardonnay.

2 pink grapefruit; 1/2 small red onion, thinly sliced; I avocado, peeled and diced; 2 tablespoons extra virgin olive oil, juice one of them; 2 tablespoons cornmeal; 2 tablespoons allpurpose flour; 1/3 cup capers, drained; I cup olive or vegetable oil; 6 red snapper or rock cod fillets (11n to 2 pounds); 1/4 teaspoon salt; 1/4 teaspoon cayenne

Using a sharp knife, cut away peel and white pith from each grapefruit. Cut grapefruit between membranes to remove segments. In a small, nonreactive mixing bowl, gently mix grapefruit segments, onion, avocado, extra virgin oil, and lemon

In a small mixing bowl, mix in mixture.

In small sauté pan or skillet;

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THE NEWSPAPERS THAT DELIVER

# **Polish Women's Alliance meeting**

The Polish Women's Alliance four-year scholarship from the Council 9 hosts an open meeting for all members and guests on Saturday, June 16, at 1 p.m. at their National Headquarters, 205 S. Northwest Highway, Park Ridge. For information contact Council 9 President Regina Solms at (847) 647-1855.

The event will showcase Polish Women's Alliance young member, Natalia Szadkowski, who is an accomplished violinist and vocalist, as well as a member of the Midwest Young Artists one of the largest musical and vocal programs in Chicago.

Fourteen-year-old Natalia recently performed with the Midwest Young Artists Senior Orchestra at Northwestern. University's Pick-Steiger Concert Hall. She is the recipient of a

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Sherwood Conservatory of Music and has attended the Meadowmount School of Music summer program for accomplished young musicians, whose alumni include Joshua Bell, Yo-Yo Ma, Itzhak Perlman and Pinchas Zukerman. Miss Szadkowski recently

won first place at a Sacred Song Festival held in Chicago and has recorded a CD of religious vocals dedicated to Pope John Paul II. Prior to her musical studies in the United States, she also studied at the Moniuszko's Music School in

#### **Skokie Valley Business** & Professional Women's Club

The Skokie Valley Business & Professional Women's Club will meet on Monday, June 18, at Don's Fishmarket in the Howard Johnson Hotel, 9333 Skokie Blvd., Skokie.

Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$20 for members and guests. Please call Marion Thomas at 847-966-4816 by noon on Friday, June 15 for reservations.

The speaker for the evening will be Judy Wille, her topic will be "How to use stress to your ben-

All working women, regardless of where they live or work are invited to attend this meeting and learn more about BPW the oldest and largest group in the world dedicated to the concerns of working women.

Grapefruit Salsa and Capers. This dish is a lot like the Aus-

tralian people and their wines accessible, friendly and stylish. When it comes to finding a good glass of wine, the Australian saying "no worries" sums it up.

When Americans and the world are discovering Australia, the land down under, invite your "mates" over for some Aussie food and a taste of "liquid sunshine." For recipes and ideas on www.mcphersonwines.com.

juice; refrigerate and reserve.

cornmeal and flour. Toss capers

heat oil until hot. Carefully add capers. Fry capers until golden, Continued on Page 9

# Read . . .

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morial Day meals, a spiral sliced ham can serve as a chef's signature dish, made unique by the addition of a special glaze or sauce. While many hams come preglazed, home chefs can choose an

unglazed ham such as Cook's spiral sliced ham to make the ham their own, either by applying the optional glaze packet, creating a homemade recipe, or leaving the ham unglazed. With side dishes such as roasted spring vegetables tion with be delicious, elegant your home.

**Engaged** 

Sheehan - Sears

Mr. & Mrs. James Macchitelli, of Niles announce the engage-

ment of her daughter Kathleen Lynn Sheehan, the daughter of

the late Stanley A. Sheehan of Park Ridge, to Gary Robert

The bride to be graduated from Maine South High School in

The future groom graduated from Lutheran North High School

in Mt. Clemens, Michigan in 1993 and is attending Macomb

Community College in Warren, Michigan. He is working towards

his Design Engineering Degree. He is currently employed at Ex-

The couple is planning a December 2001 wedding in Niles.

Did You Know?

e-mail

1991 and Concordia University in 1998. She is currently em-

Sears, son of Mr. & Mrs. Gary Sears of Ray, Michigan.

ployed at Apollo School in Des Plaines as a teacher.

peri-Metal as a die-tryout journeyman.

(NAPS)-Some women need a

prescription for the B vitamin fol-

ic acid to help reduce the risk of

having a child with spina bifida or

other neural tube defects. For

more information, call the Spina

Bifida Association of America at

sbaa@sbaa.org or visit the Web

As the centerpiece of tradition-

al Easter, Mother's Day and Me-

1-800-621-3141,

site at www.sbaa.org.

A rose is a rose is a rose? That's not a thorny subject, especially given the vibrant, cheerful and exciting colors of this year's All-American Rose Selections (AARS) 2001 winners. These striking varieties with their novel beauty are now available at retail garden stores and through selected catalogs.

A variety of new treatments for sinus infections offer relief for people who suffer from repeated infections. These treatments include surgery known as Endoscopic sinus surgery and a septoplasty, For more information about sinusitis and treatment options, contact a local otolaryngologist (also called an ear, nose and throat specialist).

According to a survey by IKEA, the nation's leading home furnishings retailer, people spend Mom's chocolate mousse pie for for their keys in the morning. dessert, the springtime celebra- Don't be late for work, organize

#### Brewing Company, 1385 North na in 1999." It will prove to be an meacham. Schaumburg, interesting trip! A regular business meeting Blocks north of Meacham). Reservations for dinner at \$30

members and \$40 non-members may be made with Janet Stafiej at (847) 813-0603. Social hour is at 6 p.m., followed by dinner at

Women's News

**Women in Construction** The O'Hare Suburban Chapter ricated Steel Products, and member of the Rockford, IL #193 of the National Association of Women in Construction , Chapter No. 277 NAWIC will be our guest speaker. Brenda partici-(NAWIC) will meet Tuesday, pated with the NAWIC delega-June 19, at the Prairie Rock tion that was invited to visit Chi-

> vill follow the Presentation. Guests and all women interested in construction are invited to

# Australia.

about 2 minutes. Using a strainer, remove capers to a paper towel; let cool.

Sprinkle fish with salt and cayenne pepper. Place fish on a ightly oiled grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.

Grill fish for 6 to 8 minutes turning once.

To serve, place fish on dinner plates. Top with 1/2 cup grapefruit salsa. Garnish with I table



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# **USE THE BUGLE**

#### Women's News

(NU)-Glowers, cake, dress.

# Early detection key to fighting women's cancers

(NAPS) -- Imagine a life- either causes pain or can be seen threatening stalker that strikes one woman every seven minutes. The stalker proceeds unnoticed and yet can be disarmed successfully with early detection and treatment. The threat: gynecologic cancers, which are newly diagnosed in more than 80,000 women each year. Myths and misconceptions about these diseases and sometimes difficult-todiagnose symptoms contribute to

Myth #1: Pap tests ensure a sis and should motivate you to clean bill of health. Pap tests are successful in identifying cervical cancer, one of six types of gynecologic cancer, and should be part of every woman's regular wellness routine. These tests, however, cannot detect all reproductive cancers. Gynecologic oncologists, physicians who specialize in treating cancer of the female reproductive tract, advise women with the following symptoms to seek medical attention as soon as possible: Frequent urination

- · A change in bowel or bladder habits
- A sore that does not heal Unusual vaginal bleeding

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Permanent Waves

A thickening or lump that

 Persistent indigestion or abdominal bloating

other contributing factors for cer-

vical, ovarian, uterine and breast

cancer are part of a personal on-

line cancer risk assessment on the

Women's Cancer Network,

www.wcn.org. The assessment.

which takes about 15 minutes, is

completely confidential and free.

The site contains valuable re-

sources and information for

women who are at risk for or have

been diagnosed with a gyneco-

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wedding requires great attention • Pain in the pelvic area to detail. It takes many months to Myth #2: Only your mother's get all of the rarrangements made side of the family affects your gyto make the wedding day a beautinecologic cancer risk. The genetful success. But in all the wedic risk for certain gynecologic ding hubbub, brides and grooms cancers, such as ovarian can be should remember that because it's carried on either side, making their day, all eyes will be on them. both histories equally important. That's why they need to put on Knowing family history can intheir smiles and look their best. crease the chance of early diagno-The makers of The Wand, a take preventative action. This and

revolutionary new product that takes the pain out of visiting the dentist, offer brides and gooms these tips on looking great on their wedding day. • Be yourself, only better. Of

course, you want to look fantastic on your big day, but don't stray too far from who you are. If you rarely wear makeup on an everyday basis, stick to colors that are natural but that enhance your looks. Don't overdo it. A little blush, mascara and lipstick may be all you need.

Myth #3: Gynecologic cancers Choose your outfits wisely. only affect elderly women. Gync-Choose a wedding gown or tuxecologic cancers do not discrimido taht you feel comfortable nate -- women of all ages are at wearing. Comfort is the key as risk. For free information, call the you're going to be on your feet for Gynecologic Cancer Foundation a long time. Be sure to wear your

# Be Sure to Smile Big in **Your Wedding Photos**

wedding day shoes around the

house for a few days before to tuxedo, invitations - planning a break them in. Brides should also test out their dresses to see if they are able to sit, dance and walk around comfortably. • Look polished. Aside from what you wear,-you want the rest of you to look fabulous as well. Proper grooming goes a long way. Men look best with a fresh haircut and well-trimmed nails.

> have a fresh, clean look. • Wear your smile. Don't put off that trip to the dentist, because it'll be your smile that people notice first when you walk down that aisle. With all the advances in dentistry, such as teeth bleaching, invisible braces or The Wand, there's no excuse not to have a beautiful smile.

Men should also shave a few

hours before the ceremony to

Consider the weather. A bride who chooses a shoulderbaring dress should plan on having a backup shawl or wrap if the weather is cold. Don't cover up your beautiful gown with your new husband's jacket. Hot weather can also be daunting. You don't want visible sweat stains. Men should rely on both an antiper-

spirant and deodorant. Talcum power can also be used to absorb sweat. Brides should keep nonpowdered face-blotting papers handy and rely on water-based foundation with sunscreen and a lightweight power to keep the shine at bay.

To learn more about The Wand, the computer-controlled local anesthetic delivery system that basically numbs your gums www.thewand.com.

#### Taking calcium to help reduce the risk of osteoporosis

(NAPS) -- An estimated 10 million Americans already have osteoporosis, and many more have low bone mass, putting them at risk for osteoporosis.

Osteoporosis, often called the "silent disease," due to its progression without symptoms or pain, is a disease in which the bones become fragile and more likely to break. One out of two women will suffer an osteoporosis-related fracture in her lifetime. Some risk factors in the development of osteoporosis may include use of certain medications and/or an inadequate dietary intake of calcium. When the body doesn't get enough calcium, it takes the calcium from the bones, thereby weakening them. This is compounded even further during the menopausal years when estrogen levels drop which may accelerate bone loss.

Although calcium is necessary for a variety of functions, including muscle contraction, blood clotting and nerve function, research shows that most women aren't getting enough calcium in their diets. In fact, about 93 percent of American women over the age of 40 are not getting adequate amounts of calcium in their diets, according to the United States Department of Agriculture's Continuing Survey of Food Intakes by individuals.

Calcium supplements can retard the progression of bone loss in postmenopausal women. One such supplement is Caltrate® 600 Plus, a patented formula containing calcium, vitamin D and five additional fortifying nutrients important for healthy bone formation. In a recent clinical study, it was shown to reduce bone loss in postmenopausal women aged 66-

"Women shouldn't wait to start taking preventive measures, including making sure they are getting enough calcium and other minerals in their diets to maintain good bone health," said Robert P. Heaney, M.D., Professor of Medicine at Creighton University.



# Community Calendar

#### **High School Reunion Listings**

Sentimental Journey, Ltd. will be coordinating the following re-

Senn High School Classes of January & June 1941, Saturday, June 30, 2001 - Embassy Suites

Mather High School Class of 1981, Saturday, July 14, 2001 -Maggiano's Little Italy Skokie.

Amundsen High School Class of 1986, Saturday, July 21, 2001 - DoubleTree North Shore

Hillcrest High School Class of 1989 - Turns "30" Party, Satur-

#### Maine Township **Board June meeting**

The Maine Township Board of Trustees will meet Tuesday, June 26 at 7:30 p.m. The meeting is open to the public. Board meetings are held at the Town Hall, 1700 Ballard Rd., Park Ridge.

The Board normally meets the second and fourth Tuesday of each month; however, the summer schedule is in effect with only one Board meeting a month during June, July and August.

For information on Township events and activities, call 847/ 297-2510 or visit the website www.mainetownship.com.

day, July 28, 2001 - Serbian Club

Prospect High School Class of 1964, Saturday, August 4, 2001 - Magnum's Rolling Mead-

Mather High School Class of 1991. Friday, August 10, 2001 -Double Tree North Shore Skokie. Rolling Meadows High

School Class of 1981, Saturday, August 25, 2001 - Arlington Trackside Arlington Heights. Lake View High School Class

of 1976, Saturday, August 25, 2001 - Marcello's Chicago. Mather High School Class of

1967, Saturday, September 1, 2001 - Double Tree North Shore Skokie Lincoln Park High School

Class of 1991, Friday, September 14, 2001 - Marcello's. Hinsdale Central High School Class of 1981, Saturday, September 22, 2001 - Maggiano's

Oak Brook. Arlington Heights High School Class of 1951, Saturday, September 22, 2001 - Barrington Hills Country Club.

Carl Sandburg High School Class of 1981, Saturday, September 29, 2001 - Holiday Inn Tinley

Niles North High School Class of 1969 - Turns "50" Party, Saturday, October 6, 2001 - DoubleTree North Shore Skokie.

Austin High School Classes of 1958-1962, Saturday, October 6, 2001 - Holiday Inn O'Hare. Austin High School Classes

of January & June 1951, Friday, October 12, 2001 - Renaissance Oak Brook Senn High School Class of

1966, Saturday, October 13, 2001 Embassy Suites Northbrook. **Evanston High School Class**es of January & June 1951, Satur-

day, October 20, 2001 - Skokie Country Club. Glenbrook North High School Class of 1961, Saturday,

October 20, 2001 - Westmoreland Country Club. Proviso East High School

Class of 1961, Saturday, October 27, 2001 - Four Point Sheraton. Mather High School Class of 1971, Saturday, October 27, 2001

 Arlington Trackside. Amundsen High School Class of 1971, Saturday, Novem-

ber 10 - Arlington Trackside. Niles North High School Class of 1981, Friday, November 23, 2001 -DoubleTree North

Niles West High School Class of 1981, Friday, November 23, 2001 - DoubleTree North Shore. Niles North High School Saturday, November 24, 2001 -

Marcello's Chicago Deerfield High School Class of 1991, Saturday, November 24, 2001 - Wrigley Field Stadium

Sullivan High School Class of 1981, Saturday, November 24, 2001 - Holiday Inn North Shore. Harrison High School Classes of 1963-1967 - TBA 2002.

Prospect High School Class of 1962 - TBA 2002.

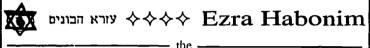
Proviso East High School Class of 1962 - TBA 2002.

Senn High School Classes of January & June 1953 - TBA

For more information, call write, fax or E-mail:

Sentimental Journey, Ltd. 847/657-3639 or 847/329-0111 Fax: 847/329-0131. P.O. box 431, Morton Grove, IL 60053.

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#### Ronald McDonald House hosts 'Day At The Races'

The Ronald McDonald House near Loyola University Medical Center will host a Family Day Fundraiser Brunch at Arlington Park race track on Sunday, June 24. All proceeds will benefit this "home away from home" for families of seriously ill and injured children being treated in suburban hospitals.

Arlington Park's doors open at 11 a.m. Brunch will be served in the International Room from noon to 2 p.m., and features both breakfast and main entrees. A cash bar will be available.

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Sunday is "Family Day" at Arlington Park. After the brunch, children will be able to enjoy a petting zoo, pony rides and other family activities in the track's

The afternoon's racing begins at 1 p.m., and runs until 5:30 p.m. Families who take advantage of this "Day at the Races" will enjoy a superb brunch and an exciting day of racing at Arlington Park while they support other families who need a "home away from

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home" at the Ronald McDonald House - making this event a won-derful daily double!

Tickets are \$60 for adults, \$30 for children 6 to 14 years old. Children 5 and under are free. Tables may be reserved for groups of 10, 8, or 4. The International Room accommodates 400 people, and advance reservations are required. To make reservations. please call the Ronald McDonald House near Loyola at (708) 327-

# Skokie Public Library

Local residents interested in finding out more about Skokie Public Library's upcoming expansion project can attend a special presentation on Wednesday, June 27 at 7 p.m. Patrons will have the opportunity to see the architectural renderings of the expanded building, hear about construction plans, and learn about the service enhancements that the project will make possible.

Project architect Robert Hunter. Principal of the firm

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O'Donnell. Wicklund, Pigozzi and Peterson, will be on hand to review the plans for the project and answer questions about the design of the building. William Kinder, Vice President of Fred Berglund and Sons Construction Management, will outline the different phases of construction and let patrons know what to expect while work is underway. Library Director Carolyn Anthony will discuss the service enhancements that will be made when the project is complete, and listen to patron suggestions.

All Library patrons are welcome to attend this informative presentation. Patrons are asked to register to ensure that seats will be available by calling 847-324-3127. Information about the project will also be available in the Library lobby during the sum-

The Library expansion project's current timeline calls for work to begin in July with the construction of a covered walkway around the perimeter of the building, ensuring that the Library will remain accessible as the new third floor is built. The first phase, which focuses on the construction of the new third floor, west side expansion, and Bookmobile garage, is projected to be completed in winter 2002. The renovation phase will then focus on updating the existing building to create more space for audio-visual materials, comput-

ers, and public meeting rooms. The public may call 847-673-7774 for further information about Library services and events. Log on to http:// www.skokie.lib.il.us/about/ building/index.html for additional details about the Library expansion project.

Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day www.skokiclibrary.org.

## Kenneth B. Gills

Marine Corps Pvt. Kenneth B. Gills, son of Lisa R, and Charles R. Gills of Des Plaines, recently completed basic training at Marine Corps Recruit Depot, San Diego. Gills successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally. Gills is a 2000 graduate of ine West High School of Des Plaines.

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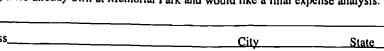
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Phone (Work) (Home) MAIL TO: P.O. Box 4814, Skokie, IL 60076-9776 'Just for Kids' website is for parents, too

with the click of a mouse, children and parents can turn to the Internet to learn more about the importance of good dental health care in a fun and interactive way.

The Chicago Dental Society (CDS) has a Just for Kids section on its website, which is located

www.chicagodentalsociety.org. Just for Kids is found in the public information section on the website and contains a variety of activities designed to teach children about good oral hygiene. Parents and children can team up to play a variety of educa-tional games, designed for children of all ages.

On the site, children and their parents can learn all about their teeth. In one area, they can easily and accurately identify different teeth by placing the cursor over a particular tooth. The site will then display the name of the tooth. By visiting another section, children will be advised at about what age the baby teeth should erupt and when the permanent teeth arrive. Another section labels the different parts of the tooth. Children are able to print the diagram of the tooth as

#### Norwood Park Home schedules **Open House**

Are you concerned about the safety of your mother or father or whether their meals are ample and nutritious? If so, then attend the Open House that will be held at Norwood Park Home, 6016-20 N. Nina Ave., Chicago, from 6 to 8 p.m. on Monday, June 18. Visitors will have the opportunity to tour the Assisted Living Units and Suites (Sheltered Care) along with other facilities, hear about community outreach program alternative, meet residents and staff members, and enjoy refreshments. It is a leisurely and informative way to examine a retirement facility, have your questions answered and become better informed about improving the quality of life of your parents.

Norwood Park Home is a 211 bed-facility that is fully licensed to operate as Assisted Living (Sheltered Care) and Skilled Nursing Care. The Home also offers special programming for residents needing Dementia Care.

Madeline Lund, Director of Admissions, and Linda Kreger, Director of Marketing, along with other staff members will conduct the tours and answer questions. Visitors will celebrate Welcome to Summer Cookout" with hot dogs and hamburgers plus all the trimmings, potato chips, fresh baked cookies, coffee, southern sweet tea, and afterwards take home two coupons for a free dinner (lunch) at a future date and complimentary coffee

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

The highlights of the site is a plaque finder" interactive game. The game features a large hippopotamus that eats too much candy and then chews plaque-finding disclosure tablets to locate the plaque. The hippopotamus teaches children how to use plaque-finding disclosure tabs and then allows them to identify plaque and attack it before tooth decay begins. The game can be played on three different levels so children of all ages are able to participate. After completing the game, children can request disclosure tablets via e-mail from the CDS.

attack the plaque. Just for Kids section also features word searches, coloring sheets, and crossword puzzles that can be downloaded and printed for children and parents to use at home. Each game and puzzle helps children learn terms associated with dentistry and to value the importance of good oral hygiene at all ages.

Disclosure tablets were donated

to CDS by Crest and provide

children with real opportunity to

Want to help overcome any anxiety a child may have about a trip to the dentist? The public information section on Just for Kids identifies the members of the dental team and enables children to read about what to expect from a visit to the dentist's

In addition to the activities for mation about their practices.

children, the public information section on the CDS website also features an array of information for parents — with topics ranging from baby bottle decay to pacifiers to toothbrush selection. Parents looking for referral for a dentist in Cook, DuPage or Lake counties in a non-emergency situation can visit the Find-a-Dentist section on the website. This section features members of the CDS and provides infor-

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#### **Norwood Park Home**

Are you concerned about the safety of your mother or father or whether their meals are ample and nutritious? If so, then attend the

Open House, Monday, June 18, from 6:00 p.m. – 8:00 p.m.

Meet its caring staff, hear about its levels of care and tour its comfortable housing available for your loved one while celebrating "Welcome to Summer Cookout." Enjoy Hot Dogs and Hamburgers with all the Trimmings, Potato Chips, Fresh Baked Cookies, Coffee, and Southern Sweet Tea. Following a personalized tour of Assisted Living Rooms, Suites and other accommodations, you also will receive a complimentary mug and two complimentary dinner (lunch) coupons for future use a

Norwood Park Home.

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# Community Calendar

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Mausoleum

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Sunday is "Family Day" at Arlington Park. After the brunch, children will be able to enjoy a petting zoo. pony rides and other family activities in the track's

The afternoon's racing begins at 1 p.m., and runs until 5:30 p.m. Families who take advantage of this "Day at the Races" will enjoy a superb brunch and an exciting day of racing at Arlington Park while they support other families who need a "home away from

Jacuzzi

Advantage kilchen & bath

home" at the Ronald McDonald House - making this event a wonderful daily double!

Tickets are \$60 for adults, \$30 for children 6 to 14 years old. Children 5 and under are free. Tables may be reserved for groups of 10. 8. or 4. The International Room accommodates 400 people, and advance reservations are required. To make reservations, please call the Ronald McDonald House near Loyola at (708) 327-

# **Skokie Public Library**

Local residents interested in finding out more about Skokie Public Library's upcoming expansion project can attend a special presentation on Wednesday. June 27 at 7 p.m. Patrons will have the opportunity to see the architectural renderings of the expanded building, hear about construction plans, and learn about project will make possible.

O'Donnell, Wicklund, Pigozzi and Peterson, will be on hand to review the plans for the project and answer questions about the design of the building. William Kinder. Vice President of Fred Berglund and Sons Construction Management, will outline the different phases of construction and let patrons know what to expect while work is underway. Library Director Carolyn Anthony will discuss the service enhancements that will be made when the project is complete, and listen to patron suggestions.

All Library patrons are welcome to attend this informative presentation. Patrons are asked to register to ensure that seats will be available by calling 847-324-3127. Information about the project will also be available in the Library lobby during the sum-

The Library expansion project's current timeline calls for work to begin in July with the construction of a covered walkway around the perimeter of the building, ensuring that the Library will remain accessible as the new third floor is built. The first phase, which focuses on the construction of the new third floor, west side expansion, and Bookmobile garage, is projected to be completed in winter 2002. The renovation phase will then focus on updating the existing building to create more space for audio-visual materials, comput-

ers, and public meeting rooms. The public may call 847-673-7774 for further information about Library services and events. Log on to http:// www.skokie.lib.il.us/about/ building/index.html for additional details about the Library expansion project.

Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 www.skokielibrary.org.

Marine Corps Pvt. Kenneth B.

the service enhancements that the Project architect Robert Hunter. Principal of the firm

STATE FARM

State Zip



Sunday & Holidays 9:00 AM to 7:00 PM

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30 PACK BEER

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State Farm Indemnity Company (NJ) + Home Offices: Bloomington, Ill

# **Memorial Park Cemetery** "The North Shore Cemetery Beautiful"

COMPLETE GROUND BURIAL FOR ONE MAKOM SHALOM ANNEX AND LINDEN SECTION ONLY only 39 13 Per Interment Right, 1 Interment & Percenting Translation of Percenting Translation on the Percenting Translation of Per

\*Includes 1 Interment Right, 1 Interment & Recording Fee, 1 Graveliner, \$75 Processing Fee Deferred Payment Price \$2,622.80. \$275 Down, 11% APR, 60 Monthly Payments ☐ Yes, I/We would like information on how to obtain a FREE memorial estate

planning guide and information listed above.

I/We prefer traditional ground burial.

Yes, I/We already own at Memorial Park and would like a final expense analysis.

Dignity

Phone (Work)

(Home) MAIL TO: P.O. Box 4814, Skokie, IL 60076-9776 EXPIRES August 15, 2001

# Kenneth B. Gills

Gills. son of Lisa R. and Charles R. Gills of Des Plaines, recently completed basic training at Marine Corps Recruit Depot, San Diego. Gills successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally. Gills is a 2000 graduate of Maine West High School of Des Plaines.

USE THE

# '.Just for Kids' website is for parents, too

ter completing the game, chil-

lets via e-mail from the CDS.

Disclosure tablets were donated

to CDS by Crest and provide

children with real opportunity to

attack the plaque.

Just for Kids section also fea-

tures word searches, coloring

sheets, and crossword puzzles

that can be downloaded and

printed for children and parents

to use at home. Each game and

puzzle helps children learn

terms associated with dentistry

and to value the importance of

Want to help overcome any

anxiety a child may have about a

trip to the dentist? The public in-

formation section on Just for

Kids identifies the members of

the dental team and enables chil-

dren to read about what to ex-

good oral hygiene at all ages.

with the click of a mouse, children and parents can turn to the Internet to learn more about the importance of good dental health care in a fun and interac-

The Chicago Dental Society (CDS) has a Just for Kids section on its website, which is lo-

www.chicagodentalsociety.org. Just for Kids is found in the public information section on the website and contains a variety of activities designed to teach children about good oral hygiene. Parents and children can team up to play a variety of educational games, designed for children of all ages.

On the site, children and their parents can learn all about their teeth. In one area, they can easily and accurately identify different teeth by placing the cursor over a particular tooth. The site will then display the name of the tooth. By visiting another section, children will be advised at about what age the baby teeth should erupt and when the permanent teeth arrive. Another section labels the different parts of the tooth. Children are able to print the diagram of the tooth as

#### Norwood Park Home schedules **Open House**

Are you concerned about the safety of your mother or father or whether their meals are ample and nutritious? If so, then attend the Open House that will be held at Norwood Park Home, 6016-20 N. Nina Ave., Chicago, from 6 to 8 p.m. on Monday, June 18. Visitors will have the opportunity to tour the Assisted Living Units and Suites (Sheltered Care) along with other facilities, hear about community outreach program alternative, meet residents and staff members. and enjoy refreshments. It is a leisurely and informative way to examine a retirement facility, have your questions answered and become better informed about improving the quality of life of your parents.

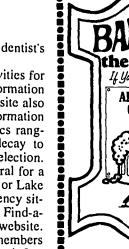
Norwood Park Home is a 211 bed-facility that is fully licensed to operate as Assisted Living (Sheltered Care) and Skilled Nursing Care. The Home also offers special programming for residents needing Dementia Care.

Madeline Lund, Director of Admissions, and Linda Kreger. Director of Marketing, along with other staff members will conduct the tours and answer questions. Visitors will celebrate Welcome to Summer Cookout with hot dogs and hamburgers plus all the trimmings, potato chips, fresh baked cookies, coffee, southern sweet tea, and afterwards take home two coupons for a free dinner (lunch) at a future date and complimentary coffee

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

pect from a visit to the dentist's

The highlights of the site is a plaque finder" interactive In addition to the activities for game. The game features a large children, the public information hippopotamus that eats too section on the CDS website also much candy and then chews features an array of information plaque-finding disclosure tablets for parents — with topics rangto locate the plaque. The hippoing from baby bottle decay to pacifiers to toothbrush selection. potamus teaches children how to use plaque-finding disclosure Parents looking for referral for a tabs and then allows them to dentist in Cook, DuPage or Lake identify plaque and attack it becounties in a non-emergency sitfore tooth decay begins. The uation can visit the Find-a-Dentist section on the website. game can be played on three different levels so children of all This section features members ages are able to participate. Afof the CDS and provides information about their practices. dren can request disclosure tab-なっていろしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃしゃ



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HEART SHAPED PIZZA FOR FATHER'S DAY \$700

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any food order \$10,00 or more not including ta TUESDAY SPECIALS **BEER PITCHERS \$475** MUGS \$1 50 Not to be used with any other coupon.
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#### **Norwood Park Home**

Are you concerned about the safety of your mother or father or whether their meals are ample and nutritious? If so, then attend the

**Open House, Monday, June 18, from 6:00 p.m. – 8:00 p.m.** 

Meet its caring staff, hear about its levels of care and tour its comfortable housing available for your loved one while celebrating "Welcome to Summer Cookout." Enjoy Hot Dogs and Hamburgers with all the Trimmings, Potato Chips, Fresh Baked Cookies, Coffee, and Southern Sweet Tea. Following a personalized tour of Assisted Living Rooms, Suites and other accommodations, you also will receive a complimentary mug and two complimentary dinner (lunch) coupons for future use a



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2001

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(773) 631-4856



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Dental School

# FATHER'S DAY DINING

#### **Proper** planning key to great vacations

(NAPS) -- If there's one word that can make the difference between an okay vacation and a great vacation, it's planning. By putting some time and effort into planning a vacation, it's possible to enjoy travel and leisure time, instead of spending it dealing with stressful surprises.

Vacation planning can be an enjoyable experience and there

are plenty of resources available to help make it an easy one, too. Here are some tips to help travel-

Research is key -- Where are you traveling, how will you get there and where will you stay? These days it's easy to research, plan and book a trip on the Internet. A good starting point is at an online directory such as GTE's SuperPages.com

(www.superpages.com), which offers vacation planning tips on its Idea Pages and links to websites (including airlines, lodg-



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3233 N. Broadway, Chicago, Illinois 60657 (773) 327-2060



CHICAGO Blues 9-1 (\$5.00 Cover) Wednesday -- June 20 -- Rick Saucedo "Elvis" - 9-11:30 (\$10.00 Cover) Friday -- June 22 -- Tony Smith Show -- 9-1 (\$5.00 Cover) Friday -- June 29 -- "BREEZIN" 50's, 60's, 70's Dance Band 9-1 (\$5.00 Cover)

Tuesdays -- Jack Carr, Pianist & Singer -- 7 to 10:30
Wednesdays -- Jerry Owings, Pianist & Singer -- 7 to 10:30
Thursdays -- Jack Carr, Pianist & Singer -- 6:30 to 9
JAZZ JAM - John Bany, Charlie Braugham & Don Stille -- 9 to 1
Saturdays -- Lou DiGangi, Swing Band -- 9 to 12:30
Sundays -- Judy Roberts-Greg Fishman -- 5 to 9

## **OLR** entertainment schedule for Fun Fest



Wednesday (6-20) The Incognitos: 7 p.m.-10 p.m.; Thursday (6-21) MLC: 7 p.m.-10 p.m.; Friday (6-22) Workin' Class: 8 p.m.-11 p.m.; Saturday (6-23) Blooze Brothers\*: 8 p.m.-11 p.m.

\*On a Mission withJake and Elwood.

Those wacky but soulful "Blooze Brothers" are on the loose! The 10 piece band will appear at our annual fun fest, Saturday evening, from 8 p.m.-11 p.m. This year's show features Jake & Elwood arriving in the Blooze Mobile with all the crazy antics and music of the original Blues Brothers. In addition, the show now features a Swing Segment with Jake & Elwood in Zoot Suits. The evening should be one to



ings, restaurants and entertainment) where you can make reservations. The site's City Pages provide more specific information about your destination -- you can even print out detailed city maps and driving directions.

Put together a checklist --Passports, visas, appropriate clothing, money (including travelers cheques and credit cards). important phone numbers (such as the U.S. embassy if you're traveling abroad), prescription refills -- these are all important items that should go on your vacation checklist. Think through what you're likely to need during your trip, including worst case scenarios, and jot it all down.

For more vacation planning in formation, www.superpages.com.



**HOME OF** WE GOT IT ALL THE HUNGRY BREAKFAST-LUNCH-DINNER **GREAT FOOD-LOW PRICES GOURMET CARRY OUTS-CATERING** 

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Timmy D on Thursdays & Sundays in June

Ronnie Ross Every Friday & Saturday in June

# FATHER'S DAY DINING GUIDE

#### Agency directories available at Maine Township

350 Civic Center Drive Niles (Civic Plaza)

Copies of the 2001 Maine services, state officials, hospice now available at Town Hall, 1700 Ballard Rd., Park Ridge. The directory provides complete information on over 200 organizations serving Maine Township.

Compiled by the Township staff, the directory details programs, services, hours of operation, fees, contact information and much more on home health care providers, hospitals, churches, government agencies, human

847-965-8050

SUBWAY

\$1.00 OFF

Get \$1.00 OFF any Footlong Sub of \$.50 OFF any 6" Sub or Salad

One coupon per customer per visit 850 Civic Center Dr., Niles, IL (847) 965-8050

SUBWAY"

FREE
With purchase of 32 oz. Drink
Equal or Lesser Value
50 Civic Center Or, Nies, IL (847) 965-8050

an additional \$3.50.

www.mainetownship.com.

Township Agency Directory are organizations, and self-help groups. The directory pack sells for \$10. The directory binder is

> Directories can be picked up at Town Hall Monday-Friday between 9 a.m. and 5 p.m. For more information call Gretchen French at 847-823-0650. For information on all Maine Township services, programs and activities

regular Footlong Sub & a medium drink.

One coupon per customer per visit 850 Civic Center Dr. Niles, IL (847) 965-8050

(SUBWAY)

THREE
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\$9.99

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Join Us on Father's Day.

11 A.M.-10 P.M. JUST LOOK WHAT YOU GET FOR \$8.95

The buffet table is nothing short of remarkable

We serve 17-25 (count them!!!) Hot Dishes

including 5-10 Meat Items

On a given day, the meat dishes may include sausage, turkey wings, turkey breast, chicken, meat balls, roast beef, roast

pork, breaded pork cutlets, gizzards, veal or beef stew, meat

loaf, roast duck, viener schnitzel, corned beef, beef

Stroganoffs.
We also serve 7-10 cold salads including cole slaw, carrot and

raisin salad, beets with horseradish, eucumber vinaigrette,

potato, egg, tuna, or chicken salad, etc...

In addition, you will also enjoy a wide variety of breads, pastries, fresh fruit, potatoes, with dill, rice and superb sauer-

kraut that has never seen the inside of a can.

Also, we offer a variety of pierogi cheese blintzes; potato pan-eakes, and hot, crisp, delicate apple fritters.

Price includes soup and ice cream.

Don't forget your kids. We have BIG DISCOUNT for them.

They'll love our cheese blintzes, pancakes, spaghetti and pizza.

Bring them along.

Open Every Day for Lunch \$5.90

Open for Dinner, Tuesday-Sunday

\$6.95 - T.-Th. • \$7.50 - F.-Sat. • \$8.95 - Sunday

11-5 Mon. 11-10 T-Sun

# **Ronald McDonald House Charities Celebrity Golf Classic**

The 14th Annual Ronald McDonald House Charities Celebrity Golf Classic will take place Wednesday, July 11 at the Cog Hill Country Club in Lemont. The charity tournament begins at 9 a.m. Playing privileges start at \$675 and include a golf cart, continental breakfast, hole prizes. lunch, cocktails and dinner. Each foursome is paired with a local celebrity. Chicago Bear Brian Urlacher will host the tour-

nament and will be joined by over 100 other Chicago sports celebri-

Proceeds from the event benefit Ronald McDonald House Charities (RMHC) of Chicagoland and Northwest Indiana. Last year's golf tournament raised over \$250,-000 for Ronald McDonad Hosue Charities. For more information or to purchase tickets, please call (312) 751-

RMHC "lifts children to a better tomorrow" by supporting Ronald McDonald Houses, in communities around the world. including three in the Chicagoland area, and by making grants to other not-for-profit children's programs. Since 1987, RMHC of Chicagoland & Northwest Indiana has contributed nearly \$7.8 million to over 380 local organizations benefitting children.



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•SENIOR CITIZEN 10% OFF •CHILDREN UNDER 2 FREE **•CHILDREN UNDER 10 YRS OLD & BELOW 4.5 FEET** HALF PRICE

**LUNCH BUFFET** 20% Off Entire Bill Limit 2 customers per coupon. Not valid with other offer.

DINNER BUFFET \$1.50 OFF

Limit 2 customers per coupon. Not valid with other offer.

**BUFFET LUNCH \$5.95** MON. TO SAT.; 11: AM TO 3:30 PM

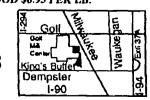
**DINNER \$9.95** MON. TO THUR. 4:00 PM - 10:00 PM FRI. & SAT. 4:00 PM - 10:00 PM

SUNDAYS & HOLIDAYS SPECIAL BUFFET (WHOLE DAY) \$9.95 11:30 AM TO 9:00 PM CARRY OUT BUFFET

LUNCH \$2.99 PER LB. DINNER \$3.99 PER LB.

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Banquet Hall 20-550 Persons Reservations Requested For Groups Of 4 Or More

If the view is a priority when

choosing a restaurant La Pasta

Ria on the Links is the place to

go. La Pasta Ria recently relocat-

ed from Glenview to a spacious

and inviting site in Niles next to

Tam Golf Course. The windowed

dining room at La Pasta Ria over-

looks the golf course that is

breathtaking. The dining room it-

self has a high domed ceiling and

bright white walls that are deco-

rated with painted topiaries. The

showcases a beautiful mural cov-

PRIME RIB

handsome bar at La Pasta Ria prochetta and peas). La Pasta Ria'

RESTAURANT 7041 Oakton St., Niles, IL 847-967-9790

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on the Links

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Saturday

**BUSINESS HOURS** 

Sunday 3:30 p.m.-9:00 p.m.

11:30 a.m.-9:00 p.m.

11:30 a.m.-10:00 p.m.

12:00 p.m.-10:00 p.m.

THE STATE OF THE S

Tuesday thru Thursday

La Pasta Ria
by Jeanine Kromer

La Pasta Ria serves traditional

Italian cuisine that is delicious

and reasonably priced. La Pasta

Ria allows customers to pair the

type of pasta (noodle) they would

like with the type of sauce. There

are nine types of pasta to choose

from including tortellini, gnocchi

and ravioli. The sauces at La Pasta

Ria range from pomadoro (meat

flavored tomato sauce) to carbo-

nara (creamy white sauce with

menu includes sandwiches, piz-

\$16.95

FOOD & SERVICE

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\$1.00 OFF

\$1.50 OFF Large Pizza

X-Large 18" Thin Crust Cheese Pizza \$10<sup>99</sup> Plus Tax

X-Large Pizza with 2 Toppings

& FREE DELIVERY!

1 Free Liter of Soda

TOPPINGS EXTRA

**MEAL DEAL MEAL DEAL** \$15.99 Plus Tax

Large Pizza With 2 Toppings
1 Free Liter of Soda
8 FREE DELIVERY!

Small & Medium

ing Internet resources for genealogy. The North West Suburban Council of Genealogists will offer information on the basics of genealogy. The Computer Assisted Genealogy Group of Northern Illinois will demonstrate genealogy computer programs.

Also on Saturday, information stations will feature scrapbooking tips and supplies, preservation of family heirlooms and documents. catalogs for archival

Guest speakers on Saturday in-

clude Karol Verson, who will dis-

cuss how to create video histo-

ries. and Beverly Levine

Smallwood. who will explore us-

**Continued on Page 32** 

Delich Plieen

Lee predicts the teens that come to the summer workshops at the library will have a similar experience. They will also have the opportunity to read some of their work before an audience. Poetry readings by teens will be part of the Ice Cream Social celebration that concludes the Summer Reading Clubs on Sunday, August 5.

Poetry Workshops for

Teens. The DesPlaines Public Li-

brary will present three poetry

workshops especially for teens

this summer in conjunction with

the Summer Reading Clubs.

Workshops are scheduled at 10

a.m. on Tuesdays. June 19. July

10, and July 24 in the high school

room at the library. Advance reg-

istration is suggested, but drop-

Participants will first look at

poets and various formats of

poetry. Next they will explore

their own creative voices and

Library Assistants Corky Lee

and Amber Creger will lead the

workshops. Lee and Creger re-

cently led a 22-week book discus-

sion/poetry writing group for

girls 13 to 17 years old at Mary-

ville Academy. That project was

funded by an LSTA grant from

the Illinois State Library adminis-

tered through the North Suburban

ins will also be welcome.

write their own poetry.

LibraryFoundation.

For more information on the teen poetry workshops, plaease phone the Registration Desk at 847/376-2787 or the Readers' Services Department at 847/376-

"Book a Trip" with Travel Programs. Armchair travelers need go no further than the DesPlaines Public Library to visit "Blenheim Palace and Three Gardens of Southern England" at 7 p.m. on Wednesday, June 27. The program is free and open to the public. but advance registration is necessary. It is the first of three special travel programs offered this summer. Subsequent programs feature "Walking in Switzerland" at 7:30 on July 11 and "the Oregon Coast and the Pacific Northwest" at 7 p.m. on August 1.

Host Claire Copping Cross leads the visual journey to Blenheim Palace, with its terraced water gardens, Churchill memorabilia, grand halls, staterooms, and tapestries. Also featured is a side trip to historical Eton College on the occasion of its 550th anniversary celebration.

Gardeners will enjoy viewing the Sissinghurst Castle gardens, created by Vita Sackville-West and her husband. The famous white and silver garden is spotlighted. Also included is Penshurst Place, which has hedged gardens dating back to the tourteen century. Interior views show the monumental great hall and rare antique furniture.

sunken garden, which was the model for the one at the Chicago Botanical Gardens. Other highlights include Dixter's figurative topiary and rhododendrons at the height of season.

# **DesPlaines Public Library**

Celebrate Family Heritage

Days. Learn to research and pre-

serve your family heritage, and

celebrate the rich cultural history

of DesPlaines during Family Her-

itage Days at the DesPlaines Pub-

lic Library, June 23 and 24. Fami-

ly Heritage in the Digital Age is

the theme on Saturday, June 23

from 10 a.m.-3 p.m. On Sunday,

uled from 1-5 p.m. Activities at

the library are part of a statewide

celebration and are cosponsored

with the DesPlaines Historical

Society. All activities are free and

open to the public.

June 24, Heritage Fest is sched-

376-2787.

most comfortable in jeans and a T-shirt, but if the event is more formal, you'll be sure to stand out (and not in a good way). Similarly, as great as you may look in an evening gown, if the event is an outdoor barbecue, you're better off in a sun dress. Whatever you choose to wear, make sure your

· Wear your smile. Don't put off that trip to the dentist, because it'll be your smile that people notice first when you show up at the reunion. With all the advances in dentistry, such as teeth bleaching, invisible braces and The Wand, there's no excuse not to have a beautiful smile.

Look polished. Aside from what you wear, you want the rest of you to look fabulous as well. Proper grooming goes a long way. Men look best with a fresh haircut and well-trimmed nails. Avoid heavy perspiration by using an antiperspirant and wearing light-colored, natural-fiber clothing. Talcum powder can also help absorb sweat. Women are warned against going to a salon on the day of the event for anything other than a manicure or pedicure. It's best to put two weeks between your salon visit and the event to allow for any bad hair, wax of fa-

cial experience to correct itself. · Minimize how you accessorize. Hollywood stylists always suggest that as you go out the door to your big event, take off one accessory. This is good advice. Too much jewelry may look like you're showing off.

To learn more about The Wand, the computer-controlled local anesthetic delivery system, log www.thewand.com.

Treat The Family To Dinner

za. burgers. filled pastas and salads. A couple of the house specialities are garlic shrimp (my (NU) - Whether you were the husband's favorite) and veal parprom queen or president of the audio visual club in high school. migiana. La Pasta Ria has all you can eat specials during the week. you're bound to be nervous about

La Pasta Ria on the Links has express catering options available. Selections for a main dish include pasta with choice of sauce, chicken parmigiana, manicotti, lasagna and stuffed shells by the tray. The express menu also offers salads, assorted fresh baked breads and sweets. Disposable serving utensils are included. Disposable place settings and paper napkins are additional. The catering menu is also reasonably priced.

FATHER'S DAY DINING

There are two banquet rooms overlooking the golf course available for special occasions. The rooms are tastefully decorated in navy and mauve and have a seating capacity up to 150. La Pasta Ria catering division in Morton Grove will be happy to cater a party at the banquet facilities on the Links or at the location of your choice.

La Pasta Ria on the Links is located at 6676 Howard just west of Caldwell in Niles. The phone number is 581-3129.

# **Reunion Coming Up? Follow These Tips**

GUIDE

seeing your old class chums High school reunions have a way of drudging up all the old insecurities that you had when you outfit is clean and pressed and were a teenager. Are my clothes free of any stains, rips or scuffs. geeky? Is my face too oily? Am I

crooked? Forget who you were in high school and focus on who you are now. Follow these tips on looking and feeling your best for your high school reunion:

Be yourself. This No. 1 rule will prevent you from doing something foolish, such as wearing an outfit that's more suited for a 19-year-old fashion model. Whether it's your clothes, your hair or your makeup, stick with what you know and with what you are comfortable. If you never wear makeup, you'll likely feel and look uncomfortable with your face all made up.

too heavy? Are my teeth too

Choose your outfit wisely. Of course you want to look your best, but you don't want to overdo it or underdo it. Sure you may be

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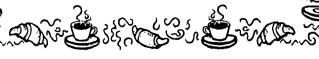


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#### FATHER'S DAY DINING GUIDE

# **Ensemble Español Spanish Dance** Theater presents 'Flamenco Passion'





Dance Theater, in residence at Northeastern Illinois University. Chicago, Dame Libby Komaiko. founder and artistic director, celebrates its 25th anniversary with their annual American Spanish Dance Festival July 9 - 22.

The festival features twoweeks of intensive workshops and master classes in Spanish dance and music for adults and children led by Dame Komaiko and international guest artists and faculty in the classical, regional/folkloric and Flamenco

"Flamenco Passion" four performances featuring the full company with guest artists from Spain and the Americas, will take place on Thursday, Friday. Saturday and Sunday July 19, 20 and 21 at 8 p.m., and Sunday, July 22 at 3 p.m. at the North Shore Center of the Performing

Concert tickets: \$15, \$17. \$25. \$30. Opening night. July 19. Pre-Concert Gala Reception and gold Tier Concert seating

Arts. 9501 Skokie Blvd., Sko-

the Double Tree Hotel North Shore next to theater. North Shore Center for the Performing Arts Box Office hours are Monday through Friday, 10 a.m. to 6 n.m. 12 noon to curtain, day of performance. Group rates and senior discounts available

Call (847) 673-6300 for further information on the festival. dance and music classes, call Northeastern Illinois Universities Ensemble Español office at

## **NEIU** presents fifth annual student dance concert

Northeastern Illinois University's (NEIU) Department of Music presents its fifth annual student dance concert. "Alice in Wonderland." Saturday. June 16 at 2 and 7 p.m. The performances will be held at the Northside College Preparatory High School Theater.

The concert features 60 performers ages 3 to 15 with choreography by NEIU faculty mem-

ber Rachel Burton and Artistic Director of Same Planet Different World. Anna Simone Levin. Tickets are \$8 for adults. \$5 for

5501 North Kedzie Avenue in children. For tickets and more in-



5 p.m. - 8 p.m. Serving Breakfast & Lunch

6037 Dempster Morton Grove 967-1210 Morton Grove 967-1210 Sun 7 ann 1 pan. Closed Mon.

Tues. Sat. 5 a.m.-2 p.m. Sun. 7 a.m.-1 p.m.

formation, contact Rachel Burton at 773-442-5941.

Summer Session of Dance classes Offered by NEIU, A seven-week summer session of dance classes for children, teens and adults will be offered by Northeastern Illinois University (NEIU) beginning July 9 through August 23.

Classes offered include Creative Movement and Pre-Ballet for children ages 3 to 7, the Children's Summer Dance Workshop for children ages 8 to 12, and Modern Dance, Ballet and Stretch and Strengthening for teens and adults. The cost of the Children's Summer Dance Workshop is \$112. All other classes are

All classes will meet in room 141 of the Fine Arts Building on NEIU's campus, 5500 North St. Louis Avenue in Chicago, For additional information or to receive a schedule of classes contact Rachel Burton at 773-442-5941.

Northeastern Illinois University is a comprehensive state university serving nearly 11,000

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# Niles police officers receive commendations



Three Niles police officers received Police Department Commendations for their handling of difficult and dangerous situations in the line of duty. Their dedication and devotion to their profession was recognized by Mayor Nicholas B. Blase and Village Trustees at the May Board Meeting.

Shown (left to right) are: Deputy Chief Dean Strzelecki, Mayor Nicholas B. Blase, Officer Deno Panousieres, Telecommunicator Gary Amato, Detective Joanne Birkenheier, and Trustee James Mahoney.

#### **Resurrection student** attendsPresidential Classroom

Andrea Krejczyk, a senior at Resurrection High School, recently took part in the Presidential Classroom Scholars Program in Washington, D.C. from March 3-10. Andrea joined more than 250 high school juniors and sen iors from 36 states, the District of Columbia and the Commonwealth of Puerto Rico. The students spent a week meeting with government leaders and learning about the democratic process

Highlights of the week included seminars with Mr. Bradley Patterson, Jr., author., The HonChief of Naval Operations. Admiral William Fallon. Students also enjoyed a private tour of the White House, visits to foreign embassies, two days on Capitol Hill and a performance by the political satire troupe, the Capitol Steps. Andrea also had the opportunity to meet Senator Ted Kennedy, Senator Joe Lieberman and Senator John McCain.

Students who may apply for the Presidential Classroom Public Policy Program, have been named "Who's Who Among American High School Students," have at least a B+ average, and are involved in servicerelated activities.

At Res, Andrea is involved in the International Thespian Socieorable Julia Carson, U.S. Repre- ty, French Club, Key Club and sentative (D-10, IN), and Vice National Honor Society. She is

Golf Club Vice President, on the Yearbook staff. a member of Diakonia (Resurrection's service honor society). a member of Quill and Scroll (Resurrection's journalism honor society), and serves as a Student Ambassador and Peer Tutor. In the fall, Andrea plans to attend Loyola University where she will major in Political Presidential Classroom is a

non-profit, non-partisan civic education organization in its 33rd year. They offer five programs in 2001, including the Presidential Classroom Scholars Program, the Science, Technology and Public Policy Program. the Future World Leaders Summit, the Global Business, e-Commerce and Public Policy Program, and the Media and Democracy Program.

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# Floods, Films and File Management

Register now for non-credit classes offered by Oakton's Emeritus Program at the Ray Hartstein Campus. 7701 N. Lincoin Avenue, Skokie. In-district residents age 60 and older pay half the listed fee.

Masters of Film Comedy: Billy Wilder and Woody Allen (HUM S88-91. Touch-Tone ()8599) examines the visions of two notable filmmakers. A tentative lineup of films to be screened and discussed includes Wilder's Some Like it Hot, The Apartment and Sunset Boulevard: and Allen's Annie Hall. Hannah and Her Sisters, and Crimes and Misdemeanors. This class meets from 9:30 a.m.-12:45 p.m. on six Tuesdays, beginning June 19. The course fee is \$100.

Movies: The Frescoes of Our Time (HUM E75-91, Touch-Tone 08276) examines the cultures and societies of foreign countries through the eyes of filmmakers in such films as The Actress (Hong Kong, 1991), The Apple (Iran. 1998), Buena Vista Social Club (Cuba, 1999). The Ceremony (France, 1997) and My Name is Joe (United Kingdom, 1998). This class meets from 2-5 p.m. on five Mondays, beginning June 11. The course fee is \$60.

Join Neal Ney, director of the Evanston Public Library for a re-

#### Juan C. Arango

Air Force Airman Juan C. Arango arrived for duty at Davis-Monthan Air Force Base, Tucson, Ariz. Arango, a personnel specialist, is the son of Sylvia P. Ruiz of Des Plaines. The airman is a 2000 graduate of Maine West High School, Des Plaines.

> USE THE BUGLE

view and discussion of John M. Barry's Rising Tide: The Great Mississippi Flood of 1927 and How it Changed America. This book explores the history of

America's greatest disaster - the Mississippi River flood of 1927 and how it led to Herbert Hoover's presidency. Huey Long's ascendancy, the spread of the Mississippi Delta Blues, and the mass migration of African Americans to Chicago. This class meets from 2:30-4 p.m. on Wednesday, June 13. The course fee is \$16. "Never Say, "I Don't Do Windows" (DPR A33-91. Touch-

Tone 08221) is designed for those who have used a computer and want to add new skills working in the Windows format. Some of the areas covered include customizing the desktop and creating a file management system. Enrollment is limited to 10 students. This class meets from 10 a.m.-noon on four Tuesdays and Thursdays. beginning July 3. The course fee is

A \$5 registration fee is required for students under age 60 and for those who live out-ofdistrict. Persons who have enrolled in Oakton classes within the last five years and have a Social Security number on file may register using the Touch-Tone registration system by dialing (847) 635-1616. Payment is required using a major credit card Visa, MasterCard or Discover).

Other courses being offered this summer include Russian History Through the Eyes of Its Artists, a review of the tumultu ous history of Russia: Click Here: No Experience Necessary, an introduction to computers; Surf's Up, an introduction to the World Wide Web; and Religious Themes in Contemporary Film. screenings and discussions of four movies with unconventional religious themes. For more information about these classes, call (847) 635-1414.

#### **Health News**

mended that you drink lots of

fluids, including water, fruit and

Enjoy a bowl of chicken

soup. Findings of an early scien-

tific report from researchers at the

University of Nebraska Medical

Center, led by Dr. Stephen Ren-

nard, may explain why chicken

soup could relieve common cold

vegetable juices, and soup.

#### **Strategies to cope** with colds and flu

(NAPS) -- This year Americans will experience up to one billion colds. That's two to four colds for the average adult and between five and 10 colds a year for most children. Moreover, nearly a quarter of the U.S. population falls victim to the flu every

Since there is no cure for the common cold or flu, most of us will experience the seemingly in- the flu. It's generally recom-

evitable period of sneezing, stuffy nose, sore throat and coughing. However, following these strategies should help you cope with the symptoms of a cold and flu:

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Drink plenty of fluids. Increase fluids to help loosen and thin mucous in the nose and chest. This will help ease breathing and prevent dehydration that often accompanies a fever from

symptoms. Chicken soup was found to contain ingredients that could ease the symptoms of a cold. "Soups made with chicken stock are a wonderful comfort food," explains Dr. Carole Dichter, Campbell Soup Company's General Manager -- Global Nutrition and Health. "These soups are nutritious and wholesome, so when people want to be warmed up or just feel better, they often

> Chicken Noodle. Get plenty of sleep. Rest is particularly important if you have a fever, which may make you feel more tired than usual. Try to get to bed at a reasonable hour, perhaps a bit earlier than usual to ensure a good night's sleep. During periods of heavy nasal congestion, try sleeping with your head elevated to reduce pressure on the sinuses and cut down on night-

turn to favorites like Campbell's

time coughing. Humidify your home. Use a vaporizer or humidifier to keep your nose and throat tissues moist. This is especially important during the colder winter months when central heating

dries the air. Choose tissues wisely. Try tissues that are formulated to prevent red noses. Many tissues are now made with lotion and even menthol, which "softens the blow" and is kinder to a stuffy

Always call your doctor if you experience worsening cold or flu symptoms and/or symptoms lin-

To learn more about soup and health, check www.campbellsoup.com/

Father's

Day

## **Emergency medicine** physician appointed at Res

Jason Bredenkamp, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Ave-

Dr. Bredenkamp, of Chicago, received his bachelor's degree from the University of Illinois, Urbana, and his medical degree from Southern Illinois University in Springfield. He completed an internship and residency in Emergency Medicine at Resurrection Medical Center. He is board eligible in his specialty, emergency

Dr. Bredenkamp is a member of the American Medical Association, the American College of Emergency Physicians and the IIlinois College of Emergency Physicians.

Dr. Bredenkamp serves on



Take the first t

Jason Bredenkamp, M.D.

staff in the Emergency Depart-

## Lifestyle changes can help you control digestive problems

The last thing you want after a much anticipated spring finally arrives is to have digestive problems keep you from getting out and enjoying the warmth. Makeing lifestyle changes can help you prevent some digestive problems that might have kept you from enjoying your spring activities.

Digestive problems are among the most common reasons people see their doctors. Digestive complaints include heartburn, indigestion, abdominal pain, nausea, diarrhea, constipation and gas. You can't control or prevent all digestive problems with simple lifestyle changes, however, good lifestyle habits can go a long way toward keeping your digestive system healthy. Mayo Clinic on Digestive Health offers these tips for dealing with digestive prob-

Eat plenty of fiber, Unfortunately, too many people don't get enough fiber in their diets. Americans typically consume 10 to 15 grams of fiber daily. Dietary guidelines recommend twice that amount. Make a conscious effort to eat more plant-based foods such as fruits, vegetables and whole-grains. By emphasizing these foods, you also limit fat. Escess fat slows digestion and can lead to heartburn, bloating and

Drink plenty of liquids. Liquids can help relieve constipation and replace body fluids absorbed tax) by calling 800-291-1128, orby fiber. Each day drink at least 8 classes of fluids. Water is best. plements booklet free with your Limit or avoid beverages contain- purchase.

ing caffeine or alcohol, which can worsen diarrhea and cause dehydration, as they are mild diuretics. Avoid carbonated beverages be

cause they contain gas.

Avoid problem foods. If you know that certain foods aggravate your symptoms, don't eat them. Common culprits are spices, fatty foods, beans and other gasproducing foods, alcohol and caf-

Eat at regular times. Don't skip meals. Try to cat at about the same time each day and the same size meals. Scheduled meals help regulate bowel function and lessen symptoms of constipation and

Include exercise in your day. Exercise helps decrease feelings of stress. It also stimulates the rhythmic contractions of your intestines, helping them to function normally. Exercise can relieve constipation and may alleviate symptoms of diarrhea.

For more inforantion about digestive problems, check out. Mayo Clinic on Digestive Health.

To receive your free copy of Mayo Clinic's Guide to Vitamins and Mineral Supplements, write to Mayo Clinic, Communications Supplements booklet offer - OE-6, 200 First Street SW, Rochester, MN 55905. Or order the book, Mayo Clinic On Digest Health (\$14.95 plus shipping, handling and applicable sales der code 640 and receive the sup-

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#### Health News

# Traveling to a foreign country? Don't forget your shots!

You've planned the itinerary, paid for the airline tickets, and purchased your traveler's checks, but did you remember to get your shots? If you are traveling abroad, prepare your immune system to fight diseases found in foreign countries. The Traveler's Health and Immunization Center. located in Niles, provides vaccinations based on an individual's travel plans, past immunization, age and medical

The risk of travel illness depends on your destination and what you will be doing there. "If you are staying in a five-star hotel in London, there is a very low risk of travel illness," said Robert Citronberg, MD, infectious diseases specialist at Advocate Lutheran General Hospital, Park Ridge and co-director of the Center. "However, if you are adventurous and plan to visit rural villages in Kenya, go treking in the mountains of Nepal, or buy food from street vendors in Thailand, you are at a much high risk for travel illness." According to Dr. Citronberg, the majority of travel illnesses are tied to poor sanitation and substandard

The Hepatitis A vaccine is recommended for travel to much of the world. It is a food borne illness that is prevalant in areas with poor sanitation. "The Hepatitis B vaccine is becoming more common," said Dr. Citronberg. "Especially for travelers who plan to stay in one location for a long time, make frequent trips to endemic areas or are on a medical mission." Typhoid vaccination may also be recommended for destinations with unsanitary food handling procedures and contaminated water.

Some vaccinations are mandatory before travelers are allowed into a country. For example, Yellow Fever vaccination is re-

#### Patel awarded from St. Louis College of Pharmacv

Mona K, Patel of Niles, received the Edwin F. Allgaier, Jr. '53 Scholarship at St. Louis College of Pharmacy. The annual Scholarships and Awards Program was held April 5. Dr. Thomas F. Patton, president of the College, gave the awards to the student recipients.

Patel is the daughter of Kano graduate of Maine East High

USE THE BUGLE quired prior to entry to some areas of South America and Afriprepare for your trip by prescribca. The Traveler's Health and Immunization Center will provide the International Certificate of Vaccination, also known as the Yellow Card, for travelers headed to destinations that required proof of immunization. The Center has been designated as an official Yellow Fever vaccination provider by the Illinois Department of Public Health. Before traveling, you should

also be aware of travel illness hot-spots. It's a good idea to get a Meningococcus vaccine if you are planning to visit an area of Africa known as the "meningitis belt" because of frequent epidemics of the disease in the sub-Saharan region. Polio has not been eradicated worldwide. Recent outbreaks of Polio have occurred in the Dominican Republic and Haiti. Dr. Citronberg suggests a Polio booster shot for travelers to those areas. The Traveler's Immunization Center utilizes state-of-the-art software that can quickly provide a list of recommended vaccines for nearly every travel destination.

In addition to vaccinations, the Traveler's Health and Immu-

ing medications and providing prevention tips. "A lot of people are unaware of the risks of traveling," said Dr. Citronberg. Prevention tips include information on altitude sickness, excessive sun exposure, jet lag, malaria and insect bites, motion sickness and traveler's diarrhea. The Center will also provide the names. addresses and phone numbers of physicians and health clinics in the traveler's country of destination. "We want people to have a great time, not be sick, while they travel...and return safe." said Citronberg. It is recommended that vacci-

nations be administered at least two weeks prior to departure. The Traveler's Immunization Center prefers appointments be scheduled about 1 to 2 months before your departure. Most of the shots require just one visit, with the exception of Hepatitis A and B. For more information or to schedule an appointment at the Traveler's Health and Immunization Center, please call (847) 663-9500. The Center is located at 7900 North Milwaukee Avenue, Suite 18 in Niles.

#### Keep your skin safe from sun damage

(NAPS) -- Basking in the sun may seem like a good way to look and feel great, but the experts warn that a summer glow can come at a very high cost -- damaged skin and possible skin cancer. Avoiding sun damage is the single best thing women can do for their skin.

'Women have to take action to protect their skin from incidental sun exposure -- not only the skin on their face, but the rest of their body too," said Elyse S. Rafal, MD, dermatologist for Keri Lo-

The following tips are designed to help women minimize sun damage, while putting their best foot (and their arms, elbows and knees) forward. Adopt a zero tolerance poli-

cy toward the sun. Even limited exposure to sun and exposure on a cloudy day can damage your skin. Assume your skin needs protection every day. When you do expose your skin to the sun, do it in a way that

makes you look your best and rotects your skin. The key to fresher, youngerlooking skin is to use an exfoliating body lotion with an Alpha

Hydroxy Complex. But the FDA

warns that using an Alpha Hydroxy Complex product increases your skin's sensitivity to sun damage. It is essential to use an SPF 15 sunscreen to help avoid cell damage. Keri Skin Renewal is the first leading body lotion with both an Alpha Hydroxy Complex and an SPF 15 sunscreen together, giving you one product that exfoliates and pro-

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Neck Pain ☐ Frequent Headaches

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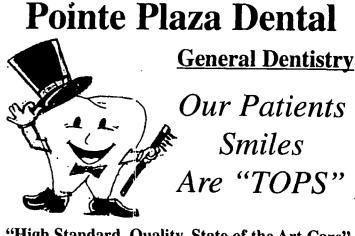
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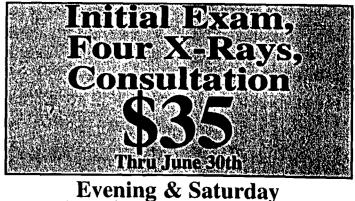
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#### Senior citizens can surf the Web at Skokie Library

Skokie Public Library has retimidated by the technology. Oldcently purchased new software that makes it easy for senior citizens to surf the World Wide Web. send email. and chat with others around the world. Designed for those seniors with little or no computer experience. Generations on Line includes an easy email service, lists of relevant Web sites, a search engine. and a chat room where kids and seniors can interact.

The Library has noticed a growing interest among senior citizens in learning about new technology, with many signing up for monthly classes on using the Internet. The benefit of Generations on Line, however, is its simplicity - you don't need to know anything about computers or the Internet to be able to log on and learn. Large graphics and typeface make the screen easy to read, and each function includes step-by-step instructions.

Recent studies by organizations like SeniorNet and Microsoft have shown that fewer than 20% of adults ages 65-80 are online, mainly due to lack of access and skills, as well as feeling iner Americans. however, can benefit greatly from the increased opportunity for communication. intellectual stimulation. entertainment, and learning that the Internet provides. Generations on Line, in partnership with libraries, aims to break down the barriers that are keeping seniors from enjoying the Internet.

Generations on Line is available at all Skokie Public Library reference computers. A special terminal will be set up in the Library lobby from June 25 through June 29. with volunteers available from 9 a.m. to noon each day to help interested seniors get

The public may call 847-673-7774 for further information about Library services and events. Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m.. Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day at www.skokielibrary.org.

True hope is swift, and flies with swallow's wings: Kings it makes gods, and meaner creatures kings.

-William Shakespeare, Richard III

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#### **Seniors Indulge** In Healthy Competition

(NAPS)-Each year, a healthconscious competition lets silverhaired Americans go for the gold.

The Huntsman World Senior Games - which are open to all athletes age 50 and above - are held annually in St. George. Utah.

Since 1987 the Games have served as a meeting point for senior athletes from across the country and around the world.

According to Kathie Thavne Executive Director of the Games. the competition has grown in popularity over the years (increasing from 500 participants in 1987 to more than 5,700 in 2000) because of a "more health conscious" baby boomer generation.

"Four million people in the United States will be turning fifty each year through 2024,,' Thayne says. "Today's 50 plus generation is active and health conscious. Competing in these games gives many baby boomers and older Americans a terrific incentive to stay healthy and keep

Generally, the Games consist of basketball, bowling, tennis, cycling and mountain biking, racquet ball, road racing, softball, swimming, triathlon, volleyball, lawn bowls, square dance, table tennis and track and field. Athletes also compete in games of horseshoes. bridge tournaments and golf matches.

The Games help foster good health through free medical seminars and health screenings. The services include mammograms, PSI. blood sugar, bone density, hearing, blood pressure, cholesterol and glaucoma tests and body composition and breast cancer risk assessment screening - all meant to emphasize the importance of seniors taking a proactive role in their health.

Health experts say the activities can be a source of important information about the changing medical needs of older people and equally important, a great way for seniors to compete and

For more information visit www.seniorgames.net, or call 1-800-562-1268.

#### Enjoy 'Jazz at Ravinia' on June 17

On Sunday, June 17. enjoy "Jazz at Ravinia", with performances by musical masters Ramsey Lewis, Joshua Redman and Nancy Wilson, on a tour sponsored by Oakton Community College's Emeritus Program. The bus departs at 5:30 p.m. from the Ray Hartstein Campus. 7701 N. Lincoln Avenue. Skokie, and returns there at 11:30 p.m. The \$69 fee includes admission, transportation, and a box dinner. For more information, call (847) 635-1414.

USE THE BUGLE

#### **Morton Grove Senior Citizens** 470-5223

"ALL YOU'D LIKE TO KNOW ABOUT THE NEW AMERICAN LEGION MEMORIAL CIVIC CENTER'

The Morton Grove Advisory Commission on Aging will host this meeting to present plans for the American Legion Civic Center which will house senior citizens activities during day-time hours starting in 2002. Residents will have the opportunity to hear about the transition of services and the future operations at the Center. Mayor Daniel D. Scanlon will also be present at 1 p.m. on Tuesday, June 12 in the Morton Grove Village Hall Council Chambers. The Commission on Aging provides an arena for discussion and planning of services and programs to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

DRIVER SAFETY PROGRAM AARP's "55 Alive Driver Safety Program" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday. June 14 and Saturday. June 16. The cost of the course is \$10. Call

the Senior Hot Line at 470-5223 to sign up. COFFEE WITH CATHERINE "COMING OF AGE"

On Tuesday, June 19 at 10:30 a.m. discuss the changes in society after viewing a video entitled, "Coming of Age." This production focuses on indications of changing values during an era of tremendous advances: faster cars, more revealing clothes, and liquor bootlegging. In 1924, radio networks came into being, in 1927, talking pictures and air travel. This is sure to be a lively discussion.

TUNES ON TUESDAY

The Morton Grove Park District is proud to offer five summer evenings of exceptional musical entertainment in the beautiful surrounding of Harrer Park. These free concerts begin promptly at 7 p.m. with a different local restaurant offering a variety of tasty and reasonably priced menu items. Dairy Queen of Niles will be a featured dessert vendor at all of the concerts. Retaurants will begin serving at 6 p.m. Bring the family, meet friends, and don't forget the lawn chairs. The concert lineup includes:

• June 19, Morton Grove Park District Jazz Band at the Gazebo (Luxembourg Brotherhood)

• June 26, The Fabulous Murray Brothers at the Pavilion

• July 10. The Beetles at the Pavilion (Village Inn Pizzeria) • July 17. Public i at the Pavilion (Champs Sport Bar)

• July 24, The Only Sons at the Pavilion (Kappy's Restau-

**CUBS VS. WHITE SOX** 

Join the Praririe View Travel Club to see the Chicago Cubs battle the Chicago White Sox at the beautiful confines of Wrigley Field. They'll "take you out to the ballgame" on Thursday, July 12. The bus leaves the Prairie View Community Center at 11:30 a.m. and returns at approximately 4:30 p.m. The cost is \$39 for residents and \$43 for non-residents. Register at Prairie View.

"LET'S DO LUNCH"

Come visit the "Lunch Bunch" on Mondays, Tuesdays. Wednesdays or Fridays at the Morton Grove Village Hall Senior Center, 6101 Capulina Avenue. Lunch is served at 11:45 a.m. but the center opens at 9 a.m. where many come in for bingo, camaraderie, cards, crafts, films, games. health screenings, quiet reading, seminars and assorted fun. The cost is a \$2.50 to \$2.75 donation and the menu includes a hot entrée, potatoes or rice, vegetable, salad, bread, butter, milk, and coffee or tea. The average meal is less than 800 calories, low fat and is nutritionally designed for seniors. Most activities are free and the "welcome mat" is always out, so come join the Morton Grove "Lunch Bunch." For more information about the menu or transportation call the Morton Grove Senior Hot Line at 470-5223.

\* \* \* \* \* \* \* \* \* \* 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.

# **Niles Senior Center** 588-8420

#### 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

**NILES - ONLINE** 

Visit the Village of Niles online at 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

#### FOR YOUR HEALTH - JUNE

**BLOOD PRESSURE SCREENING** For Niles residents on Wednesday. 1 to 3:30 p.m. No appoint-

**DIABETIC SCREENING** 

Diabetic Screening is Tuesday. June 19. from 9 to 11 a.m. You must fast eitht hours. Water is permitted. Hold medications that are taken with food. Cost: \$1. Registration is required.

We are looking for volunteer registered nurses for our monthly blood pressure. The program is on the second Wednesday of each month from 1 to 3:30 p.m. Contact Terry Dalla Valle. RN. BSN. for more information at 588-8420.

#### DOOR COUNTY EXTENDED TRIP NEW PROGRAM FOR THE SENIOR CENTER

Extended Trip (September 11 to 13) to Door County. 3-day/2 night, staying at the Menominee Casino Hotel. Trip also includes restaurant, entertainment, sightseeing, old shipwrecks, lighthouses, wineries, etc. Call Jaymi at 588-8420 for informa-

80+ MEN'S GROUP

80+ Men's Group is Tuesday, June 19 at 11:30 a.m.. Special

**CURRENT EVENTS GROUP** 

Current Events Group meets the second and fourth Wednesday of the month at 10:30 a.m. This month the group meets on June 13 and 27. Discuss the issues of the day.

**GENERAL TICKET SALES** Call for Availability

Evening at the Center: Card Party - Tuesday, June 19,5 to 8:30 p.m. Enjoy a submarine sandwich, salad and dessert followed by an eveing of Pinochle. Bridge. Poker. Uno. Billiards, and Borad games. Cost: \$6 includes meal. games & prizes.

Pool Tournament - Wednesday, June 27, 10 a.m. to 4 p.m. Join us for our 3rd tournament with Des Plaines Senior Center. Cost: \$5 includes morning refreshments, lunch & prizes.

#### SUMMER COMPUTER CLASSES

Call For Availability

Registration for summer computer classes began June 4th. Classes include Create Your Own Address Book. Pre-Intro to Computers. Intro to Computers. (two sessions are offered, one in the afternoon and another on Tuesday evenings). Microsoft Word, and Microsoft Word II. For details, please call Jaymi at 588-8420. Classes start July 10.

SYMPHONY AT THE CENTER

Sunday, July I The Community Players Symphony Orchestra will be performing at 1 p.m. for your listening pleasure. Doors will open at 12 noon and seating will begin at 12:30 p.m. Light refreshments will be served in the Lobby following the performance. Cost: \$1. ANNUAL SPELLING BEE

Local Segment - Thursday, July 19 Our Center's local contest is Thursday, July 19 at 10 a.m. The two top spellers will represent us in the Regional Competition here on August 2. See Jaymi or Mary Ann.

FLOWER AND GARDEN SHOW

Sunday, July 29
Annual Flower and Garden Show is Sunday, July 29, 11 a.m. to 3 p.m. This year's event will include a raffle demonstration, and plant sale in addition to the exhibition and judging of our local garden entries. A hot dog lunch will be available for \$2. Registration Packets will be evailable at the Senior Center beginning

# Input sought on NPSN senior community needs

Recently, more than 5,000 households in the Norwood Park community received copies of the Senior Community Needs Assessment Survey prepared by the Norwood Park Seniors Network (NPSN), 6016 N. Nina Ave.. Chicago. The surveys were delivered in promotional doorhangers along with other local advertising pieces and information that announced the Norwood Park Memorial Parade. sponsored by the Norwood Park Memorial Associ-

The NPSN. a community outreach program for the elderly living on Chicago's far northwest side and nearby suburbs, offers home delivered meals, transportation services, light handyman services, social outings, emergency response system, and downsizing/ transtitions relocation services.

"The Senior Community Needs Assessment Survey poses what we hope are key questions for identifying what services work for you, what services you think need to be available in the community and hopefully helps you think about future services that you might like to see offered.' said Helen Murphy, NPSN program director. "Once all the questions are answered, we ask that the survey be returned by mail to us for tabulating and evaluation."

The survey includes 10 questions that focus on social, health emotional/mental, and spiritual

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vices to the community. If you live in a part of the community that did not receive the survey. you may request one by calling the Norwood Park Seniors Network at (773) 631-5673."

The NPSN, that was started about four years ago. is averaging 800 home-delivered meals monthly to more than 60 seniors in an area that extends to Cicero Avenue on the east. Park Ridge on the west. Irving Park Road on the south, and Niles on the north. The program is helping to fill a growing need among the elderly who want to continue living independently among their friends and neighbors.

needs, addresses the issue of a senior community center and its services and requests some demographic information.

"We can't stress trongly enough how important this survey is to each resident." added Murphy. "This information is needed to support our position when asking for help from funding sources in offering new ser-

Niles Senior Center **Effective** Communication Group

We have begun a group at Niles Senior Center for people who have hearing loss. We meet the last Thursday of each month at 10 a.m. The group will address the challenges that hearing loss creates in daily living as we go about communicating with our family mem-

How do you know this group is for you? Do you feel frustrated because your spouse talks to you from another room and you can't understand and then you argue about the exchange? Do you find that you let your spouse or other family members do more of the interacting with the outside world because you don't want to make any mistakes? Is someone in your family always yelling at you that the TV is too loud? Do you feel in low spirits because you miss a lot of what goes on at parties or loud restaurants?

If you answered yes to any of the questions above, you might consider joining the group. If you are interested or have further questions, please contact me, Trudi Davis at 588-8441.

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# CHURCH & TEMPLE NEWS

# SJB 2nd graders receive First Communion

The second grade students from St. John Brebeuf in Niles recently received Jesus at their First Holy Communion. Nearly 100 children celebrated this special day at two separate liturgies. The students prepared and participated in the various parts of the mass. The second grade students from St. John Brebeuf parish receiving Jesus for the first time Maria Elena Acosta

Mark A. Bandemer, Gregory Banck, Matthew John Bardelas. Justin Michael Besyk, Joseph

Jerenty Calimag, Nicole Carbonaro, Eric D. Carrabotta, Katy Jeanine Casey, Therese Kathleen Casey, Tracy Rosa Catallo, Daniel Joseph Cichon, Catherine Cwicka

Michael Anthony DeBartolo,

# **Northwest Suburban Jewish Congregation**

KENNETH COHEN, RABBI



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SPECIAL EVENTS - Project Torah Weekend

Friday, June 15 - Shabbat Service and Installation of Officers & Trustees - 8:00 pm

Friday, June 29 - Shabbat Under The Stars - 7:00 pm. Outdoor Service Honoring Hebrew School Graduates Everyone is welcome. Call synagogue office for information for Details or Questions please call: (847) 965-0900

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Nicole Gabriele Delort, Sabrina Starr DiMaria, Joseph Alek Disclafani.

Emily Fredericks.

Madelyn Michelle Geden, James L. Gerstenberger, Giuseppe Calogero Gianfortone. Joanna Glabinski.

Eric Gilbert Hagman, Caitlyn Marie Hannon, Megan Elizabeth Harford, Stephano J. Hong. Kevin Edward Janusz, Ma-

thew Jaworski, Beatrice Jedrycha, Jennifer Lynn Johann, David Jozefczak.

John E. Kaczkowski, Audrey Rose Klepadlo, Michelle M. Kloda, Daniel Joseph Kluss, Michael A. Koutsostamaris, John A. Kowalski. Jakub Koziuk, Rafal Krolczyk, Victoria Noele Krygowski, Patricia Krzysik, Konrad M. Kucharski, Erik Warren Kuffell, Alexander Kulaga.

Michael Patrick Lochner, Seve C. Loubriel.

Aundrea Monique Martinez, Julian Marie Mazur, Joshua Joseph Melfi, Dominik Miaso, Megan Mistretta, Robert M. Miszczyszyn, Samantha Rosc Moser, Patrick Mroz, Pamela Marie Mulhern, Kaitlin Brianna

Michael Christopher Navarro, Samantha Jillian Nettniu, Daniel Niedzielski.

Gina Rose Orlandi, Sarah Rose



Therese Casey and Maddy Geden prepare for First Communion.

Oswalt, Natalie Alexandra Ozie-

Bianca Ann Papini, Matthew Perchess, Alexandra Lynn Pitzaferro, Nicole Poskrobko, Su-

Lisa Una Raher, Joanna Redlinska, Brian Patrick Robbins. William Frances Shaw IV, Yassaman Luna Shemirani, Peter Anthony Sliwka, Matthew Ed-

ward Sojka, Michael Stanislawczyk. Aimee Kathryn Svachula, Peter Derek Szczepanski. Monique Ashley Tan, Michael

Termena, Jenny Rose Thompson, Geneva Marie Toledano, Alyssa Faye Dalao Tomas, Britany Marie Trujillo.

Christopher James Uhrik, Michael Robert Undas.

Brittany Ellain Wallace, James Wallenberg, Daniel Joseph Ward, Nicholas Daniel Wheeler, Mark Wieczorkiewicz, Martin Wierzchowski, Nicole Elizabeth Wilkins, Matthew Wozniakow-

Tyler Joseph Zanon.

# Local houses of worship meet society's problems

Congregation B'nai Jehoshua Beth Elohim, (BJBE), and Glenview Community Church, Glenview, just completed their second successful Kesher Interfaith Mitzvah Day, Sunday, May 6.

Mitzvah/Mission Day was an extraordinary opportunity for the community to participate in projects that make a difference in people's lives.

The day started with a brunch for participants at B'nai Jehoshua Beth Elohim, co-sponsored by Glenview Community Church and the Sisterhood of B'nai Jehoshua Beth Elohim.

The special projects undertaken included food preparation. canned goods collection, car washing, clean-up projects, pet therapy, a penny drive, sorting music, visiting the elderly, and art

The organizations that benefitted from these projects are: The Abington, Franciscan Outreach Association, Glenview Terrace, Mary Haven Nursing Home, Good News Soup Kitchen, Youth Services Glenview/ Northbrook, Magen David Adom (Israeli Red Cross). Ronald McDonald House, The Night

Ministry, West Park in Glenview, Wesley Child Care Center, Family Resource Center, Northfield Food Pantry. Adopt a Highway Project, ALS Music Mart, and Wings (Women in Need Grow-

BJBE's 1995 Mitzvah Day resulted in recognition and \$2,000 from the Paul Newman Foundation to help fund the congregation's Feed the Homeless Program. This funding was received in connection with the USA Today's "Let's Make A difference

# **Obituaries**

**ESTELLE BYDALEK** 

loved wife of Ted. Beloved moth-

Kaufman. Grandmother of 7. Ser-

at St. Martha Catholic Church,

Morton Grove. Interment was in

St. Adalbert Cemetery, Niles.

Society, 820 Davis St., Suite 206-

A, Evanston, IL 60202.

ADAM PAUL SUSZYNSKI

Adam Paul Suszynski, 85, of Morton Grove, died May 28 at Lutheran General Hospital, Park Ridge. He was born October 6, 1915 in Chicago. Beloved husband of the late Marion, Beloved father of Karen (Paul) Rosenthal. Grandfather of Adam and Daniel Rosenthal. Services were held Wednesday, May 30 at St. Martha Catholic Church, Morton Grove. Interment was in Maryhill Cemetery, Niles. Memorials to: American Legion Post #134.

SHERRY LYNANN FRANEK Estelle Bydalek, 76, of Morton

Sherry Lynann Franck, 43, of Grove, died June 2. She was born Wheeling, died Thursday, April August 2, 1924 in Chicago. Be-5. She was born November 9, 1957 in Chicago. Services were er of Ted Jr. (Linda), Janice held Monday, April 9. Arrange-(Paul) Duda, and Carol (George) ments handled by Skaja Terrace Funeral Home. Interment was in vices were held Monday, June 4 Maryhill Cemetery, Niles. Memorials to: Wings Program, 415 E. Golf Road, Arlington Heights, IL 60005. Memorials to: American Cancer

**USE THE BUGLE** 

## **Resurrection presents awards** to 73 volunteers

Resurrection Medical Center has honored 73 of its more than 400 volunteers for their combined total of 241,000 hours of service. The 73 were recognized for service ranging from 500 to 22,000 hours each, with awards presented to them during the recent annual Volunteer Awards Day luncheon at Resurrection, 7435 West Talcott Avenue.

"We are very fortunate to have all of our dedicated volunteers." said Barbara DeVito, the hospital's Director of Volunteer Ser-

man, of Gurnee, felt extremely

exhausted, moody and achy. "By

two-o'clock in the afternoon. I

would be so exhausted I would

have to put my head down on my desk" said Hoffman, a

speech therapist at Advocate Lu-

theran General Hospital. At first,

Hoffman thought she was sim-

ply suffering the affects of work-

ing and raising two young chil-

dren. But then she felt a lump on

her neck. After first treating the

lump as an infected lymph node.

doctors later discovered it was

actually related to a tumor on

Hoffman's thyroid. The tumor

was malignant. Doctors in-

formed Hoffman she had Thy-

roid Cancer and quickly re-

moved her thyroid and

good for patients with thyroid

cancer, (80-percent of thyroid

cancers have a 10-year survival

rate of 90 to 100 percent), Hoff-

man found the experience to be

extremely frightening. The eight

hours of surgery to remove the

thyroid was the easy part. The

follow-up procedure to ensure

the cancer was eradicated was a

true test of courage, loneliness

and endurance for Hoffman and

The function of the thyroid

gland is to take iodine, found in

many foods, and convert it into

thyroid hormones: thyroxine

(14) and triiodothyronine (T3).

Every cell in the body depends

upon thyroid hormones for regu-

lation of their metabolism,

"Without those hormones a per-

son is sluggish, exhausted, cold and depressed. The patient often

gains weight, experiences dry

skin and hair and generally feels

lousy" said Phillip Werner, MD,

Director of Endocrinology at

Lutheran General Hospital.

"Fortunately, the invention of

lows us to completely replace

what the body would produce

thyroid replacement medication,

doctors must ensure all the can-

cer is eradicated. Six weeks after

removal of the thyroid, many pa-tients undergo Radioactive Io-

dine-131 treatment. "The radioi-

odine therapy takes care of any

naturally."

synthetic thyroid hormone al- screenings reveal the cancer has

However, prior to beginning an General Hospital's Cancer

not returned.

at (847) 625-9984.

her family.

While the prognosis is very

surrounding lymph nodes.

vices. "We have nearly 450 volunteers who last year alone contributed 83,640 hours of their

Volunteers at Resurrection Medical Center work in a wide range of jobs, from delivering flowers to patients, to performing a variety of office tasks to managing and staffing the hospital's gift

The 73 volunteers who received awards at this year's luncheon included:

22.000 hours: Eleanor Bris-Thyroid Cancer survivor uses her

da Khedkar, MD, Associate Di-

rector of Nuclear Medicine at

Lutheran General Hospital. The

patient is given a very small vol-

ume of liquid radioiodine to

drink. "Because the patient has a

lot of radiation in the body, he

or she must be isolated in a hos-

pital room for approximately 48

hours to limit exposure to other

people," according to Dr.

Khedkar. Housekeeping isn't al-

lowed in the room, all food is

dropped off in the corner on dis-

posable trays, the patient isn't al-

lowed any personal items and as

Hoffman explains, "The tough-

est part is family is not allowed

physical contact with her two

young children for nearly a

week to minimize radiation ex-

Preparing for the radiation

therapy can be as grucling as the

isolation. Patients must wait sev-

eral weeks, with limited or no

thyroid replacement medicine. after surgery. The affects can be

debilitating. Hoffman's face

bloated, she gained weight, she experienced painful cramps and

she was so fatigued it was diffi-

cult to function. "I was scared to

death. The doctor is telling me

all these weird symptoms and

the recovery is good, but I had

weird feelings and I didn't have

anyone to talk to." Hoffman

wanted to share her fears and

frustrations with someone who

would understand, someone who

was also fighting Thyroid Can-

through the experience of Thyroid Cancer alone. At the sup-

port group we can help those

newly diagnosed with Thyroid

Cancer see there is a light at the

end of the tunnel." And Hoff-

man is experiencing that light at

the end of the tunnel. Yearly

ThyCa Illinois meets the third

Tuesday of the month at Luther-

Care Center, located at 1700 Lu-

ther Lane in Park Ridge. For

more information about ThyCa

Illinois contact Allison Hoffman

don't want anyone to go

posure to them.

visit." Hoffman didn't have

Shortly after giving birth to tumor left behind, locally in the her second child, Allison Hoff-neck or in the lungs," said Nan-

experience to help others

21,000 hours: Loretta Olech of Park Ridge.

13,000 hours: Arline Koca of Park Ridge. 9,000 hours: Freda Alix of

Park Ridge, Marge Poteracki and Joan Ptak of Chicago. 8.000 hours: Gil Pohl of Park

7,000 hours: Stan Stomper of Norridge. 6,000 hours: Bernice Gnutek

of Norridge, and Helen Korcyl and Jo Polan of Chicago. 5,000 hours: Marie Bertsch of

Chicago, Donald McVey of Park Ridge, Betty Ness of Norridge, and Diane Norris of Chicago.

wards for under 5,000 hours of service included:

For 4,000 hours of service each: Eleanor Brandenburg, Al Castan, Helen Dasey, Bill Dobersch, Dorothy Fitzgerald, George Huebner, Julia Michels, Marge Olesky and Mary Quarta-

For 3,000 hours of service each: Colette Alberts, Albert Bruno, Louise Bruno, Irene Gipson, Arline Kelly, Helen Kuklinski, Rosemary Lofendo, Ruth Prihoda, Avo Ranne and Sylvia Shear-

For 2,000 hours of service each: Maria Bruno, Dick Cashion, Dorothy Ferson, Clara Jurek. Bill Kalina, Bridget O'Toole, Adele Rozek and Lola Rzymek.

For 1,000 hours of service each: Margot Bauer, Joyce Boin, June Cappello, Bill Hackett, Eileen Hunt, Estelle Korenchan, Ray Krusinski, Sally Loeffler, Sally Monsier, John Quirk, Therese Schenfeld, Vernon Stein, Joseph Tatara, Gene Urban and Dorothy Wegmann.

For 500 hours of service each Dolores Broccolino, Lowell Clapp, Amelia Clark. Lee Kasper. Antonette Lanzito, Betty Leonardo, Ann Melone, Robert Mickey, Jean Moore, Frank Morello, Zetta Parratore, William Paulik, Patricia Reilly, George Reutell, Lillian Ross and Eileen

#### Local legislator greets area school children



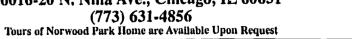
State Sen. Dave Sullivan (back row, center) discusses a student technology exhibit with teachers and students from George B. Carpenter Elementary School in Park Ridge. From left are teachers Matthew Toren, students Devon Williams and Zach Swanson, and teacher Fred Klonsky (back row, at right). Agnes Hicks, AT&T public relations manager, is at right. Some 500 students and teachers from 140 elementary and high schools throughout Illinois participated in the 10th annual TECH 2000/ AT&T Students for the Information Age program at the State Capitol building in Springfield on Tuesday, March 20. AT&T has sponsored the event for six consecutive years.



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#### School News

# James Sakas on **Coaches Wall of Honor**

Baseball coach James Sakas he competed in football and basehas been selected as the 2000-01 inductee to the Niles North Coaches Wall of Honor. A teacher and coach who has taught at Niles North for over fifteen years, Sakas was selected for this honor by a committee based on his character, contributions to the athletes, and experience.

ball. He accepted a baseball scholarship to Illinois State University and competed until his graduation in 1983. He was hired as a physical education teacher at Niles North in 1985. After completing a master's degree in special education from National Lewis University, he accepted a special education teaching posi-Sakas graduated from Niles
West High School in 1979 where

Sakas graduated from Niles
tion at Niles North, a departm
he continues to teach in today. tion at Niles North, a department

# **Maine East Senior Honors Night**

Maine East Principal David Barker and Senior Class President Na Lae Kim welcomed Maine East seniors and their parents to the school's twenty-first annual Senior Honors Program. Awards, presentations, scholarships and certificates were presented to members of the Class of '01 for academic achievement, athletic skills, and service to the school and community.

The May 31 evening ceremony at Maine East concluded with the announcement of the Maine Scholars, the upper one percent of the graduating class. The last valedictorian and salutatorian addressing commencement audiences at Maine East was in 1971 Since that time, the Maine Scholars have been named, and from this group the commencement speakers are selected.

Maine Scholars of the Class of '01 are: Kara Beil of Niles, Jessica Hahn of DesPlaines, Yo-Han Kim of Niles, Elaine Lahn of Morton Grove, and Digesh Patel

Career counselor Verne Farrell reported that, as of May 30, members of the Maine East Class of have been awarded \$1,102,770 by colleges and organizations for academics, lead-

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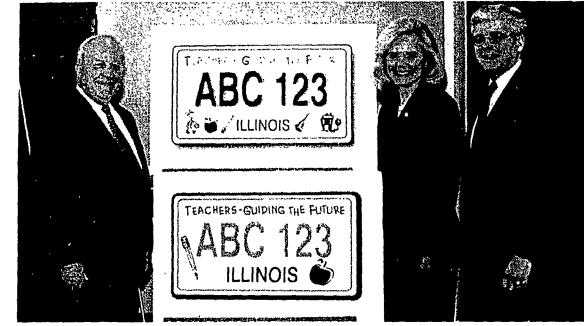


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organis of the following the contraction of the con

State Senator Daye Sullivan, a Republican from Park Ridge (right) joined Senator Kathleen Parker, a Republican from Northbrook (center) and Senator Wendell Jones, a Palatine Republican (left), in discussing legislation that creates a teachers scholarship fund through the sale of "education" license plates. The bill passed the Senate with no opposition.

#### **District 71 News**

Culver Girl's Track

Thank you and congratulations to the 6th, 7th and 8th grade girls on the Culver Track Team. They competed in two invitational Track Meets at Niles North High

School and Niles West High School. Team members included: Nausheen Ali, Julie Barker, JoAnn Bialobrzewski, Anne Borkowski. Vicky Chan, Annette Danilowski, Jamie Donovan,

Coachlight Realty Your "NILES BROKER" since 1974 Coaches: Ann Farlee and Andrea

Haggard.

#### **Culver Students** of the Month

proud to honor the students for May. The names of these students were announced at the May 23rd Student Council Assembly. The students received a certificate and a gift certificate provided by the Culver Student Council.

The March award theme was improvement. Congratulations to Christina Souranis, Diane Wielgos, Elizabeth Dykla, and Milica Zivkovic. March is the month of new beginnings and these students made a new beginning and are committed to keeping the new

The April theme for the month of honest to goodness showers (that bring virtuous Mayflowers) shani Sheth. These students good

The traditional theme for May is scholarship. Congratulations to Vanessa Reiondo, Justina Danilowski, Josh Dessent, and Kelly Gibbons. These students are to be congratulated for their hard work and dedication to schoolwork. They confirm why we're all here

Sandi Eshoo, Heather Garrity, Heather Harmston, Amy Jensen, Sherin Kalappurayil, Colleen Kearns, Michelle Kough, Lois Kwon, Dallas Monreal-Berner, Danielle Owens, Sora Park, Martha Scheler, Aakruti Sheth, Roshani Sheth, Allison Siena, Sarah Son, Teresa Yuk, Jenny Zagorski, Milica Zivkovic, Managers: Jenny Eramia, Amber Huma, Nikki Toumplis, and Girls' Track

The Culver Student Council is the months of March, April and

was HONESTY! Congratulations to Jim Anderson, Thach Tran, Heather Anderson, and Rocharacter bloom with truth and integrity.

at Culver School,

#### **School News**

# Crafters invited for two-day fair at ND

Boys' Parents Association is extending an invitation to any crafter interested in having an exhibit at its annual "Holiday Festival of Arts and Crafts" on Saturday and Sunday, November 3-4, 2001.

This event will be held at Notre

Notre Dame High School for Dame High School in Niles. For more information regarding the event and availability of exhibit space, please call Notre Dame's Director of Special Events and Parent Relations, Ann Mommsen, at (847) 779-8617.

# **Which Comes First:** The Chicken or the Egg

The First and Fifth Graders at St. John Brebeuf School in conjunction with the 4-H Club sponsored by the University of Illinois Extension Program are participating in the Incubation and Embryology Project of incubating and hatching fertile chicken eggs. Mrs. Murdach, trained by the 4-H Club extension, monitors the program within the school while teaching grade appropriate activities in the science program. All ages learn about embryonic development as the students care for developing chicken eggs. During the three week incubation period, students learn not only the scientific facts of embryology, but also about life with its struggles and joys. At the end of the incubation program, a presentation by a 4-H representative discusses with students the program and individual 4-H projects created by the students.

# Niles North athletes receive awards

Twenty-four students received

scholar athlete awards from the

National Interscholastic Athletic

Administrators Association (NI-

AAA). To be eligible for the

award, seniors needed a cumula-

through seven semesters. The NI-

ASAA scholar athletes are: Ji-

lienne Abaño, Erica Bush, Jona-

than Charak, Jessica Cohen,

Mikhail Davidyan, Drew Dep-

pen, Grant Deppen, Orit Jacobi-

us, Heather Kapland, Aaron

Kirkpatrick, Yelena Konanova.

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leadership.

The Niles North Physical Welfare department honored students at an awards ceremony held recently at the school. Not only were students commended for their athletic and academic prowess, they were also cited for good sportsmanship, respect for othcrs. and leadership qualities.

Honors awarded included: The Patrick Grant Outstanding P.E. Leaders Award given to Niles North seniors Peter A. Breit and Hollie Tarshis. They were participants in the Physical Education Leader Program, physically skilled, interacted well with students, and went "above and beyoud" their work in the classes

that they led. Uday Malhotra and Jessica Cohen received the Darrell Conway Outstanding P.E. Student Award. In order to receive the award, the recipents had to be physically skilled, exemplify good sportsmandship and work well with

Erica Bush and Ryan Schaefer were named Outstanding Senior Athletes. In addition to possessing all the qualities of "blue chip" athletes, these students showed good academic standing, courage. loyalty, poise, and a positive influence on others.

Jilienne Abaño and Phil Pacete were honored as U.S. Army Re-

#### Christopher J. Stube

Army Spec. Christopher J. Stube has been decorated with the Army Achievement Medal for having completed a military service enlistment in a commendable and exemplary manner.

The medal is awarded to soldiers who have served in any capacity in a noncombat area authorized by the Secretary of the Army. The recipients have distinguished themselves by meritorious service or achievement and accomplished the act with distinction.

Stube is an early warning system operator with the 1st Battalion, 62nd Air Defense Artillery at Fort Lewis, Tacoma, Wash.

He is the son of James L. and Joan E. Stube of Des Plaines. The specialist is a 1990 graduate of Maine Township High School West, Des Plaines.

USETHEBUGLE

Vladimir Kudonik, Avanti Lal, serve Scholar Athletes for their participation, ability, and high ac-Olga Levinson, Alex Mats, Ann ademic achievement. Talia Gal-Mui, Brain Plotkin, Nathan Pollagher and Josh Basinger were lak, Rence Scaletta, Gary Selz, Jarret Turbin, Michael Wenger, named U.S. Marine Corps Distinguished Athletes for their person-Diane Yabut, and Chan Yoon. al traits of courage, poise, and Thirteen students carned Iron

Viking awards. Athletes who participated on a Niles North athletic team during each season for all four years received this award. They are: Jilienne Abaño, Peter Breit, Erica Bush, Mikhail Davidyan, Kira Devin, Talia Gallagher, Aaron Kirkpatrick, Ann tive grade point average of 3.5 Mui, Ryan Shaefer, Fredric Souvenir, Patrick Tortorello. Joey Weitzman, and Chan Yoon.

Sportsmanship Awards were given to juniors Aaron Heller and Stephanie Ng, sophomores Jennifer Bryner and Catherine Moody. and freshmen Michael Gaynor and Zach Pershin.

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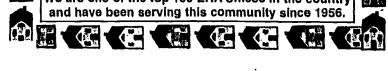
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# Library and Parks News

#### **Skokie Public Library**

Library Events: June 14-July 4. Here are the highlights of what's happening at the Skokie Public Library in the next few weeks. All events are free and open to the public, though some require registration or tickets as noted. The public is welcome to eall our general information line at 673-7774 with questions.

Feed Your Need to Read!

• The Summer Reading Program for kids, Feed Your Need to Read, gives kids an opportunity to read, have fun, and win prizes through July 31. Pick up a Library newsletter for details.

Supermarket Scavenger Hunt - Mystery fans in grades 6-8 can shop through the Youth Services Department for hints and elues to unravel a whodunit. Please register; call 847-324-3149. Friday, June 15, 7-8:30

· Craft Sunday - Kids of all ages can drop in and make a fun Father's Day craft. Young children should have a parent to assist them. Sunday, June 17, 2-5 p.m.

 Cooking Around the World - Taste the world as we make foods from different lands. Grades 4-8. Please register; call 847-324-3149. Monday, June 18,

• Pajama Storytime - Come to the Library in your pajamas and hear bedtime stories. Tuesday, June 19, 7:30-8 p.m.

• Magic for Muggles - Future magicians and Harry Potter fans can learn some magic tricks from a pro! Please register; call 847-324-3149. Grades 1-8. Thursday, June 21, 1-3 p.m. • After Hours Sock Hop -

The Library's closed, but the party is just beginning! Kids in grades 6-8 can time warp back to the 1950s at our after-hours sock hop featuring music, dancing, food, hula-hooping, and a costume contest. Advance tickets are required, and can be picked up when you register for the Summer Reading Program. Call 847-324-3149 for details. Saturday,

• Juggling Funny Stories Storyteller and juggler extraordinaire Chris Fascione will delight audiences of all ages with his funny stories and juggling anties. Free tickets will be available outside the Petty Auditorium beginning one-half hour before the

show. Monday, June 25, 3-4 p.m. • Patriotic Storytime - Get ready for Independence Day with this storytime celebrating Ameri-ca! Tuesday, July 3, 1-1:30 p.m.

Library Expansion Project • Expansion Project Presen-

tation - Patrons interested in learning more about the Library expansion project, which will begin construction this summer, can come to a special presentation on Wednesday, June 27 at 7 p.m. The project's architect and construction manager, as well as the Library Director, will give an overview of the project and answer questions. The public is asked to register to ensure that adequate seating will be available; call 847-324-3127.

Concerts in the Courtyard Join us in the Library's southwest courtyard for two concerts under the stars. Bring your blanket or lawn chair, and enter from the west parking lot. In ease of rain, concerts are held in the Petty

doors open at 6:30 p.m. • Dois No Choro - Flutist Julic Koidin and guitarist Paulinho Garcia entertain with Brazilian world music and other popular favorites. Thursday, June 21, 7 p.m.

Auditorium. Seating is limited

· Hurricane Saxophone Quartet - Four ladies play everything from Bach to the Beatles on their saxophones. Thursday, June **Library Classes and Events** 

• Read Through the Year! -Adults are invited to join the Library's summer reading club June through August 31. Read six books or listen to six audiobooks inspired by events throughout the year, and receive a 2002 Book Lovers Calendar, Registeration takes place all summer long at the Readers Services Desk. Enjoy a good book this summer!

• Russian Club: Jewish History Lecture - Local historian Igor Slavin will continue his popular series of talks on Jewish History. The presentation will be in Russian. Saturday, June 16, 3

Teens • Summer Reading Club -Teens can enjoy 2001: A Reading Odyssey June through August 31. Read six books and receive a prize. Sign up at the Readers Services Desk all summer long.

• Teen Book Discussion Hard Love by Ellen Wittlinger will be discussed on Monday, June 18 at 7 p.m. Pick up a copy of the book at the Readers Services Desk.

Gallery

• The Baren Print Exchange Woodblock prints from around the world will be on display through July 3. The prints were ereated by artists on five continents and sent to Skokie artist Julio Rodriguez as part of an interenational artist exchange.

• Skokie - A Village of Neighbors - The Skokie - A Village of Neighbors mural that was created at the Skokie Festival of Cultures by Library artist Kevin Luthardt and hundreds of young people is on display in the main lobby (open-ended exhibit).

The Skokie Public Library, loeated at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day. Seven days a week at www.skokielibrary.org.

## Lincolnwood **Public Library**

Musical Bonbons. Singer Eddy Patay presents "Musical Bonbons," a Father's Day program of musical delicacies from around the world, at the Lincolnwood Public Library on Sunday, June 17. He will be accompanied by Arkady Bodner. Also featured on the program will be soprano

Patay, a lyric baritone, has been called Chicago's most versatile ethnie entertainer. His warm and romantic voice makes each song a story told in music. His varied program will include folk music from Europe, arias from the immortal Viennese operettas, nostalgic sounds of Broadway, show tunes and hits from the contemporary musical theater.

Tickets are required and are available free at the Circulation Desk. The program lasts about an

Disorderly conduct presents Improv. They are young; they are funny; they have a very fresh take on audience participation. Disorderly Conduct, an improv comedy troop made up of 13-14 year old performers, will present heir newest take on life with their Summer Tour 2001 at the Lincolnwood Public Library on Tuesday June 19 at 7:30 p.m. A program aimed at teens but great fun for the whole family, the young comedians take suggestions from the audience and ereate hilarious skits before their eyes. Later, they present their well honed comedy act. The program lasts about an hour. The library is located at 4000 W. Pratt Avc., phone 847-677-5277.

# **Niles Library Trustees** elect new officers

AT their most recent meeting, the trustees of the Niles Public Library District elected Jack Sugar as their president. Sugar, a retired Sears employee, has actively served on the Library's Board of Trustees for the past two years. and trustee Richard Barnat will Trustee John C. Hanna was also

There are two days in the week about which and upon which I never worry...One of these days Yesterday...And the other day I do not worry about is Tomorrow,

elected to serve as vice president. Hanna, an architect with his own business, was reelected to a second term on the Library's Board last April, Trustee Irene Costello will continue her role as secretary continue to serve as treasurer.

The Niles Public Library District is governed by a sevenmember Board of Trustees. The community elects these seven volunteers for a six-year term. The Board determines the library's operating budget and governing policies, and oversees the long range planning for the li-

#### Home Style

#### Safety tips from electricians

(NU) -- If you're a homeowner, you've no doubt learned there's always something to do around a house to keep it in top

Whether it's repairing the plumbing system, maintaining the heating and cooling system or coping with an electrical emergeney, it's important to know. what to do.

Electrical systems are especially challenging to new homeowners. One reason they appear complex is that they're mostly hidden behind walls. There's also the fear of getting a shoek.

While major electrical work is best handled by a licensed electrician, even a novice can safely replace cords and plugs, change fuses and repair light fixtures.

Here are some safety tips from professional electricians:

· Working with electricity ean be dangerous unless you stick to certain rules. The first rule: Never work on any live circuit, fixture, receptacle or switch. Shut off power to the electrical system at the main eircuit breaker.

• Tape over the main switch, empty fuse socket or circuit breaker when you're working; leave a note so no one will acci-

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dentally turn on the electricity.

 You probably have the basic tools you'll need to work on vour electrical system -- pliers, serew drivers and Allen wrenches. But look into the cost of buying specialized tools.

Professional electricians rec-

ommend purchase of a staple gun, such as the Arrow company's innovative T59 staple gun. It can be used on both inside and outside jobs since the insulated staples are made of either galvanized or stainless steel and have UV resistant insulators. The gun features a jam-proof meehanism, protective chrome plating and the only insulated staples shot from a staple gun that meet the Underwriters Laboratories' safety stan-

The gun is made of stainless steel so it's durable year after year, and it provides unique speed and accuracy. Plus, because of its curved nose, it will not damage cable and wire. You'll also reduce your risk of impeding electrical flow because its unique design won't fray your

 Always unplug any appliance before attempting to repair

# **One Answer to High Heating/Cooling Costs**

Washington, DC - Nearrecord-high natural gas and heating oil prices have blanketed the country this winter, California's energy crisis threatens to spread northward and eastward, and both President Bush and Sceretary of Energy Abraham have cautioned that, as a country, we are not generating enough elec-

tricity to meet demands. In this heightened state of energy consciousness, many, in both government and the private<sup>1</sup> sector, are exploring ways to reduce energy consumption. One advanced technology with real promise for helping to alleviate commercial and residential energy concerns is geoexchange, which can cut energy consumption by as much as one half.

Of all of the alternative energy technologies, including wind, solar, biomass, and fuel cells, geoexchange is the only one in eurrent widespread use. According to the U.S. Department of Energy, geoexchange represents a practical, proven technology one that is gathering a reputation

USE THE BUGLE

for saving school districts, com-mercial building owners, and homeowners a substantial amount of energy costs each

Geoexchange systems, which use the renewable energy available from the earth to provide heat in the winter and air conditioning in the summer, use 25% to 50% less energy than conventional heating and cooling systems do, and they consume no fossil fuels. Instead, they transfer heat to and from the ground, which, a few feet below the surface, remains at a relatively conmoderate temperature year-round.

in winter, geoexchange systems absorb heat from the ground, and transfer it to a home's or commercial building's interor. In the summer, the systems reverse the process, collecting excess heat from the interior air and transferring it to the

While natural gas and heating oil prices have risen sharply over the last eighteen months, and experts hold little hope for relief this summer, the high efficiency and low operating costs of geoexchange systems are making the technology a common sense choice for consu-

Moreover, in California and other areas experiencing electrical supply shortages, widespread adoption of super-efficient geoexchange systems could help cut peak electical demand and reduce the need for rolling black-

Building owners who install geoexchange systems also make contribution to the environment. Since geoexchange systems burn no fossil fuels, they generate virtually no earbon dioxide emissions. In fact, they slash emissions of this greenhouse gas - compared to natural gas, propane or oil furnaces – by about one pound of CO, for every hour of operation, in a typical residential system.

This high overall performance has led the U.S. Environmental Protection Agency to name geoexchange as one of the most energy-efficient, environmentally responsible heating and cooling technologies currently available. More information is available from the Geothermal Heat Pump Consortium, Inc., a non-profit organization, by calling 1-888-255-4436 or visiting their web site at www.geoexchange.org.



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#### Home Style

#### Power rollers help homeowners create the rooms of their dreams

(NAPS) -- What color would you paint the room of your dreams? This question has some people thinking of trendy colors like robin's egg blue or wasabi green, while those with more conservative tastes would be dreaming of the perfect shade of cream.

Although choosing what color to decorate your room with is a Mate<sup>TM</sup>, two basic models from key part of the redecorating process, many homeowners are primarily concerned with the time and energy it takes to complete the painting job.

Power rollers can help you apply your selected paint color twice as fast as manual rollers. They provide a continuous, even flow of paint and extend the user's reach to minimize bending and stretching. They also reduce or eliminate trips to the paint can and eliminate the need for messy paint trays.

Powered rollers come in a variety of styles with prices ranging from \$25 to \$120. The basic models look much like a traditional manual roller, but have an extended handle that holds the paint as it's "fed" to the roller. The user controls the paint flow by pumping the handle or pushing a trigger. Battery-powered models feature a self-feeding roller and a

pump that feeds the paint through a flexible hose to the roller. The top-of-the-line electric models pump paint directly from the paint can. In addition, there is a wide variety of accessories to choose from, including a trim

PaintMate<sup>TM</sup> and Stain Wagner Spray Tech, cost as little as \$25. They feature Wagner's innovative Power Trigger<sup>TM</sup> System, which can apply oil and latex paints to an 8-foot by 8-foot section in one fill, saving users up to seven trips to the paint tray. The built-in extension allows users to reach an 8-foot-high ceiling without a ladder.

Wagner also offers two battery-operated Power Rollers® with prices ranging from \$50 to \$80. Both models have a 9-inch self-feeding roller. The 929 model has a 1-gallon paint container, a 6-foot extension hose, and can paint 20 rooms on one set of batteries. The 949 model has a 1.2gallon paint container, an 8-foot extension hose, and can paint up to 30 rooms on one set of batter-

For more information on Wagner Spray Tech's power roller products, call 1(800) 328-8251 or visit the company's Web site at: portable paint container with a www.wagnerspraytech.com.

# Tips on improving garage door security

(NAPS)-Your home is secure. You have solid entry doors on the front and back, and deadbolt locks on every door. You've even secured your sliding glass door. But wait, there's one big piece missing in your home security plan - the garage.

The garage door is the largest door on your home, and can be an easy point of entry for would-be burglars if not properly secured. Here are some security tips from the garage door experts at Clopay, North America's leading manufacturer of residential gar-

• Install a steel garage door. Premium garage doors, like the Premium Series from Clopay, wrap heavy-gauge steel around an insulated core. This threelayer construction is energy efficient, dent- and scratch-resistant, and makes entry into your garage more difficult for intruders. Unlike with wood doors, burglars can't chip away at or kick the panels in on a properly constructed and installed steel door.

• Light the way. It's an old rule that can't be denied - light scares away burglars. Consider installing a dawn-to-dusk light over your garage door, or use a

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motion-detector light that automatically comes on when a car or unwanted visitor approaches.

 Keep the door closed. It sounds simple and it is. When entering and exiting the garage, watch until the door is fully closed. Safety features on your garage door will automatically reverse and raise the door if any resistance is encountered, and thieves know this. Burglars have also been known to take advantage of doors that close slowly or are left open by the homeowner.

· Garage doors have locks, too. Don't rely on the weight of your garage door or the garage door opener alone to secure your door, especially if you're going to be away for an extended period of time. Most garage doors have several lockingoptions to choose from, many can be retrofitted to your existing door. Major manufactuerers, like Clopay, offer a number of locking options such as lock bars, snap latches, vacation switches for garage door openers and slide bolts. Be sure that locks are not engaged when a garage door opener is being used.

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your home, but don't sacrifice security for style. Choose a sturdy window, securely installed. Clopay offers a variety of window options in ultra-tough acrylic. The best window choices allow light to pass through while protecting your privacy from "prying

 Guard your garage door opener frequncy. Basic garage door openers come from the factory with pre-set codes. Any remote control device set to the same frequency can open the door. Check your instruction manual or call the manufactuer for instructions on how to change the code. Many new garage door openers feature anti-burglary devices that protect your code from interception or even change the code every time you use the door. That way, burglars are kept out

· Energy efficiency. The features that work to keep out burglars also keep out the elements and lower your energy bills. An insulated steel door with a weather-sealed bottom can have an R-Value of 9 or higher. And durable acrylic windows, like those from Clopay's Designer Series, can help block UV rays and mitigate heating/cooling loss.

For more information about secure and efficient garage door options, contact Clopay at 1-800-2CLOPAY (225-6729) or visit www.clopaydoor.com.

#### Finding the right home for you

(NAPS) -- Finding the right home can be easier by following a few hints from professionals.

When looking for a home, contact a real estate licensee who's an Accredited Buyer Representative (ABR). You will relieve yourself of numerous and often confusing details of the transac-

For example, an Accredited Buyer Representative will:

Help you shop for the neighborhood before you shop for the house and advise you about examining schools, shopping, recreational opportunities and other amenities.

2. Determine whether you pre-qualify for a mortgage and in what amount. Such a move can speed up the mortgage process considerably.

3. Discuss with you if you are about to become a homeowner for the first time, whether it is advisable to start small in a good area. Often a less expensive home in a good neighborhood can be a better buy than an expensive house in a dubious neighborhood.

Continued on Page 31

#### Home Style

#### Maintenance tips can help keep a dream home alive

present for taking preventative

(NAPS) -- For many Americans, their homes represent the investment of a lifetime. Every year, however, disasters pose a serious threat to that investment. But by conducting annual preventative maintenance, homeowners can protect the value of their home and the safety of their families.

Incorporating preventative maintenance as a part of an annual routine can help consumers protect their investment against damage from a variety of sources, including potential hurricanes, flooding, wildfires, tornadoes and earthquakes. The Federal Emergency Management Agency's (FEMA) Project Impact: Building Disaster Resistant Communities encourages homeowners to take preventative actions as part of their spring-cleaning.

"There is no time like the

Finding the right real estate per-

son to work with, one who has un-

dergone comprehensive training

on serving buyers, is the first step.

An ABR has been trained by the

Real Estate Buyer's Agent Coun-

cil, an affiliate of the National As-

sociation of Realtors, to evaluate

the specific needs and wants of

buyers and locate properties that

Research has shown that when

an ABR was used, prospective

buyers found their homes one

week faster and examined three more properties than those consu-

mers who did not use a buyer's

representative. ABRs have been

trained to create a database of opportunities for future clients.

An ABR will visit an open

house, inquire about expired list-

ings or listings that were with-

drawn from the market, ask about

homes for sale by owners, follow

up on auctions and estate sales,

talk to divorce attorneys and hu-

man resource directors, stay in

touch with moving companies.

check the Internet and establish

ongoing relationships with pro-

In any given week, an ABR

may send information about doz-

ens of new buyer-client profiles,

(including information about the

type of property these clients are

seeking) to a large group of vari-

ous people in the know about real

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bate attorneys.

**Finding** 

Continued from Page 30

measures. There are easy projects that people can do today to prevent damage from disasters that may strike in months or years to come," said Cynthia Ramsay, national public affairs manager for FEMA's Project Impact. Fannie Mae, the nation's larg-

est provider of funds for home mortgages and a national Project Impact corporate partner, suggests conducting regular maintenance checks on the following:

 Mechanical systems (heating, air conditioning, plumbing)

 Major structural elements (roofing, gutters, downspouts) Exterior siding

Cement (sidewalks, steps)

 Wood or other materials The flashing around doors,

windows, chimney and roof Doors and windows to ensure they are properly caulked

 Doors and stairs to ensure they are secure

Project Impact, a nationwide initiative aimed at getting Americans to think about damage prevention before disasters strike, suggests using yearly maintenance checks as a way to evaluate your home's disaster resistance. Based on the disaster risk you face, home improvement projects that can prevent disaster damage should be conducted.

Potential prevention measures

Elevating heating, ventilat-

Storing combustible

flammable materials appropriate-

and emotional investment when

buying a home, and they should

vent damage to their investment,"

tive measures while doing regular

maintenance can help ensure that

your home and family are safe

or visit www.fema.gov/impact.

season after season."

"People make a big financial

ing and cooling equipment

• Installing storm shutters on windows Installing anchors, clips

bookcases

or fuse box

some of the reasons: and straps to secure your home 1. As your home and family change, so does your water heater Anchoring heavy equipneeds. Your plumber can help ment, such as water heaters and you plan ahead and get the most

or your money. Elevating the main breaker 2. A plumber can back up his work and shoulder the responsi-

> bilities that comes with the job. 3. Troubleshooting is for professionals. If you don't know what causes that rattling noise, that sulfur, rotten egg smell or that sudden reduction in available

new water heater - and it is for al-

most any house sooner or later -

calling a plumber is the smart

perts at one of America's largest

thing to do. Here, from the ex-

vater heater manufacturers, are

take the necessary steps to pre-4. Your plumber can answer all your questions. said Ramsay. "Taking preventa-

hot water, it's time to call the

5. The plumber knows how to use all the right materials when installing your new heater. 6. One call can do it all. The

plumber can install the new heat-For more information about er and remove the old one. Project Impact or preventing 7. You get a wide range of opdamage, call (202) 646-4117, etions. Your plumber can show mail: project.impact@fema.gov

you water heaters with all sorts of

features and operating efficien-

(NAPS)-When it's time for a cies and tell you how well they can meet your needs. He or she may even have access to heaters that are not available to the gener-

8. A plumber knows how to protect delicate parts, properly thread gas connections, elevate the heater and protect it against earthquakes and other disasters. Your plumber understands what tools and materials are safe and legal to use, how to vent the unit properly and how to set the water temperature and pressure at safe and efficient levels.

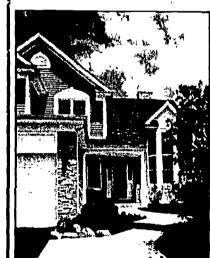
9. Because many plumbers attend trade association meetings, events sponsored by water heater manufacturers and also subscribe to plumbing trade magazines, they are often the first to know when technology changes or more efficient models are availa-

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#### Police News

**Niles** 

#### **BURGLARY TO AUTO**

Unknown offender(s) smashed the driver's window of a 1994 white Volvo sedan parked on the 7000 block of Nordica sometime between June 7 and June 8. The owner told police that a set of Malibu outdoor lights (\$89). a stuffed dog (\$30), and \$30 in cash left in the glove compartment were missing.

#### FORGERY/STOLEN **CHECKS**

Three young men are wanted in connection with a forgery scheme where checks for \$50 were cashed at a food store on the 8900 block of Dempster. On four separate occasions on May 29 and June 1. one of the men used the checks for purchases under \$2. and then received the remaining change. A fifth attempt was made on June 1, but when a cashier asked for identification, the men fled the store leaving the

check behind. The men are described as white, between the ages of 18-22. The first is 6'7", 155 lbs. with black hair. The second is 5'6", 160 lbs, with a medium build and a fair complexion. The third is also described as weighing 160 lbs with a medium build and fair complexion, and has multiple piercings: five earrings in one

ear, two in the other, and either a nose or lip piercing.

#### **CRIMINAL DAMAGE** TO AUTO

Offender(s) used empty beer kegs to smash the rear window and rear passenger window of a red 1989 Toyota Corolla parked in the lot of a bar and grill on the 9000 block of Milwaukee June 5. The car was parked in the rear lot where empty kegs are stored. There are two possible suspects. One is a ptron who failed to sign a credit card receipt before leaving the bar. The second is a teenager who was denied entry after attempting to use an older sibling's driver's license.

Unknown offender(s) used a sharp object to puncture tires of vehicles parked in a nursing home parking lot sometime between June 1 and June 2. Both right side and the rear left tire of a blue 1993 Nissan Altima belonging to an assistant nurse were punctured, as well as the left rear tire of a resident's 1998 white Buick Century, and another resident's 1990 white Toyota Corolla sustained puncture damage to its right front tire.

Three 17-year-old boys were arrested by Wilmette police and

**OFF** 

confessed their roles for damaging cars in Niles between 5 p.m. June 4 and 5:50 a.m. June 5. Two of the boys are reported to breaking windshields and windows of cars with a baseball bat and sledgehammer. The third told police that he met the others at a location where he knew they were damaging vehicles. The boys were all charged with Felony Criminal Damage to property and will appear in court for a preliminary hearing on June 16.

#### **DECEPTIVE PRACTICE**

Police are looking for a man who used either stolen or counterfeit credit cards for purchases from retail store at the 7200 block of Dempster on three separate occasions. Video surveillance tapes show the man making the purchases. On May 7, the man charged \$237 to a credit card. Police were unable to contact the card's owner and it is not known if permission to use the card was given. On May 21, the man attempted to make a purchase for \$200 but the card was declined and he fled the scene. On May 22. the owner of a different credit card was contacted by the bank regarding a suspicious transaction for \$245 made at the same retail store. The card owner told the bank that she was in possession of the only card issued to her, leading the bank to believe that the

terfeit The man is described as black. n his twenties, 165 lbs. 5'7", with medium build, black hair, and a dark complexion.

card used by the man was coun-

The owner of a bar and grill at the 9000 block of Milwaukee, reported that a patron had presented and received cash for numerous checks between Nov. 15 and June totaling \$1,500. The checks were returned for non-sufficient

A jewelry store in a mall reported last week that a check for \$260.40 presented on April 26 was returned for non-sufficient



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A man ran behind the pharma-. cy counter at a food store on the 5700 block of Touhy June 3 and grabbed three bottles of generic Tylenol with codeine off the top shelf of the last drug case. He then fled the store. A patron saw him head westbound on Touhy in a red van or minivan. The man is described as white, in his thirties. 6', 180 lbs, with brown hair, a thin build, and a light complexion wearing sunglasses.

#### SUSPICIOUS ACTIVITY

A woman visiting a cemetery at the 6800 block of Milwaukee on June 7. contacted police after she noticed a man in a 1996 black Chevy Lumina drive alowly past her car and then park about 100 ft. away. He exited the vehicle with a piece of paper in his hand, and walked to various sites before walking toward her locked vehicle. She told police that the man slowly passed her car, got into his own and began driving around the cemetery.

The woman first contacted a friend whose car was robbed at the cemetery a month before and described the man and his vehicle. The friend confirmed that he matched the description of the man suspected in the previous in-

#### Des Plaines . . . Continued from Page 17

materials, genealogy resources at the library and the DesPlaines Historical Museum, and genealogy games and activites for children. Brochures and literature will be available from the National Archives, the Illinois Regional Archives, family history centers. and other local genealogy groups

and libraries. On Sunday, Heritage Fest celebrates the cultural history of Des Plaines from the early settlers to the current-day population. Performances of music, song, and dance are scheduled, as well as family heritage displays and art- 1710.

work from students and children depicting family traditions. Individuals or families that would like to participate in this program by sharing their own family heritage may contact the DesPlaines Historical Society at 847/297-

cident. The woman then called

police who arrived on the scene

and questioned the man. The re-

sponding officer hae not been in-

formed of the previous incident,

and after the man told the officer

that he was looking for his broth-

er-in-law's grave. he was re-

leased. Five minutes later the of-

ficer received a dispatch that the

man had an extensive criminal

Two thefts were reported last

week from an auto repair garage

on the 9400 block of Greenwood.

On June 2. a 1989 silver Pontiac

Bonneville in for repairs was sto-

len sometime between 9 a.m. and

2 p.m. On June 4. two boxed

wheels were taken. The suspect

entered the east-side garage and

is then believed to have entered

the adjacent supply room and re-

moved the boxes before driving

away in a mid-1980's two-toned

brown Grand Marquise. The

A Skokie man reported that

someone used his stolen credit-

card to make almost \$800 in pur-

wheels are valued at \$350 each.

**UNLAWFUL USE** 

OF CREDIT CARD

chases on April 28 and 29.

history.

THEFT

The statewide celebration is being coordinated by the Illinois Association of Museums and the Illinois Heritage Assocaition. For information on activities at the library, please phone the Registration Desk at 847/376-2787, or the Historical Society at 847/297-

# **Understanding** Medicare 2001 discussion

Do you find yourself spending much of your day trying to make sense out of Medicare programs and its many forms? If so, then attend the Timely Talk on "Understanding Medicare 2001: A Practical Approach," at 2:30 p.m., on Wednesday, June 20. at Norwood Park Home, 6016-20 N. Nina Ave., Chicago. This bi-monthly program on topics of general interest is offered free to the com-

Cathy Gleason. Community Relations Representative, Blue Cross Blue Shield of Illinois Service in the Neighborhood for Seniors Educational Outreach Program, will make the presentation. She will sweep away the confusion over this federal program by explaining the latest Medicare insurance benefits and regulations. Her talk also will cover traditional Medicare, Medicare + Choice and Medicare Supplement plans. A question and answer session will follow the program, handouts will be available and refreshments will he served.

For more information regarding this event, upcoming Timely Talks or the Norwood Park Home, call Lynn Mitsui at (773) 631-4856, ext. 2622.

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## Field Museum launches concert series

Enjoy food, drink, spectacular views and live music from Chicago's hottest bands Thursdays, June 21 through September 6, from 6 p.m. to 9 p.m. at Thursday Night Mixers on The Field

Museum's northwest terrace. These events, offered in partnership with WTMX Radio 101.9 FM and feature some of Chicago's best-known bands performing in a unique outdoor setting on

#### **LEGAL NOTICE**

#### NILES, ILLINOIS

#### REQUEST FOR PROPOSALS

The Village of Niles will be accepting proposals for:

#### HOWARD STREET BRUDGE 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. July 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, July 11, 2001, in the Conference Room at the Administration Building. Contract awards will be made at the Village of Niles Board Meeting of July 24.

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**

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, July 2, 2001. at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive. Niles, Illinois, to hear the following matter(s):

01-ZP-15 Marie Kaminska 9045 Cumberland Niles, IL

Requesting a change in zoning from R-1 to R-2 to allow existing 100' x 200' lot to be subdivided into two lots of 50' x 200' each at 9045 Cumberland.

Requesting change in zoning

of rental vehicles at 5704 Touhy

Avenue for Alamo Car Rental.

01-ZP-19 Jonathan Wocher McBride Dale Clarion from B-2 Special Use to B-2 5725 Dragon Way Ste 220 Special Use for outdoor storage Cincinnati, OH

01-ZP-20 Sonny Ho 9075 Cumberland Niles, IL

Requesting a change in zoning from R-1 to R-2 to allow existing 100' x 200' lot to be subdivided into 2 lots of 50' x 200' each at 9075 Cumberland.

01-ZP-21 Angie Sansone 9055 Cumberland Niles, IL

Requesting a change in zoning from R-1 to R-2 to allow existing 100' x 200' lot to be subdivided into 2 lots of 50' x 200' each at 9055 Cumberland,

01-ZP-22 Zenon Orlinski Chicago, IL.

Requesting a variation to 4515 Milwaukee Ave. required lot width from 50' to 47.97 (4%) and variation to lot area from required 6,250' to 5.995.6 (4%) for proposed to subdivision with 5 lots to constuct 5 single family homes at 6800-6804 Oakton Street.

The Village of Niles will comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Abe Selman, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

Chicago's beautiful lakefront.

The event kicks-off on June 21 with the lively sounds of Hello Dave. Hello Dave combines rock, folk and pop with a southern flavor, and they never fail to have audiences up on their feet and dancing. Hello Dave's spirited songs captivate listeners, and the band has been very successful in developing a loyal fan base.

On June 28 listen to the funky sounds Liquid Soul. Liquid Soul blends acid jazz, funk and hiphop soul into an energetic danceable sensation. Liquid Soul

presents a unique musical experience that appeals to multiple age and ethnic groups.

Then it's Harmony Riley on July 5. Fusing funk and soul with rock. this four-piece band has a strong following in the Midwest and on the East Coast. And on July 19, we will host

special guests Underwater People, one of Chicago's most popular cover bands. Their repertoire of crowd-pleasing hits includes pop songs, reggae, country. swing and even zydeco. Underwater People intermingles an eclectic blend of cover songs with a variety of entertaining original

Events will take place rain or shine. Cost is \$10. Tickets will be sold at the entry. Food, beer, wine and soft drinks will be available

TheField Museum is located at 1400 S. Lake Shore Drive in Chicago. For more information or for a complete schedule, call (312) 665-7600. Please note: The interior of the Museum will not be open to the public during these

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# **District 219 News**

(847) 588-1900

Health Records Required. Niles North and Niles West High School are urging all parents and students to complete or update student health and immunization records so that they can attend classes when school begins on Tuesday, August 28. State law requires that students

Renewal of **Spirit Service** planned

Congregation B'nai Jehoshua Beth Elohim, Glenview, has planned a Renewal of Spirit, Sunday morning service for Sunday, June 17, from 10:45 to 11:45, in the sanctuary at 901 Milwaukee, for those who wish to feel good in the presence of God and let go of their cares and burdens.

The service will be co-lead by clergy and Sandy Krebs, Wilmette, a lay leader.

For information, contact Shari Bauer (847) 729-7575 or online at: http://www.bjbe.org.

new to District 219, including freshmen and transfer students, have a complete physical done by a doctor licensed in Illinois. The law also requires evidence of immunization against measles (two doses of live vaccine), mumps, rubella, polio, Hepatitis B (three doses), dipthería, and tetanus. If your doctor does not have a supply of dt vaccine (there is a nationwide shortage at this time), you will be required to submit a note, signed by your doctor, stating the dt booster will be deferred until the vaccine is available. A tuberculosis skin test is also highly recommended.

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

Any students who have not provided this information by the

week of orientation August 20-24 will not receive either schedules or books until their records are complete, and will not be allowed to start classes. Students Make History. Distriet 219 students made an impressive showing at the recent Illinois History Exposition held

recently in Springfield, IL. North

students Sandra Yoon and Rosa-

lyn Luz were selected to represent the state of Illinois at the natíonal competition Washington, DC with their project on the legacy of Marshall Fields. This is the third year in a row that Niles North students have gone on to compete at the national level of the competition, a contest that some 90,000 students throughout the state participate at many levels. Niles West students Julie Thomas and Mariann Chelampath were singled out to receive The Project Award

can American History. Superior ratings went to the

from Bloomington Normal Afri-

and Kevin Vanderporten; Irene Písareva and Julia Pravník: Kathy Crowley and Natalier Bartyl; and Jenny Ahn. Niles north students who participated as the Illinois History Expo included: Anush Laxpatí, Virag Shah, Ben Wallenberg, Alex Tsinman, Yenny Estrada, Cristina Gaita, Aarti Goel, Courtney Livingston, Hiren Patel, Rebecea Taxman, Cathy Beederman, Ashley Chartak, Andelina Morais, Sara Rubin,

Monique Kamaria, Stephanie

Ng, Shin-ing Chen, Alex Rubin-

their projects: Carrie Poulsom

Betsy Holman and Kristy Pommerenke-Schneider are the history fair sponsors at Niles North and Carole Goodfriend is the sponsor at Niles West. Students Receive Scholar-

steyn, and Jeremy Sorokas.

ships. Níles North seniors Logan Farris of Skokie and Amber Benveniste of Skokie were recently awarded Project Imagine scholarships from Marshall Field's. Parfollowing Niles West students for arts, recommendations from a

creative arts teacher, a grade point average of 2.5 or higher, and a list of arts activities, awards and honors were some of the requirements for the \$1,000 schol-Both Logan and Amber plan to

study music education at Western

Miehigan University in Kalamazoo in the fall. PTSA/Viking Volunteers Award Scholarships, At a recent Student Awards Assembly held at Niles North High School, six students were awarded Niles North PTSA/Viking Volunteers scholarships. Recipients of the scholarship were required to

demonstrate: initiative, promise,

and strength of character; service, participation and involvement in

extracurricular activities: and

grade point average of 2.0 or higher. The graduating seniors who reticipation and leadership in the Kirkpatrick, Ronak Kapadia,

ceived the PTSA/Viking Volunteers scholarships are: Logan Farrís, Sarah Choi, Aaron Alex Gordin, and Elliott Weiss.

# Preschoolers celebrate last day of school



Students from Niles Park District's Bright Beginnings Preschool had fun riding their bikes at the Howard Leisure Center, 6676 W. Howard Street, on May 17th. Ms. Teresa's 3-year-old Bright Beginnings Preschool class enjoyed their last day of school with an outdoor party. The children celebrated the end of classes with ice cream treats and bike decorating. The parking lot was blocked off so the kids could enjoy the beautiful day outside on their bikes.

Niles Park District offers both 3 and 4 year old preschool programs. There are a variety of class times and locations available. Bright Beginnings Preschool registration for the 2001-02 school year will be accepted at the Howard Leisure Center until classes are filled. Classes begin September 4, 2001. For more information on the Bright Beginnings Preschool Program, please stop in the Howard Leisure Center or call (847) 967-6633. Register today!

#### **United Ostomy Association**

Chapter of the United Ostomy Ass'n, a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 7 p.m., in the 10th Floor East Dinng Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge. The next meeting will be held on June 27, 2001. Re-

A WOCN (Wound Ostomy Care Nurse) is always on hand to offer help and information, and programs are fun and informative. Free. For information, call (847) 564-2454 or (847) 520-

# MEDICAL/PROFESSIONAL GUIDE

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#### Researchers produce new diagnosis standard

Using a mathematical model originally developed overseas to measure achievement test results, three Illinois researchers have put together a "yardstick" they say doctors could use when trying to diagnose Alzheimer's disease.

"Alzheimer's disease affects nearly 4 million people in this country, but it can be diagnosed only by ruling out all other possible eauses for the dementia," said A. Kyle Perkins, a linguist at Southern Illinois University Carbondale who specializes in language testing.

"We wanted to produce something that would be valuable to a general practitioner or Alzheimer's specialist in determining more quickly whether a particular patient has Alzheimer's."

To do that, Perkins, along with Larry F. Hughes, a research professor at SIU's School of Medicine in Springfield, and Benjamin D. Wright, founder of the University of Chicago's Measurement Evaluation Statistical Analysis Psychometric Laboratory, turned to a Rasch analysis computer program. Rasch analysis is a measurement tool that makes it possible to show information about both people and things on the same scale.

In building their yardstick, the researchers used data from 600 Illinois patients who had visited the SIU School of Medicine's Center for Alzheimer Disease and Related Disorders. Because these patients have already been diagnosed - a third of them probably have Alzheimer's, a third of them might have it, and a third of them do not - the researchers were able to use those diagnoses to doublecheck their yardstick's accuracy.

The computer first combined information from the patients' medical histories and mental abilty tests with facts about their personal attributes, such as their ages and genders. From there, it produced an Alzheimer's scale - basically, a mathematical depiction of the odds of having Alzhei-

#### LEGAL NOTICE

**PUBLIC NOTICE** 

Annual information of the Richards Family Foundation is available, at the address noted below, for inspection during normal business hours, by any citizen who so requests within 180 days after publication of this notice of its availability.

Vladem, Lerman, Sweeney & Company, LLP Suite 525 Skokie, Illinois 60077-1035 Principal office location: 5215 Old Orchard Road

Suite 525 Skokie, Illinois 60077-1035 Principal Manager: Bartlett Richards III Phone Number: 847-967-7700

"No measure is ever goldstandard certain," said Wright, a key figure in the American school of Rasch analysis. "A measure implies a region of uncertainty."

The Alzheimer's scale consists of a line of interval measures ranging from zero to 100. Zero represents the complete absence of Alzheimer's disease, while 100 stands for its presence full blown.

The computer also produced a chart that showed how each element it analyzed ranked on that Alzheimer's scale. The chart showed that three common tests of mental functioning worked best as indicators of the disease.

The Activities of Daily Living scale, commonly abbreviated as ADL, assesses memory and performance of everyday activities. The Short Blessed Dementia scale assesses concentration and recall. The Mini-Mental State Exam, or MMSE, assesses memory and orientation.

Hughes stressed that the Rasch measurement model he and his colleagues produced by itself does not predict or diagnose the

"It helps us focus the existing information a little more thoroughly," he said. "You have to sort through a lot of data in determining what's Alzheimer's disease and what's not. That requires a judgment on the part of the physician and a fair amount of data

"That's where I see this making contribution, in simplifying data handling procedures and giving us something more easily understood by the physician. It's one more tool in the arcsenal for them to use to solve one more piece of the puzzle."

On Friday, April 27, Maine

#### **Maine East** students earn honors

East students who are in the TV/ Broadcasting program participated in the Chicagoland Video Festival, and placed with honorable distinction. Students who carned the distinction of "Finalist" at the Festival include Steve Giannopoulos (Glenview), Chris Jennings (Niles) and Jay Burger (Des Plaines) for their commercial "Election 2000," Scott Finkel (Morton Grove) for his commercial "The Wind Spot," Katy Kanfer (DesPlaines) and Kris Piotrowski (Niles) for their music video "Writer's Block," and Christina Carbonara (Des Plaines) for her music video, "It's a Beautiful Day." Carbonara also earned a Platinum award for this music video, which may be aired on PBS' show "Image Union,"

Other students who took the Platinum award include Josh Mallon (DesPlaines), Kris Piotrowski (Niles), and Scott Finkel (Morton Grove) in the Sports category, fir their coverage of Maine East basketball.

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The Village of Niles, Illinois Fire and Police Commission will be Testing for qualified Candidates over 21 and under 35 years of age for Firefighter/Paramedic Positions. Applications and necessary forms must be completed in Person by the Applicant at the Fire Station, 8360 W. Dempster Street, Niles, Illinois, beginning Monday, June 18, thru Friday, June 22, 2001, between the hours of 3:00 P.M. and 7:00 P.M.

Examination Instructions are available upon payment of \$20.00 Cash Examination Fee. (Check or Credit) Cards will not be accepted).

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> By June 29, 2001 EOE, M/F

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#### **MISCELLANEOUS**

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vor will be granted. Thank You. B.D.

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# Congressional redistricting...

to increase its population by about 60.000.

Schakowsky plans to make frequent visits to new areas of her district and study their local issues. Because many new constituents live close to O'Hare, she plans to focus strongly on airport issues. "I know airport issues are of a high concern to these constituents, and I will have to do some studying," she told a Niles-Herald Spectator re-

Besides boundaries, party affiliation is another shift. Much of Democrat Schakowsky's new district was formerly the province of Republican, Henry

Schakowsky feels she will find common ground with these constituents, that most concerns are universal issues like education, Social Security and heat-

The new 9th District still favors the Democratic party, with 64 percent of the redrawn district having voted for Gore in the past election, according to

Schakowsky maintains a Niles office at 6767 N. Milwau-

#### Dist. 64 bus fees...

Continued from Page 1

However, if bus space is available, it's offered to students closer to school who pay a fee--the fee now being considered for the 31 percent increase. This would raise an additional \$20.000 revenue in a year's time. an objective consistent

with the district's stated goals of cost reduction and revenue enhancements.

At present 250 students purchase bus service.

The fee adjustment was suggested at public discussions a few months ago as one way to get additional revenue.

#### \$20 million loan...

Continued from Page 1

he pointed out, it will pay for realizing energy savings from new lighting, as well as from heating, ventilation and air-conditioning systems. The loan will be repaid from the savings realized when the new systems are operating and repaid to the bank that issucs the loan note.

District 219 business Manager Gerry Yeggy projects that the new systems would begin paying their way within two years, with payback complete within seven to 10 years.

The board members voted approval of this process, called performance contracting," through which Siemens Energy, on contract, provides building energy savings systems. They also approved a second smaller contract with Nicor for energysaving gas delivery systems.

Referring to this performance fund package, Silverman said he is not totally comfortable presenting such funds as revenue. "I agree we should do this, but I want to remind people that it's not new money," he said.

With a \$65 million bond as the major chunk of the \$85 million needed for the basic work. the board looked for about \$20 million that could be added, then presented this proposal.

The board expects an additional \$1 million from a food service supplier. Contract negotiations would provide that the contract supplier install a new

But the \$5 million refinancing bond got a lot of trustee attention during the meeting. While they agreed to issue the bond, some trustees were shocked at the rate of interest the district would have to pay. According to Yeggy, the district will pay \$1.3 million in interest payments on the bond and get an extra \$3.7 million for construction. The \$5 million will be repaid over 19 years.

Trustee Sharon Demar asked what the interest on the \$5 mllion bond would come to. Advisor Ray Coyne replied that the rate was 5.75 percent, then, to further questioning, he replied the dollar amount is \$9 million.

Silverman told Demar, alarmed to hear the amount was almost twice that of the bond, that the debt ratio was similar to what people pay on cars or

# Niles Man Chased...

the chase, which began at about the Grand and Elizabeth area and ended at the intersection of Dempster and Grace.

The man told police that when he reached the intersection, he turned around and saw the boy run back in the other direction. The teenager was accompanied by two white teenage girls. No

further description of the girls was given. All three were last seen fleeing eastbound on Eliza-

Officers searched the area for the kids with negative results, Anyone with information on the identities of the boy or girls is urged to contact the Niles Police Department at (847) 588-6500.

## **Notre Dame the high** school for boys

George Steinfels have been cho-

sen as recipients of the Chick

one-year grant that covers tuition

and housing and may be renewed

for up to four years at the Evans

Scholars Foundation's option.

The Foundation is a charitable

trust that provides undergraduate

scholarships for deserving cad-

dies. The concept was originated

by Charles Evans Jr. and is

known as the Evans Scholar Pro-

Scholarship must meet four re-

quirements to be eligible for the

award. Applicants must have cad-

tablish their need for financial as-

sistance. They must be outstand-

ing in character, integrity and

applicants for the Evans

The Evans Scholarship is a

Evans Caddie Scholarship.

Students honored for leadership. Seventeen Notre Dame High School for Boys' seniors were honored at the Second Annual Vicariate II Youth Leadership Awards Banquet on Sunday, March 11 at the White Eagle Banquet Center in Niles.

The students received their award from Most Reverend Edwin M. Conway, Auxiliary Bishop of Chicago and Episcopal Vicof Vicariate II. Roberta Dieden, Nortre Dame's Director for the Office of Religious Life, nominated the students.

Award winners included: Brian Benko, Matthew Bonaccorso, Brian Brosnan, Michael Lowder, Charles Lupo, Alan Montera, Robert Oraha, Micheal Saineghi. Also, John Sandoval, Chris

Sheehan, Mark Stafford, George Steinfels, Alan Swanke, Michael Tennant, Mark Wachula, and Mark Ziberna.

April Don of Month. Notre Dame High School for Boys' senior Eric Hirtzig has been named Don of the Month for April by the school's National Honor Society. Hirtzig has been accepted to

Marquette University in Milwaukee, Wisconsin. Evans Scholarship offered.

Notre Dame High School for Boys' seniors Dan Hoban and

died successfully and regularly for a minimum of two years. Applicants must have completed their junior year of high school and rank in the upper quarter of their class. They must clearly es-

leadership. Junior receives Humanities Award. David Narbutas was recently named Notre Dame High School for Boys' recipient of the University of Rochester (N.Y.) Humanities/Social Sciences Award for 2000-01.

Narbutas was a consensus selection of Notre Dame's humani-

# Niles Parks to purchase ...

Verde, if all of the arrangements can be made, additional programming at the facilities can start as early as July or August. "This is an exciting opportunity for the Niles Park District. With this facility, we will continue tennis programs and bring additional services to the District."

According to LoVerde, there will be no significant changes implemented by the Park District after the Fitness Center is acquired. "We are letting the attorneys try to work this out. We hope to move as quickly as possible so we can bring a wonderful benefit to

the community.'

The Tam Fitness Club, which is called TAM FGitness, LLC, has been under its current ownership for 5 years. Its manager, Dyann Yaras, is optimistic that the sale can go through. If the Park District and the Fitness Center agree to all of the terms, proceeding with the condemnation Complaint will not be necessary, according to LoVerde. The property, which is about 3.5 acres, is adjacent to the Park district Administrative offices and close to the Park District's Tam O'Shanter 9 hole golf course.

#### Niles student scores 100% ... Continued from Page 1

the jazz band and its symphonic

More recently, there's this: he's the only student out of 2,760 nationwide who scored a perfect 50 out of 50 in the Na-

tional Science Olympiad Test. Reisberg also participated in the National Science Olympiad team event. In that event, the team, all from his class, placed sixth out of the 276 teams partieipating across the county

Rob Wydra, Lindsay Haytden, Daniel Kim, Mithil Pandhi. Jessica Stephens, Jan Dela Cruz, Nabeel Moolla, Ujjaval Patel and Stevie Mijajlovic are the other members of the successful team supervised by Gemini teachers Charles Taylor and Melvin Shaikes. Shaikes recently won a state award acknowledging exceptional science and math teachers.

Laura Reisberg, Adam's mother, says they read to him from the day he was born. She waited until her son was in first grade before looking for outside employment. Carey Reisberg, Adam's father, is a certified pub-

Adam's first-grade teacher at Nelson school told the Reisbergs their son was "gifted." In fourth grade he was chosen to participate in Nelson's Humanities Enrichment Program where he learned his love of writing.

His poem, "Seussian Literature," is displayed at the Niles

ties courses department heads based on his performance in their classes. Those departments include social studies, fine arts, foreign language and religious studies. Narbutas earned First Honors at Notre Dame for the first semester. To be on First Honors, a student needs to have a grade point average of 3.5 or better with no grade lower than a B.

Illinois State Scholars. Notre Dame High School for Boys recently announced its list of Illinois State Scholars from the Class of 2001. The Illinois Student Assistance Commission in Deerfield declares the Illinois State Scholars finalists.

Notre Dame had 19 scholars this year. That number represents 14 percent of its senior class of 140 students. The eligibility requirements for being an Illinois State Scholar include standardized test scores and class rank.

The scholars are, in alphabetical order, Vito DiPiazza, Dan Hoban, Chih Lo, Richard Lode, Michael Lowder, Charlie Lupo, Andrew Maisel, Nick Marchetti, Michael Misek, Alan Montera.

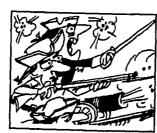
Also, Michael Moskop, Jeffrey Nowak, Chris Sheehan, Josh Speyer, Michael Stefan, Alan Swanke, Micheal Tennant, Justin Thet-Oo and Mark Ziberna.

New Members of Scholar Program. Notre Dame High School for Boys has announced the names of the students that will be new members in the school's Reverend Theodore Hesburgh. C.S.C. Scholar Program.

Fr. Hesburgh is known as a man of scholarship and service. He was the University of Notre Dame's President for 35 years. Fr. Hesburgh helped found the Peace Corps and made large contributions to the peaceful use of atomic energy. The program takes its call from his life of scholarship and service. Sixteen students from the classes of 2003 and 2004 will join Notre Dame's prestigious academic group starting with the 2001-02 school year.

New members from the Class of 2003 include Luke Aiura, Brian Debnar, Brian Elliott, Ryan Martin, Joseph Segreti, and Lu-

The Class of 2004 includes Nihad Custo, Ken D'Aquila, Thomas Dieball, Jonathan Doyle, Micheal Fornek, Kevin Guevarra, David Kaye, Robert Lucas, Patrick Tennant and Paul Wallen-



The Colonial army was ordered to fortify Bunker Hill In 1775, but Instead fortified nearby Breed's Hill, where the Battle of Bunker Hill was actually fought.

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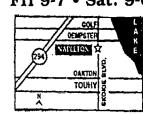
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