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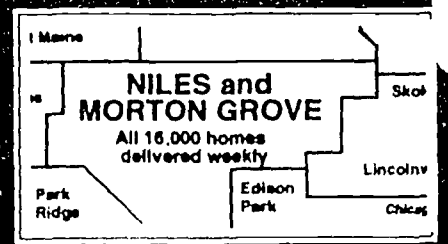
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THURSDAY, JUNE 21, 2001

VOL. 44, NO. 52

Teenager charged in stabbing

by Lisa Ashkenaz Croke

A Niles teenager was charged with aggravated battery after stabbing another boy with two steak knives on June 12 behind a local church.

Two other teenagers witnessed the attack in the wooded area behind Our Lady of Ransom church

in Niles.

According to police reports, the charged youth, 17, congenially approached the three boys, also 17 and from Niles, asking how they were doing and saying that he wanted to talk. After hugging

Continued on Page 43

District 71's new members to sit on board early

Vacancies left on the District 71 board following two resignations have been filled by seating the two members who were elected in April, as expected.

Karen Johnson and Bart McGuinn were appointed at the June 5 board meeting although their official terms would have begun in November.

Johnson said she is pleased to begin sooner but added that this eliminates the extra time she would have used to introduce herself to school issues. "But I'm excited to get started and to

be part of the process," she said.

McGuinn said he's impressed with the people on the board, and he sees a lot of chemistry among members. "I'm really enthusiastic, and I hope to see the energy carry over," he said.

About the referendum defeat last April, McGuinn said he hopes to get the community more involved in school issues.

Johnson and McGuinn replace John Lombardi and Veronica Meyer. Both resigned after the election.

Niles paramedics leave their mark underground

Niles Fire Department paramedics were involved recently in two underground rescues.

During construction of the new Dominick's gas station on Greenwood Avenue, a worker digging a 30-foot hole for a gasoline storage tank became partly

buried when the hole partially caved in. Co-workers dug him free, but arriving paramedics who felt his ankle was fractured, lowered a rope and raised him using an on-site crane.

The paramedics brought the

Continued on Page 43

Brebeuf student wins state bowling tourney

by Barbara A. Mendelsohn

Michael Bermudez, 12, is new to howling. He never expected to end his first season with fanfare, but he returned from Belleville, Illinois on June 2 as first-place winner in a state-wide competition.

Michael's team partner, Charlie Vallas, is super-proud of him. Vallas, who runs a youth program at Classic Bowl in Morton Grove, says Michael is a good student. "If you show him what

Continued on Page 43

District 219 Board and architect overlook furnishings; Extra money needed for classrooms to be ready for school

\$10 million 'oversight' in Niles High school renovation

A communication oversight has put the District 219 School Board in the position of deciding where to trim the renovation plan in order to recover a newly-discovered deficit of up to approximately \$10 million. This amount covers the cost of classroom furnishings which members of the construction team had assumed was included in the architect's original bid.

As it turns out the bid did not include items like computers and chalkboards and other classroom equipment.

Both principals in District 219, Neil Codell of Niles North, and Roger Stein of Niles West, serve on the construction management team. Those close to the project agree this is the re-

sult of a communication gaffe. The board worked with the architect, Legat, for months before it became apparent that estimates were not based on deliver-

ing classrooms ready-to-go.

Superintendent Griff Powell downplayed the error. "You really don't know the overall

Continued on Page 43

Area blood supplies called critically low

As the Fourth of July holiday approaches, LifeSource Blood Services is urging people to donate blood to save lives. There is currently less than a one day supply, and the shortage is critical in all blood types. LifeSource, Chicago's Blood Center, provides blood and blood components to

160 hospitals and home health agencies in the greater metropolitan area. "We have a responsibility to let the community know when blood collections fall short of patients' needs," said Dr. Joseph Kiss, LifeSource's Medical Director. "We're trying to prevent

Continued on Page 43

Getting ready for summer reading



St. John Brebeuf school 4th graders Laura Wise, Nick Fuderer and Michael Bartley are getting ready for a summer of reading. Michael Bartley displays his Niles Public Library card, which will allow him to take advantage of all the library has to offer during the summer months.

Shown are: Laura Wise, Nick Fuderer and Michael Bartley.



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



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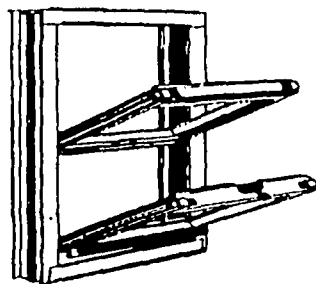
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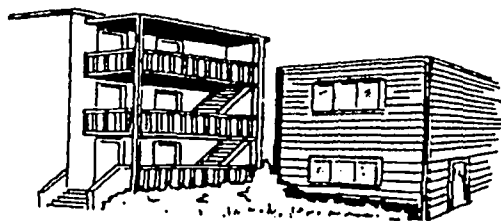
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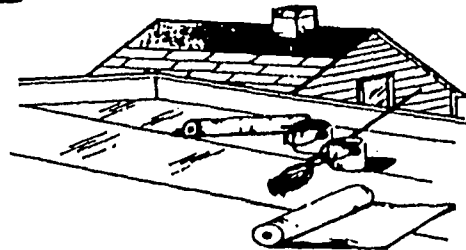
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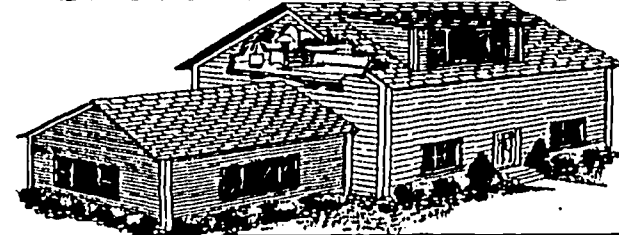
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District 71 News

Culver School Honors Reception

A reception was held at Culver School to honor the 7th and 8th grade students who have achieved Red Honor Roll for three quarters. A student must earn a grade point average of 3.5 to 4.0 in order to make the Red Honor Roll. Lois Kwon, 8th grade, achieved a 4.0 GPA for three quarters. Congratulations to all the students honored.

7th Grade—Thomas Barszcz, JoAnn Bialobrzewski, Adam Chambers, Flavia Damsa, Annette Danilowski, Jessica Drachenberg, Kelly Gibbons, Colleen Kearns, Caroline Kosiba, Rossella Nitti, Natalie Norberg, Martha Scheler, Roshani Sheih, Matthew Shinianovsky.

8th Grade—Asima Ali, Julie Barker, Anne Borkowski, Vicky Chan, Zeeshan Dhanani, Jennifer Eramia, Heather Garritty, Sherin Kalappurayil, Lois Kwon, Tarpan Patel, Ken Schabow, Chris Toy, Teresa Yuk, Zach Zuckerman.

Culver Boy's Track

Congratulations to the following boys who participated on the Culver Track Team. They are to be commended for their efforts and commitment despite some adverse conditions. We had two conference meets early in the season. At both "invitationals" there were at least six schools, so to place in an event was quite

significant. At the Niles West Meet we had to eventually use the indoor track due to inclement conditions.

8th Grade—Chris Toy, Gerardo Moreno, Mladen Zivkovic, Borjan Kovacevic, Max Maksimovic, Jeremy Schwartz, 7th Grade—Sean Peterson, Luke Cwiok, John Alvarado, Luis Canchola, Asfan Alami, 6th Grade—Min Kim, Shajait Husain, Andrew Yang, Eddie Kim, Jered Abdill, Daniel Borkowski, Josh Dessent, Ben Ilyaguyev, Raanan Simanduyev, Meenank Gheewala, Prem Pandya, Mike Maksimovic, Mike Anderson, Mark Moczulski, Sam Kwon.

All in all, it was a rewarding season. A special thank you to Jeremy Schwartz for helping out in the Red-White Meet and to our managers Tom Barszcz and Alber Ahmad for their continual fine effort and assistance during the season.

Results of the Township Track Meet at Niles North High School

Varsity: Chris Toy - 3rd in the 220; Gerardo Moreno - 5th in the 880; Jeremy Schwartz - 5th in the 440; Mladen Zivkovic - 4th in the 100; Max Maksimovic - 4th in the Mile; Borjan Kovacevic - 4th in the Shot Put; Mladen Zivkovic - 3rd in the Long Jump; Gerardo Moreno - 2nd in the High Jump; Mladen Zivkovic - 4th in the High

Jump. Relay Team: Jeremy Schwartz, Gerardo Moreno, Chris Toy, and Mladen Zivkovic - 3rd in 880.

Junior Varsity: Josh Dessent - 4th in the 220; Sam Kwon - 4th in the 880; Min Kim - 5th in the 880; Luis Canchola - 4th in the 50; Jered Abdill - 5th in the 440; Raanan Simanduyev - 5th in the 100; Sean Peterson - 2nd in the High Jump; Mike Anderson - 5th in the High Jump; Sean Peterson - 5th in the Shot Put; John Alvarado - 3rd in the Shot Put; Sean Peterson - 5th in the Long Jump.

Relay Team: Josh Dessent, Mike Anderson, Shajait Husain, and Sam Kwon - 3rd in the 880 Relay; Min Kim, Luis Canchola, Asfan Alami, and Sean Peterson - 3rd in the 440 Relay.

Results of the Niles West Track Meet

Varsity: Jeremy Schwartz - 5th in the 100; Josh Bowman - 2nd in the 200; Josh Bowman - 2nd in the 400; Max Maksimovic - 1st in the 1600; Mladen Zivkovic - 2nd in the Long Jump; Gerardo Moreno - 4th in the High Jump; Mladen Zivkovic - 5th in the High Jump; Borjan Kovacevic - 5th in the Shot Put.

Relay Team: Jeremy Schwartz, Mladen Zivkovic, Gerardo Moreno, and Josh Bowman - 3rd in the 400.

Junior Varsity: Asfan Alami -

4th in the 100; Luis Canchola - 3rd in the 200; Luis Canchola - 1st in the 800; Luke Cwiok - 7th in the 1600; Sean Peterson - 1st in the High Jump; Mike Anderson - 3rd in the High Jump;

Sean Peterson - 2nd in the Shot Put; John Alvarado - 3rd in the Shot Put.

Relay Team: Sam Kwon, Sean Peterson, Josh Dessent, and Luis Canchola - 2nd in 440.

Area Organizations and Merchants support Summer Reading Clubs

The Des Plaines Public Library Summer Reading Clubs for children, teens, and adults are under way, and support from local organizations and merchants helps to make it all possible. Activities this year are being funded in part by generous contributions from Friends of the Library, CoVest Banc, and the Des Plaines Chamber of Commerce & Industry. To date, prizes have been donated by Algonquin Records, the Black Ram, Dapper's Gail's Hallmark, Kaffecino, and Little Villa.

Library Administrator Sandra Norlin said, "It is gratifying to receive this kind of support from our local organizations and businesses for this important program. Reading is often a solitary activity. Our Summer Reading Clubs encourage children and teens to keep reading while school is out. They offer book lovers of all ages the opportunity

to become part of a reading community."

This year's theme is "book a trip." Children's programs will take youngsters on trips through time, through a scavenger hunt, through science, through other cultures, and through the Youth Services mural. Adults will receive a game card/passport that will be stamped as they read and complete various reading-related activities.

Teens can exercise their creativity during several poetry workshops especially for them. They will also give a poetry reading at the final party—an Ice Cream Social for the whole family on Sunday, August 5, 2 - 4 p.m. Music will be provided by the Prairie Brass Band.

For more information on summer reading activities, please phone the Youth Services Department at 847/376-2839, or the Readers' Services Department at 847/376-2840.

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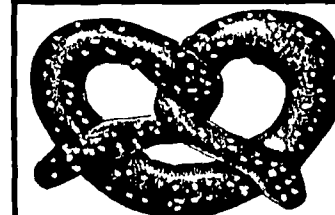
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Applicants sought for Edison Park Fest Craft Fair

The deadline for applying for participation in the Edison Park Fest "2001" Craft Fair is July 31, but why wait? There are only 75 spaces available and many crafters from previous years are returning.

This year's Edison Park Fest Craft Fair will be held on Aug. 18-19, from 9 a.m.-5 p.m. in downtown Edison Park along Northwest Highway and Olmsted Avenue from Oshkosh Avenue to Oxford Avenue.

All booths are on a first come, first served basis, and vendors will offer an assortment of quality

items for adults and children. Applications must be accompanied by a photograph, brief description, price range, and a check for \$50 to cover the cost of both days. Spaces are located outside and are 10 feet long. Exhibitors must supply their own tables, mounting boards and chairs. Tents are acceptable but must be specified on the application. Crafters also are responsible for setting up, taking down and cleaning up each day.

"We strive to attract crafters with quality items for everyone," said Patricia Clark, craft commit-

tee chairperson. "The Fest provides something for all ages during the two day event. In addition to crafters, we offer a wide variety of live entertainment, the Taste of Edison Park with beer garden, bingo, games, raffle, business expo, and a parade. It has become one of the best neighborhood festivals in Chicago and takes pride in providing a family atmosphere."

The "Edison Park Fest" was started more than 25 years ago and draws more than 10,000 people for the weekend.

Application forms for the Craft Fair may be obtained by calling Pat Clark, who also serves as Chamber president, at (773) 775-SOLD or contacting the Edison Park Chamber office at (773) 631-0063.

Men's career strategies session offered

During this four-week interactive seminar for men, participants will assess their skills, values and accomplishments, set goals, create an action plan, and learn to maintain their marketability to achieve career satisfaction and success.

Open to all. "Focus Your Career Path: Strategies for Success" will be held on Tuesday evenings, 7 to 9 p.m., July 17 to August 7, 2001, at the Jewish Vocational Service, Goldie Bachmann Luftig Building, 5150 Golf Road, Skokie (conveniently located a few blocks from Old Orchard Shopping Center). Because attendance is limited, pre-registration is required. For information and registration, call Rosalie Greenberger, LCSW, at JFCS, 847/392-8820, or Joyce Koenig, LCSW, at JVS, 847/568-5161.

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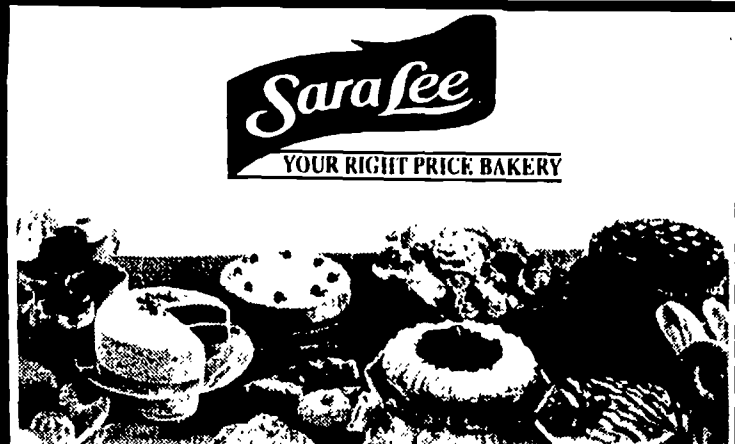


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Lewis Offers MBA Info

Lewis University will hold information sessions in July and August for its Master of Business Administration degree (MBA) program.

The free sessions will feature an informal gathering between prospective students and personnel from Lewis' Graduate School of Management. Aspects of the MBA program will be discussed along with admission requirements.

The MBA program at Lewis

University offers concentrations in nine functional areas: Accounting, E-Business, Finance, International Business, Marketing, Technology & Operations Management, Health Care Management, Human Resource Management, and Management Information Systems.

For more information or to reserve a place at one of the upcoming information sessions, call (815) 836-5348.

 The two foes of human happiness are pain and boredom.

—Arthur Schopenhauer

Understanding your biological clock

(NU)—Women should talk to their doctors about their reproductive health concerns. That's the message behind a new educational campaign by supermodel Rachel Hunter, called "Women in Balance: Health, Sexuality and Hormones."

Hunter, in her 30s and a mother of two, joins a medical advisory board of renowned reproductive health experts to draw attention to the reproductive health needs and concerns of women ages 35 to 44.

According to a nationwide survey of 3,200 women, those age 35 to 44 report a greater incidence of troubling health symptoms as their bodies prepare for menopause. Seventy-five percent reported mood swings, 41 percent reported heavy menstruation and 36 percent reported changes in complexion when compared to younger women.

These symptoms can be induced by hormonal fluctuations that occur among women in this age group and are signs that the body is in the midst of a biological transition, much like those that occur during perimenopause, the phase before menopause when hormone levels fluctuate, and menopause.

Despite the prevalence of their concerns and symptoms,

Continued on Page 39

HAPPY FOURTH OF JULY



Snack Sale

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Morton Grove Public Library

Closed Sundays. The Morton Grove Public Library will be closed on Sundays through the summer. The library will re-open on Sundays, beginning September 9. The library's hours are: Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 6 p.m.; and Saturday from 9 to 5 p.m. for additional information, please call the library at 965-4220, www.webrary.org.

Beautiful Gardens of North America. Claire Copping Cross presents Beautiful Gardens of North America on Thursday, June 14, at 7 p.m. at the Morton Grove Public Library. Join us for a colorful slide presentation of landscaping ideas, plant selections and color combinations in the Butchart Gardens in British Columbia; Huntington Gardens in

Los Angeles; public gardens, such as the Chicago Botanical Gardens; topiary gardens in Charleston, South Carolina, and many more. Free.

Introduction to the Internet. This introductory lecture/presentation by Jennifer Didier will cover: a brief background of the Internet, basic terminology, and the kinds of information available on the Internet. Using a projected image on the auditorium screen, participants will visit a variety of useful and interesting Internet sites using Netscape. The class consists of two sessions to be held Wednesday, June 20, and Thursday, June 21 at 7 p.m. Note: this is not a hands-on class. Seating is limited and priority for registration is given to Morton Grove residents with a valid library card. Registration applies

to both sessions; no separate registration will be taken for the second session. Non-residents may sign up on a waiting list and will be notified by phone if there is space available. Sign up at the Reference Services Desk or call 965-4220 to register.

Organizing Your Hard Drive. Have you ever "misplaced" or "lost" a document in your computer? Lost track of files? Want to clean up your hard drive? Beginners and long-time computer users will find this two-part class, Wednesday, June 27, and Thursday, June 28, at 7 p.m., with Jennifer Didier, to be of great benefit. Note: this is not a hands-on class. Seating is limited and priority for registration is given to Morton Grove residents with a valid library card. Registration applies to both sessions; no separate registration will be taken for the second session. Non-residents may sign up on a waiting list and will be notified by phone if there is space available. Sign up at the Reference Services Desk or call 965-4220 to register.

Family Explorer Cards. Ten north suburban museums and over thirty public libraries have teamed up to provide a new program called the Family Explorer Card. Morton Grove residents may check out a pass to one of the participating museums. Printed on the back of each card are the special offers or values redeemable for a variety of services at specific museums and historical societies. Offers vary from museum to museum. For example, a family of four might check out the

Family Explorer Card to get free admission to Health World in Barrington, Or. if they check out the Com Ed Powerhouse card, they will get a free Louie the Lightning Bug doll at the museum. Cards can be checked out for a week and are available on a first-come, first-served basis.

Setting Up a Free E-mail Account. Learn how to open and use a free e-mail account using a provider such as Yahoo! Melissa Rice will present a one-hour introductory class at the Morton Grove Public Library, Wednesday, July 25, at 7 p.m. This is not a

hands-on class; the presentation will be based on a computer screen image projected on the auditorium screen. Pre-requisite: basic knowledge of computer use and the Internet. Registration is limited and begins July 2. To register, stop by the Reference Services Desk or call 965-4220. The Library is located at 6140 Lincoln Avenue, Morton Grove. For more information, or for mobility and communication access assistance, please call 847-965-4220, for TDD 847-965-4236, www.webrary.org.

Knightly News & Views

Outgoing Grand Knight Rich Zaprzalka invites everyone to attend the Council Installation of Officer, Saturday, June 16, Flanagan Hall. For \$8 you can enjoy a great meal, experience the installation of next year's officers and enjoy the Knights' Family. Social hour starts at 6 p.m., with dinner scheduled for 7 p.m. Reservations a must!! Contact Rich at 847-966-5953 for reservations. Join us as we honor our new Grand Knight & his new officers.

Outgoing Grand Knight Rich Zaprzalka offers his heartiest congratulations to Walt Beusse & Ken Lee, the MH Chairmen for 2001! Their tremendous efforts resulted in the Council receiving the two awards at the recent Illinois State convention. NAM Council won 1st Place in Most Money Collected - \$28,692.22 and 2nd highest increase - \$4,336.70. The council also received a special award for special programming - when we hosted the awards night in February. Special thanks to everyone who offered their time & efforts for this year's events. With your efforts - the Council stays great!

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

—Albert Einstein

On Sunday, June 17, the St. John Community will be hosting a special celebration for Fr. Adam Galek, as he celebrates his 30th anniversary in the priesthood. The 12:30 p.m. Mass will be celebrated by Fr. Adam, followed by the special dinner in St. John's School gym. Tickets for this great event are only \$15 per person. Tickets will be sold in advance - contact Joe Tatkowski @ 847-966-6913 or Rich Zaprzalka @ 847-966-5953 for yours today! Tickets are limited - call now!

A special dinner honoring Fr. Chen and benefitting the missions will be held in Chinatown on Sunday, June 24. Tickets are \$12/person. Contact the rectory for more information and to reserve your tickets.

There will not be a Formarty's Club meeting for June or July 2001. Next meeting will follow the annual steak fry in August. For more information - contact Joe Tatkowski @ 847-966-6913.

Don't forget to place your reservations for the special Formarty's Club Annual Steak Fry, Saturday, August 16, Flanagan Hall. Festivities start 6 p.m. A full, fantastic steak dinner for only \$15/person. Reservations & payments must be made in advance. Contact Joe Tatkowski @ 847-966-6913.

Coming real soon! A North American Martyrs Council Web Page!

Murder at the Howard Johnson's



A blundering used-car salesman, an ordinary dentist and a middle-aged "Femme Fatale" get entangled in a love triangle and murder in this light and funny suspenseful comedy...

Performances run from June 22-July 22, 2001. Fridays and Saturdays at 8 p.m. and Sundays: June 24, July 8, July 22 at 3 p.m. and July 1, July 15 at 7 p.m.

Tickets are \$14 advanced purchase and \$15 at door. Special discounts are given to senior citizens, students w/ID, military personnel and groups. \$29 Dinner packages are available with "Two Guys From Italy Restaurant" located in the same building.

Attic Playhouse is located at 410 Sheridan Road, Highwood. (Just north of Route 22/Half Day Road; one block east of Green Bay Road; across from the Highwood train station.)

For tickets or further information please call: (847) 433-2660.

District 219 News

School Opening News. The first full day of school for all District 219 high school students is Tuesday, August 28. Prior to opening day, orientation days are scheduled for freshmen and transfer students only.

Niles West will hold Freshman Orientation on Tuesday, August 21 from 9:30 a.m. to 1 p.m. with a snack provided. Orientation for transfer students (sophomores, juniors, and seniors) will take place on Friday, August 24 from 8:30 a.m. to 2:30 p.m. Lunch will be provided for the Transfer Student Orientation. Scheduled Adjustment Days have also been planned for Niles West students. On Wednesday, August 22, juniors and seniors may report to the auditorium from 9 a.m. to 12 p.m. Freshmen and sophomores may come in on Thursday, August 22 from 9 a.m. to 12 p.m.

Niles North will hold Freshman Orientation on one day only, Tuesday, August 21. Students with last names beginning A-L will attend from 8 to 1 p.m. Students with last names from M-Z will attend from 12 to 5 p.m. Lunch will be provided. Transfer students (sophomores, juniors, and seniors) will report on Wednesday, August 22 from 8 to 12 p.m. Lunch will also be provided. Niles North guidance counselors will have on-duty days throughout the summer at Niles West to assist students and will be available starting August 13 to help students with schedule changes.

School bus service is not provided on orientation days. However, regular service will begin on the first day of school, Tuesday, August 28.

Continued on Page 41

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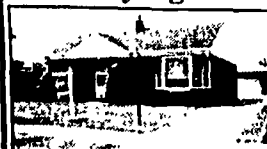
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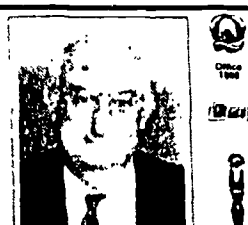
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Women's News

Ideally, bridal planning means more idle time

(NAPS)--For many brides, finally saying "I do" may follow a lot of wondering "What will I do?" Fortunately, investing in a little advance research can result in much more idle time.

With the average cost of weddings soaring to \$19,000, planning for the perfect wedding ceremony can involve dozens of suppliers, taking on the logistical complexity of a Normandy invasion.

Where do today's brides look

for help?

Last year, some 21-million shoppers used the Yellow Pages to find information about bridal shops according to research sponsored by the Yellow Pages Publishers Association.

"I get 85 to 90 percent of my business through the Yellow Pages," says Julie Lindsay, owner of Sensational Celebrations in Loveland, Colorado.

A professional wedding coordinator, Lindsey uses the direc-

tory and finds it indispensable. "I've used it to track down horse-drawn carriages and bagpipe bands," says Lindsay.

"I can't imagine planning a wedding without the Yellow Pages, especially if it's out-of-town," adds Lynn Welch, a medical student in Omaha Nebraska.

Welch should know. She's already making arrangements for her June 2001 wedding in Honolulu, Hawaii.

"I've used the online Yellow Pages to look for hotels and a location for the reception," says Welch.

Jennifer Kahn, a writer in Boulder, Colorado, is busy planning her November wedding in Mexico.

"The Yellow Pages was a great way to find group rates for airline travel," says Kahn. It's exciting to be able to shop around and save money."

When Lindsey says "indispensable," she means it. She suggests taking the Yellow Pages directly to the wedding.

Her idea was inspired by a near-horror story she read in *Colorado Bride Magazine*.

"It was an outside wedding, but it had been raining all week," Lindsey recounts. "When they were setting up the tent, the

place looked like a swamp. It was going to be a disaster."

"Fortunately, someone had their Yellow Pages along. They called several nearby hotels and resorts in Colorado Springs. An hour later the wedding took place indoors without a hitch. Everybody was in tears -- for the right reasons."

Welcome Takis Stephen Katsaros



Takis Stephen Katsaros was born on May 29 at 11:43 p.m. He weighed in at 6 lbs. 6 oz. and was 20 inches long. Proud parents are Stephen and Izabella Katsaros.

Checklists keep brides, grooms organized

(NU) -- When planning a wedding, more and more brides and grooms are creating personal Web sites to update friends and family about the big day, as well as communicate key information with vendors such as the band, the florist and the photographer.

With this in mind, Registrars.com, a leading registrar of dot-com, dot-net and dot-org names, has compiled this checklist to help busy brides and grooms stay on course.

Six Months or More Prior

- Create a budget.
- Set a wedding date.
- Select wedding party.
- Choose invitations.
- Select gowns and tuxedos.
- Register a name for your wedding Web site online at Registrars.com
- Visit ceremony, rehearsal dinner, reception sites.
- Interview caterers, photographers, florists, bands.
- Interview motorcoach companies.

Three to Six Months Prior

- Contract photographer, caterer, baker, florist, musicians and motorcoach.
- Schedule fittings for you and your attendants.
- Finalize sites for ceremony, reception, rehearsal dinner.
- Select wedding rings.
- Finalize honeymoon and music selection.
- Begin flower selection.
- Check motorcoach company references and safety records, then sign a contract.

Two to Three Months Prior

- Finish guest list.
- Send out invitations.
- Reserve a block of hotel rooms for out-of-town guests.
- Update your Web site with directions and hotel information for out-of-town guests.
- Set wedding day appointment for hair, nails, makeup.
- Confirm wedding day itinerary with motorcoach company.

Three to Eight Weeks Prior

- Pick a guest book.
- Final fittings for you and your attendants.
- Finalize church logistics with clergy, wedding guild, musicians and florist.
- If changing names, get forms for name change.
- Write thank you notes.
- Confirm rehearsal events.
- Pick up wedding rings.
- Get marriage license.

One Week Prior

- Finalize ceremony and reception seating.
- Check to be sure that you have the ring pillow, cake knife and toasting glasses.

Continued on Page 39

Dining / Entertainment



July 12 - Fabulous Murray Brothers. The Fabulous Murray Brothers return by popular demand. These four talented singer-musicians play over 25 instruments combining music, comedy, and impersonations.

Village of Niles Leaning Tower Concert Series

The Village of Niles Summer Concert Series will begin on Thursday, July 5, 2001 at the Leaning Tower Plaza. Each Thursday evening from July 5 through August 30, 7 p.m. to 9 p.m., the Village will sponsor assorted performances. These performances are free and open to the public. Schauf's Premium Food Companies located at 7221 N. Harlem, Niles, will be selling a variety of delicious foods at each

concert. The Niles Leaning Tower has a long history, dating back to the 1920's when Robert Ilg built a 22-acre park on the current Leaning Tower site at 6300 West Touhy Avenue, then called Mecklenburger Road. Ilg had a water tower in the park to service two swimming pools and constructed the leaning tower to conceal the water tower.

The Niles Leaning Tower was

Continued on Page 12

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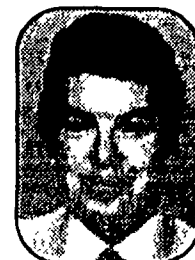


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Miniature Golf / Picnic Dinner outing

A fun-filled evening is in store for families in the north-west suburban area on Tuesday, June 26, beginning at 5:30 p.m. (rain date for the event is June 27).

The Center of Concern's Auxiliary is hosting a Miniature Golf/Picnic Dinner outing at the Mountain View Mine Adventure Golf, 510 E. Algonquin Road, Des Plaines.

By calling ahead to The Center at 847/823-0453 or an answering machine at 847/390-9263, residents may request a form to reserve a tee time and choice of hot dog or hamburger, plus chips, soda and dessert for the picnic dinner. The Auxiliary is charging \$12 for each adult and \$6 for children under 12. Reservations by June 22 are advised to guarantee choice of tee time. However, walk-ins are welcome at the event.

With face painting by Miss Merry Berry for children, grab bag prizes, and a \$1/chance raffle for adults, the evening promises to be a midsummer night's delight. All proceeds go to benefit The Center of Concern, a multi-purpose social service agency with offices in Park Ridge.

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Dining / Entertainment

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Sun., July 1
North Shore Jewish Singles
 2 p.m. Walk for life call (847) 965-9044 for location.

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 11 a.m. to 2 p.m. Picnic \$2 at Forestway Woods, Glencoe. Two blocks south of Dundee Rd., on Forestview Drive five blocks east of Edens exp., exit Dundee east. Soft drinks, watermelon, games and socializing. Bring your own lunch and dinner. For information call (847) 475-6563.

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Concert Series

Continued from Page 11

complete in 1934, exactly 600 years after the Leaning Tower of Pisa was completed. It is a one-half size replica of the tower in Pisa, Italy, which is one of Niles' sister cities.

When Ilg died in 1964, he left the tower and the land to the nearby YMCA, who had helped him earlier in his life. A condition of the donation was that the tower was to remain standing until 2059 with at least \$500 a year spent on maintenance and upkeep, or Ilg's heirs would inherit the land.

In 1995, Mayor Nicholas Blase and the Board of Trustees began a plan to renovate the tower. The improvements on the structure, facade, and surrounding plaza area were completed in 1996. The Leaning Tower Plaza area now has four fountains, a 30-foot reflecting pool, and landscaping.

At the dedication ceremonies in 1997, the Village of Niles hosted a concert featuring Italian musician Enzo Incandela to celebrate the new look of the Leaning Tower. There was great response, so the Village decided to host three more concerts in 1997.

The 2001 Concert Series continues this excellent tradition with ten scheduled performances



July 5 - Kallie Sue Palmer. Introducing a 14-year-old singing sensation. Kallie has performed with country greats like Billy Ray Cyrus, Randy Travis, and Shania Twain.



July 19 - Mark Fechner Jazz Experience. Introducing Mark Fechner and his ensemble blending a unique sound with swing, soul, and jazz with Latin.



August 2 - Bopology. Introducing Bopology blending old time swing from greats like Duke Ellington, Louis Jordan, Frank Sinatra, and Louie Prima with the modern swing.

and four new acts.
 June 28, 2001: Enzo Incandela & Al Anile (Special Kick Off).
 July 5, 2001: Kallie Sue Palmer (New).
 July 12, 2001: Fabulous Murray Brothers (Returning).
 July 19, 2001: Mark Fechner Jazz Experience (New).
 July 26, 2001: Meisner Magic (Returning).
 August 2, 2001: Bopology (New).

August 9, 2001: Mr. Myers (Returning).
 August 16, 2001: The Connexion (Returning).
 August 23, 2001: Blooze Brothers (New).
 August 30, 2001: Maxwell Street Klezmer Band (Returning).

This year's slate of concerts is as diverse as ever. We have retained six popular performers.

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Des Plaines Sister Cities potluck supper

The evening of July 13 will begin with cocktails and snacks at 5:30 p.m. followed by a program focusing on the International Space Station. Lecturer, Linda Winkelman was selected as one of the 25 participants from the United States to spend 3 weeks at a NASA seminar in Florida. Her mission is to spread the word to the general population on the current status at NASA. Topics to be covered include: Why a Space Station? How do we get there? What are the components of the International Space Station? What is Destiny? And what is Leonardo?

space environment, exploring the solar system, achieving routine space travel, and enrich life on earth through people living and working in space.

Sister Cities invites Des Plaines friends and other interested participants to join them at this potluck dinner. There is not an admission fee but a dish or drink to pass and share is requested of all attendees. Call 847-635-1812 to place a reservation.

Sun., July 1
Spares Sunday Evening Club
 Spares Sunday Evening Club for widowed, divorced, and other single adults is sponsoring a Great Big Bang dance with live music by Chuck and His Friends from 7:30 to 10:30 p.m. on Sunday, July 1 at the Eagles Hall, 5844 N. Milwaukee Ave., Chicago. Members \$6, guests \$7. (847) 965-5730.

Fri., July 6
North Shore Jewish Singles
 5-7 p.m. Happy Hour at Matty's Wayside Inn, 1727 Waukegan Rd., Glenview. Hors d'oeuvres and music by DJ when ordering at least one beverage. Reservation call (847) 296-3965.

Sun., July 8
North Shore Jewish Singles
 11 a.m. Brunch at Barnum & Ba-

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Dining / Entertainment

Jewish Genealogical Society of Illinois

The Jewish Genealogical Society of Illinois will present two related topics:

"The Czech Torah Network" presented by Ms. Susan Boyer, JGSLA (Los Angeles) member and secretary of Czech Torah Network (CTN). The CTN is an educational organization formed to link synagogues and religious institutions which have Torah Scrolls from Czechoslovakia.

"Researching the Origins of Our Czech Holocaust Torah"

presented by Mr. Donald Kraft, JGSI member.

The meeting will take place on Sunday, July 29, 2001 at 2 p.m. at the Skokie Public Library, 5215 Oakton Street, Skokie.

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

Please visit our website: www.jewishgen.org/jgsl.



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Friends of Holy Family open invitation to crafters

The Friends of the Family Service League Organization of Holy Family Medical Center will host their Annual Luncheon and Fashion Show on October 16th at the Rolling Green Country Club in Arlington Heights. Attendees will also be able to browse through a collection of unique, hand-made crafts. Last year over 200 supporters attended this popular event.

Opportunities are available for craftmakers to reserve show space at this time. A donation of \$25 plus 10% of the crafters' sales is required. Tables sell out fast and there are a limited number of tables for sale.

Please contact Lisa Siuda in Holy Family Medical Center's Development Office at (847) 297-1800 ext. 1118 for more information, to purchase a table or to receive a contract in the mail.

All proceeds from the Fall Luncheon and Fashion Show will be used to benefit Holy Family Medical center with various program, service, and equipment enhancements. Holy Family Medical Center is a not-for-profit medical center which has

been serving its surrounding communities for 40 years.

Holy Family Medical Center is part of Resurrection Health Care, Chicago's largest Catholic health system which includes six hospitals, ten nursing homes, four retirement communities, a surgery center, dozens of outpatient and medical office facilities, hospice services and a large home health company. Resurrection Health Care is sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

Library sponsors trip to Chicago Shakespeare Theater and Navy Pier

The Des Plaines Public Library will sponsor a trip to Chicago Shakespeare Theater and Navy Pier on Saturday, July 14. The ticket prices of \$30 includes round-trip motor coach transportation from the library and admission to the Chicago Shakespeare Theater "Short Shakespeare" production of A

Midsummer Night's Dream. The bus leaves the library at 9:15 a.m. and leaves Navy Pier at 5 p.m. Advance purchase is necessary, and tickets are nonrefundable.

The "Short Shakespeare" production of *A Midsummer Night's Dream* packs the action of the

play into 75 minutes. The performance begins at 11 a.m. A 15-minute post-show discussion with the actors follows the performance.

Also included is time for an afternoon on your own at Navy Pier. Possible activities include lunch at one of the many restaurants, shopping, sightseeing cruises on Lake Michigan, and a movie at the Innox theater. These activities are not included in the cost of the trip.

For more information about the trip, please phone the Registration Desk at 847/376-2787.

Chicago Master Singers to hold choral workshops

Chicago Master Singers will hold four choral workshops in July, conducted by some of the finest Chicago clinicians. The workshops concentrate at length on the facets of singing not usually covered during rehearsals.

The workshops will be held at The Palatine Presbyterian Church, 800 E. Palatine Road, corner of Rohlwing Road in Palatine, from 7:30 to 9:30 p.m.

The dates and clinicians:
July 9: Rebecca Patterson, prominent voice teacher and vocal coach at Elgin Community College;

July 16: Kurt Hansen, tenor soloist with Music of The Baroque and member of Northwestern University voice faculty;

July 23: Dr. Keith Hampton, conductor of choruses at DePaul University who received his doctorate in choral conducting under Dr. Robert Harris;

July 30: Dr. Anne Heider, conductor of the renowned *Bella Voce* (formerly His Majesties Clerks) and member of the faculty at Roosevelt University.

Cost: \$35 for four sessions or \$10 per individual session.

Please contact Bob Klassy (847)934-9166 bklassy@aol.com or Chicago Master Singers at (847) 604-1067.

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Obituaries

JOSEPH J. NAWIESNIAK

Joseph J. Nawiesniak, 81, of Niles, died Monday, April 9 at Glenbrook Hospital. He was born March 13, 1920 in Chicago. Beloved son of the late Stanley (the late Agatha) Nawiesniak. Beloved husband of Florence Nawiesniak. Beloved father of Cynthia Nawiesniak and Paul (Elaine) Nawiesniak. Grandfather of Jacob and Julianne. Brother of Genevieve (John) Glynn. Services were held April 11 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

MARIE DWYER

Marie Dwyer, 94, of Chicago, died Saturday, April 14 at Glenbrook Hospital. She was born June 20, 1906 in Chicago. Beloved wife of the late James Dwyer. Beloved sister of the late Margaret Kuhn and the late Austin O'Grady. Aunt of many nieces and nephews. Services were held April 18 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

STELLA K. CZYZOWICZ

Stella K. Czynowicz, 90, of River Grove, died Sunday, April 15 at Vencore Hospital. She was born July 18, 1910 in Hammond, IN. Beloved daughter of the late John (the late Apollina) Rudnicki. Beloved mother of Mitchell Czynowicz. Services were held April 18. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JOHN EDWARD PELC

John Edward Pele, 79, of Chicago, died Sunday, April 15. He was born June 23, 1921 in Chicago. Beloved husband of the late Dorothy Pele. Beloved father of Dennis (Barbara) Pelc. Doris (Art) Pele and Louise Pele. Services were held April 19. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

VIRGINIA McLEOD

Virginia McLeod, 83, of Rancho Palos Verdes, CA (formerly of Morton Grove), died May 6 at Providence St. Joseph Medical Center, Burbank, CA. She was born March 6, 1918 in Chicago. Beloved wife of the late James. Beloved mother of Dennis. Services were held Thursday, May 10. Interment was in Memorial Park Cemetery, Skokie.

ALCIDE J. THIBODEAU

Alcide J. Thibodeau, 66, of Niles, died Friday, April 27. He was born July 3, 1934 in Chicago. Beloved son of the late Alcide J. Sr. and the late Betty Thibodeau. Beloved husband of the late Gail Thibodeau. Beloved father of Michelle Thibodeau. Services were held April 30. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

STEPHANIE D. MARKIEWICZ

Stephanie D. Markiewicz, 92, of Niles, died Tuesday, May 1 at Holy Family Health Care Center, Des Plaines. She was born March 3, 1909 in Chicago. Beloved daughter of the late Steve and the late Mary Dzwonkiewicz. Beloved sister of Josephine (the late Raymond) Schultz. Walter (the late Marion) Bell and Ted (Sophia) Bell. Services were held May 4 at Our Lady of Ransom Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

VINCENT S. PASTURCZAK

Vincent S. Pasturczak, 75, of Niles, died Tuesday, April 10. He was born November 10, 1925 in Chicago. Beloved son of the late Stanley (the late Emma) Pasturczak. Beloved husband of Ruth Pasturczak. Beloved father of Sharon (Bill) Homrig and Gayle (Don) Rotermund. Grandfather of Sean, Carl and Corinne. Brother of Virginia (Jack) Grant and Richard (Toni) Pasturczak. Services were held April 14. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Luke Cemetery.

JEANNETTE T. POTOCZEK

Jeannette T. Potoczec, 72, of Niles, died Thursday, April 26 at Lutheran General Hospital, Park Ridge. She was born December 18, 1928 in Chicago. Beloved daughter of the late John and the late Thecla Nykiel. Beloved wife of Matthew Potoczec. Beloved mother of the late Baby Paul Potoczec. Sister of Angeline Dobranski. Services were held April 28 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

MARY DEL MEDICO

Mary Del Medico, 88, of Niles, died Monday, April 23 at Lutheran General Hospital, Park Ridge. She was born January 23, 1913 in Chicago. Beloved daughter of the late Michael and the late Agata Guffre. Beloved mother of Tony (Joan) Del Medico and Ann (Roger) Bram. Services were held April 25 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Mt. Carmel Cemetery.

JAMES F. COSENTINO

James F. Cosentino, 75, of Niles, died Thursday, April 12 at Regency Nursing Home, Niles. He was born March 7, 1926 in Chicago. Beloved son of the late Sam and the late Mary Cosentino. Beloved husband of Ann Cosentino. Beloved father of Jim (Liz) Cosentino, Jerry (Karen) Cosentino and Laure (Bob) Konzen. Brother of Pearl (Jack) DeSelm and Sam (Irene) Cosentino. Services were held April 17 at Our Lady of Ransom Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

FLORENCE P. ENNUSO

Florence P. Ennuso, 90, of Niles-Morton Grove, died Saturday, April 14 at Bethany Terrace Nursing Home, Morton Grove. She was born June 7, 1910 in Chicago. Beloved mother of Victoria (Joseph) Faulisi. Grandmother of Joseph Faulisi Jr., Eileen (Joseph) Khasho, and Diane (Jeremy) Quattrochi. Great-grandmother of 5. Sister of the late Martha (the late Henry) Gerold and the late Rose (the late Walter) Sitarz. Services were held April 18 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery.

ALEKSY BARABASZ

Aleksy Barabasz, 83, of Chicago, died Tuesday, April 10 at Our Lady of the Resurrection. He was born April 16, 1917 in Poland. Beloved father of Waldemar Barabasz. Services were held April 11 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

MARIE W. PITTS

Marie W. Pitts, 67, of Morton Grove - Skokie, died Wednesday, April 11. She was born June 25, 1933 in Evanston. Beloved wife of Albert Pitts. Beloved mother of Nancy (Jim) Orr, Bill Pitts and Jim (Linda) Pitts. Sister of Joan (the late Gordon) Hafslund, Charles (Shirley) Wilgen, and Rev. Ralph Wilgen-SVD. Services were held April 16 at St. Margaret Mary Church, Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Mary Cemetery.

LULU L. DIZON

Lulu L. Dizon, 34, of Skokie, died Saturday, April 14 at Evanston Hospital. She was born January 15, 1967 in the Philippines. Beloved daughter of Leonardo and Alejandra Laxamana. Beloved wife of Eder Dizon. Services were held April 19 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JOHN L. LANNO

John L. Lanno, 73, of Niles, died Sunday, May 6 at Lutheran General Hospital, Park Ridge. He was born June 23, 1927 in Newark, NJ. Beloved son of the late Generoso and the late Antonette Lanno. Beloved husband of the late Alice Lanno. Beloved father of Jeannette Lanno and Jacqueline (Loren) Gross. Grandfather of Krysten and Danielle Gross. Brother of Josephine (Daniel) Pierrie. Services were held May 10 at Our Lady of Ransom Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

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School News

Yelena Bazer

Yelena Bazer of Des Plaines has been initiated as a member of the Dominican University chapter of Sigma Iota Epsilon, the business honor society.

Sigma Iota Epsilon is an honorary and professional fraternity that encourages and recognizes students' scholastic excellence at both the graduate and undergraduate levels. The goal of Sigma Iota Epsilon is to promote cooperation between academic learn-

ing and the practical application of business skills.

Dominican University is a comprehensive, Catholic institution offering bachelor's and master's degrees. The School of Business offers business degrees in business administration, computer information systems, management information systems, organization management and accounting. Certificate and joint degree programs are also offered.

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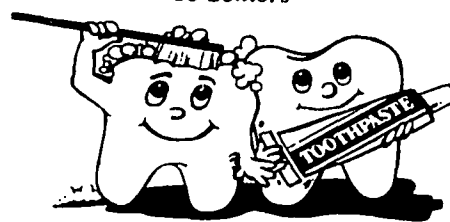
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Advance preparation is the key to attending the college of choice

(NAPS) -- You've heard the advice. Students should prepare for college early. But how early? And what should students be doing when? Key Education Resources says the ball should be rolling by a student's junior year in high school, and that early college prep programs are even available for 9th and 10th grade students to help them as they begin to plan for their collegiate years.

Junior Year

"To get a jump on the admissions process, high school juniors should talk to their counselors about their plans and options," said Randy Behm, senior vice president, Key Education Resources. "They should also attend at least one college admissions fair and take the practice PSAT/NMSQT test that's available inside the PSAT/NMSQT Student Bulletin."

Students can also begin to prepare for the entrance exams they'll be taking by keeping a diary of their interests, education priorities and special talents.

"This can all be done in the fall," said Behm. "In the winter, juniors should concentrate on making a list of college features such as curriculum, size, location and cost, and then write to ask for brochures. This is also the time to get a free copy of the SAT I and ACT tests and to find out about registration deadlines for them, and it's not too early to start shopping around for educational financing either."

By spring, juniors planning to take the College Level Entrance Program (CLEP) or Advanced Placement (AP) tests should be asking their counselors for advice

and registration information. They should also be talking to the teachers, counselors and administrators who are familiar with their work and personalities about letters of recommendation.

"Over the summer break, students should get out and visit campuses," said Behm. "A lot of students also use the summer to earn money for tuition or to brush up on their math or English skills."

Senior Year

That takes us into the fall of the senior year, when things really begin to heat up. Fall is the time for high school students to create a checklist of test, registration and financial aid deadlines.

"A great idea for fall," said Behm, "is to review everything. Check financial aid application requirements and deadlines, as December 15 is usually the deadline to apply for early admission. Seniors should also have their counselors or principals complete the 'Secondary School Report' section on their application forms."

Before the winter is through, students will have to complete their Free Application For Federal Student Aid (FAFSA) and return it as soon as possible after January 1. Men 18 years or older must also register to Selective Service to receive federal financial aid. This is also the time for seniors to consider taking the AP and CLEP tests in their strongest subjects.

"By spring, some students will start to hear from colleges on whether they've been accepted," said Behm. "Most selective colleges make their announcements in April, and some colleges re-

quire deposits by May 1. The financial aid information will come later. Once students receive it, they should receive it. If it's not enough, they can seek other sources of funding (possibly through financial institutions like Key Education Resources). A couple of other things could happen. A student could be 'wait listed' by a college to which they've applied. If that happens, they should contact the admissions director at the college to see what they can do to strengthen their application. If a student isn't admitted to any of the colleges he or she applied to, it's time to talk to their counselor again for advice on what to do next."

During the summer, after school lets out, students should again try earning money for college. "They need to get their finances together for campus life, too," said Behm. "Open bank accounts that will be accessible at school. It's best to have a checking account with an ATM card and possibly a savings account."

If this sounds like a lot to remember, it is. But with colleges moving quicker to accept students and the application process becoming more competitive and time-intensive, it's the students who act fast and stay on top of their game who will fulfill their dream of attending the college of their choice.

Key Education Resources Cap & Gown publication was created to help families prepare for college with helpful information on education loans, repayment options, selecting a school and more. To order a copy, call 1(800) KEY-LEND or download at: www.key.com/education.

Niles West student trains for International Chemistry Olympiad

Alex Makedonski of Niles West High School has been named among the top twenty chemistry students in the nation. He will join nineteen other chemistry students selected for inten-

sive training at the U.S. Air Force Academy in Colorado Springs, Colorado. At the conclusion of the study camp, four finalists will be selected to represent the U.S. at the 33rd International Chemistry Olympiad to be held July 6-15 in Mumbai (Bombay), India.

Makedonski was selected to attend the training camp due to his score on an exam taken by approximately 1,000 high school students across the nation. Offered by the Chicago Section of the American Chemical Society, this test features multiple choice, written and lab portions.

Makedonski studied under Niles West chemistry teacher Ann Levinson. This is the ninth time that one of Levinson's students has received this honor. Previous students won gold, and silver medals at the International Chemistry Olympiad.

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Study supports treatment of alzheimer's disease

(NAPS) -- There's encouraging news for the millions of people worldwide affected by Alzheimer's disease, and their families. In a one-year study, a prescription medication was shown to maintain function longer compared with placebo in patients with mild-to-moderate Alzheimer's disease.

Results of this one-year study,

first presented in London at the 12th European College of Neuropsychopharmacology Congress in September 1999, confirmed that patients treated with the once-daily prescription medication known as ARICEPT® (donepezil hydrochloride) for up to one year were more likely to maintain their ability to perform activities of daily living such as

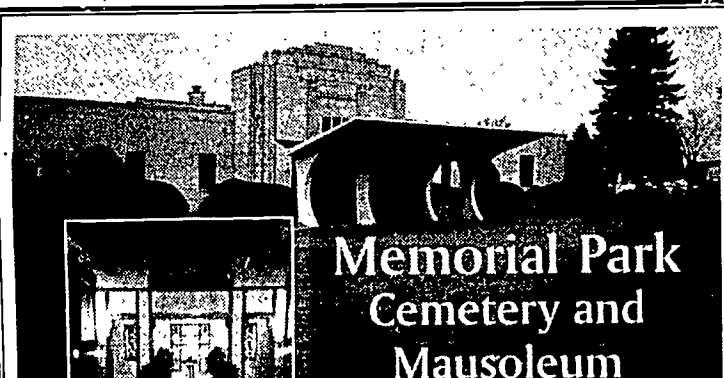
dressing, eating meals, handling money, grasping situations or explanations, handling personal mail, using the telephone, and doing household tasks. ARICEPT® is the only Alzheimer's disease drug in the cholinesterase inhibitor class with two one-year, placebo-controlled trials.

"These findings provide evidence that median time to functional loss is longer in patients who are treated with ARICEPT® than those treated with placebo in a one-year clinical trial," said John C. Morris, MD, professor of neurology, Washington University School of Medicine in St. Louis. "For patients, this means that they are more likely to be able to continue to enjoy everyday activities longer than without medication."

At 48 weeks, patients taking ARICEPT® had a 51 percent likelihood of maintaining function compared with a 35 percent likelihood for those on placebo. In addition, the estimated time it took for half of the patients on ARICEPT® to lose function (median time = 357 days) was 72 percent longer than the time it took for half of those on placebo (median time = 208 days).

Although Alzheimer's disease is incurable, medical treatment is available to manage some of the

Continued on Page 19



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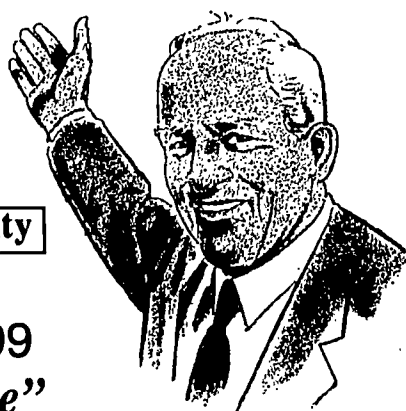
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Niles Senior Center 588-8420

NILES SENIOR CENTER REGISTRATION

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

NILES - ONLINE

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

FOR YOUR HEALTH - JULY

JULY 11

BLOOD PRESSURE SCREENING

For Niles residents on Wednesday, 1 to 3:30 p.m. No appointment needed.

JULY 25

MANAGING YOUR MEDICATION

Managing Your Medication is Wednesday, July 25 at 1 p.m. Come and learn how to use your medications. Presented by Robert Anselmo, R.Ph., Target Pharmacy - Chairman Chain Pharmacy Section IL. Pharmacists Association. Registration 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

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

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 MaryAnn.

TUESDAY EVENINGS AT THE CENTER

In July

The Pool Room, Card Rooms, and Arts & Crafts Room will be open from 5 to 8 p.m. to Niles Seniors every Tuesday evening in July. Feel free to drop in - join in a game or just stop by for a visit. Have a suggestion for an evening activity or class? Let us know.

SUMMER COMPUTER CLASSES

Call For Availability

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 and availability, please call Jaymi at 588-8420. Classes start July 10.

CURRENT EVENTS GROUP

Current Events Group meets the second and fourth Wednesday of the month at 10:30 a.m. The next meeting this month is June 27 at 10:30 a.m. Discuss the issues of the day.

GENERAL TICKET SALES

Call For Availability

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.

Men's Club Spring Bar-B-Q, Friday, June 29, 11 a.m. to 2:30 p.m. Enjoy grilled hamburgers, brats & all the trimmings at this fun-filled annual event. Then listen to strummin' of Bill Bailey Banjos. Cost: \$6 includes lunch, entertainment, and raffle.

Independence Day Celebration - Tuesday, July 3, 5 to 8 p.m. Celebrate July 4th with Big Band music and Fried or BBQ Chicken, Whipped Potatoes, Green Beans, Almondine, Tossed Salad, & Cake (served at 5:30 p.m.). Cost: \$8.

July Lite Lunch & Movie - Friday, July 6, 12 noon to 3 p.m. Enjoy a lunch including Brown's Chicken, Mashed Potatoes, and Corn. Then enjoy the new comedy, *Miss Congeniality* (PG-13) starring Sandra Bullock. Cost: \$3.

Hooked on Fishing at Busse Woods - Friday, July 13, 6:30 a.m. to 12:30 p.m. At Busse Woods in Schaumburg. Cost: \$8 includes A.M. snacks, lunch, & prizes.

Retirement / Nursing Home

Study Supports...

Continued from Page 18

symptoms. Once-daily ARICEPT® tablets, for example, can improve cognition and maintain patient function in people with mild-to-moderate Alzheimer's disease. In controlled clinical trials of up to six months, more than 80 percent of patients taking ARICEPT® experienced a best change score of improved cognition or no further decline compared with 58 percent of patients on placebo. These findings are based on the best score achieved on the Alzheimer's Disease Assessment Scale-cognitive subscale (ADAS-cog) for each patient from week 12 through week 24 of the study.

In a progressively degenerative disease such as Alzheimer's, no further decline or a less than expected decline is considered a favorable response. Improvement, stabilization, and decline have been observed in patients treated with ARICEPT® in clinical trials. Individual responses to ARICEPT® treatment may vary.

To date, more than one million people in the United States have received a prescription for ARICEPT® contributing to a total of 314 million days of patient use worldwide.

ARICEPT® is well tolerated with a low incidence of side effects, offers convenient once-daily dosing, and can be taken with or without food. In pivotal

controlled clinical trials, the most common side effects experienced with ARICEPT® included nausea, diarrhea, insomnia, vomiting, muscle cramps, fatigue, and anorexia. These effects were often mild, transient, and resolved with continued treatment. Clinical trials of ARICEPT® have shown no increase relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. Nevertheless, cholinesterase inhibitors may be expected to increase gastric acid

secretion. Therefore, patients (especially those at increased risk for developing ulcers -- e.g., having a history of ulcer disease, receiving concurrent nonsteroidal anti-inflammatory drugs) should be monitored closely for gastrointestinal bleeding. In pivotal clinical trials, syncope (fainting) episodes have been reported in association with ARICEPT® (2 percent vs. 1 percent for placebo).

ARICEPT® is clinically effective at the starting dose of 5 mg/day, and the dose can be escalated

to 10 mg/day after 4 to 6 weeks if clinically indicated.

For more information about managing Alzheimer's disease and ARICEPT®, please call the Eisai Inc. and Pfizer Inc. sponsored toll-free number, (888) 999-9616, extension 25 or see www.aricept.com.

Currently, ARICEPT® is available by prescription in more than 43 countries. In November 1994, Eisai Co., Ltd. and Pfizer Inc. announced the formation of a strategic alliance for the promo-

tion of ARICEPT® and development of new treatments for Alzheimer's disease and other cognitive disorders. First launched in the United States in February 1997, ARICEPT® has been well received in the Alzheimer's disease community and currently is the most widely prescribed Alzheimer's disease medication in the world.

Eisai Inc. and Pfizer Inc. are committed to a collaboration dedicated to advances in Alzheimer's therapy.



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Does Retirement Mean Losing Your Identity?

by Brooke Collison, Ph.D.

If you're someone nearing the age of retirement, you've almost certainly heard the question: "What are you going to do?" Perhaps you've asked that question yourself of someone about to leave the workforce. "Doing" carries many meanings in our culture, and for the employed person, that question of "What do you do?" is an important one.

For many of us, much of our personal identity is tied up in "what we do." It's a piece of information we usually seek quickly when we first meet someone, and we're not surprised when others ask it of us. But, when the question is asked of a person who will soon retire, it can have different meanings for both the questioner and the prospective retiree — with some difficult answers and significant meanings attached.

Questioners who ask "What are you going to do?" may be seeking information about the person's plans for daily activities, new hobbies, supporting themselves financially, or other issues. However, the "do" question may also be a subtle putdown. In our society we tend to place value on "doing" things. We've been taught to be busy, productive citizens and our lives

often revolve around the thing we "do" for a living. We may judge people not "doing" things as being of less value.

It's not surprising that the "What are you going to do?" question often stirs up conflict for the person facing retirement. He or she may have defined themselves for years with an occupational title in response to the "what do you do" question. But now that title, that identity, is fading or maybe gone. The implications for many is that they are no longer "doing" something of value. The result can be a feeling of diminished self-worth.

Such feelings are reflected in the conflict many retirees face in trying to decide what to call themselves. In a panel presentation on retirement issues at a recent convention of the American Counseling Association, Dr. Nancy Schlossberg explained that she had experienced a near panic the first time a reporter asked her for her title after she had retired. Despite a distinguished career as a college professor and the author of numerous books and articles, she hesitated to respond that she was "a professor emerita." Instead, she identified herself as a con-

sultant. She realized she hadn't completely acknowledged to herself that she had simply retired. Having a self label that indicates she was still a productive person was important to her, as it is to most people.

For those of us talking with someone about to retire or recently-retired, there are better, and less stressful questions to ask than "What are you going to do?" Think how much more interesting a response you will get by simply asking, "What are you looking forward to?"

If you really wish to engage the soon-to-be retired person or the recently retired person in substantive conversation, ask them, "What kind of issues are you dealing with around retirement?" or "What has been the best advice you've received?" Try asking, "What has been most or least helpful in your preparing for retirement?" and you'll stand a good chance of hearing interesting answers.

Such questions permit the retired or soon to retire person to explore issues in some depth because they indicate the questioner really wants to listen. They avoid the stress and implied negative judgements of "What are you going to do?" They also avoid the insults contained in supposedly "humorous" comments that many recently retired people all too often hear.

Lines such as "I suppose you're a soap opera addict now," or "It won't be long before your spouse throws you out of the house," aren't funny. They're really insights in the worst fears and poor assumptions people have about retirement. For a period in one's life that should be full of value and rich experience, unfeeling comments and inappropriate questioning may stifle meaningful dialogue.

People approaching retirement need to have a place where they can explore the life stage issues that accompany their new status. Retirement planning re-

Morton Grove Senior Citizens 470-5223

WALKING CLUB

The Morton Grove Park District's "Walkie Talkies" Walking Club will begin another series of exercise dates on Tuesdays and/or Thursdays starting June 19. A kick-off brunch will be held at 8 a.m. in the Prairie View Community Center. The cost for Thursday-only walking is \$10 residents/\$13 non-residents (\$6 residents/\$7 non-residents-returning) and the cost for Tuesday/Thursday walking is \$12 residents/\$16 non-residents (\$7 residents/\$9 non-residents-returning). Walking is from 8 to 9 a.m. and juice and coffee is from 9 to 9:30 a.m.

TUNES ON TUESDAY

The Morton Grove Park District is proud to offer five summer evenings of exceptional musical entertainment in the beautiful surrounding of Harter 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. Restaurants will begin serving at 6 p.m. Bring the family, meet friends, and don't forget the lawn chairs. The concert lineup includes:

- June 26, *The Fabulous Murray Brothers* at the Pavilion (China Chef)
- July 10, *The Beatles* at the Pavilion (Village Inn Pizzeria)
- July 17, *Public* at the Pavilion (Champs Sport Bar)
- July 24, *The Only Sons* at the Pavilion (Kappy's Restaurant)

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, June 26 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, June 26 should call today to reserve a seat on the Seniotran. Home Pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the Seniotran returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 for a reservation.

COMMUNITY PAINT-A-THON

The 14th Annual Community Paint-A-Thon is accepting applications between now and July 1. The program is a unique community partnership designed to paint the homes owned and occupied by persons with limited financial resources who are either 60 years of age or have a permanent disability, and are unable to do the work themselves. The "Paint Day" is Sept. 8. Applications are available by calling Cindy Gunderson at 847/253-5500.

CUBS VS. WHITE SOX

Join the Prairie 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.

MORTON GROVE HOMECARE SERVICE

The Morton Grove HomeCare Service is a program offered by the Village of Morton Grove and funded by Cook County. The service is for residents age 62 and older who may need assistance with a combination of the following: bathing, laundry, personal care, companionship, preparing meals and light housekeeping. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through the Evanston Northwestern Healthcare. To qualify, a person must be age 62+, be a Morton Grove resident, demonstrate a medical need for home care, meet income (less than \$28,150 annually) and asset (less than \$50,000) eligibility criteria. For more information, contact Morton Grove's Family & Senior Citizens Services at 965-4100 today.

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.

Retirement / Nursing Home

The Lincolnwood Seniors' Club

The Lincolnwood Seniors Club extends an invitation to the community to join them on Monday, July 9 and Monday, July 16 at the Lincolnwood Community Center for a 55 ALIVE driver's course. It is required that you attend both sessions which go from 9 a.m. - 1 p.m. on the dates mentioned above. There is a fee of \$10 that is due on the first day of class (make checks payable to AARP).

All Illinois insurance companies are required to offer a reduction on the liability portion of your auto insurance if you attend these classes. Please call the Lincolnwood Community Center at (847) 568-0181 with any questions you may have regarding this program.

Identity...

Continued from Page 20

quires much more than a review of financial status. Many counseling professionals specialize in issues related to the change of status involved with retirement. Scheduling sessions with a counselor can be very valuable in helping a person look closely at issues of time, status, identity, personal adjustment, changed partner and family relationships, and other significant life issues.

Melon Fest at St. Matthew Lutheran Home



John and Eleanor Clancy

June 13th marked the 2nd annual Melon Fest at St. Matthew Lutheran Home in Park Ridge. Families and friends were invited to join the residents and staff in an evening of music and melons. Enjoying the beautiful weather, all were gathered on the patio for the evening's festivities. Lemonade, Cantaloupe, Honeydew and Watermelon were served to all. It was a cool refreshing treat amidst the warm summer air. We were privileged to enjoy the wonderful

musical talents of Elaine Clancy. Mrs. Clancy is the daughter-in-law of four-year St. Matthew resident, Eleanor Clancy. Her piano repertoire included such songs as God Bless America, You Are My Sunshine, Edelweiss, The Band Played On, The Sound of Music and many more. Mrs. Clancy was gracious enough to take special requests from St. Matthew resident James Bongontro. Everyone enjoyed singing and dancing together. It was a glorious summer

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D01071119 on the JUNE 06, 2001. Under the Assumed Name of SOMMER PAINTING SERVICES with the business located at 5744 N. LOWELL AVENUE, CHICAGO, ILLINOIS 60646. The true name(s) and residence address of the owner(s) is: DEBBIE SOMMER, 5744 N. LOWELL, CHICAGO, ILLINOIS 60646

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Wednesday, July 11, 2001 at 2:30 p.m.

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Presenter

Bruce Doblin, MD, MPH
Medical Director, Seasons Hospice

Every life has a story. Every story begs to be told. Join Dr. Bruce Doblin and the Seasons Hospice staff as they tell untold hospice stories, revealing the possibilities of end of life care.

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Reservations are required, please call

Diane Burda, Community Relations at 847-729-0000

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Retirement / Nursing Home

AARP to hold meeting

A.A.R.P., Skokie Chapter will hold its next meeting on Tuesday July 3, 2001 at 1 p.m. at the Skokie Library, Petty Auditorium, 5215 Oakton St., Skokie, IL.

Mr. Chris DeRose, O.D. of The Myer Center for the eyes will speak on glaucoma, cataracts, eye health and Lasik and other surgeries.

Please bring your discarded glasses and hearing aids to the meeting and they will be given to the Lions Club for distribution.

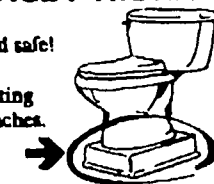
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Seniors on a fishing trip



Maine Township Seniors enjoyed a day of fishing during the Bob "Lindy" Lindstrom Fishing Derby held May 19 on Bangs Lake. Angler Margarita Santiago, shows off her catch to Silvino P. Tibi. Her fish won the Largest Walleye contest. Other winners included Ron Sorenson of Maine Township who won for the largest Bass. A total of 60 seniors from Maine and Niles Townships participated in the derby held in cooperation with Wauconda Township.

Niles Seniors invited to the annual Spelling Bee

The Niles Senior Center would like to invite residents 62 and over to participate in the Local Spelling Bee on Thursday, July 19 at 10 a.m. During that time, the top two spellers from the center will proceed to the Regionals and represent the Niles Senior Center. The Niles Senior Center is hosting the Regional Spelling Bee on Thursday, August 2.

To register to participate in the Local Spelling Bee, call the Niles Senior Center at 847-588-8420.

Allergy relief for eyes

(NAPS)—Eye allergies affect more than 22 million Americans. The most common is called "seasonal allergic con-

junctivitis," also known as hay fever. According to the Better Vision Institute (BVI), symptoms include eyes which are

swollen, itchy, red and watery. To minimize the effect of eye allergies, the BVI recommends the following steps:

- See an eye-care professional if allergies irritate your eyes in any way, especially if this includes tearing, swelling and itching.
- If you wear contact lenses, have a pair of glasses ready, with a current prescription, in case of allergy attack. It's also important to keep contacts clean, as dirty lenses can aggravate allergic reactions.

- Use air conditioning to filter the air and regulate the humidity to ward off house dust, mites and mold.
- Don't rub your eyes. Rubbing can cause inflammation and may prolong allergic symptoms.

For more information, visit the Better Vision Institute Web site at www.visionsite.org.

Hartwell House offers vibrant, intimate living community

Across to street from St. Gregory's Church on Chicago's north side, you will find Hartwell House, a remarkable new assisted living residence owned and operated by United Methodist Homes & Services. The building, located at 5520 N. Paulina, was once the convent for St. Gregory's, and the vintage exterior remains untouched. With its beautiful brick walls and well-tended gardens, Hartwell House fits right in with the tree-lined residential neighborhood of West Andersonville.

The interior, however, has undergone extensive remodeling to make it into an elegant and modern facility. Residents get all the comfort and privacy of home along with the security of knowing that help is available 24 hours a day. The small bedrooms of the convent have been replaced with twenty-nine private resident suites, complete with private bathrooms. A full-sized kitchen has been added to accommodate resident meals, which are served restaurant-style three times a day in an elegantly appointed dining room. Each of the four floors offers a cozy lounge, and the ground floor features a chapel retaining the original stained glass windows of the convent. Overall, the charming decor and intimate surrounding are reminiscent of a European bed and breakfast.

While Hartwell House offers privacy, it is in no way a solitary setting. A wide variety of cultural and social activities are a part of the community calendar, and transportation services are provided for shopping and other outings. With only twenty-nine suites, Hartwell House offers a vibrant, intimate living community that is rarely found in assisted living residences.

Hartwell House is the latest addition to the continuum of housing and supportive services offered to older adults by United Methodist Homes & Services. UMH&S is a nonprofit and non-sectarian organization that has

Continued on Page 23

Retirement / Nursing Home

Emergency heart centers needed

Hospitals performing large numbers of heart procedures should be designated as centers for emergency heart care, according to physicians at Loyola University Medical Center in Maywood. The call for such action stems from recent studies indicating that heart-attack victims have improved chances of survival and recovery when taken to high-volume hospitals.

In the most recent studies, published in a December 2000 issue of the *Journal of the American Medical Association*, researchers showed that heart patients had significantly better outcomes when undergoing angioplasty and other non-surgical heart procedures at the hands of physicians and in hospitals meeting or exceeding professional guidelines for experience.

The American College of Cardiology recommends that an interventional cardiologist perform at least 75 non-surgical heart procedures and a hospital 400 non-surgical heart procedures annually. Each of Loyola's five interventional cardiologists perform an estimated 250 to 300 such heart procedures annually, or 1,200 to 1,500 a year for the entire institution.

Interventional cardiology is a field of medicine using non-surgical procedures to treat blocked heart arteries and related problems. These procedures include angioplasty and atherectomy, which involve using a catheter to place a balloon or cutting tool into a heart artery in order to eliminate an obstruction.

Heart damage can be minimized if a patient receives emergency care within a few hours after a heart attack occurs. Experienced cardiologists such as those at Loyola are able to perform emergency angioplasties to eliminate blockages in the heart

arteries while a patient is still literally in the throes of a heart attack.

During fiscal year 2000 (July 1, 1999, to June 30, 2000), Loyola's interventional cardiologists performed 4,087 procedures in the heart catheterization laboratory. Included in this total were 1,226 angioplasties and atherectomies, of which nearly 160 were performed on patients who were undergoing a heart attack.

More than 4,000 non-surgical heart procedures were performed in fiscal year 2000, and only two patients' deaths were reported—a mortality rate of less than 0.05 percent.

All five of Loyola's interventional cardiologists have been board-certified since such certification was first offered by the American Board of Internal Medicine in 1999 for specialists in interventional cardiology. Loyola is also one of only about 50 U.S. medical centers certified to offer fellowships for advanced training in interventional cardiology.

Loyola's interventional cardiology division is known throughout Illinois and the Midwest for its expertise and innovative care. For example, it was the first program in the state to offer percutaneous transluminal revascularization (PTMR), a technique for relieving chest pain without subjecting the patient to open-heart surgery, and the first in Illinois to perform angioplasties by using an artery in a patient's hand, rather than in the leg, to thread a catheter into the blocked arteries of a heart.

Loyola is also the first institution in the Chicago area to use gamma radiation, instead of beta radiation, to provide relief to patients who already have stents to keep their heart arteries open, who still experience reoccurring heart blockages.

Skokie resident named to National Board

Cathy Lorber, Ph.D., has been elected to the board of directors of the National Association on Alcohol, Drugs and Disability (NAADD).

Dr. Lorber is executive vice president and chief operating officer of Amstar Center, a Chicago-based human services agency for people with disabilities. In addition to her 30-year affiliation with Amstar Center, she is a faculty member at the Illinois School for Professional Psychology.

In 1991 Dr. Lorber started the first substance abuse treatment program for people with disabilities in Illinois, including Addiction Recovery of the Deaf, the only one of its kind in the State and one of only three in the country.

In 1996 she was instrumental in developing the first National Conference on Substance Abuse and Co-Existing Disabilities, and the following year, she initiated a partnership program between Amstar Center and Schwab Rehabilitation Hospital to provide substance abuse treatment for patients with traumatic brain injuries.

As a board member of the NAADD, Dr. Lorber will work with regional providers of substance abuse prevention and treatment services to adapt, advance and improve such services for people with disabilities in Illinois.

"Individuals with disabilities face severe problems in trying to access prevention and treatment for chemical dependencies," she said. "This is an issue that grows more urgent every day and demands our immediate and con-



Cathy Lorber, Ph.D.

tinuing attention for better and faster solutions."

Dr. Lorber received a bachelor's degree in sociology in 1970 from the University of Wisconsin at Madison, a master's degree in education in 1971 from Wisconsin State University at Superior, and a doctorate in education and counseling psychology in 1980 from Northwestern University at Evanston.

Hartwell . . .

Continued from Page 22

been providing service to older adults for over 100 years. Other services include The Methodist Home, a Medicare and Medicaid certified skilled nursing home at 1415 West Foster, and United Methodist Community Support Services, which provides in-home caregivers who assist older adults with such tasks as light housekeeping, meal preparation, grocery shopping, personal care, escorts to doctor visits, and companionship.

If you are interested in learning more about Hartwell House, an open house on Saturday, June 23rd will allow you to see the finest in assisted living for yourself. The open house will run from 1 p.m. to 4 p.m. at 5520 N. Paulina. Free valet parking will be available and refreshments will be served. For more information about Hartwell House, or to schedule a private tour, please call Rosalie at (773) 275-2400.

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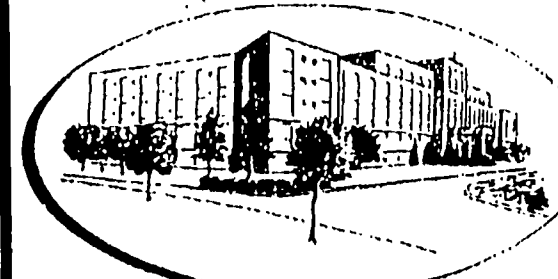
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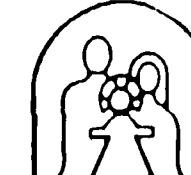
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When Arthritis Strikes: Recognizing Symptoms and Coping with Chronic Pain

(NAPS)—Arthritis is an inflammation of the joints and is a general term for more than 100 conditions that affect an estimated 40 million Americans. Arthritis can strike at any age and can result in varying degrees of pain, inflammation and limited movement, causing a profound impact on patients' quality of life. In addition, osteoarthritis, has a significant economic impact, costing the United States nearly \$65 billion per year in medical care and indirect expenses, including lost wages and production.

One of the most common forms of arthritis is osteoarthritis (OA), which afflicts nearly 21 million Americans and is a leading cause of disability in the United States.

OA is a chronic, degenerative joint disease characterized by the breakdown of the joint's cartilage, which cushions the ends of bones. Cartilage is smooth, so the joints move easily, but are firm and supple to absorb shock. As osteoarthritis progresses, surfaces of cartilage and underlying bone become compressed and irregular. Instead of gliding smoothly, joint surfaces rub against each other, resulting in stiffness and pain. According to the national "Survey of Pain in America" commissioned by Partners Against Pain, three-fourths of arthritis sufferers have experi-

enced pain for five years or more, and fewer than one-in-ten have suffered for less than a year.

Factors influencing the development of osteoarthritis include age, heredity and obesity. Moreover, OA can result from joint injuries due to sports, work-related activities or accidents. Sometimes symptoms of osteoarthritis are mild and patients may be unaware of the condition until detected by an X-ray. In other cases, joint pain can make the simplest activities impossible. In fact, 80 percent of people with OA report some form of limitation in their movement.

A diagnosis of OA is made based on a physical exam and symptom history, with X-rays to confirm a diagnosis. Treatment is aimed mainly at symptom relief. For most patients their pain treatment will incorporate an interdisciplinary approach that may include relaxation techniques and pain medication. Physiotherapy is also valuable in helping to strengthen muscle groups that stabilize and protect the affected joint. Over the counter medications or prescription drugs like non-steroidal anti-inflammatory drugs (NSAID) can alleviate most patients' mild to moderate pain. For those patients whose pain does not respond to this therapy, opioids are another option for treatment. For severe pain,

opioid analgesics are the cornerstone of treatment.

Excess body weight can put excess strain on weight-bearing joints such as hips, knees and ankles, and can accelerate the progression of OA. Therefore it is important for overweight patients to lose weight.

Although each person's pain is unique, it is important for physicians and patients to realize that the pain associated with OA can be managed if diagnosed and treated appropriately. Patients should describe to their physicians where they hurt, how the pain feels, how long it has lasted and what affect it has had on their overall health and quality of life.

Partners Against Pain® (PAP) is a valuable resource for medical professionals and patients to learn more about pain management. PAP offers tools to help you manage your pain, such as a Pain Control Record and Pain Control Plan. For additional information about pain management, consult with your doctor or a pain specialist. You can also get free information from Partners Against Pain at www.partnersagainstpain.com on the Internet or by writing Partners Against Pain at One Stamford Forum, Department M, Stamford, Connecticut, 06901-3431.

Exercising Wisely

Everyone benefits from staying active and having a regular exercise program to keep fit and healthy. You can achieve fitness by controlling or eliminating activities and risk factors that threaten your health, such as smoking, excessive alcohol consumption, obesity, high blood pressure and stress. A few simple tips will ensure that the exercise activities will be safe and will improve your overall well being.

1. If over 40, have a check up with your doctor to determine any exercise restrictions you need to follow.

2. Set realistic short-term goals for yourself for both exercise and any weight-loss.

3. When starting any new exercise program (even walking), start slow, and keep the workout short. Do not overdo it! If you feel tired or any discomfort, STOP.

4. Include these 5 steps into every workout: a. warm up, cardiovascular training, c. flexibility exercises, d. strength training, e. cool-down.

5. Build up intensity and length of exercise gradually to give your muscles and heart a chance to adapt to the new workout. Start out with 10 minutes a day, 3 days a week, then add 5 minutes each week.

6. Incorporate a variety of low and high-impact activities to use different muscles, give your heart exercise, and prevent boredom.

Continued on Page 25

Retirement / Nursing Home

A bright future for migraine treatment

(NAPS) -- The new millennium is in full swing, and we are amazed by the scope of technological advances. However, an age-old affliction -- migraine headache -- continues to plague millions of Americans every day.

Migraine sufferers are often forced to remove themselves from family, work and leisure activities because of their severe discomfort, and it is estimated that the condition costs employers between \$5.6 billion and \$17.2 billion in lost labor each year. Migraine affects more than 23 million Americans and is characterized by throbbing pain felt usually on one side of the head. Most sufferers experience nausea and sensitivity to light and sound. While many suffer, migraine is now a manageable condition that physicians can treat. However, despite all of the new treatment options available, more than 60 percent of sufferers are not seeking treatment for their condition.

According to a recent Harris Poll Online survey, 99 percent of women -- the primary sufferers of migraine -- who experience migraine or debilitating headaches want to obtain the right medication during their first visit to the doctor. Today there are tools available to help doctors assess the severity of a patient's migraine and prescribe treatments that are more effective. One such tool, the Migraine Disability Assessment Scale (MIDAS), (<http://www.midas-migraine.net>), allows sufferers to record and rate the severity of their migraine before they visit the doctor. This enhances the individual's participation in the management of their treatment by providing the doctor with information useful to effectively treat their migraines.

Tina Wehner of San Antonio has suffered with migraine for 15 years. Her doctor recently prescribed ZOMIG® (zolmitriptan), a medication belonging to a family of drugs developed specifically to treat migraine, to combat her severe headaches.

"Now that I am taking a medication that works for me, I know that if a migraine strikes I can still go to work," she said. "For me, knowing that there's a way to treat migraine means I can do what I need to do without being concerned about a headache."

Armed with new treatment options, such as ZOMIG, physicians have a cadre of new therapies to help migraine sufferers.

"Today's migraine sufferers demand improvements in the diagnosis and treatment of their condition," said Dr. Richard Lip-ton. "I am optimistic that new treatments, including drugs like ZOMIG, will allow migraine sufferers to spend more time enjoying their everyday life instead of living with migraine pain."

For the millions of people who suffer from migraine -- the future is indeed bright. However, it is critical that consumers and physicians talk openly about innovations and treatment options. For this to occur, migraine needs to be recognized as a serious, although treatable, condition and sufferers must talk to their doctor about migraine pain to determine which treatment option will be most beneficial for them. With

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the treatments currently available and with new treatments being rapidly developed, both current and future sufferers will be able to combat their migraine pain more effectively.

ZOMIG® (zolmitriptan) Tablets are indicated for the acute treatment of migraine with or without aura in adults. It is contraindicated for patients with uncontrolled hypertension, ischemic heart disease or other significant underlying heart disease. The most common side effects associated with taking ZOMIG include dizziness, tightness, pressure or pain in the neck, throat, or jaw; fatigue; tingling sensations; drowsiness; or nausea. Patients who have risk factors for heart disease should be fully evaluated by their physicians prior to initiation of therapy.

ZOMIG is marketed by Astra-Zeneca PLC (NYSE: AZN), one of the top five pharmaceutical companies in the world based on sales and a therapeutic leader in gastrointestinal, oncology, anesthesia including pain management, cardiovascular, central nervous system and respiratory products.

For more information, visit the Web site at: www.zomig.com

Survey shows oatmeal is good for the heart

(NU) -- If you are what you eat, then oatmeal is the key to a healthier you.

Study after study has shown that a simple breakfast dish of oatmeal is one of the best food choices you can make.

In a just released survey of 525 nutrition professionals, three out of four (76 percent) listed oatmeal as one of the top foods, providing the most benefit to heart health.

Oatmeal received the third highest mention of foods cited in the survey. Nearly nine out of 10 survey respondents were nutrition professionals who counsel consumers about diet and cardiovascular health.

Other foods mentioned most often in the survey were: fish, dry beans, peas, lentils, soy, olive oil, flax seed, canola oil, broccoli, garlic and wine.

Oatmeal is one of the most studied foods in terms of cardiovascular health. More than 40 clinical studies have proved that eating oatmeal can help lower blood cholesterol levels and reduce the risk of heart disease.

This is good news for Americans. Currently, more than half (51.9 percent) of adults are at an

intermediate or high risk for heart disease due to high blood cholesterol levels.

"I expected oatmeal to be one of the most frequently mentioned foods because of the proven science behind it," said Georgia Kostas, director of nutrition at the Cooper Clinic in Dallas. "Eating a good-sized bowl of oatmeal every day provides you with the

Continued on Page 26

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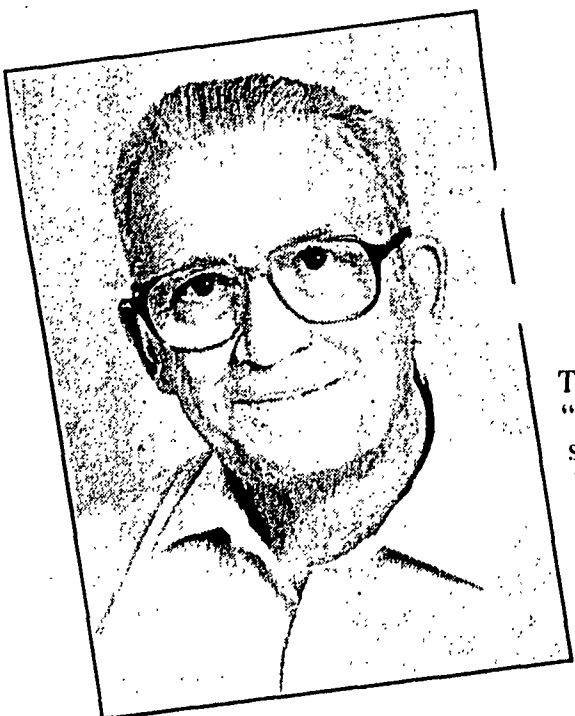
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The activity Department of Bethany Terrace plans twice weekly bus trips and many daily social activities which residents and family attend.

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

Pet therapy adds another dimension to life at Bethany Terrace. Like Pete, residents love to interact with the many animals: dogs; Blackie, our rabbit and a breeding aviary full of active and colorful birds.



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Retirement / Nursing Home

Oatmeal . . .

Continued from Page 25

three grams of soluble fiber proven to decrease blood cholesterol levels -- a claim supported by the Food and Drug Administration."

Kostas said scientists believe that the oat-soluble fiber, beta glucan, is responsible for helping to control blood cholesterol. "Oats act like tiny sponges to soak up cholesterol in your digestive tract and carry it out of your body," she said.

Oatmeal is not only a potent weapon against heart disease but also is perhaps the most familiar, convenient and tasty choice among the best foods for a healthy heart.

The Quaker Oats Company, which conducted the most recent survey, has developed what it calls the "Smart Heart Challenge," a 30-day program in which participants eat a bowl of oatmeal daily in order to positively affect their blood cholesterol levels.

For more information on the Smart Heart Challenge or Quaker Oatmeal products, visit: www.quakeroatmeal.com.

The soul of a journey is liberty, perfect liberty, to think, feel, do just as one pleases.

—William Hazlitt

Getting Blood Pressure Under Control

by Holly Vance, Pharm.D.
drugstore.com™ Pharmacist

Sometimes, what you don't know can hurt you. Of the estimated 50 million Americans with high blood pressure, more than 30 percent don't know they have it.

High blood pressure, or hypertension, is a common and dangerous condition. It increases the amount of work your heart must do to pump blood around your body. Untreated, it increases the risk of heart disease, stroke, heart failure, heart attack, kidney disease, blindness, and death.

See your doctor to check your blood pressure. If you have high blood pressure, you can bring it down to healthy levels with diet, exercise, and in some cases, medicines. And you'll reduce your risk of serious health conditions.

Assessing your risk
High blood pressure generally doesn't cause any warning symptoms. The only way to know if your blood pressure is high is to measure it on a regular basis.

The blood pressure test is quick and painless. It can be performed at your doctor's office or hospital clinic. And many pharmacies and grocery stores offer self-administered blood pressure tests. You can also purchase a

home monitor to use between doctor visits.

Blood pressure is written as two numbers, for example 120/80. The first number, systolic pressure, measures blood pressure while the heart is beating. The second number, diastolic pressure, measures the pressure while the heart rests between beats. In general, normal blood pressure is a systolic blood pressure less than 130 and a diastolic blood pressure less than 85. A measurement over 140/90 indicates high blood pressure. If you have high blood pressure, work with your doctor to develop a plan to get it under control.

If you have normal blood pressure and no risk factors, continue checking it at least every one to two years. But if your blood pressure is borderline or if you have risk factors for high blood pressure, talk to your doctor about more frequent checks.

The cause of high blood pressure is unknown, but several risk factors increase your chances of having it. The uncontrollable risk factors include:

- **Race** - Studies have shown African-Americans have a higher risk for hypertension than people of European or Asian descent.
- **Heredity** - If your immediate relatives have hypertension, you're more likely to have it.
- **Age** - Your risk of high blood pressure increases with age.

The controllable factors that contribute to high blood pressure include obesity, high salt intake, heavy or regular alcohol use, lack of exercise, and stress.

Birth control pills and pregnancy can sometimes cause hypertension. If you use birth control pills, check your blood pressure at least once a year and avoid smoking. Women in the last trimester of pregnancy are also susceptible to a rapid increase in blood pressure and need frequent blood pressure monitoring.

Lifestyle modification

Although hypertension can't be cured, it can be treated. If you have high blood pressure, the first step doctors often recommend is a change in lifestyle. Try to lose weight if you're overweight, eat a healthy diet that's low in salt and fat, increase physical activity, limit alcohol to one drink per day, and stop smoking. These lifestyle changes can significantly reduce your blood pressure.

Some people try herbs to help combat high blood pressure, although these products are unproven. Evening primrose and hawthorn may be effective for lowering mildly high blood pressure. Some believe that eating garlic can lower blood pressure, but medical research and the FDA have not proven this claim. Be sure to talk to your doctor before trying an herbal remedy.

Prescription control

If lifestyle changes alone don't work, your doctor may prescribe medicine to help lower your blood pressure. More than 50 prescription drugs are available to treat high blood pressure. Most of them fall into one of the following categories: diuretics, ACE inhibitors, angiotensin receptor blockers, alpha-blockers, calcium channel blockers, or beta-blockers. Each group of drugs works in a different way.

The medicine your doctor prescribes will depend on your medical history, current health, age, race, and the severity of your hypertension. Beta-blockers such as atenolol (brand name Tenormin) or diuretics such as hydrochlorothiazide (HydroDiuril) are often the first choice for people recently diagnosed with hypertension. ACE inhibitors such as lisinopril (Zestril) may be especially helpful for those who also have diabetes. If you've already had a heart attack, your doctor is likely to prescribe a beta-blocker.

You may need to try several medicines before you find the one

that works best for you. Some people need a combination of medications to control high blood pressure.

If your doctor prescribes drugs to control your blood pressure, it's important to continue taking them as directed. Since high blood pressure doesn't have any symptoms, you may feel fine. But don't let that tempt you to stop treatment. Keep your blood pressure under control to keep your risk of heart or kidney disease, stroke, and blindness low.

Remember that while there is no cure for high blood pressure, there are many effective ways to treat it. Get your blood pressure checked regularly to help keep your heart and body healthy. After all, what you do know can help you.

Holly Vance, Pharm.D., is a clinical pharmacy specialist for drugstore.com, the leading online pharmacy. Readers can find more answers to health questions online at www.drugstore.com/pharmacy.

Alzheimer's disease: What you should know

(NAPS) -- An estimated four million American adults suffer from Alzheimer's disease, a neurodegenerative disease involving deterioration of the brain. It is the fourth leading cause of death in the U.S., behind cardiovascular disease, cancer and stroke.

Alzheimer's disease primarily afflicts people over 65; nearly half of all people over 85 are affected by it. However, a small percentage of people as young as their 30s and 40s get Alzheimer's disease.

The ten warning signs of Alzheimer's disease include:

1. Forgetting things more often -- such as job skills.

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Retirement / Nursing Home

Cholesterol - What you can do to lower your level

What is cholesterol?

Cholesterol is a type of fat made by your liver. Some cholesterol is in the food that you eat. Foods that come from animals -- such as eggs, meat and dairy products -- have cholesterol. But it's not just the cholesterol in food that counts. Foods high in saturated fat can also raise your cholesterol level, because your liver turns saturated fat into cholesterol.

Why is a high cholesterol level unhealthy?

While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (large blood vessels) and cause them to narrow. Large deposits of cholesterol can completely block an artery, so the blood can't flow through.

If an artery that supplies blood to your heart becomes blocked, a heart attack occurs. If an artery that supplies blood to your brain becomes blocked, a stroke occurs.

When should I start having my cholesterol level checked?

Start having your cholesterol tested when you're about 20 years old. Children over two years old with a family history of heart dis-

ease before age 55 or a family history of high cholesterol (a level of 240 or more) should also have their cholesterol measured.

Have your cholesterol level checked at least every five years. Depending on what your cholesterol level is and what other risk factors for heart disease you have you may need to have it checked more often. Talk to your family doctor about how often to be tested.

What does my cholesterol level mean?

Cholesterol travels through the blood in different types of packages called lipoproteins. Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream. This is why too much LDL cholesterol is bad for the body, while the HDL form is good. It's the balance between the different forms of cholesterol that tells you what your cholesterol level really means.

For example, if your total cholesterol level is high because of a high LDL level, you may be at higher risk of heart disease or stroke. If your total level is high only because of a high HDL level, you're probably not at higher risk.

What can I do to improve my cholesterol level?

You can do a number of things to improve your cholesterol level. Eating healthy food can help lower your LDL cholesterol level, and a healthy diet may help protect you from the damaging effects of cholesterol. You can raise your HDL cholesterol level by quitting smoking if you smoke, losing weight if you're overweight and exercising.

Following a healthy diet usually lowers cholesterol levels. If healthy eating, exercising and other changes don't work after about six months, your family doctor may want to discuss using medicine to lower your cholesterol level. This may be a lifelong treatment, so it should be thought about only if healthy habits don't work. Medicine used to treat cholesterol include bile acid sequestrants (Colestid, Questran), fibric acid derivatives (Atromid-S, Lipid), HMG-COA reductase inhibitors (Mevacor, Pravachol, Zocor) and nicotinic acid (Nicobid, Nicolar).

What sort of foods are healthy choices?

Lowering your cholesterol level by eating healthy foods is easier than you might think. It mostly takes a bit of common sense. You don't have to give up all your favorite foods. But you might need to eat them less often or sometimes replace them with healthier choices.

Eat more of these: Fish; poultry without the skin; lean beef, pork and lamb; skim or low-fat milk; sherbert, sorbet, ice milk; egg whites; steamed vegetables; baked potatoes; clear soups; unsaturated vegetable oils like corn, canola, safflower, sesame, sunflower, olive, soybean; angel food cake; graham crackers, animal crackers, fig bars, vanilla wafers, lady fingers, pretzels, air-popped popcorn, bagels, english muffins; fruit.

Eat less of these: Sausage; organ meats (like liver); whole milk; ice cream; egg yolks; buttered or fried vegetables; french fries; creamed soups; saturated fats like butter, coconut oil, palm oil, lard, bacon fat; cheesecake; pastries, doughnuts; potato chips; eggs and bacon.

What should I look for on food labels?

It really helps to read the labels on foods. A label may say the food is low in cholesterol, but it could still be high in saturated fats. Look for these words on food labels to tip you off to high-fat foods: palm oil, palm kernel oil, coconut oil, partially saturated vegetable oil, hydrogenated vegetable oil.

For further information, write the National Cholesterol Education Program at the National Heart, Lung, and Blood Institute.

Take Control assess Your Joint Health

Ten ways to protect your joints. Osteoarthritis is the most common form of arthritis, with nearly 21 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, injury and overuse.

While you may not be able to control a genetic trait or knock knees, there are some definite actions you can take to protect your joints and help prevent osteoarthritis.

1. **Maintain your ideal body weight.** The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.

2. **Move your body.** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage. The Arthritis Foundation can help you get started on an exercise program that works for you.

3. **Stand up straight.** Good posture protects the joints in your neck, back, hip and knees.

4. **Use the big joints.** When lifting or carrying, use the largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.

5. **Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes osteoarthritis.

6. **Listen to your body.** If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.

7. **Don't be static.** Changing positions regularly will decrease the stiffness in your muscles and joints.

8. **Forget the weekend warrior.** Don't engage in activities for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

9. **Wear proper safety equipment.** Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

10. **Ask for help.** Don't try to do

Continued on Page 28

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The Best Skin Care Under the Sun

by Holly Vance, Pharm.D. drugstore.com™ Pharmacist

Want to look younger? It's easy: just protect your skin from the sun.

Americans spend millions of dollars each year on anti-aging products. But the best way to slow down the clock and keep your skin healthy is to shun the sun. And protect your skin with sunscreen whenever outdoors.

If you use certain medicines and products, your skin may be more susceptible to the sun's effects. Read on for some recommendations to prevent or treat a sunburn.

Sun Care Tips

A sunburn's pain is temporary, but the burn can cause long-lasting damage. Sunburns and tans age your skin and increase your risk of skin cancer, or melanoma, the most common cancer in the United States. Frequent sun exposure—even without a burn—damages skin over time.

Most people slather on sunscreen for a day at the beach, but few realize that they need daily protection. Follow these tips to protect your skin from the sun's harmful rays:

- Use a makeup or moisturizer that contains sunscreen as part of your morning ritual.
- Protect your skin even on

overcast, cloudy, or foggy days. Nearly 80 percent of the sun's burning rays penetrate through clouds.

- Wear sunscreen with an SPF of 15 or higher that protects against both UVA and UVB rays. Anything less provides little real protection.

- Use extra protection between 10 a.m. and 4 p.m.

- Take special care of your lips, neck, ears, hands, arms, feet, and legs—areas of high sun exposure.

- Wear tightly woven fabrics. Dark fabrics are best when the temperature permits.

- Wear a hat with a 4-inch brim.

- Drink plenty of water to keep your skin hydrated.

If you still want a California tan this summer, consider an artificial self-tanning cream (brand names: Bain de Soleil, Neutrogena Sunless Tanning). They're a safer alternative to sun exposure or tanning beds. Most tanning creams won't block UVA and UVB rays, so be sure to protect yourself from the sun.

Risks in your medicine cabinet

Products in your medicine cabinet may make your skin more sensitive to the sun. Over-

the-counter and prescription medications, supplements, herbs, cosmetics, shaving, and perfumes can cause photosensitivity, an overreaction to sunlight. Symptoms include redness, warmth, blisters, swelling, and sometimes a rash.

Ask your doctor or pharmacist whether your medicines or other products cause photosensitivity, and check side effects listed on the packaging. Prescription medicines that frequently lead to photosensitivity include the antibiotics tetracycline (Sumycin), cotrimoxazole (Bactrim or Septra), and ciprofloxacin (Cipro). Avoid sun exposure when using anti-inflammatory drugs such as indomethacin (Indocin) or nabumetone (Relafen).

Many over-the-counter product labels don't reveal a photosensitivity effect, so be sure to ask. Limit sun exposure when using pain relievers such as ibuprofen (Motrin, Advil) and naproxen (Aleve); anti-itch creams containing diphenhydramine (Benadryl cream); or medications containing benzoyl peroxide (Oxy 10, Clearasil).

Soaps or perfumes containing mint or citrus fragrances can cause sensitivity. Coal tar, an ingredient in many dandruff and eczema products, is another culprit.

Herbal products that may cause photosensitivity include St. John's wort, anise, dong quai, and tribulus terrestris (Tribestan).

If you take a medicine or use a product that causes photosensitivity, use extra caution and a higher SPF sunscreen if you go outside.

Heal the Burn

Some people will get a sunburn despite precautions. See a doctor if the burn is severe. To relieve the pain and itching of mild sunburns, try some of these methods:

- Immerse the sunburned area in cool water or apply cold compresses.

- Apply a moisturizer such as aloe vera lotion.

- Use a topical anesthetic such as benzocaine (Americaine), lidocaine (Solarcaine), or pramoxine (Itch-X) to ease pain temporarily, usually 15 to 45 minutes.

- Try an antihistamine such as diphenhydramine (Benadryl)

for minor itching.

- Apply a hydrocortisone ointment (Cortaid, Dermarest) to relieve itching and inflammation.

- Combat pain and inflammation with aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve) or ketoprofen (Orudis). Acetaminophen (Tylenol) can ease pain, but won't reduce swelling.

Some herbal remedies, such as aloe vera and calendula, are popular even though they have not been proven effective. Aloe has been used for centuries to treat and soothe burns. Look for a product with at least 95 percent pure aloe gel.

Control...

Continued from Page 27

a job that is too big for you to handle. Get another pair of hands to help out.

Contact the Arthritis Foundation at 1-800-283-7800 or visit www.arthritis.org for a free joint health kit, which includes information on preventing and controlling arthritis, along with more tips on making daily activities easier on your joints.

LEGAL NOTICE

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Scaled bids will be accepted at the Village Hall, Office of the Director of Finance, 6101 Capulina Avenue, Morton Grove, Illinois, 60053, until 10:00 A.M., Friday, July 3, 2001 for American Legion Memorial Civic Center Computer Hardware. Copies of specifications and bid documents are available at the Office of the Director of Finance, Morton Grove Village Hall, 6101 Capulina Avenue, Morton Grove, Illinois, 60053. Questions regarding specifications or bid documents should be addressed to Bridget Wachtel at 847/470-5220. The Village Board reserves the right to reject any and all bids, and to waive any informalities or irregularities in the bidding. The Village Board further reserves the right to review and study any and all bids and to make a contract award within thirty days after bids have been opened and publicly read.

David O. Erb
Director of Finance
06-21-01

School News

Oakton College News

Summer Fund-raiser. Enjoy an exciting day at the races on Saturday, June 23, when the Oakton Community College Educational Foundation holds its annual summer fund-raiser at Arlington International Racecourse, Arlington Heights.

The fun begins at 11:30 a.m. in the private International Room - a garden-like setting with a panoramic view of the homestretch - where you'll enjoy a deluxe buffet lunch and open bar. A silent auction, featuring more than 175 items, adds to the afternoon's festivities. Items for auction include a one-week vacation in Aruba; tickets to Chicago sporting events; sports memorabilia, including an NBA basketball signed by the Chicago Bulls' Ron Mercer; and tickets to a Chicago Symphony Orchestra performance conducted by Daniel Barenboim and featuring Itzhak Perlman on violin and Matthieu Dubour on flute.

Proceeds from the event benefit the Oakton Educational Foundation. Organized by community leaders more than 20 years ago, the Foundation provides funds for student scholarships, special programs and equipment purchases.

Tickets are \$60 per person; tables for groups of eight are also available. To order tickets and to receive more information about this event, call the Office of Col-

lege Development at (847) 635-1893.

State Academic Tournament. A team of Oakton Community College students finished second in this year's College Bowl Tournament sponsored by the Illinois Community College Trustees Association and the Illinois Community College Student Activities Association.

Oakton students Charles Fogelman, Glenview; Dan Horwitz, Niles; Chris Jentel, Des Plaines; Jeff Romanek, Niles; and Mick Zelski, Deerfield, successfully answered questions on academic topics such as literature, science, math, history and current events as they competed against five other Illinois community colleges at Richland Community College in Decatur. As a result, each of the students netted a \$100 stipend to be applied towards educational expenses in fall 2001.

The tournament was created in 1993 to heighten awareness of the academic achievements of community colleges statewide.

Kids' College registration. Register now for Oakton Community College's Kids' College, a highly successful enrichment program for children in grades kindergarten through six. Classes

are scheduled in one-week sessions and meet for three hours each day, Monday through Thursday, at the Des Plaines campus, 1600 E. Golf Road.

Enrollment continues for classes beginning July 16-19. Among the programs offered are **Aquatic Biology**, featuring experiments and instruction concerning small pond animals, osmosis and purifying water. Children entering kindergarten or first grade are eligible to attend.

For children entering second and third grade, **Draw and Sketch** is a perfect way to develop visual perception and give practice in drawing places, people and abstract material.

Two classes are available for children entering grades four through six. **Integrating Math and Science** lets kids set up experiments to learn about tornadoes, plate tectonics and building bridges. **Design and Sketch Like a Pro** develops sketching techniques using outdoor subjects and characters as models.

The deadline for these courses is July 5. Tuition is \$100 per course. To learn more about Oakton's Kids' College, call (847) 982-9888, press #3, or visit www.oakton.edu/cont_ed/all.




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BY JEFFREY CARDELLA
 Special to The Bugle

Edward Jones: Take Advantage of Tax Advantages

You may be aware that if you filed a 2000 tax return this past April, the federal government late this summer will send you a tax rebate check equivalent to 5 percent of your 2000 taxable income, up to \$300 for an individual and \$600 for a couple filing jointly.

But these rebate checks are just the beginning. The Tax Relief Act of 2001 includes provisions that could impact your financial security, from college savings to retirement planning.

The act provides many tax benefits to individuals, including:

- education savings incentives
- tax rate reductions
- increased IRA contribution limits
- increased contribution limits on 401(k) and other employer-sponsored retirement plans
- increased child tax credit
- marriage penalty relief
- reduced estate tax rates

Retirement Planning

For the first time since 1981, the contribution limit to an individual retirement account (IRA) is changing. Beginning in 2002, you can make a \$3,000 contribution (up from \$2,000) to your Roth or traditional IRA. That figure will increase incrementally until 2008, when the annual IRA contribution will be \$5,000. After 2008, IRA contributions will be adjusted in \$500 increments annually for inflation.

And if you are 50 years old or older, you may be able to make catch-up contributions to your IRA. Increasing contributions now means more security during retirement. An eligible married couple could contribute \$7,000 in 2002.

The new legislation also will increase the contribution limits on your 401(k) and other employer-sponsored retirement plans.

College Savings

Education IRAs have a new name -- Coverdell education savings accounts -- and a new annual contribution limit of \$2,000, up from \$500. By maximizing your annual contribution, you'll make that college savings fund grow faster.

Qualified state tuition plans or 529 plans have become very popular, and that popularity just may grow. They offer tax-deferred growth and significant contribution amounts. And as a result of this new legislation, earnings that were previously taxed can be withdrawn tax-free to pay for higher education expenses beginning in 2002.

Small Business Owners

Another provision in this sweeping legislation is the incentives given to small business owners looking to start retirement plans for their employees. Business owners with 100 or fewer employees or less can receive a tax credit of up to \$500 -- during each of the plan's first three years -- when establishing a new qualified retirement plan.

Additionally, the \$1.35 billion tax-cut bill offers an increase in the child credit, provides marriage penalty relief, eliminates the death tax by 2010, and provides for both short and long-term economic growth.

To briefly recap, this new legislation helps Americans plan better for today and tomorrow. So remember to take advantage of all the available tax advantages this new plan offers.

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

School News

WIU Spring 2001 graduates

More than 1,350 students earned degrees after the Spring 2001 semester at Western Illinois University, a four-year public university with an enrollment of more than 13,000, located in west-central Illinois.

Bachelor's degrees were awarded to more than 960 students; including 105 students who earned the WIU Board of Trustees-Bachelor of Arts degree (BOT-BA), which is designed for

adult students who are place-bound by work or family responsibilities. Master's degrees were awarded to more than 300 students.

Area students are: Jon J. Brickman, Nisha T. Chirayil and Brian K. Young of Glenview; Jerry B. Kim, Timothy S. Maloney and Wendy Vega of Morton Grove; Marta Ciszewski and Christopher Harpling of Niles; and Kimberly L. Wallin of Skokie.

Harrington Institute experiences Italy



(From left to right) Paula Alexander, Bill Moran, Juliet Sweis and Marie Sovak, of Niles, enjoyed a ride on a gondola in Venice, Italy to the island of Murano. Here they explored the architecture of the Santa Maria Danto and San Pietro Martire churches.

While many college students spent spring break in the Gulf of Mexico with beach parties and pina colodas, 15 students from the Harrington Institute of Interior Design opted for the art and architecture of Italy.

The trip included 10 days in Florence, Siena and Venice. "We wanted to give the students the opportunity to do something both fun and educational this spring break," says Patrick Comstock, president of Harrington. "By providing a trip to Italy, we allow our students to see the classic interiors and exteriors of

some of the greatest buildings in the world, designed by its greatest architects."

The students visited the Uffizi Gallery containing Italy's most famous art collections, the Galleria dell'Accademia, which houses Michelangelo's famous David, and the Santa Maria Del Fiore Cathedral, one of Italy's most famous attractions.

The Harrington Institute, located in Chicago's Fine Arts Building, 410 S. Michigan Ave., has long been recognized as one of the country's leading schools in interior design.

Since its founding in 1931, Harrington has supported and enriched the evolving nature of interior design by providing the highest possible educational experience. Many Harrington faculty are practicing interior design professionals, and all staff seek to foster an environment that maximizes students' intellectual and artistic potentials. The Illinois Board of Higher Education, National Association of Schools of Art and Design and Foundation of Interior Design Education & Research accredit the Harrington Institute.

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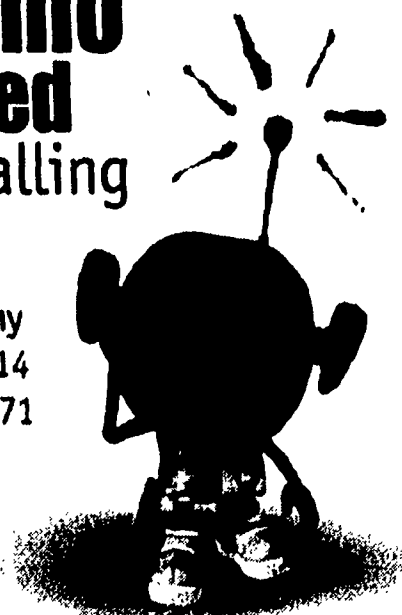
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District 207 conducts emergency response drill

In a continued effort for preparedness in the event of a school safety crisis, District representatives from each Maine Township High School and from the Park Ridge and DesPlaines Police, Fire, 911, and EMA Departments

participated in a mock emergency incident on Wednesday, May 16, 2001 at Maine East High School. A highly structured system used by fire and police departments called the Incident Command Plan (ICP) was employed for the

disaster preparedness drill. The exercise was used to test the applicability and effectiveness of the District's crisis plans and procedures, and to fine tune its plans in cooperation with the agencies that would assist District 207 in

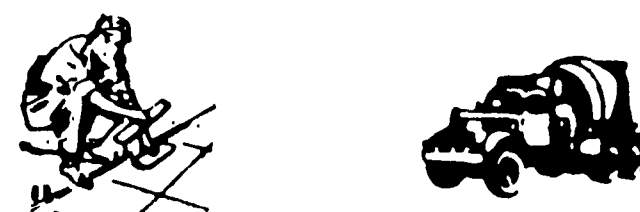
the event of a crisis.

School administrators have been meeting with the Park Ridge and DesPlaines Fire and Police Chiefs and Department members for over two years, discussing a variety of issues and expectations

about who will serve the District's three high schools and how in time of an emergency.

Led by Captain William Pretzer of the Park Ridge Fire Department, District administrators, faculty, and staff with primary leadership responsibility in emergency situations have been learning about ICP structure, terminology, and procedures. "We want to test our district and building safety plans and see how they mesh with ICP procedures," states Superintendent Snider.

Guided by Pretzer, drill participants developed a simulated scenario designed to challenge the schools' crisis management plans and the communication strategies of all involved agencies. At the drill's conclusion, critiques were offered by "observers" who evaluated initial responses, agency notification, employment of the command structure - response tactics and internal/external communications, and incident resolution.



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Sun. Closed

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AND MORTON GROVE EVERY WEEK OF THE YEAR!

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

ACCOUNTING

Cash Application Associates

Arrow Financial Services, a fast growing, leading receivables management company is seeking cash application associates to join our fast paced Accounting Department. Duties include ensuring that all customer payments are processed in a timely and accurate manner. Experience processing payments is a plus. Salary commensurate with experience. Benefits include medical, dental, vision, Life/AD&D and 401K. Our office is located at:

7301 N. Lincoln Ave.
Lincolnwood, IL 60712

If interested, please fax your resume to:

847-763-0995

Or call Renee at:

847-557-1100 ext. 506

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OPPORTUNITIES• SECRETARY
PART-TIME

Flexible Hours-Days Only
Office Administrator, typing, filing,
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Lincoln/Bryn Mawr Area
Call Or Fax Mr. Linder:
(773) 271-6113
Fax: (773) 271-7498

RECEPTIONIST

Full-Time receptionist needed for busy non-profit agency to operate multi-line phone system, do basic word processing & other routine office tasks. High school diploma or GED; one year specialized training or related experience. Must have great people skills. Competitive salary/excellent benefits. Mail or fax resume to:

Orchard Village
Human Resources/BU
7670 Marmora Manor
Skokie, IL 60077
Fax: (847) 965-1050

EOE-M/F/V/H

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SELL CLASSIFIED ADVERTISING

Full-Time - Monday Thru Friday - 9 AM-5 PM

Salary Plus Commission-Based On Experience!

Both Inside & Outside Sales

Call Beverly: (847) 588-1900

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• KENNEL ATTENDANT
Part-Time

Position available in our fast paced animal hospital. Must love animals and be dependable. Position may become full time for the right person. To schedule an interview call Roxanne at:
(847) 965-4010

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OPPORTUNITIES

• RECEPTIONIST
Answer Phones-Take Messages
Greet Customers
Light Computer Entry
LOTUS DECORATING
(847) 647-8288

Your credit is good with us we accept visa and master card! Call:
847-588-1900

CLERICAL/OFFICE
OPPORTUNITIES

RECEPTIONIST

Part-Time - 3 Days
With Alternating Saturdays
24-27 Hours / Week
**NILES & SKOKIE
LOCATIONS**

Fast paced patient care office looking for mature individual. Typing & Data Entry skills needed. Must be good with people and on the telephone. Call:

(630) 833-8382
Or Fax Resume To:
(630) 833-8158

GENERAL OFFICE
Maintenance Company seeking bilingual (Spanish) individual to take charge of office. Phones, customer service, some accounting, computer knowledge. Willing to train right individual.
Call: (847) 647-1379 Ext. 157

Find the help that
you need in our
classified section.

COMPUTERS

Process medical claims from home! Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission.
1-877-FTC-HELP
A message from
The Bugle and the FTC.

Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago with 2 insertions per week.

CREDIT UNION

TELLER

Full & Part-Time

Seeking a responsible mature person with good math & communication abilities. Will train. Salary commensurate with education & experience. For appointment call Gail:

(773) 843-8500

Between 10:30 AM & 2 PM

United Credit Union

COLLECTIONS/CUSTOMER SERVICE

COLLECTIONS/CUSTOMER SERVICE
LINCOLNWOOD

Come grow with us!

Major Expansion! Major Career Opportunity!

Arrow Financial Services, a rapidly growing major player in the asset recovery industry, is looking to fill the following positions:

EXPERIENCED COLLECTORS

Any experienced collector will find our commission structure is the best in the industry! We have contingency and fresh purchase paper (2nds and 3rds). Commission is based on dollar one collections (not on net fees). We offer a competitive base rate and do not vary our commissions. Therefore, you will be greatly rewarded for your experience and performance.

TRAINEES

We also have the best training, auditing and mentoring team in the business. If you are assertive, have good communication skills and can manage your time well, we can train you to make an excellent total compensation which is made up of a base salary and the best commission structure available in the industry.

CUSTOMER SERVICE & SKIP TRACERS

We need entry level or experienced customer service agents and skip tracers to support our collection operations. Base salary plus some positions include bonuses based on information you find. Training and Coaching provided. Medical, Dental, Life/AD&D and 401k for full time employees.

If interested, call Renee @ 847-557-1100 x506

Fax Resume To: 847-763-0995

Or Stop By At:

7301 N. Lincoln Ave., Lincolnwood, IL 60712

EOE

CUSTOMER SERVICE

ICELAND OFFICE CASHIER

Niles Park District Iceland Arena is seeking a customer-service oriented person to join our team. Responsibilities include front desk registration and answering phones. Flexible afternoon and evening hours available from 1:00-8:00 p.m.

See David Santee At The Iceland Arena
8435 W. Ballard Road, to fill out an application
Questions call: 847-297-8010

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
DRIVERS ARE YOU READY FOR A CAREER CHANGE? 364 Student Drivers Needed! Make 36K-42K In Just 14-16 Days! No Up Front Money Required CALL TODAY 1-877-83TRAIN	EDUCATION *LEAD TEACHER* *ASSISTANT DIRECTOR* Full Time ChildTime Learning Center Call Bridgett: 847-492-2166 All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com	MEDICAL/HEALTHCARE HEALTH CARE Part-Time & Full-Time Skilled nursing facility seeking energetic, creative individual, experienced with alzheimer & dementia residents. Excellent salary & benefits, including 401K. Send or fax resume to: Michelle Caldwell c/o Forest Villa Nursing Center 6840 West Touhy Niles, IL 60714 Fax: 847-647-1539	MEDICAL / HEALTHCARE DIALYSIS TECHNICIANS Dialysis Clinic Has Openings At: • 8565 W. Dempster • Evanston Full-Time. Position requires a minimum of 6 months medical experience. We provide a 2-week training class in dialysis & an excellent benefit package. Qualified candidates should contact Human Resources Dept: Fresenius Medical Care/Neomedica, Inc. (312) 654-2790 A Drug Free Work Place/EOE/M/F	INVENTORY COUNTERS NEEDED! Interesting/challenging position counting inventory in retail stores throughout Northwest suburbs/Northwest Chicago. No experience necessary/\$8.00 hour. Early morning/late night hours available. Must have access to reliable transportation and communication. To schedule an interview call: 847/296-3036 Park Ridge Office Equal Opportunity Employer
MEDICAL/HEALTHCARE *UNIT CLERK Dialysis clinic located at 8565 W. Dempster is seeking a Unit Clerk/Medical Secretary. Responsibilities include: typing, filing, answering phones and collecting patient information. Position requires typing 35 words per minute, computer literacy, and good communication skills. Interested candidates should call: Neomedica, Inc./HR Dept. 312-654-2790 EOE M/F	GLENCARE at HOME We invite you to join our growing team of private duty professionals! Currently seeking: *RN's *LPN's *CNA's *Homemakers Flexible Schedules Available. Work 32 hours for full benefits. Must have own transportation & insurance. Please fax resume to: H.R. At: (847) 674-7122 Or Call Pat At: (847) 674-7174	*PHYSICIAN BILLER/COLLECTOR Medical provider in the Navy Pier area is seeking an experienced Medical biller/collector for physician specialty offices. Requires minimum 2 years experience with coding, billing & collections. Must be familiar with Medicare, Medicaid & HMO regulations. Must be a self-starter & have excellent verbal & written communication skills. Interested candidate should contact: PHYSICIANS ENTERPRISE SYSTEM Human Resources Department 450 E. Ohio St. - Chicago, IL 60611 Fax: (312) 654-0599	REUSE TECHNICIAN FULL TIME Dialysis Clinic Has Openings In Niles Responsibilities Include: The Cleaning, Preparation And Maintenance Of Dialyzers Using Computerized Equipment And The Ordering And Stocking Of Supplies. Previous Employment In A Medical Environment Preferred. Interested Candidates Should Call: Neomedica, Inc. - Human Resources Dept. (312) 654-2790 EOE M/F	ACTIVITY ASSISTANT Part-Time & Full-Time Energetic, creative individual with experience in working with geriatric residents. Background in music and recreational therapy a plus. Convenient to public & private transportation. Excellent salary & benefits, including 401K. Send or fax resume to: Olivia Carey Forest Villa 6840 West Touhy Niles, IL 60714 Fax: 847-647-1539
Earn \$\$\$ helping MDs! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC.	MEDICAL CLAIMS PROCESSOR No Experience Necessary Will Train-Full or Part-Time Computer Required Up To \$40-\$50/Hour (888) 225-9652-Dept. 501	Health Care •RN-JCAHO FACILITATOR The North Chicago VA Medical Center, located just 12 miles SE of Gurnee, adjacent to the Great Lakes Naval Base, has job opportunity as RN/JCAHO Facilitator. Baccalaureate level education, prep in nursing & minimum 2 years clinical experience preferred. Position requires knowledge & skills in improving patient care. Must possess knowledge of the JCAHO & other accrediting body standards. VA offers competitive salary & comprehensive benefit package which includes Health/Life insurance, Thrift Savings Plan (401k), retirement, vacation, sick & holiday pay. Obtain application packet by contacting Pauline Weickardt at: 888-469-6614 x42916 Applicants may be subject to random drug testing. EOE	Medical Receptionist Needed For Family Practice Office. Full And/Or Part-Time Experience Required Call Dee At: (847) 967-9660	NURSES RN's And LPN's For Home Health Full-Time/Part-Time - All Shifts Flexible Scheduling Benefits For Full-Time AMERICAN HOME HEALTH 1-800-872-4427

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MEDICAL / HEALTHCARE *REGISTERED NURSE PART TIME Friendly Arlington Heights doctor's office is seeking an energetic, well-organized, part-time Nurse. Interested candidate should contact: PHYSICIANS ENTERPRISE SYSTEM 450 E. Ohio St. - Chicago, IL 60611 Call: (312) 654-2724 Or Fax: (312) 654-0599 Email: hr@neomedica.com	OFFICE INSURANCE Growing agency needs support person to assist in commercial department. Insurance experience helpful. Excellent benefit package. Call: 847-724-6000	PROFESSIONAL OPPORTUNITIES WRITER Work part-time in our Niles office or at your home. Call Bob: 847-588-1900 Or Fax To: 847-588-1911 Your credit is good with us! We accept Visa & MasterCard.	PROFESSIONAL OPPORTUNITIES DENTAL TECHNICIANS Large well established laboratory seeking waxers/finishers (including full cast). IMMEDIATE OPENINGS! Call: (847) 966-4705 for an interview Mid-Land Haynes Dental Laboratories, Inc. 9015 North Milwaukee Ave., Niles, IL 60714	PROFESSIONAL OPPORTUNITIES BOOKKEEPER North Side LTC Facility seeks dedicated & knowledgeable individual with understanding & experience with IDPA, DHS, & SSA application & billing procedures. Must be computer literate. Position includes additional related duties. Salary & benefits commensurate with experience & performance. Send resume attention Josh to: ManagCare 3553 W. Peterson Ave., Chicago, IL 60659 Fax: 773-463-5311
CHICAGO LTC GROUP Seeks Experienced RN/LPN's For All Positions All Shifts, Including MDS, ADON & ADMINISTRATION/QA Must have excellent management, organizational & documentation skills. Medicare, rehab knowledge a plus, LTC supervisory experience desirable. Send resume to Sally: C/O ManagCare 3553 W. Peterson Ave., Suite 300, Chicago, IL 60659 Or Fax: 773-463-5311	CERTIFIED NURSE'S AIDE CLASS LTC/Rehab Facility Is Offering A Certified Nurse's Aide Class Class Will Start July 2001 If Interested Contact Yvonne or Marilyn: (847) 729-0000 Abbington of Glenview 3901 Glenview Road-Glenview	RETIREMENT FACILITY WAITSTAFF WANTED Northbrook Retirement Facility 15 Minutes From Golf Mill Mall & Accessible From 294 & Some Public Transportation. Full & Part-Time Positions Available. Varied Shifts & Times-Flexible Schedule. Starting Pay \$8.00 Per Hour. \$500 Sign On Bonus, Reviewed Quarterly. A Great & Friendly Working Environment Call: (847) 803-7107 - Ask For Samantha	SALES FAMILY SERVICE COUNSELORS The "HEARTEST" sell in America. Family Service Cemetery sales is a career that lets you help others while earning 40K+ your first year. We will only consider honest, self motivated individuals who will treat our families like they would want theirs treated. We offer an excellent paid training program and benefits package. Call Cindy At: (708) 453-0273 Or Fax Resume To: (773) 625-1061	Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
RETAIL SALES PROFESSIONAL J.C. Licht Co. one of the mid-west leading home decorating retailers has full and part-time positions available at our Morton Grove location. Candidate must have excellent customer service skills and prior experience in the paint and/or wallcovering industry a plus but we will train. Great benefit package includes Health, Dental and 401K. Apply at: 5945 W. Dempster Morton Grove Or Call Dan At: (847) 583-0400 EOE	SECRETARY Human Resources Secretary Are you looking to join a company that appreciates its employees, rewards performance and is growing, not downsizing? Arrow Financial Services, a rapidly growing major player in the asset recovery industry, is looking for you to fill this position. Duties include filing, completing new hire paperwork, setting up interviews and many other projects. Experience working in a fast paced environment is a plus. Salary commensurate with experience. Benefits include medical, dental, vision, Life/AD&D and 401K. Our office is located at: 7301 N. Lincoln Ave. Lincolnwood, IL 60712 If interested, please fax your resume to: 847-763-0995 Or call Renee at: 847-557-1100 ext. 506 EOE	TRADES PHOTOGRAPHER Work part-time using our cameras. Call Bob: 847-588-1900 Or Fax To: 847-588-1911	VEHICLE/EQUIPMENT MECHANIC Niles Park District Park Services Department seeks a full-time vehicle/equipment mechanic. High School diploma and valid driver's license required. Must have 5 years experience in repair and preventive maintenance of vehicles, lawn and small construction equipment. Excellent compensation and benefits package available. If interested, please send resume to: 7530 W. Oak Park Avenue ATTN: Jim Majewski, Niles, IL 60714 Or Fax To: (847) 647-2204	WORK FROM ANY LOCATION! Put Your Computer To Work! \$1,500+/Month-Part-Time \$2,000-\$6,000/Month-Full-Time Free Information: (262) 812-5485 www.freedomforevr.com
SALES ADVERTISING DISPLAY SALES Part-Time Hours - Full Time Earnings Salary Plus Commission! Prefer Outside Sales Experience With High-Energy Call Sally At: (847) 588-1900 Your credit is good with us we accept visa and master card! Call: 847-588-1900 Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.	TELEMARKETING TELEMARKETING No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900 Telemarketing/Appointment Setting Telesales Part Time evenings including nights and weekends. Telephone prospective donors to recruit and schedule appointments. High school diploma required, sales, telemarketing or customer service experience helpful. Must demonstrate professional telephone etiquette with good communication skills and be comfortable using computer keyboard and mouse. Please fax resume to Christine Krask at: 847-803-7870 Or E-mail: ckrask@itxm.org Lifesource Blood Services 1205 N. Milwaukee Avenue, Glenview, IL 60025 EOE	HAIR STYLIST Full & Part-Time With Experience (847) 827-7575 Perfect Style Family Hair Center - Niles	Local Heating & A/C Company Looking For *INSTALLERS *SERVICE TECHNICIANS 3 Years Experience Call: (847) 965-9645 Or Fax Resume: (847) 965-9610	
SELL CLASSIFIED ADVERTISING Full-Time - Monday Thru Friday - 9 AM-5 PM Salary Plus Commission-Based On Experience! Both Inside & Outside Sales Call Beverly: (847) 588-1900 Or Fax Resume: (847) 588-1648 BUGLE NEWSPAPERS-NILES	WANTED Mystery Shoppers Earn \$15-\$20 / Hour Part-Time (630) 922-7804 www.ishopforyou.com	NIGHT OWLS WANTED *DRIVERS Early Morning Wholesale Delivery Part-Time or Full-Time Van or Truck Required (847) 966-1560 Read Distr., Inc.	Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free: 1-877-FTC-HELP Or visit: www.ftc.gov . A message from The Bugle and the FTC.	
BUGLE CLASSIFIED ADS GET RESULTS				

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FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
REAL ESTATE APT. FOR RENT NILES - 7626 N. Milwaukee 1 & 2 Bedroom - \$675-\$850 (773) 764-0802 CONDO FOR SALE NILES CONDO - 2 Bed-1 Bath-Skylight Whirlpool-1316 Sq. Ft. - Heated Parking \$185,000 - (847) 588-2443 CONDO WANTED Pre-Approved Private Party seeking a 2 bedroom condo - at the Renaissance or Park Place in Niles. Please call Jean: 847-967-1153 TOWN HOUSE FOR RENT Niles - 3 Bd., 1 1/2 Bth., Basement. Parking - 2 Cars, \$1,300/Month + Utilities. Call - 847-663-8116 or 847-769-3337 NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.	STORE FOR RENT Retail Store For Rent - Prime Location. 1818 Glenview Rd. Call: 847-470-8424 - 847-498-0143 AIR CONDITIONER FOR SALE A/C For Sale - 5000 BTU-\$95. 10,000 BTU-\$195. 18,000 BTU-\$275. All run excellent. (708) 788-3466 Try a classified! Call today!	AUTOS FOR SALE LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900 Chevy 96 Blazer - 2 Dr, 4WD, Immaculate Condition. Loaded SL Upgrade Package. Niles. \$8,900. Call 847-647-8543 or 847-528-4791 CAT FOUND SMALL FEMALE CAT Found In Niles 2nd Week Of April Near Pet Supplies Plus Store Harlem & Dempster Call Or Leave Message (847) 966-4256 Ask For Anna COMPANION Needed - Mature Woman - 5 to 6 days per week (live in). Light housekeeping & Some Cooking - Call - 847-673-4002 COMPUTERS Rent-To-Own Computers! Starting At \$19.99 A Week 1-800-422-3368 DOG ADOPTION Furry Friends Foundation A No-Kill, Non-Profit, Animal Shelter Will Participate In Petsmart's United For Paws Adoption Weekend. Dogs Will Be Available For Adoption At: Petsmart 809 Civic Center-Niles Friday-6/22-At 2 PM Saturday-6/23-At 1 PM Sunday-6/24-At 1 PM For More Information Call: Furry Friends Foundation (312) 397-1001 ELECTRONIC Rent-To-Own 50" Big Screen TV's! Starting At \$29.99 A Week 1-800-774-4553	FATHER'S RIGHTS MEN'S DIVORCE HELP! Fathers Deserve Fair Treatment! www.dadsrights.com Attorney Jeffrey M. Leving 312-807-3990 FURNITURE FOR SALE Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524 Bedroom Set, Misc. Furniture, T.V., Twin Bed, Upright Freezer. Call: 847-583-0692 GARAGE SALES Multi-Family - 8250 N. Oketo, Niles. Saturday 6/23 - 9-4. Little Tykes, Children's Clothing & Much More! Morton Grove - 8932 Major. Friday & Saturday 6/22 & 23. 9-4. Household items, Furniture, Kitchen Appliances, Much Misc., Books, Etc. Morton Grove - 9205 Osceola. 6/22 & 6/23 - 9:30-5:00. Camper, Garden Equipment - Too Much To Mention! Niles - 8926 N. Ozanam. 6/23 & 6/24 - 9 to 4. Multi-Family. Something For Everyone! Niles - 7016 Keeney St. Saturday 6/23 & Sunday 6/24 - 10-5. Housewares, Kids Toys, Clothes, Sports Gear, Books, Albums, Etc. Morton Grove - 7237 Foster St. (1 Blk. West of Harlem & 1 Blk. South of Golf Rd.) Thursday 6/21 - 9-4. Friday 6/22 - 9-4. Saturday 6/23 - 9-4 Niles - 7133 Cleveland. Saturday 6/23 - 8-4:30. Kitchen Set, Star Wars Toys & Much Great Miscellaneous!!!	PERSONALS POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D. Most miraculous Lord, You have granted so many of my prayers but now I must place this petition in your hands. (name petition). This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O miraculous Lord. Amen. (Say this prayer 3X a day for 3 days and your petition will be granted. Publish) B.D. SITUATION WANTED Experienced European Lady Looking To Provide Elderly or Child Care In Your Home. Call: 847-663-1667 TANNING WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199 Low Monthly Payments FREE Color Catalog www.np.eston.com Call TODAY: 1-800-711-0158 TUTOR Certified K-8 Chicago Public School Teacher & Skilled Musician Will Tutor & Teach Piano At Your Home. Please Call 773-774-7105 WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-5151 YO-YO THE CLOWN Parties, Store Promotions, Company Picnics, Grand Openings, Hospital Visitation. 847-361-7001 Try a classified! Call today! 847-588-1900

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RETAIL SALES PROFESSIONAL J.C. Licht Co. one of the mid-west leading home decorating retailers has full and part-time positions available at our Morton Grove location. Candidate must have excellent customer service skills and prior experience in the paint and/or wallcovering industry a plus but we will train. Great benefit package includes Health, Dental and 401K. Apply at: 5945 W. Dempster Morton Grove Or Call Dan At: (847) 583-0400 EOE	SECRETARY Human Resources Secretary Are you looking to join a company that appreciates its employees, rewards performance and is growing, not downsizing? Arrow Financial Services, a rapidly growing major player in the asset recovery industry, is looking for you to fill this position. Duties include filing, completing new hire paperwork, setting up interviews and many other projects. Experience working in a fast paced environment is a plus. Salary commensurate with experience. Benefits include medical, dental, vision, Life/AD&D and 401K. Our office is located at: 7301 N. Lincoln Ave. Lincolnwood, IL 60712 If interested, please fax your resume to: 847-763-0995 Or call Renee at: 847-557-1100 ext. 506 EOE	TRADES PHOTOGRAPHER Work part-time using our cameras. Call Bob: 847-588-1900 Or Fax To: 847-588-1911	VEHICLE/EQUIPMENT MECHANIC Niles Park District Park Services Department seeks a full-time vehicle/equipment mechanic. High School diploma and valid driver's license required. Must have 5 years experience in repair and preventive maintenance of vehicles, lawn and small construction equipment. Excellent compensation and benefits package available. If interested, please send resume to: 7530 W. Oak Park Avenue ATTN: Jim Majewski, Niles, IL 60714 Or Fax To: (847) 647-2204	WORK FROM ANY LOCATION! Put Your Computer To Work! \$1,500+/Month-Part-Time \$2,000-\$6,000/Month-Full-Time Free Information: (262) 812-5485 www.freedomforevr.com
SALES ADVERTISING DISPLAY SALES Part-Time Hours - Full Time Earnings Salary Plus Commission! Prefer Outside Sales Experience With High-Energy Call Sally At: (847) 588-1900 Your credit is good with us we accept visa and master card! Call: 847-588-1900 Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.	TELEMARKETING TELEMARKETING No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900 Telemarketing/Appointment Setting Telerecruiter Part Time evenings including nights and weekends. Telephone prospective donors to recruit and schedule appointments. High school diploma required, sales, telemarketing or customer service experience helpful. Must demonstrate professional telephone etiquette with good communication skills and be comfortable using computer keyboard and mouse. Please fax resume to Christine Krask at: 847-803-7870 Or E-mail: ckrask@itxm.org Lifesource Blood Services 1205 N. Milwaukee Avenue, Glenview, IL 60025 EOE	HAIR STYLIST Full & Part-Time With Experience (847) 827-7575 Perfect Style Family Hair Center - Niles	Local Heating & A/C Company Looking For *INSTALLERS *SERVICE TECHNICIANS 3 Years Experience Call: (847) 965-9645 Or Fax Resume: (847) 965-9610	NIGHT OWLS WANTED *DRIVERS Early Morning Wholesale Delivery Part-Time or Full-Time Van or Truck Required (847) 966-1560 Read Distr., Inc.
	TELEMARKETING TELEMARKETING No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900 Telemarketing/Appointment Setting Telerecruiter Part Time evenings including nights and weekends. Telephone prospective donors to recruit and schedule appointments. High school diploma required, sales, telemarketing or customer service experience helpful. Must demonstrate professional telephone etiquette with good communication skills and be comfortable using computer keyboard and mouse. Please fax resume to Christine Krask at: 847-803-7870 Or E-mail: ckrask@itxm.org Lifesource Blood Services 1205 N. Milwaukee Avenue, Glenview, IL 60025 EOE	WANTED Mystery Shoppers Earn \$15-\$20 / Hour Part-Time (630) 922-7804 www.ishopforyou.com	HELP NEEDED IMMEDIATELY... Work At Home Explosive Industries! \$1,500-\$7,200+/Mo Part/Full Time (262) 812-5633 www.owesamecareer.com	Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free: 1-877-FTC-HELP Or visit: www.ftc.gov A message from The Bugle and the FTC.
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Future journalists recognized at ICPA Awards

The *Independent*, Northeastern Illinois University's (NEIU) school newspaper, recently earned three awards at the annual Illinois College Press Association (ICPA) Convention held February 8 and 9 in Chicago. The convention, which aimed to connect prospective journalists with the newsroom and print media experience, was co-sponsored by ICPA and the *Chicago Tribune*.

In the open category, the *Independent* won first place for Best Classified section in the state. In the non-dailies 4,000 plus categories, John Rossi, *Independent* columnist, earned first place for his article "Internet for Dummies" in his column *This Man's World*. Rossi studies English, Creative Writing and Sculpture at NEIU.

Crafters invited for two-day fair

Notre Dame High School for 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 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 Mommson, at (847) 779-8617.

For features writing, Tim Hill, former editor-in-chief and current entertainment editor, earned second place for his story "The Willows Remembered." Hill is a junior English major at NEIU.

The *Independent* school newspaper has served the NEIU community since 1988. The *Independent* also won three ICPA awards at the 1999-2000 convention.

Northeastern Illinois University is a comprehensive state university serving nearly 11,000 commuter students. It is located at 5500 N. St. Louis Ave. in Chicago.

Receives Scholarship

Kristin Bloom of Des Plaines is the Cannon Scholar at Elmhurst College for the 2000-2001 academic year.

The Dr. Ed and Kay Cannon Memorial Endowment is a nursing scholarship which was created following the joint venture with Evangelical Health Systems. Elmhurst College nursing students became eligible to receive the earnings from an endowment of the Evangelical Health Foundation, which was originally created to assist students of the Evangelical School of Nursing.

Bloom is a sophomore nursing major and a graduate of Maine West High School.

District 219 Merit Scholarship winners named

Officials of National Merit Scholarship Corporation (NMSC) announced the first group of winners in this year's Merit Scholarship Competition. Niles North students Ankit R. Doshi and Ronak K. Kapadia are among the 1,200 distinguished high school seniors who will receive corporate-sponsored Merit Scholarship awards financed by companies, foundations, and other business organizations. Ankit Doshi was the recipient of a Motorola Merit Scholarship and Ronak Kapadia was awarded a Walgreen Company Merit Scholarship.

Each year's competition for Merit Scholarships is intense, and the number of awards available is limited. More than one million students who entered the 2001 National Merit Program — only about 16,000 were named Semifinalists. In order to be considered for a Merit Scholarship award, a Semifinalist had to become a Finalist by fulfilling requirements that included submitting a detailed scholarship application and presenting a record of very high academic performance. All winners of about 7,900 Merit Scholarship awards are being chosen from the group of approximately 15,000 distinguished Finalists.

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Women's News

Overcoming the engagement ring jitters

(NAPS) -- Nearly half of all wedding proposals occur between November and February, yet most men are overwhelmed by the notion of buying an engagement ring no matter when they choose to pop the question. Commitment issues aside, for men, plunking down thousands of dollars for something that can't be driven or worked on can be both a fearful and puzzling prospect.

In fact, according to a recent survey of 1,200 men and women by The NPD Group, 75 percent of men admit that they don't feel knowledgeable about buying jewelry. Perhaps because they don't understand it, a majority of men (56 percent) say they find jewelry shopping stressful.

"Luckily," says Blue Nile diamond buying expert Robin Codner, "with some simple advice, men will have the information

necessary to make a confident and stress-free engagement ring purchase."

Codner offers these tips:

- **Set a budget.** Has the "two months' salary" proverb fallen by the wayside? The best rule of thumb is to spend what you have -- generally, set your budget to a comfortable range around one-sixth of your salary. If you're purchasing a loose diamond, be sure to account for the cost of a setting. Whatever your budget, take your time deciding -- this is an emotional event and purchase that will last a lifetime. Do not hesitate to shop competitively and compare products and prices. Also, buying through someone that cuts out the "middle man," or is not on commission, can help in cost savings.

- **Get an education.** Getting properly educated on the "four C's" of diamond-buying -- carat, cut, color and clarity -- is a must for any groom-to-be. The number-one fear diamond buyers have is -- will I get ripped off making this purchase? So, the first step is to feel empowered by getting information. The Internet is a great place to start researching. Blue Nile, an online leader in the diamond and fine jewelry category (www.bluenile.com), offers men the indepth education

necessary to make informed purchases with confidence.

- **Understanding the four C's.** Recognizing the subtle nuances of a diamond is not as complicated as one would think. Some things to look for include -- a lack of color (colorless) or level of clarity (cleanness vs. cloudiness). The ultimate stone is clear, clean, colorless and full of sparkle.

- **Quality vs. size.** Current diamond-purchasing trends indicate Americans want a higher-quality diamond than they have in the past. Also, different shape diamonds (emerald, princess, marquise, round) can have the illusion of taking on different cuts the weight is proportioned differently. Finally, a sparkly diamond can appear larger and make up for a smaller carat size. Don't get caught up in the pressure of "keeping up with the Joneses." Tradition and simplicity make for an excellent starting point.

- **Certify and verify.** Ensure that you are getting what you pay for by checking the GIA or AGS certification and make sure you get an appraisal with your purchase. Also, make sure to check return policies and, if shopping online, secure transaction procedures.

Checklist . . .

Continued from Page 10

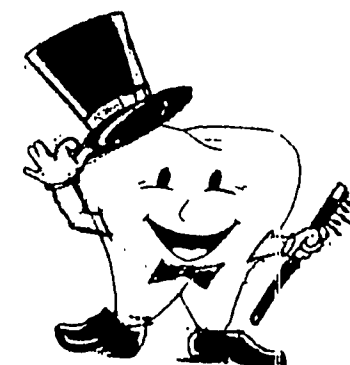
- Pack.
- Finalize motorcoach details: Give motorcoach operator directions, get driver's name and assign a friend or relative as the wedding day contact.

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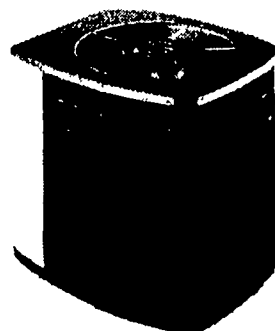
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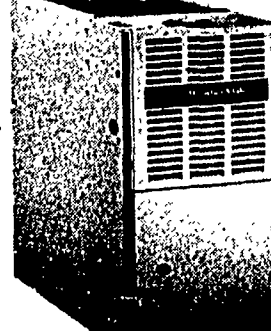
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Global-minded teens to study international business

This summer, 24 global-minded teens from six Illinois schools will begin their study of international business in the new Illinois International Career Academy. The program will be administered by the Illinois Mathematics and Science Academy (IMSA) with a grant from the Illinois Board of Higher Education.

The brainchild of Governor George Ryan, the International Career Academy is designed to advance the recommendations of the Governor's Joint Task Force on International Education. The

goals of the program are to stimulate and prepare Illinois high school students for academic and professional pursuits in international business and help build the workforce the state needs to compete successfully in a global economy.

Schools in the first-year pilot are Bloomington High School, Carbondale Community High School, Glenbrook South High School in Glenview, IMSA in Aurora, Jones Academic College Prep in Chicago and University Laboratory High School in Urbana. Four students and

one teacher from each site will participate.

The first phase of the program will be held at IMSA June 17-29. The "Thai Baht and the Price of Oil" is one of the topics. Using problem-based learning, students will explore the connections among currency valuations, interest rates, supply and demand, and colonization. They also will examine the strategic role of oil, politics and religion in the post-World War II era and explore the relationship between political stability and the private sector in world religions.

The total student experience will span three summers and two school years and include an internship with an Illinois multinational company. The International Career Academy also will offer professional development in problem-based learning for the students' faculty sponsors.

Michael DeHaven and Robert Kiely, IMSA social science teachers, and Debra Gerdes, IMSA professional development leader for problem-based learning, are designing the curriculum. "Students will investigate a broad range of social, historical, economic and cultural foundations that are designed by educators and business leaders with practical backgrounds in each of these areas," Gerdes said. DeHaven and Kiely will serve as the lead teachers.

IMSA President Stephanie Pace Marshall said the program will help Illinois teens interact

effectively in a culturally and linguistically diverse global economy. "The International Career Academy affirms the progressive educational vision of Governor Ryan," Marshall said. "As an institution that serves students and teachers throughout Illinois, IMSA is proud to administer this initiative on behalf of the Governor and the Board of Higher Education, and we look forward to the benefits it will produce for Illinois."

Located in Aurora, IMSA is a learning enterprise that builds the capacity of students, teachers and policymakers to improve and transform mathematics and science teaching and learning. IMSA's residential educational program serves Illinois students in grades 10-12. The Center@IMSA serves schools, educational systems, teachers and students in Illinois and beyond; the International Career Academy is one of its programs.

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LEGAL NOTICE

VILLAGE OF MORTON GROVE
PAVEMENT RECONSTRUCTION / OVERLAY
FAU ROUTE 3520
GROSS POINT ROAD
OAKTON STREET TO LINCOLN AVENUE
INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "Pavement Reconstruction / Overlay, FAU Route 3520, Gross Point Road From Oakton Street to Lincoln Avenue."

Bids will be received up to the hour of 10:00 a.m. Local Time, on the 12th day of July, 2001, at the Office of the Director of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove, Illinois, upon payment of the sum of Fifty and 00/100 dollars (\$50.00) which is not refundable. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue specifications and proposals to any person, firm, or corporation that he considers to be unqualified. All bidders must be pre-qualified with the Department of Transportation, State of Illinois, and the Certificate of Eligibility must be submitted to the Village prior to issuance of Plans and Specifications. This qualification and eligibility may be waived by the Village.

All bids offered must be accompanied by a bid bond, cash or certified check made payable to the President and the Board of Trustees of the Village of Morton Grove in the amount of not less than five percent (5%) of the aggregate of the bid as a guarantee that if the bid is accepted, a contract will be consummated. In addition, all bidders are required to submit an "Affidavit of Availability" with their bid.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 21st day of June 2001.

David O. Erb
Director of Finance
Village of Morton Grove

Area blood supplies ...

Continued from Page 1

a more serious shortage."

Several hospitals have been on the verge of canceling surgeries, and the situation will worsen if more people do not donate soon. "If we don't have blood, then we cannot save lives," said Dr. John Barrett, chairman of the trauma unit at Cook County Hospital. "We are currently maintaining a normal surgery schedule, but last night was very nerve-racking because we had only 15 units of O-Negative on the shelf," said Alan Hoffstadter, technical specialist at the Loyola University Medical Center Blood Bank. "As a level one trauma center, we rely on O-Negative blood because it is the first blood that is used for trauma patients. Our minimum level for O-Negatives is 30 units and our critical level for postponing surgery is 20 units. So last night we were that close."

Donations typically decline during the summer months when schools are on summer break and people are taking extended vacations. Unfortunately, the need for blood never takes a vacation. According to America's Blood Centers, collections increased five percent nationally last year, but the demand increased eight percent. The blood transfusion rate has been increasing since 1994, due in part to an increase in cancer treatments and organ transplants, plus an aging population. The National Blood Data Resource Center predicts that there could be a national shortage of more than one million units this year.

• **Who can give blood?** You must be in good health (no cold or flu symptoms), weigh at least 110 pounds and be at least 17 years old (16 with parental consent). There is no upper age limit.

• **Is giving blood safe?** It is safe, quick and easy. All supplies are sterile, used only once and carefully discarded. The entire process takes less than an hour - from registration to refreshments.

• **Where do I call to make an appointment or set up a blood drive?** LifeSource's toll-free number is (800) 486-0680.

one of the boys, he stepped back and assaulted him with the two knives: once in the left lower chest and once in the upper left hip.

The alleged assailant fled the scene immediately. The victim told police he pulled out the blade from his chest himself, then headed home. His grandfather took him to Lutheran General Hospital where he was questioned by Niles police.

The teenager stated that his attacker was upset over an incident from the night before that took place in the same location.

The police report did not disclose what had occurred.

Police were unable to find the charged boy in a search of his home. He was later located in a

worker to Lutheran General Hospital for treatment.

In another event, a Niles resident reported that a brood of ducklings was stranded in a storm drain on the property of Renaissance Condominiums at Touhy and Milwaukee.

The resident, a retired Chicago Battalion Chief, said that he was unable to remove the grate himself.

The rescue team found the mother duck standing over the manhole, frantic, and down in the drain her 10 disturbed ducklings. Paramedics rescued them one at a time and returned them to their mother.

The ducklings were reported in good shape and once brought topside all waddled off in standard duck formation, mama in the lead.

Brebeuf student...

Continued from Page 1

to do, he really tries to do it," says Vallas.

Together, Michael and Vallas represented Classic Bowl and northern Chicago's Region 1 in a tournament sponsored by a statewide bowling association. They bowled in the "Adult/Youth" division, other divisions in the program are adult/teen, parent/youth, parent/teen.

While Michael entered the tournament with a 109 average, during the three-game series his average jumped to 195. Vallas tells the story: "Michael started games one and two with four straight strikes, then bowled three straight in game three. His game scores were 184, 224 and 177, that's 258 pins over his 109 average," said Vallas, adding that, after the third game, "everyone came over and shook Michael's hand."

As a side note, Michael bowled his first strike ever in a pre-tournament practice game. That second tournament game at

\$10 million ...

cost on a project like this until every nail and chalkboard is installed in the classroom. To me, \$6 million to \$8 million on a project of this size is relatively small."

School Board Trustee Sam Burek, who is chairman of the district's facilities committee,

LEGAL NOTICE

VILLAGE OF MORTON GROVE
2001 LOCAL STREET PATCHING PROGRAM
INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "2001 Local Street Patching Program."

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 12th day of July, 2001, at the Office of the Director of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, at the Public Works Facility, 7840 Nagle Avenue, Morton Grove, Illinois, upon payment of the sum of Twenty and 00/100 dollars (\$20.00) which is not refundable. Bids must be submitted on the forms provided.

The Director of Community Development has the right to refuse to issue Specifications and Proposals to any person, firm, or corporation that he considers to be unqualified.

All bids offered must be accompanied by a bid bond, cash or certified check made payable to the President and the Board of Trustees of the Village of Morton Grove in the amount of not less than five percent (5%) of the aggregate of the bid as a guarantee that if the bid is accepted, a contract will be consummated.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 21st day of June 2001.

David O. Erb
Director of Finance
Village of Morton Grove

Niles West Science Olympiad teams competed

The Niles West Science Olympiad varsity team earned sixth place honors while the junior varsity team, in their first competition, placed an impressive 18th against 29 other teams at the recent Northmont Invitational in Clayton, Ohio.

The following individual honors were awarded: Jessica Kreusch and Seth Reagan received gold medals for "Road Scholar." Silver medals were earned by Amy Gullen and Ronson Yong for "Amphibians and Reptiles," Josh Berger and Jacob Hsiao for "Scrambler," and Mitchell Kato, Kyle Gerstner and Jacob Hsiao for "Cow-a-Bungie." Jason Grover contributed to the "Cow-a-Bungie" team efforts. John Ostrowski and Kyle Gerstner earned third place honors for "Experimental Design."



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