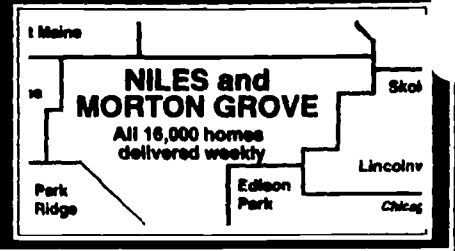




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THURSDAY, JULY 5, 2001

VOL. 45, NO. 2

From the Left Hand

By Bud Besser

Three local residents, who made major contributions to our communities, passed away last week.

Norm Kowalski, who was part of a very active group of Niles' Kirk Lane residents in the 1960's was at the center of the action when residents in the Oakton-Howard-Waukegan-Harlem Avenues area fought for improvements in their area that changed the complexion of Niles. Sewers were backing up water into residents' living rooms back in the 60's when Kowalski and Keith Peck and Len Szymanski and Rudy Hill and Bill Zimos led a charge on Niles village hall which eventually changed the political make-up

Continued on Page 34

Summer school: not just 'makeup' anymore...

by Barbara A. Mendelsohn

Remember when summer school cast a cloud on a kid's summer? Today, however, it's not always the albatross some may remember.

"No more long, lazy summers," confirms Liz Paine, communications officer for District 207, who estimates that at least 3,000 students at Maine East, West and South are enrolled in summer programs. "The first

Continued on Page 34

Dist. 74 deals with health care overspending

High health insurance payouts by Elementary School District 74 have resulted in a budget shortfall of more than \$387,000 during the fiscal year just ended, June 30.

With the district's self-funded plan, business manager Virginia Clark explained that, as policy

Continued on Page 34

New administrative offices to replace Touhy Avenue public works offices dating to 1954

Niles approves \$3.1 million public works headquarters

by Barbara A. Mendelsohn

Just one year after that open house to celebrate its shiny, new complex, the Niles Public Works Department is returning to construction mode.

At its June 26 meeting, the Niles Village Board of Trustees voted to proceed with construction of a new administration building for the Public Works Department, confirms Jun Noriega, Director.

Noriega explained that a new administration building was included in the master plan along with the maintenance garage and equipment facility completed last summer, but was placed on hold pending additional funding.

The new administration building will include improved

work facilities for employees and supervisors, plus communication upgrades, like capability to accept the Geographic Information System (GIS).

The GIS, also recently passed by the board, is a technology system that provides information for all village departments. For

Continued on Page 34

Abt to vacate MG location by year's end

by Jeanine Kromer

Although Abt Electronics has been a Morton Grove mainstay for 11 years and enjoyed its valuable role in the community, the time has come to move on. The Village of Morton Grove was unable to provide a space large enough to accommodate Abt, so

the company was forced to look elsewhere. The electronics and appliance retail operation should be moved into its new Glenview location by the year's end.

Abt Electronics humbly began as a Mom-and-Pop Logan

Continued on Page 34

Niles Park's LoVerde responds to criticism

by Lisa Ashkenaz Croke

Responding to an article in the June 28 issue of *Lerner News* about the Niles Park District's condemnation "suits" against two commercial property owners, Park Director Joseph LoVerde acknowledged the loss of potential sales tax revenue to schools, but said that the benefits of available recreational land outweigh the costs.

"Studies have shown that recreation, fitness, active living and parks enhance a person's overall health and well-being, which improves their quality of life," stated LoVerde in a faxed copy of his response to *Lerner*. "Ranking very high with community bene-

fits are reduction in crime and delinquency, stronger family connections and enhancement of ethnic understanding. We believe this takes precedence over the possible loss of revenue, not to mention the fact that parks and recreation are an important part of community life and therefore have a direct impact on young families moving into Niles. This directly impacts SCHOOLS."

The *Lerner* story addressed the potential financial loss to village schools, and censured the park district's use of eminent domain rules to "forcibly buy land" from the owners of the Tam Fitness Center and Tennis Club at 7680-

Continued on Page 34

Mayor of Pisa comes to Niles



Paolo Fontinelli (r), Mayor of Pisa, Italy was in Niles on Sunday, June 17, to celebrate the reopening of the renovated Leaning Tower. Emil Bertolini (l), President of the Northwest Italian American Society, is shown presenting a plaque to the Italian mayor.



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



Acclaimed author kicks off book tour with PWAA



Suzanne Strempek Shea

Polish Women's Alliance of America is proud to host one of its own members and a well-known Polish American author, Suzanne Strempek Shea, on Monday, July 9, at 7 p.m. at its National Headquarters, 205 S. Northwest Highway, Park Ridge. The program is free and open to the public and copies of her new book will be available for purchase. For more information call (847) 384-1217.

Strempek Shea will read from her most recent novel, *Around Again* (published by Pocket Books, a division of Simon & Schuster), and discuss how growing up as a Polish American shaped her writing career. She has been singled out for her knack at capturing the quirks of small-town America and the warmth and humor of Polish American life in her writings.

Her funny, engaging and warm-hearted characters have won Strempek Shea praise in the past for her best-selling novels, *Selling the Lie of Heaven*, *Hoo-pi Shoopi Donna* and *Lilly of the Valley*. She received the 2000 New England Book Award for Fiction, and recently completed her first non-fiction work scheduled for publication next year. A former reporter for the *Springfield (MA) Union-News* and the *Providence (RI) Journal*, she continues to work as a freelance writer with her work appearing in national publications, and a selection of her short stories were included in the 2000 edition of the *Best American Short Stories*. She was also featured in the 1998 PBS documentary *The Polish Americans*.

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Women's Network event supports early childhood education



Officers of The Women's Network of Lutheran Social Services of Illinois (LSSI) recently attended "Step into Fashion: Step into the Future of Children," a fashion show benefiting LSSI's Head Start and child care programs. Pictured from left to right are: Eleanor Milton, Second Vice President (Glenview), Dorothy Hendee, First Vice President (Park Ridge), Ruth Bengsten, President (Inverness), Helen Schersten, Treasurer (Palatine) and Marilyn Goll, Secretary (Park Ridge). This year's show raised more than \$40,000.

The Women's Network of Lutheran Social Services of Illinois (LSSI) hosted its 17th Annual Brunch and Fashion Show, "Step into Fashion: Step into the Future of Children" on Saturday, May 12. The Women's Network is a statewide group of volunteers that raises funds for and awareness of LSSI programs.

Four hundred and fifty guests were in attendance, including Irene Werner, who pioneered LSSI's work in child care more than 30 years ago when she established the agency's first day care center in Chicago's Cabrini public housing project. The Rev. Donald M. Hallberg, former LSSI president who will be honored this November with the organization's prestigious Amicus Certus (True Friend) award, was also in attendance. Former Amicus Certus honorees include The Rev. Dr. Martin E. Marty, scholar and theologian; Dr. C. Everett Koop, former Surgeon General of the United States; Paul Simon, former United States senator from Illinois; and Millard Fuller, founder of Habitat for

Humanity.

Proceeds from the event benefit LSSI's Children's Community Service (CCS). The fashion show, which raised more than \$40,000, featured clothing from local designers and specialty shops. The event also provided

guests with an opportunity to shop at gift boutiques featuring designer and handcrafted accessories.

For more information about The Women's Network, call (847) 991-6528 or visit the LSSI website at www.LSSI.org.

Tips and techniques for driving safely

(NU)-Driving safely begins before you even turn the key to start your car. Every driver should perform several easy safety checks before any trip and follow some important safety rules when traveling, especially during inclement weather.

Make sure your headlights and mirrors are clean. Dirt can reduce headlight output by as much as 70 percent. Check to see that your headlights, taillights, brake lights and turn signals work properly. Also be sure that your tires are set to the pressure recommended by the manufacturer. Under-inflated tires will reduce the handling abilities of your car.

"One of the most overlooked areas of the car is one of the most obvious when people are checking their car before a trip," said Kimberly Bucek, general manager of health, safety and environment for Castrol North America. "You should clean your car windows and apply a rain repellent to your windshield so you can improve visibility in inclement weather."

Applying Castrol Super Clean AccuVision to your windshield will provide a uniform coating that will repel rain, sleet and snow. In less than a minute, easy to use AccuVision will increase driving visibility by 40 percent.

The key to safe driving, especially during bad weather, is to buckle-up and drive defensively. There are five top safety tips to keep in mind when you drive:

1. The standard rule is to keep at least three seconds behind the car in front of you. To determine the distance, pick a stationary reference point and make sure it takes you at least three seconds to reach that point after the car in front of you passes it. During difficult driving conditions, allow more distance between yourself and the vehicle in front of you.

2. Anticipate problems using the 12-second rule. Focus on traffic approximately 12 seconds in front of you, looking for brake lights, sudden lane changes and

Continued on Page 19

Letters To The Editor

District 71 music students to be charged

Dear Editor:

The financially troubled District 71 has devised a way to increase their funding. They will now charge all children involved in the instrumental music program hundreds of dollars every year so that they can participate. How does the family with two or three children wanting to participate, decide which child they will be able to fund?

Those involved in the sports teams will not be asked to pay nor will those wanting to be in the school play or the clubs or any other extracurricular activity.

Why are those interested and perhaps talented in music being singled out? It seems to us that if the district is so needy, it should charge all students who want a rounded education!

Sincerely yours,
Dan & Ethel Hoffman

Reader takes Bugle to task

Dear Sir,

I have lived in Niles for over forty years, and often enjoyed your paper. But in the last ten years, you seem to be more interested in other nearby towns.

For the last year or so you have been harping on the lack of young couples with children coming to Niles.

I would like to remind you that the people living West of Milwaukee Ave. also live in Niles. We have School District #63 & 64, 1 to 8th Grade and High schools Maine Township East and South; all of which you never seem to mention.

School District #64 just built a new middle school because of over-crowding. They are also planning other new schools.

There is no lack of children and young parents in this part of Niles.

Robert S. Johnson

Farnsworth Reunion

Dear Editor:

Farnsworth Grade School class of June 1942 just had their second annual reunion in Delavan, Wisconsin. Of sixty graduates, we have located thirty one, five of which have passed on. We are still trying to locate as many more classmates as we can, as next year will be our sixtieth graduation anniversary, and we hope to have an even larger attendance. If anyone has information regarding class of June 1942 graduates, please call Joe Hanus at 1 (847) 674-4811 or e-mail Mary Jane Paddi at jstruberg@aol.com.

Sincerely,
Mary Jane (Paddi) Struberg

Maine Township Disabled to enjoy movie "Miss Congeniality"

Watching a good movie is more fun when you do it with friends. Disabled persons from Maine Township are invited to come and bring a friend for the Movie and Popcorn event July 10 at Town Hall, 1700 Ballard Rd., from 12 noon to 3 p.m. This month's movie is "Miss Congeniality," an hilarious story of a FBI agent who is entered in a beauty pageant in order to catch a potential killer.

The film stars the popular actress Sandra Bullock, long-time favorite Michael Caine, Benjamin Bratt, and William Shatner.

The cost is \$1 payable at the door. The Town Hall is accessible. A sign language interpreter will be available upon request. Call Donna Anderson, Director of Disabled Services at 847/297-2510 (voice) or 847/297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons.

Fifth grader Kevin Seske was unwittingly excluded from a list of Our Lady of Ransom's 4th Quarter Honor Students. We regret the error and offer Kevin and his classmates our congratulations.

Corrections

The Bugle ran an erroneous headline in our June 28 edition announcing that the Niles Park District purchased Tam Fitness for \$4 million.

In fact the Park District had authorized a \$4 million maximum price for the property, which was finally purchased for \$2.9 million.

We regret the error and apologize for any confusion it may have caused.

Niles congratulates Sister City Pisa, Italy

The Village of Niles congratulates their Sister City Pisa, Italy as they celebrate the end of a project to straighten the Leaning Tower of Pisa. This is not to be mistaken for the replica of the Leaning Tower right here in the Village of Niles.

The Niles Leaning Tower (a one-half size replica of the tower in Pisa, Italy) was completed in 1934, exactly 600 years after the Leaning Tower of Pisa. It was renovated in 1996 and now has four fountains, a 30-foot reflecting pool, and landscaping. The Leaning Tower replica in the Village of Niles is a wonderful place to visit and much closer than Italy.

Also, the Village of Niles hosts free concerts at the Leaning Tower each summer. The Leaning Tower is located at 6300 W. Touhy Avenue in Niles, IL.

The Free 2001 Leaning Tower Concert Series:

July 12, 2001: Fabulous Murray Brothers
July 19, 2001: Mark Fechner Jazz Experience
July 26, 2001: Meisner Magic
August 2, 2001: Bopology
August 9, 2001: Mr. Myers
August 16, 2001: The Connection
August 23, 2001: Blooze Brothers
August 30, 2001: Maxwell

Street Klezmer Band

The Village of Niles Leaning Tower is a one-half size replica of the Tower in Niles' Sister City of Pisa, Italy.

Niles' Leaning Tower Fact Sheet.

Height: Pisa, 177 ft. Niles, 94 ft.

Diameter: Pisa, 56 ft. Niles, 28 ft.

Leaning: Pisa, 15.2 ft. Niles, 7.4 ft.

Year Started: Pisa, 1171 - Niles, 1931

Year Completed: Pisa, 1334 - Niles, 1934.

Object and Use of the Towers. The Tower of Pisa is a detached bell tower for an adjoining cathedral.

The Niles replica was originally a utility tower to store water; it no longer serves that function and is now a landmark.

Why a Leaning tower? The tower design was chosen by the original owner Robert Ilg to honor the famous scientist Vincenzo Galileo or Galilei, 1564-1642. Galileo was an astronomer and developer of telescopes, and a professor at the University of Pisa in 1589.

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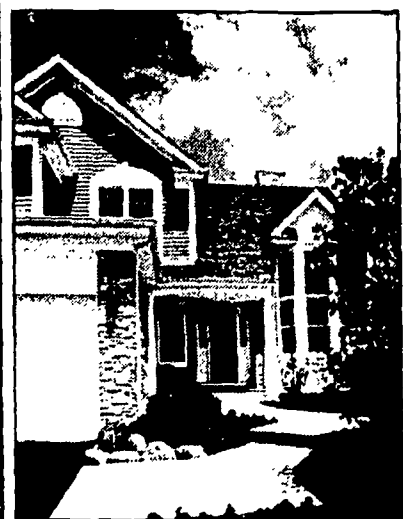
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Skokie Public Library July events

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

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

Make a Family Shield—Return to the time of King Arthur and design your own family shield. Thursday, July 5, 2 - 2:45 p.m. Grades 4-8. Please register (847) 324-3149.

Jazzy Jewelry—Design and make your own fashionable jewelry. Grades 5-8. Thursdays, July 12, 19, 26: 7 - 8 p.m. Please register. (847) 324-3149.

Wild Thing!—The Wild Thing from Maurice Sendak's popular book *Where the Wild Things Are* will visit the Library on Sunday, July 15: 2 - 2:30 p.m. Bring your camera!

Craft Sunday—Kids of all ages can drop in and make a fun craft. Young children should have a parent to assist them. Sunday, July 15: 2 - 5 p.m.

Drawing for Fun—Kids in grades 3-6 can learn fun artistic techniques from Kevin Luthardt, illustrator of the picture book *Mine!* Monday, July 16: 11 a.m. - noon. Please register. (847) 324-3149.

Bubblemania in the Library courtyard! Kids of all ages can learn how to make bubbles of all shapes and sizes! Wednesday, July 18: 10 - 11 a.m. (rain date, July 25). Please register. (847) 324-3149.

Book 'Lympics!—Kids can test their knowledge of *Because of Winn-Dixie*, *Charlie and the Chocolate Factory*, *Maniac Magee*, and *Silverwing* at this month's edition of our popular book game show. Grades 3-8. Wednesday, July 18, 7 - 8:30 p.m. Please register. (847) 324-3149.

Teddy Bear Picnic—Bring lunch and your favorite teddy bear and enjoy a picnic together in the Library courtyard. Thursday, July 19: 12 - 1 p.m. Please register. (847) 324-3149.

Hoffman's Animal Show—An informative and fun show for animal lovers featuring snakes, birds, mokeys and more! Free tickets available 30 minutes prior to each show. Wednesday, July 25 at 4 p.m. and 7 p.m.

Library Classes and Events

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

What Will the Human Genome Project Mean for You?—The mapping of human DNA is all over the news, but what will this new knowledge mean for regular families? Mara Tapp leads a lively panel discussion on the social and ethical implications of the Human Genome Project. Sponsored by the North Suburban Library System and Skokie Public Library. The event will take place at the North Shore Center for the Performing Arts, 9501 Skokie Blvd. Admission is free, no tickets required. Wednesday, July 11: 8 p.m.

Teens
Summer Reading Club—Teens can enjoy 2001: A Reading Odyssey through August 31.

Maine Township Disabled Services Hosts Lunch & Bingo

Disabled persons from Maine Township are invited to join in the fun on July 24 at Town Hall, 1700 Ballard Rd., from 12:30 to 3 p.m. The day will be highlighted with a box lunch, games, surprises and bingo with lots of prizes.

The cost for lunch and bingo is \$6.25. Bingo without lunch is \$1. The Town Hall is accessible. A sign language interpreter will be available upon request. Call Donna Anderson, Director of Disabled Services at 847/297-2510 (voice) or 847/297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons. The lunch/bingo program is held every fourth Tuesday.

Read six books and receive a prize. Sign up at the Readers Services Desk all summer long.

Teen Book Discussion—The *Outlaws of Sherwood* will be discussed on Monday, July 30 at 7 p.m. Pick up a copy of the book at the Readers Services Desk.

Performance
Wakayagi Shiyu-kai Dance—Japanese classical and folk dance. Sunday, July 15, 2 p.m.

Tanya Melamed, guitar—The Russian Club sponsors this special concert event.
Oakton Community College Guitar Ensemble—Six guitars playing in concert. Sunday, July 29, 2 p.m.

Gallery
Images of Innocence—Photographs of local children taken by photographer and teacher Linda Balgmann will be on display from July 13 - August 16. Opening reception. Friday, July 13: 7 - 8:30 p.m.

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

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

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Health News

Averting night blindness

(NAPS) -- Night blindness -- the failure of the eye to adapt promptly from light to darkness -- reduces the ability to see in dim light or at night. The Better Vision Institute recommends taking the following steps to minimize problems associated with night blindness:

- Visit your eyecare professional if you are having any problems seeing at night. This is important because this may be a symptom of a more serious problem that only your eye doctor can

diagnose.

- Buy eyeglass lenses with special anti-reflective (AR) coatings that eliminate the glare that often places night drivers in danger.

- Wear quality sunglasses with UV protection during long periods of bright daylight to assist in regaining normal vision at night.

- Give your eyes time to adjust to darkness before driving or engaging in any other nighttime activity requiring good vision.

- Consider having an extra pair of glasses for evening wear. Your eyes' reaction to darkness may require a different prescription for night driving.

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

It took me 15 years to discover that I had no talent for writing, but I couldn't give it up because by that time I was too famous.

—Robert Benchley

Parkinson's Disease Study needs participants

Physicians at Northwestern University are conducting a research study to evaluate an experimental treatment intended to improve cognitive function in Parkinson's Disease patients with dementia.

Dementia is among the most feared complications of Parkinson's Disease. Patients with dementia may be confused, disoriented, and unable to be left alone. Anyone with Parkinson's Disease can develop dementia. However, studies have shown that dementia is more prevalent among older patients with Parkinson's Disease. Each year up to

13% of Parkinson's patients in their 70's develop dementia.

If someone you know with Parkinson's Disease is experiencing progressive difficulties with thinking and remembering, they may be eligible to participate in this research study.

This study medication has already been FDA approved to treat Alzheimer's Disease, however, it is still considered to be experimental in the treatment of patients with Parkinson's Disease.

For more information about this research study please call the Parkinson's Disease and Movement Disorders Center at (312) 695-6251.

Devine files suit against Blue Cross & Blue Shield

Cook County State's Attorney Richard A. Devine filed a suit June 13 charging Blue Cross and Blue Shield of Illinois with violating the Illinois Consumer Fraud Act by denying coverage for a medical device that corrects malformities in infants' skulls.

The suit, believed to be the first of its kind against an Illinois HMO, charges that Blue

Cross routinely denies coverage for a device called a Dynamic Orthotic Cranioplasty (DOC) band, despite the fact that it is approved by the Food and Drug Administration.

"We need doctors making the decisions on treatment, not some paper shuffler in an insurance office," Devine said after filing the suit in Cook County Circuit Court on Wednesday.

The suit charges that one of the victims, Christine Steinbus, was insured by Blue Cross when the doctor for her daughter, Megan, prescribed a DOC band on August 9, 2000. The band was approved by the FDA in May 1998.

Despite the FDA approval and the doctor's prescription, Blue Cross denied coverage for Megan last September.

In November, the manufacturer of the DOC band, Cranial Technologies, Inc., contested the denial of coverage in a letter to Blue Cross. Blue Cross later explained to Cranial that the device was "investigational." But the suit charges that Blue Cross knew that the device was not considered investigational by federal authorities.

This decision to deny coverage was appealed, and Blue Cross issued a second denial, this time claiming that the DOC band was for cosmetic purposes, and not medically necessary.

The lawsuit includes two other cases where coverage for a DOC band was denied by Blue Cross.

The Cook County State Attorney's Office is seeking to prohibit Blue Cross from denying coverage for prescribed DOC bands, and to identify and make coverage available to all policyholders who were wrongfully denied coverage for the DOC band. The State's Attorney's Office is also seeking a \$50,000 civil penalty, court costs, and attorney's fees.

Striking News About Strokes

(NAPS)—From stop lights to sirens, ignoring a warning sign can have dire consequences for personal safety.

The same is true when it comes to ignoring warning signs for our health. For example, many seniors—more than any other population—don't know the warning signs for strokes or the risk factors associated with them.

As a result, many don't realize they are having a stroke and often wait too long before they seek medical care.

Fortunately, the American Stroke Association has responded to the problem by creating a program that educates seniors about strokes.

The materials—which are distributed to senior centers across the country—explain the warn-

ing signs and risk factors associated with stroke throughout interactive work sheets and a video presentation.

The early results of the program are promising, with 89 percent of the women and 93 percent of the men who participated in the program reporting they can now recognize the warning signs of a stroke.

These stroke warning signs include:

- sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- sudden confusion, trouble speaking or understanding;
- sudden difficulty seeing in one or both eyes;
- sudden trouble walking, dizziness, loss of balance or coordination; or
- a sudden severe headache

The Traveler's Adviser

by Dr. Mary MacGregor

This column will answer the most frequently asked questions from our international travelers. If you have a question that you would like to ask us, please write to us at Travel Medicine Source, 9129 Waukegan Road, Morton Grove, IL 60053; e-mail us at tmsmac@aol.com; or call us at 847-663-1566.

Q: I have a new job that involves frequent international travel. Do I need any shots before I start traveling?

A: The travel immunization that we recommend vary according to your destination, length of stay, purpose of travel, level of accommodations, and your personal travel and medical history, the most common immunization given to travelers is Hepatitis A vaccine.

Q: Why do I need Hepatitis A vaccine?

A: Hepatitis A is the most common vaccine preventable disease that travelers contract. Hepatitis A is a viral infection of the liver, and is most often passed person to person, primarily through fecal contamination and then hand-to-mouth contact, but can also be spread through contaminated food and water. Hepatitis A is very common in

with no known cause.

Part of the significance of this problem stems from the fact that with people over age 55, the incidence of stroke more than doubles with each successive decade.

While 22 percent of men and 25 percent of women who have an initial stroke die within a year, the percentage moves higher among people 65 and older.

Studies also reveal that the rate of symptomless or silent strokes increase with age. These silent strokes do their damage over time, gradually blocking the delivery of oxygen to the brain.

To learn more about stroke warning signs and risk factors, visit the American Stroke Association Web site at www.StrokeAssociation.org.

dose, immunity should last greater than ten years.

Q: When should I come to get the shots?

A: It is preferable if you can be vaccinated four weeks before your departure—but better late than never! Depending on your itinerary, other vaccines may also be recommended. These are discussed when you call for your appointment, and will be discussed in future columns.

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| <input type="checkbox"/> Stress Symptoms | <input type="checkbox"/> Painful Joints |

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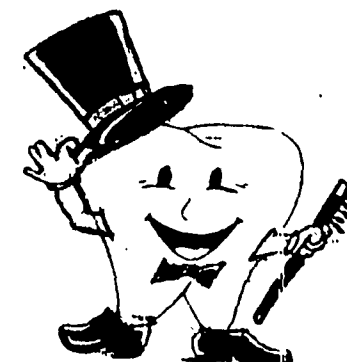
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Women's News

Heart disease and women

(NAPS)—Progress is being made in diagnosing and treating heart disease in women. Often thought of as a man's disease, heart disease is the number one killer of women in the United States. Cardiovascular disease (CVD), which includes heart attack and stroke, claims the lives of 500,000 females every year.

Research has found women's health requires a different approach to determining, treating and preventing heart disease —

including the way women think about heart disease.

"The major issue is that women do not usually think of themselves as vulnerable to heart disease," said Harlan M. Krumholz, M.D. "Women need to recognize that risk factors for heart disease are just as important for them as for men and that they shouldn't ignore the symptoms."

Women under 50 who suffer heart attacks are twice as likely to die from them as men do in

the same age group. Until recently, women's treatment and diagnosis of CVD was based on information about men, resulting in prolonged diagnosis, limited treatment options and lower recovery rate.

LaurusHealth.com, a consumer health information Web site, is committed to providing women with the information they need to identify and prevent heart disease. Lifestyle changes, smoking cessation and diet and exercise have all been attributed to reducing the heart disease rate among women.

Race and geography also play a role in women's heart health. African-American women are at a higher risk than all other racial groups of dying from CVD. And women who live in Mississippi, New York, and West Virginia are most likely to die of heart disease. Lifestyle and foods associated with these regions may be the cause.

More information on heart health topics, heart medication and medical tests can be found on www.LaurusHealth.com. The Web site was created in association with leading hospitals and physicians to help consumers make more informed choices about their health.

Tips on managing menopause naturally

(NAPS)—A third of American women — more than 35 million — are now perimenopausal (the time surrounding menopause).

Fifty to eighty percent of them will experience symptoms like hot flashes, night sweats and mood swings.

Dr. Susan Love, women's health expert, breast cancer surgeon, and author of *Dr. Susan Love's Breast Book* and *Dr. Susan Love's Hormone Book*, answers a question on managing menopause symptoms.

Q: I'm 51 and have begun to experience menopausal symptoms. I've heard that black cohosh can help relieve my symptoms naturally. How do I know if this is the best herbal remedy for me?

A: Shopping for herbal therapies can be confusing and not all products contain what they claim. It's important to choose a product that's reliable, safe and effective. Here are a few things to keep in mind as you search for a product that's right for you:

• **Think about what's bothering you:** If you're experiencing hot flashes, an herbal remedy

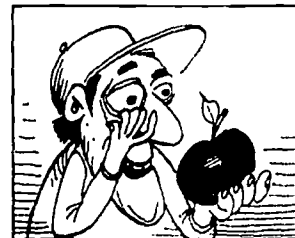
that contains black cohosh may be right for you. If the problem is anxiety, Kava Kava may be a good choice. Consult someone who is experienced in herbal remedies for guidance.

• **Do some research:** It's important to make sure the product is supported by scientific research. Black cohosh is not a new treatment. Native Americans have used the herb for centuries. RemiFemin Menopause, an exclusive black cohosh extract has been the subject of many clinical trials that support its effectiveness and safety with no serious side effects and has been a popular treatment in Europe for more than 40 years. Soy protein has been shown to help hot flashes. Vitex chasteberry has been shown to help PMS.

• **Read the package:** Is there information about the product's ingredients on the package? Do you recognize the name of the manufacturer?

It's important to know that a product contains high quality ingredients and is coming from a trusted manufacturer that can produce standardized products dose to dose.

• **Visit the World Wide Web:** You can find information about menopause, various symptoms and treatment options on the Internet. Web sites such as www.SusanLoveMD.com, www.womenswellnessmatters.com and www.power-surge.com can be helpful.



In old Anglo-Saxon, the word *æppel* meant both the eye's pupil and the apple. Hence the expression "the apple of his eye."

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Many women not consuming key nutrients

(NU) - After fitting carpoos, meals and homework help into your busy days, it's hard to find time to catch your breath, let alone catch a few free minutes for yourself. You're the family superhero, depended on to care for all.

Women are *Everyday Heroes*. They're the first to take care of others, often at the expense of their own well-being. In fact, many women are not getting enough key nutrients that provide energy they need to get through the day.

Eighty-three percent of women over 20 are not meeting the recommended dietary allowance (RDA) for zinc, 63 percent are not meeting the RDA for iron and 64 percent are not getting the RDA for Vitamin B-6.

"Foods that contain a power pack of nutrients, like beef, have falling off women's plates, leaving them deficient in many key nutrients that are necessary to support their daily energy needs," said Michelle Warren, M.D., and Council for Women's Nutrition Solutions (CWNS) member.

CWNS, an all-women advisory board of female health experts, has joined together to help busy women cut through the clutter of nutrition information and create a more balanced lifestyle by providing *Everyday Solutions* for them.

Some of the CWNS *Everyday Solutions* include:

• **Relish food.** Food is a pleasure, not a foe. Avoid strict diets and restrictive eating; practice moderation. Eating well - and eating enough - energizes every day. For example, a three-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for key nutrients such as protein, iron, zinc, Vitamin B-12, Vitamin B-6 and niacin.

• **Enjoy movement.** Take advantage of opportunities to move - climb stairs instead of taking an elevator or simply take a walk around the soccer field while the kids practice.

• **Appreciate your beauty.** Cast off negative attitudes about your body. Admire it and pamper it. Do it now, and do it often.

• **Trust yourself.** Tune in to your inner signals. You'll discover when you have eaten enough, need a walk or require rest.

• **Savor some down time.** It's all about you - a nap, a massage, a good book or a bubble bath leaves you relaxed, refreshed and ready for your responsibilities.

• **Decompress stress.** When you feel overwhelmed, pause for perspective. Close your eyes and take a few deep breaths. Even a small break helps restore calm and clarity.

• **Give up guilt.** An unread report, a dusty house or a fast food meal doesn't make you a bad person. Take time out when you need it so you can be strong when it counts the most.

• **Focus on the priorities.** Say no to requests that overburden you. Protect and cherish time for your loved ones - and for yourself.

• **Ask for help.** Don't try to be a superhero. You don't have to do everything yourself. Family, friends, and neighbors usually are glad to lend a hand, just as you do for them.

• **Remember you're No. 1.** As Lucille Ball sagely said, "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

For more *Everyday Solutions*, visit the CWNS Energy Institute at: www.ivillage.com/energyinstitute

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Women learn safe firearms basics

These events have introduced thousands of women to the shooting sports. On July 14, 2001 women will have the opportunity to learn how to safely handle a shotgun while being introduced to the fun of the shooting sports. Sponsored by the Women's Shooting Sports Foundation, "A Day at the Range" is a program that introduces thousands of women a year to the fun and excitement of the shooting sports. "We've known for a long time

that women's participation in the shooting sports is really taken off, and we can't seem to run enough of these introductory clinics," said WSSF Executive Director Shari LeGate, who is also a member of the U.S. Shooting Team. "Once the fear and uncertainty of handling firearms are gone, women are realizing that target shooting is an incredibly fun, challenging sport that they can participate in with family and friends alike." Over 3 million women shoot

handguns, representing 25% of total handgun shooters in the U.S. The clinic will take place at the St. Charles Sportsmen's Club in Elburn, IL on Saturday, July 14, 2001 from 9-2 p.m. The admission fee for this event is \$30 per person, which includes loaner guns and lunch. Shells may be purchased on site. Please contact Karen Spearing at (630) 837-6869 for more information or to register.

All knowledge, the totality of all questions and all answers is contained in the dog.

—Franz Kafka

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Encouraging Your Descendants to Become Productive Members of Society

by Chester M. Prybylo

Many adults work their whole lives, building their wealth to provide for themselves and their families. This desire to provide often survives death, as many people desire to build an inheritance large enough to provide for their children and grandchildren once they are gone. However, the desire to have sufficient assets to leave to descendants brings with it a dilemma. How do you leave assets to your children and grandchildren without marring their sense of hard work and accomplishment? A trust with incentive

provisions might be the answer. By leaving assets in trust for the benefit of your descendants, you can retain added control over those assets after you are gone: control which is lost if the inheritance is left to the children outright. However, traditional trust terms provide for distributions based upon arbitrary methods. For example, a Trustee may be instructed to distribute income annually, or to make distributions of a portion of the trust principal at 5, 10, and 15 years after a parent's death. While these terms may be

appropriate for many circumstances, where a person wants to encourage positive behavior, incentive provisions could be more effective.

Incentive provisions simply authorize the distribution of trust assets to a beneficiary upon the beneficiary attaining a certain milestone. A new trust may be drafted, or provisions can be added to an existing trust, to promote certain behavior by the trust beneficiaries. A few reasons for creating incentive provisions are:

- To assist a beneficiary who has chosen a noble, yet traditionally lower-paying, profession, such as teaching.

- To match, in whole or in part, income earned by a beneficiary, thereby encouraging a beneficiary's employment.

- To provide resources for a beneficiary to start his or her own business.

- To reward a beneficiary for receiving good grades.

- To provide an incentive to a beneficiary to graduate from a college, university, certificate or vocational program.

- To provide assistance to a beneficiary who chooses to stay at home or work part-time in order to provide care for that beneficiary's minor children.

- To help a beneficiary pay for

the cost to adopt a child.

- To encourage participation in social groups, such as the Girl Scouts, Boy Scouts, or Boys and Girls Clubs.

- To provide funds for your beneficiary to travel to your homeland.

- To allow a beneficiary to afford a first home purchase by providing funds for a down payment.

But if you feel these provisions alone will not support your heirs in a manner in which you and they are comfortable with, this doesn't have to be an "all or nothing" proposition. A knowledgeable estate planning attorney can draft a trust with these incentive provisions as well as with provisions providing for the basic needs of the trust beneficiaries. Your heir's basic needs will be provided for, while at the same time productive behavior is encouraged.

But as good as these provisions sound, it is important to be practical when creating such provisions. Make sure that the behavior you encourage now is something that you will still want to encourage in the many years to come. Consider including different provisions that could apply to all your descendants, and acknowledge and embrace the differences between your beneficiaries.

aries.

When thinking about how to leave a legacy for your loved ones, consider the addition of incentive provisions to your trust. You'll gain the peace of mind in knowing you are fostering positive behavior in your heirs. If you encourage them while alive, there's no reason not to continue to do so after you're gone. Contact a qualified attorney specializing in estate planning to discuss whether this planning technique is appropriate for you. Your heirs will appreciate your foresight in the long run.

Chester M. Prybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 30 years. For more information or to attend an upcoming seminar, call 1-800-63-TRUST (1-800-638-7878).

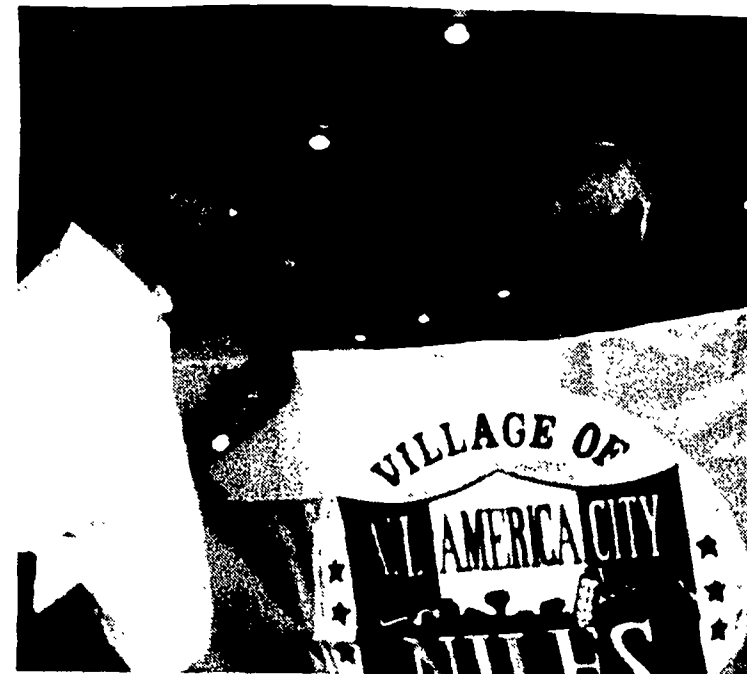
Morton Grove Public Library

Chocolat to be shown. Monday, July 16, the Morton Grove Public Library will be showing the feature film: *Chocolat* (rated PG-13, 121 minutes) at 11 a.m., 2:30 p.m., and 7 p.m. Free. Juliette Binoche stars as Vianne, an unmarried mother, who opens a chocolate shop in a French village during Lent, and begins changing some of the villagers' behaviors and beliefs.

Setting Up a Free E-mail Account. Learn how to open and use a free e-mail account in this one-hour introductory class 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.

OnLine Book Clubs. Join the free Online Book Clubs at the Morton Grove Public Library and read selections from popular books in your daily e-mail! Monday through Friday, you will receive an excerpt of a chapter that takes only 5 minutes to read. Each week, a new book starts in each of five online book clubs. Sign up by clicking on the Chapter-a-Day Online Book Club icon on the Library's home page: www.wclibrary.org, and choose from: the Original Book Club, Teen Book Club, Good News Book Club, Business Book Club, and Audio Book Club. Titles of past and upcoming selections are listed on the Library's website.

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



Shown above are Charles Barbaglia and Emil Bertolini presenting Paolo Fontinelli, Mayor of Pisa, Italy with a flag of the City of Niles.

At the invitation of the Mayor of Pisa, Italy, Paolo Fontinelli, two couples from Niles Sister Cities Association, Mr. and Mrs. Charles Barbaglia and Mr. and Mrs. Emil Bertolini attended the San Ranieri Festival in Pisa. The main focus of the two-day festival was the reopening of the famous Leaning Tower of Pisa. The tower had been closed for eleven years for renovation. It will be open to the public once again in November. Representatives of various European cities

attended the ceremonies. The two couples attended the Luminari, the festival of Lights, and the Regatta, also part of the festival.

During their week's stay in Pisa, the two couples had the opportunity to renew friendships and discuss future exchanges with Pisani's who have visited Niles in past exchanges. They also did some sightseeing and visited with Mr. Bertolini's family.

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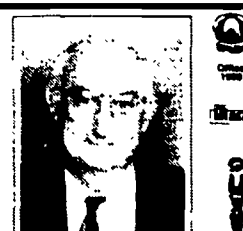
Never trust a man who speaks well of everybody.

—John Churton Collins

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Learn about careers in business

Achieving success in today's business world requires knowledge of the latest technology and skills. Learn what possibilities lie ahead in your career by attending a free Business Information Session from 6:30 - 8:30 p.m. on Wednesday, July 25, in the TenHoeve Center at Oakton Community College, 1600 E. Golf Rd. Des Plaines.

Oakton faculty members will be on-hand to answer your questions about careers in accounting, financial services, hotel management, international trade, management and supervision, marketing management and real estate. In addition to its associate-degree programs, Oakton offers certificates in more than 35 career areas, including pharmaceutical sales, direct marketing, professional consulting, e-business, investment management and income tax preparation.

Reserve your place at the Business Information Session by calling (847) 635-1910 by Thursday, July 19. The evening includes a complimentary pasta dinner and an opportunity to win a free course. For more information about Oakton's business programs, contact Sue Cisco, chair of marketing, at (847) 635-1872 or by e-mail at scsio@oakton.edu.

A call for poems

Write a poem and win the \$1,000.00 grand prize! Hollywood's Famous Poets Society is sponsoring a new poetry contest, open to everyone. There is no entry fee.

To enter send one poem of 21 lines or less: Free Poetry Contest, PMB 126, 1626 N. Wilcox Ave., Hollywood, CA 90028. Or enter online at:

www.famouspoets.com
A winner's list will be sent to all entrants.

"This is our big contest of the year," says Executive Director Mark Schramm. "We trust our prizes will encourage new poets to share their talent." The deadline for entering is July 26, 2001.

Dominick's opens largest Kosher-Selection store in Lincolnwood



Nick Weiss, Lincolnwood Chief of Police, Judy Richards, Chair of the Lincolnwood Parks & Recreation District and Chair of Lincolnwood Fest, Sally Blackmond, Co-Chair of Lincolnwood Fest with Jim Berger, Member of the Lincolnwood Chamber of Commerce, accepted a \$500 gift certificate from Dominick's President, Tim Hakin at the June 14th grand opening of Dominick's in Lincolnwood at 6801 McCormick. With over 62,000 square feet, the new facility offers the largest Kosher selection store in Lincolnwood, as well as a Starbucks coffee, and a Natural Market featuring a selection of vitamins, herbs, and other natural products.

A Buffet for a King

by Jeanine Kromer

King's Buffet is the new restaurant in the space that was formerly ChiChi's in Golf Mill Center in Niles. The restaurant offers quite a few unusual entrees for a buffet restaurant.

King's Buffet serves up over 30 choices daily, the international salad bar has shrimp cocktail, seafood, fruit, chef and macaroni salad as well as sushi. Appetizers range from dim sum to cheese wonton to scallion pancakes, and change daily. King's Buffet also serves four types of soup (wonton, clam chowder egg drop and more). The main dishes include beef, chicken, pork, salmon, snow crab and Lo Mein.

Holy Family to sponsor all about herbals lecture

On Tuesday, July 17, Holy Family Medical Center will sponsor a free community lecture on "All About Herbals" from 7 to 8:30 p.m. at the Niles Public Library, 6960 Oakton Street in Niles.

Please join Mala Singh, Clinical Pharmacy Manager from Holy Family Medical Center, as she discusses common herbal products on the market and how they affect individuals.

For more information, or to register for this free program, please call toll-free (877)-RES-INFO (737-4636).

The large airy dining room is lit by mini chandeliers and boasts beautiful paintings of original artwork. The tables are decorated with lively red print table coverings that are inviting and shellacked to the table for easy clean up (perfect for kids!). The buffet area is walled off which makes King's Buffet feel less like a cafeteria and more like a restaurant. Patrons at King's Buffet can enjoy their meal without being distracted by other patrons getting more food.

King's Buffet has an extensive take out menu offering appetizers, soups, fried rice and noodles, as well as beef, pork, sea-

food and vegetable dishes and house specialties to go. There is a luncheon special on the carry out menu.

King's Buffet is reasonably priced. Kids under 2 are free and there is a 10% Senior citizen discount. The restaurant also has two large banquet rooms that may be rented for special occasions. The banquet rooms have a seating capacity of 100. The menu variety provides a nice change of pace to the typical restaurant catered special event.

King's Buffet is located at 308 Golf Mill Center (old ChiChi's) in Niles. The phone number is 803-8883.

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plus fitness center and three indoor/outdoor pools, starting at just \$119 per couple. Friday Night Swing on Bourbon Street is also open to the public; admission is \$7 per person.

Friday Night Swing on Bourbon Street:

July 6—Uptown Rhythm Express; July 13—Bopology; July 20—No Swing; July 27—Uptown Rhythm Express; August 3—Bopology; August 10—Uptown Rhythm Express; August 17—Uptown Rhythm Club; August 24—Uptown Rhythm

Express; August 31—Uptown Rhythm Club; September 7—Uptown Rhythm Express; September 14—Uptown Rhythm Club; September 21—Bopology; and September 28—Uptown Rhythm Express.

For overnight packages or resort information, please call (630) 584-6300. Visit our website at www.pheasantrun.com.

USE THE BUGLE

China Chef

by Jeanine Kromer

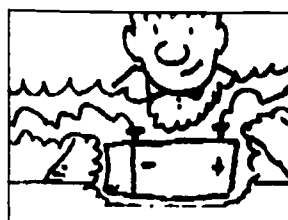
China Chef has been busy pleasing diners in Morton Grove for over 20 years with home-style Chinese cooking. In the competitive restaurant business, China Chef offers a unique neighborhood atmosphere, where the owner sits at the table and chats with patrons catching up on family and local news. The China Chef staff warmly welcomes regular customers.

China Chef has exceptional food. The restaurant consistently serves up tasty dishes in part because it selects high-quality ingredients. The fresh vegetables and meats are purchased daily. China Chef prepares its food with authentic, appetizing flavor and does not skimp on portions. The excellent service provided by the staff enhances any dining experience.

No meal is complete without a few egg rolls, which China Chef is well known for preparing. Customers also rave about the BBQ ribs. Personal favorites include crabmeat wontons and Hong Sue Chicken.

China Chef's extensive menu offers appetizers, chop suey, chow mein (with crunchy or pan-fried noodles), egg foo young, fried rice, war mein and soups. Famous Cantonese entrees feature beef, pork, chicken, duck and seafood dishes. House specials include Mongolian beef, chicken or shrimp and Seafood Kow Chow Tay. China Chef has special family dinners that include an entree, with egg rolls, almond cookies, white rice and fried noodles.

China Chef's prices are reasonable and the food can't be beat. A banquet room is available, as well as party catering. China Chef is at 5920 Lincoln Avenue in Morton Grove. The phone number is 967-6050.



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We also serve 7-10 cold salads including cole slaw, carrot and raisin salad, beets with horseradish, cucumber vinaigrette, potato, egg, tuna, or chicken salad, etc... In addition, you will also enjoy a wide variety of breads, pastries, fresh fruit, potatoes, with dill, rice and superb sauerkraut that has never seen the inside of a can. Also, we offer a variety of pierogi cheese blintzes; potato pancakes, and hot, crisp, delicate apple fritters.

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pictured: Grilled Vegetable Tower

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'Flamenco Passions' holds four gala performances

Ensemble Español Spanish Dance Theater, in residence at Northeastern Illinois University, celebrates 25 years with their annual American Spanish Dance Festival July 9-22. Guest artists from Spain and the Americas along with the full company of 40 dancers, singers and musicians will perform in gala concerts Thursday through Saturday, July 19, 20 and 21 at 8 p.m., and Sunday, July 22 at 3 p.m. The performances take place at the North Shore Center for the Performing Arts, 9501 Skokie Blvd. in Skokie.

Dame Libby Komaiko, founder and artistic director, presents a retrospective of the Ensemble's extensive repertoire of their first 25 years in the classical, folkloric, Flamenco and dance-drama styles. Back by popular demand is Dame Libby's "Bolero," with music by Ravel and transparency drawings and paintings by Picasso along with her "Ecos De España," inspired by paintings

from the Black Period of Francisco de Goya and variations from Rimsky-Korsakov's "Capricho Español." Included are past guest Flamenco choreographer by Lola Montes "Fandangos de Huelva," Roberto Lorca's "La Penitencia," and Maria Alba's "Con La Pasión" and "Clavos y Canela." Flamenco and folkloric master Edo will present his collaborative work in Dame Libby's "Ecos de España," "Fandango Asturiano" and "Verdiales/Malagueñas."

World premieres include the neo-classical duet "Asturias" by dancers/choreographers Juan Mata and Ana Gonzales. First dancers Irma Suarez Ruiz and Jorge Perez will premiere a Flamenco drama "Amor Eterno" and dancer choreographer Celia Font's "Salinas De San Fernando" will be performed. In the Flamenco style, Dame Libby will premiere a full company suite from Andalusia, "Feria Andalus."

Part of the anniversary festival celebration includes a two-week intensive course of workshops and master classes in Spanish dance and music for adults and children beginning July 9. The classes are led by Dame Komaiko and international artists and faculty in the classical, regional/folkloric and Fla-

Farmyard Summer Fun Fest at Lambs Farm

There is no better day than July 15th for families to visit the Farmyard of Lambs Farm this summer! Taking place from 10 a.m. to 5 p.m., the Farmyard Summer Fun Fest will add to the excitement of the Farmyard's ongoing attractions with the addition of special activities and entertainment. Individual package or pre-activity pricing is available and parking is free.

The "All Day Admission" package is \$5 for adults (13 years and older), \$1 for children (2 years to 12) and free for children under 2 years old. "All Day Admission" includes admission to the Farmyard & Petting Zoo and unlimited access to the Old World Carousel (ages 1 to 12 only), Miniature Golf, the Miniature Train, the Bounce House, and the Apple Spin Ride as well as coloring, games, one sand art necklace, one flower pot to paint and plant, one face painting, and admission to the JoJo and Kiwi Clown Show. Per-activity pricing is also available with the purchase of a \$2 admission for everyone 2 years old and up with each activity ranging in price from \$1 - \$3.

Food and refreshments will be available at the Country Inn Restaurant and the Snack Shop. No picnic baskets or coolers are allowed as all proceeds from concession sales benefit Lambs Farm programs for adults with developmental disabilities. For more information, please call (847) 362-4636.

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What does the Human Genome Project mean to you?

Former National Public Radio journalist Mara Tapp will lead an all-star panel discussion on the social, legal and ethical issues surrounding the Human Genome Project on Wednesday, July 11 at 8 p.m. at the North Shore Center for the Performing Arts in Skokie, 9501 Skokie Boulevard. Co-sponsored by the North Suburban Library System and the Skokie Public Library, the panel provides an opportunity for the general public to learn about how this remarkable scientific discovery will affect their

everyday lives.

The Human Genome Project—the comprehensive mapping of the sequence of human DNA—can be found on the front page of newspapers and in the lead story on TV. But what will this scientific breakthrough mean for regular families? How will it affect our privacy, health care choices, insurance, and legal system? Will genetic testing, gene therapy — maybe even genetic discrimination — become the norm? What does the average person need to know?

The panel discussion on July 11 will be moderated by Mara Tapp, award-winning journalist and former host of The Mara Tapp Show on WBEZ radio, Chicago's National Public Radio affiliate. The panel will feature:

- Lynn D. Fleisher, J.D., attorney at Sidley & Austin and an expert in the legal issues surrounding new medical technology;
- Pilar Ossorio, Ph.D., Assistant Professor of Law and Medical Ethics at the University of Wisconsin, Madison;
- Dr. Eugene Pergament, Director of the Reproductive Genetics program at Northwestern University Medical School;
- John Edward Terrell, Ph.D., Curator of Anthropology at The Field Museum of Natural History and the Chair of the International Genetics and Health Collaboratory.

Panel members will debate the social, legal and ethical issues involved in this new knowledge of human DNA, followed by a question and answer session with the audience.

The North Suburban Library system received a grant from the U.S. Department of Energy to make information about the Human Genome Project available to the public through public libraries. Eleven libraries (Barrington, Elk Grove Village, Evanston, Gail Borden in Elgin, Highland Park, Lake Forest, Mount Prospect, Northbrook, Skokie, Waukegan, and Winnetka/Northfield) are participating in the project. Each library received funding to hold focus groups on the public's perception of the Human Genome Project, purchase materials, and plan at least two public programs on genetics.

The July 11 program begins at 8 p.m. at the North Shore Center for the Performing Arts in Skokie, 9501 Skokie Boulevard. Admission is free and tickets are not required. The public may call (847) 459-1300, x7136 with questions. Further information about the Human Genome Project can be found on the North Suburban Library System's Genome Project Web site at www.nsls.org/genome.

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Van Kampen salutes Jeffery Cardella

Van Kampen Investments today announced it has selected Jeffery Cardella of Edward Jones in Niles for membership in Generations of Experience Club. Van Kampen's top-performer program for financial professionals who have made an outstanding contribution to the investment industry. Jeffery's financial expertise and top-notch client service have placed him among the best of the best in the investment industry.

Membership in the Generations of Experience Club is a prestigious honor bestowed only

Continued on Page 17

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Niles Public Library July events

Movie Madness at the Library

Kids—take a break from the hot summer weather and come to the Niles Public Library District's Movie Madness Thursdays at 1:30 p.m. through August 9. Children's movies for the month of July include: *A Bug's Life* on Thursday, July 5; *Gepetto* on Thursday, July 12; *Titan AE* on Thursday, July 19; and *Anastasia* on Thursday, July 26. Films for this series are rated G or PG, and a schedule is available at the Library. Tickets are required and can be picked up in the Children's Department the day of each show. For more information, please call the Library at (847) 663-6623.

Enjoy a Movie at the Library

Get out of the heat and come to the Niles Public Library District for the movie premier of *High Noon* on Tuesday, July 10 at 6:30 p.m. or Wednesday, July 11 at 2 p.m. One of the greatest Westerns ever made, *High Noon* stars Gary Cooper as a just-married lawman who is about to retire as a small-town sheriff and begin a new life with his bride, when he learns that a gunslinger is due to arrive at high noon to settle an old score. This movie is

not rated and is 84 minutes long. No registration is required for this program. The Library will not hold or reserve any seats. No food or drink may be consumed during this presentation.

July's Teen Book Discussion
Young adults who love to read won't want to miss Niles Public Library District's next Teen Book Discussion and Lunch on Thursday, July 12 at noon. July's discussion will be *Stargirl* by award-winning author Jerry Spinelli. Participants, ages 11-14, can register and pick up a copy of the book at the Reference Desk. For more information, please contact Kate Wollack at (847) 663-6433.

Library Offers Contests for Kids

Kids—do you like to draw or make things? Would you like to win a prize for your creativity? Then enter Niles Public Library District's **Visual Poem, Create a Sundae, Cook Up a Food and Food Trivia** Contests. Through July 21, children of all ages can submit entries in one or all contests to win some fabulous prizes. If you're not sure what to make, visit the Children's Department and see sample entries for each contest. For more information, call (847) 663-6623. Good luck!

Van Kampen . . .

Continued from Page 16
upon Van Kampen's top 25 financial advisors in select regions, as determined by sales during the previous calendar year.

Jeffrey has more than 11 years of experience in the financial services industry. He is located at 8141 N. Milwaukee Avenue, Niles, IL.

Van Kampen Investments is one of the nation's largest investment management companies with more than \$89 billion in assets under management or supervision as of March 31, 2001. With roots in money management dating back to 1927, Van Kampen has helped more than four generations of investors with their financial goals. For more information, visit Van Kampen's Web site at www.vankampen.com.

Enjoy summer at Niles Park District pools

Have some fun in the sun with Niles Park District! Stay cool this summer at Oasis Waterpark, 7877 Milwaukee Avenue, or IceLand Pool, 8435 Ballard Road. Stop by for a dip in the pool or make a day of it! The following are the full season hours for Oasis Waterpark and IceLand Pool through August 19:

Oasis Waterpark

Adult Lap Swim: Mon.-Fri. 11 a.m. - noon; Sat. 10:30 - 11:30 a.m.

Open Swim: Mon.-Thurs. noon - 9 p.m.; Fri. noon - 8 p.m.; Sat. 11:30 a.m. - 8 p.m.; Sun. 10 a.m. - 8 p.m.

IceLand Pool

Early Bird Lap Swim: Mon.-Fri. 6 - 9 a.m.

Adult Lap/Parent-Tot Swim: Mon.-Fri. noon - 1 p.m.

Open Swim: Mon.-Fri. 1 - 4:45 p.m.; Mon.-Fri. 7 - 9 p.m.; Sat/Sun. 11 a.m. - 8 p.m.

The following are the 2001 Season Pass and Daily Rates for Oasis Waterpark & IceLand Pool:

Season Passes

Individual: Res. \$50; Non-Res. \$100. 2/Family: Res. \$83; Non-Res. \$166. 3/Family: Res. \$102; Non-Res. \$204. 4/Family: Res. \$117; Non-Res. \$234. 5/Family: Res. \$132; Non-Res. \$264. 6/Family: Res. \$147; Non-Res. \$294. Additional Person (each): Res. \$20; Non-Res. \$40.

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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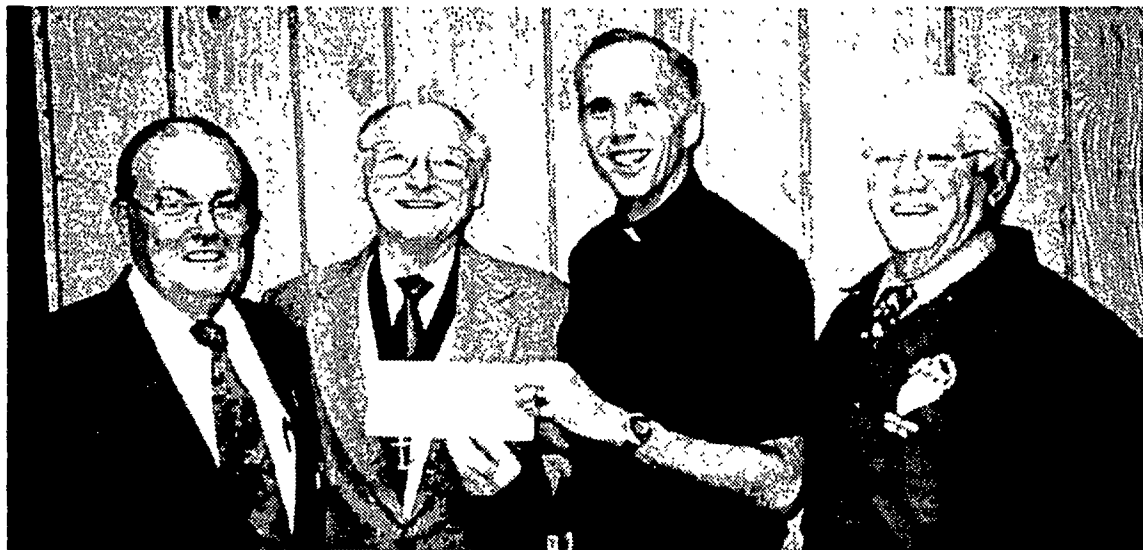
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CHURCH & TEMPLE NEWS

Uplifting donation by Knights



For many years the members of St. John Brebeuf Parish enjoyed the meeting hall in the lower level of the attached grade school, called Flanagan Hall. The major drawback to the hall has always been the many stairs to access the hall. It had become a tremendous barrier for many folks and made any type of delivery very difficult.

The North American Martyrs Council 4338, Knights of Columbus has provided funding for many projects to benefit handicapped individuals throughout the community of Niles. In 1998 the members provided over

\$18,000 for the purchase and installation of special handicapped accessible playground equipment at Triangle Park on Milwaukee Ave. in Niles. This was the second time the Council had provided funding for the special needs of the handicapped for this special park.

In 1999, the Council, under the direction of Walt Beusse and Ken Lee, the annual candy drive chairman, pledged a total of \$40,000 for the installation of an elevator in Flanagan Hall, allowing walking impaired and handicapped members of the community to utilize the facility. The payments

were to be made over a four year period.

On May 6, 2001, Walt Beusse, Ken Lee and past Grand Knight Rich Zaprzalka proudly presented St. John Brebeuf Pastor Tom May with the final installment of \$12,000 of the pledged \$40,000, years ahead of schedule.

The Brothers of North American Martyrs are very proud of their community involvement and thank Ken & Walt for their outstanding leadership throughout the past 4 years. Many thanks to everyone that contributed their money or efforts in providing the funds!!

Mother's Day Flowers

Andy Beierwaltes thanks the many folks that purchased flowers on Mother's Day outside St. John Brebeuf Church. Over \$1,200 was raised for the Women's Center, a facility that provides assistance and consultation to women in various stages of pregnancy (and beyond) at a number of facilities throughout metropolitan Chicago.

Anyone wishing to make a donation to the Women's Center can put it in an envelope and deposit it in the Sunday collection basket or

drop it at the rectory. All donations are tax deductible and help many women in great need. A great charitable cause!

Andy would also like to thank the following people and the Knights of Columbus for their assistance: Andy Beierwaltes, Jr., Greg Beierwaltes, Mel & Shirley Koenigs, Peter Waskel, Ken Lee and Bob, Bobby & Barb Galassi.

Special thanks to Andy for his hard work coordinating this successful fund raiser for a great cause!

Lincolnwood Jewish Congregation JUF brunch

Lincolnwood Jewish Congregation will hold a complimentary brunch on behalf of the 2001 Jewish United Fund-Israel Emergency Fund (JUF-IEF) campaign at 10:30 a.m., Sunday, July 15, at the congregation, 7117 N. Crawford, Lincolnwood.

The guest speaker will be Dr. Ellen Cannon, professor of political science and a leader and advocate on behalf of Israel and American Jewry. To make reservations or for more information, please call Stacey Weitberg at (312) 444-2826.

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

Congregation installs new leader

David Gates, Mt. Prospect, assumed the Presidency of Congregation B'nai Jehoshua Beth Elohim, Glenview, at a special Shabbat service on June 22.

Gates previously served as Executive Vice President, and as a member of the Board of Trustees.

A manufacturer's representative in the automotive and hardware industries, he is married to Sheila, father to three sons, and grandfather to one.

Other community activities include coaching baseball teams for Little League and being active on the Hersey High School Business Advisory Board, where he had served as president.

Leisure time is spent playing golf, watching sporting events, writing songs and comedic material for friends and relatives.

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

CHURCH & TEMPLE NEWS

Congregation's Singles Club evening at Ravinia

The friendship-activity club for Jewish singles 40+ years of age, formed by B'nai Jehoshua Beth Elohim, (BJBE) Glenview, is planning an evening at Ravinia, Sunday, July 22, at 6 p.m.

The program, The Best of Broadway, will feature Erich Kunzel conducting selections from *The Music Man*, *Les Misérables*, *Phantom of the Opera*, and *The Lion King*.

Since this will be a popular evening and Ravinia has institut-

ed a policy of not selling lawn tickets at the park on sold-out evenings, it is suggested that the \$10 tickets be pre-purchased using Ravinia coupon books or by calling Ravinia at 847-266-5100 for lawn reservations.

The group will meet to the left of the Martin Theater (as you enter the main gate to the park) along the lawn and as close to the Pavilion as possible.

For information contact Marion: (847) 673-0387.

The basics of good nutrition

(NAPS)—Women often feel too busy to eat right, but sacrificing good nutrition can lead to a myriad of health problems. Fast food, which is often easier to pick up than preparing a healthy meal at home, is usually high in fat and calories and low in other nutrients. In addition, society's view that being fit means being thin, can lead to unhealthy dieting. Eating right means including the right amounts of the right kinds of food in your diet, and a few simple changes can make a big difference.

The Balancing Act

"There's no big secret to eating a balanced diet," says Dr. Pamela Peeke, medical advisor to the National Women's Health Resource Center (NWHRC) and author of *Fight Fat After 40*. "It comes down to basics that most women probably already know."

Peeke suggests eating a varied diet that includes plenty of grain products, vegetables and fruits, and limits the intake of saturated and non-saturated fats, cholesterol, sugars and salt.

In addition, she recommends drinking plenty of water—at least eight 8-ounce glasses a day, and more if you exercise frequently.

Necessary Nutrition

"There are certain nutrients that women—especially those of child-bearing age—should make in their diet," says Peeke. "A woman who includes these nutrients in her diet may help to ward off health problems later in life, as well as more immediate conditions."

Peeke recommends every woman get adequate amounts of calcium (ranging from 1,000 to 1,500 milligrams a day, depending on age). Calcium-rich foods can help strengthen bones and fight osteoporosis.

Peeke also recommends eating foods high in fiber to help decrease the risk of heart disease and certain types of cancer and to increase digestive functioning. While the recommended daily amount is 25 milligrams of fiber, most women only get about 12 milligrams daily. "Fi-

ber intake should be increased incrementally, to avoid shocking the digestive system," warns Peeke.

Everyone, especially teenage girls, needs iron in their diet. Iron sources include poultry, red meat, legumes, dried fruit and dark leafy vegetables. Peeke recommends including 18 milligrams of iron in a 2,000 calorie diet.

The Role Of Supplements

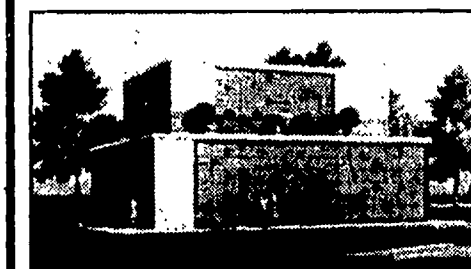
According to Peeke, women of child-bearing age should take folic acid supplements to reduce the risk of having a pregnancy affected by neural tube defects. In addition, she recommends vegetarians and vegans take supplements to replace nutrients they are not getting from animal products.

Before starting any diet or supplement program, it is important that women consult their healthcare professional.

For more information on nutrition and other women's health issues, visit NWHRC's Web site at www.healthwoman.org, or call toll free 1-877-986-9472.

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Council for Jewish Elderly support group

Council for Jewish Elderly (CJE) offers support groups on a wide variety of topics of interest to seniors and their families. Fees vary according to the program and individual circumstances. Some groups may be partially covered by Medicare and supplemental insurance. For information or to join a group, please call CJE at (773) 508-1000.

Mondays, July 9, 16, 23 and 30; 1 – 2:30 p.m.

Coffee and Conversation from 1 to 2:30 p.m. each Monday at the Holocaust Memorial Foundation of Illinois, 4255 W. Main Street, Skokie. The group, for Holocaust survivors, is sponsored by Council for Jewish Elderly and Jewish Family and Community Service. No charge. To register, call Ann Hartman Luban at (773) 508-1000.

Tuesdays, July 10, 17, 24 and 31; 3 – 4 p.m.

Coping with Parkinson's meets from 3 to 4 p.m. each Tuesday at Lincolnwood Place's Auditorium, 7000 N. McCormick, Lincolnwood. Individuals with Parkinson's disease share coping strategies, practical ideas for making tasks easier, and day-to-day struggles and triumphs. Sponsored by CJE, the group is free. To register, call Sharon Dornberg-Lee at (773) 508-1000.

Friday, July 27; 9:30 – 11 a.m.

Living with Parkinson's provides ongoing support, guest speakers, helpful resources and medical updates. The group meets the fourth Friday of the month from 9:30 to 11 a.m. at Mayer Kaplan JCC, 5050 W. Church, Skokie. No charge. For registration, please call Carol Harris at (773) 508-1000.

CJE programs for seniors

Council for Jewish Elderly offers the following free programs, of interest to senior citizens and their families, at a variety of community locations. For further information on programs, please call CJE at (773) 508-1000.

Thursday, July 5

Classical Music featuring the works of Gershwin, Chopin, Bartok, Prokofiev and others is performed by classical pianist and Northbrook Village President Mark Damisch on Thursday, July 5 at 2 p.m. at CJE's Lieberman Geriatric Health Center, 9700 Gross Point Rd., Skokie. Call (773) 508-1000 for reservations.

Sunday, July 8

Birthday Celebration, with musical performance by Iris and Friends, 2 p.m., on Sunday, July 8 at CJE's Lieberman Geriatric Health Center, 9700 Gross Point Rd., Skokie. Call (773) 508-1000.

Wednesday, July 11

Lecture/Discussion: **The Jew-**

ish World Today, presented by Sareta Lazovsky, 10 a.m., on Wednesday, July 11 at CJE's Lieberman Geriatric Health Center, 9700 Gross Point Rd., Skokie. Call (773) 508-1000.

Wednesday, July 18

Lecture/Discussion: **Organizing Your Personal Records**, presented by CJE's Esther Craven, 7 p.m., on Wednesday, July 18 at Devon Bank, 90 N. Milwaukee Rd., Glenview. Participants will obtain information and guidelines on how long to store documents, where to keep important papers and how to organize personal records such as cancelled checks, paid bills, and insurance forms. Call (773) 508-1000 for reservations.

Friday, July 20

Dance Performance: **Around the World in Dance**, performed by the North Shore Folk Dance Troupe, 2 p.m., on Friday, July 20 at CJE's Lieberman Geriatric Health Center, 9700 Gross Point Rd., Skokie. Call (773) 508-1000 for information.

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Health News

Seniors are seeking HMO alternatives

(NAPS)—Health Maintenance Organizations were once thought to be the answer to the healthcare needs of older Americans. For many seniors, however, that dream has become a nightmare.

A growing number of financially-weakened HMOs have cut back on services they offer to seniors by withdrawing from the Medicare program and dropping older Americans from their rolls. As a result, approximately 700,000 Medicare beneficiaries were dropped by their HMOs since 1988 and more than 900,000 were dropped at the end of 2000.

The HMOs have taken this step because they believe their federal government's reimbursement rate is too low to keep pace

with medical inflation.

Published comments attributed to Martin Weiss, chairman of a company that issues safety ratings on financial institutions, state that the Medicare HMO industry is in overall poor financial condition. He says seniors should think twice before entering another Medicare HMO. Instead they can choose to:

- receive what Weiss describes as the substandard healthcare offered through public welfare programs, such as Medicaid.

- accept the burden of covering the out-of-pocket expenses for services that are not covered by Medicare, or

- purchase supplemental insurance—also known as Medigap—to cover services not cov-

ered by Medicare. Unfortunately, Medigap coverage can be expensive.

Weiss suggests that seniors need to be aggressive shoppers when it comes to selecting a Medigap program that offers both options and economy.

For example, a Medigap program called MedSupOne Direct offers four Medicare Supple-

ment plans with a range of benefits including:

- assistance in paying for in-patient hospital services,
- coverage for skilled nursing facilities, and
- coverage or medical emergencies while traveling.

MedSupOne Direct is offered directly to consumers without additional middleman costs and

allows consumers to choose which medical facilities they want to use and what doctors they want to see at prices they are said to fit a range of budgets.

To learn more, visit the site at www.medsuponedirect.com or call toll free at 1-888-MED-SUP-1.

Alzheimer's Caregivers find help

You may stand helpless as a loved one begins a pattern forgetting scheduled appointments, losing track of daily events and missing important information. No matter how hard you try to help, frustration occurs for both of you. Caring for a loved one with memory loss or other forms of dementia is a challenge. Yet, according to the Chicago office of the Alzheimer's Association, four million people a year are diagnosed with dementia.

Locally, Central Baptist Village, located at 4747 North Canfield in Norridge, is committed to caring for those living with Alzheimer's and other related dementia. In addition to providing high quality residential nursing care, they also host an Alzheimer's Association Support Group which is open to the public, providing valuable education, support and guidance for caregivers.

As with all Alzheimer's Association Support Groups, the meetings at Central Baptist Village are facilitated by both a social worker and a group member. Bonnie Clifford, whose mother

lives with memory loss, has been a co-facilitator with the Alzheimer's Association Support Group since its inception three years ago, with Megan Barrett, the social worker from Central Baptist Village specially trained in dementia care.

Clifford knows the difficulties faced by caregivers. "Everyone thinks that they are the only one in this boat," says Clifford. "Your first big hurdle is to get past the initial diagnosis, and then the 'why me' and the denial."

Clifford had sought out support groups since her mother was first diagnosed. For the caregiver with a loved one who has been recently diagnosed, Clifford recommends contacting the Alzheimer's Association immediately. They have a 14-hour helpline and can offer information on where to start, what to expect and how to prepare for the future.

"Support groups are there for a reason," explains Clifford. "You need information, caring people and the opportunity to share. There is always something to

learn. One person's solutions may work for you." Additionally, the group provides a support system and a respite from daily stresses.

The group discusses medical conditions, techniques, legal issues, medications, care options, changes in personality and other issues surrounding the disease. According to Megan Barrett, social worker and co-facilitator, the group includes families at different stages. "The people who have been living with Alzheimer's for a longer period of time have useful insights for the people whose loved ones are newly diagnosed," she explains. "When they meet with people who are dealing with the same issues, they realize that they are not alone."

The Alzheimer's Association Support Group is open to the public. The group meets the second Saturday of each month at 10:30 a.m. at Central Baptist Village, 4747 North Canfield in Norridge. For more information call Megan Barrett at 708-583-8510.

For more information about Central Baptist Village or to set up an interview with Bonnie Clifford or Megan Barrett, please contact Falk Associates at 847-675-2580.

Mt. Prospect Library Paperback Book Sale

Friends of the Mt. prospect Public Library will feature their popular, biannual, 25-cent Paperback Book Sale during the Summer Used Book Sale, slated for Friday & Saturday, July 14-15 at the Library, 10 S. Emerson St.

A Preview Sale for Friends Members Only is Friday, July 13.

Following the Memorial Day weekend, Friends volunteers shelved over 250 cases of 'pre-read' books donated for this sale. These include fiction and non-fiction volumes and a selection of children's material, periodicals and audio-visual items.

The paperback sale will be in the Thela Idyl Nipper room on the Library's main floor.

Public sale hours are 9 a.m.-4:30 p.m., Saturday, July 14 and Noon to 4:30 p.m., Sunday, July 15. Admission free.

Preview Sale hours on Friday, July 13, are 6:30-9:30 p.m. New Friends memberships and renewals are available during all sale hours and any time the Library is open.

For more information, please call the Library, (847) 253-5675.

Senior News

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their 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 program, second Wednesday of the month, 1 to 3:30 p.m. Call Terry Dalla Valle, RN, BSN, at 588-8420.

TUESDAY EVENINGS IN JULY AT THE CENTER

First Time Offered!

The Pool Room, Card Rooms, and Arts & Crafts Room open to Niles Seniors every Tuesday evening in July, 5 to 8 p.m. Feel free to drop in - join in a game or just stop by for a visit. You can also sign up in advance for a four week *Introduction to Computer* class, 6 to 7:30 p.m. Suggestions for evening activity or class welcome.

ANNUAL SPELLING BEE

Local Segment - Thursday, July 19

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

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. Classes start July 10. Call Jaymi.

JULY TICKET SALES

July Ticket Sales are Monday, July 9 at 8:45 a.m. First come, first served. Please enter through the East Entrance of the building. Doors open at 8:30 a.m.

Poker Tournament - Friday, July 13, 12 noon to 3 p.m. Play seven-card stud and five-card draw with lunch and prizes. Registration required. Cost: \$3.50.

Pinochle Tournament - Tuesday, July 24, 12 noon to 3 p.m. Enjoy three-handed Tournament, refreshments & prizes. Registration required. Cost: \$3.50.

August Lite Lunch & Movie - Friday, August 3, 12 noon. Pizza & soda at noon. *What Women Want* (PG-13) with Mel Gibson at 1 p.m. Cost: \$3.50.

Hooked on Fishing - Chain O'Lakes State Park - Friday, Aug. 3, 8 a.m. to 3 p.m. Fish from boat or shore; rent a bike or paddle boat. Hamburgers & Hot Dogs made on our own grill with all the trimmings. Cost includes boat rental, lunch, and prizes! Cost: \$10.

GENERAL TICKET SALES

Call For Availability

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 morning snacks, lunch, & prizes.

Annual Picnic - Friday, July 20, 11 a.m. to 3 p.m. Join us for our annual picnic at Oak Park (Main St. and Ottawa). Lunch (12 to 1 p.m.) includes Bratwurst and Hamburgers, Pasta Salad, and more. Games and prizes! Cost: \$6.

Alzheimer drug maker settles with IL for \$100 mil.

Attorney General Jim Ryan announced May 31 that consumers who purchased certain generic medications to treat Alzheimer's disease and anxiety may be entitled to refunds due to a \$100 million nationwide anti-trust settlement with Mylan Laboratories.

The agreement settles a lawsuit originally filed by Illinois. 32 other attorneys general defendants orchestrated a more than 2000 percent price increase for the generic drugs lorazepam and clonazepam, both used to treat Alzheimer's and anxiety.

"The cost of prescription drugs is an important issue in this state and my office will continue its aggressive pursuit of any company that illegally exploits consumers in need of medicine," Attorney General Ryan said. "In this case, the exploitation was particularly egregious because the defendants dramatically and illegally raised prices on drugs to treat Alzheimer's disease."

Under the terms of the settlement, \$72 million will be set aside to provide restitution to consumers who were affected by the price increases. Consumers who purchased the drugs from

January 1998 through December 1999 and were not reimbursed by insurance may be entitled to a refund. Consumers must file a claim and could receive a check for a portion of their purchases. The claims period began June 1 and will run until Sept. 29, 2001. Illinois consumers can obtain claim forms and further information by calling (800) 899-5806 or online at www.agsettlement.com.

The remaining \$28 million will go toward reimbursing states for agencies affected by the price increases and costs of the investigation and litigation.

Niles Senior Center volunteer dies

Herbert E. Miller, a 20-year volunteer at the Niles Senior Center and village resident, died June 21.

"Oh, Herb...he was a wonderful man," said Center Project Coordinator Kelly Mickle. "We will miss him."

Mr. Miller's volunteer work included driving and delivering food to home-bound residents for

the Center's Meals on Wheels program, setting up and playing card games with Senior Center members, and helping out with evening events.

"He did many humanitarian things," said Mickle.

Mr. Miller was 85 years old. He is survived by his wife, Mildred, father of Robin (Mary Ann) Miller, Gail (James) Dunning,

Richard (Doreen) Miller, and Karen (Kip) Hahn and Linda, deceased. Mr. Miller had seven grandchildren and two great-grandchildren.

A memorial service was held Saturday, June 30 at the Niles Community Church (NCC), 7401 Oakton St.

The family requests that any donations be made to the NCC.

ALZHEIMER'S COMMUNITY SUPPORT GROUP

You are invited to attend an Alzheimer's Community Support Group at Glenview Terrace held monthly on the 2nd Wednesday from 6 to 7:00 p.m. Meetings are conducted by our Corporate Director of Alzheimer's Services Jackie Powell, a specially-trained Alzheimer's Association Support Group Leader. Whether your loved one is living at home - or out of state - all community caregivers are welcome. Refreshments will be served.

Glenview Terrace Alzheimer's Community Support Group is affiliated with the Alzheimer's Association - Greater Chicago/Land Chapter. For more information, call (847) 729-9090.

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BY JEFFREY CARDELLA
Special to The Bugle



Edward Jones: Need to Boost Retirement Savings is Clearer Than Ever

Do you plan on working after you're 65? If you do, you may have plenty of company.

The percentage of people over 65 who still work has been rising since the mid-1990s. In 2000, 12.8 percent of the over-65 segment still worked - the highest figure since 1979, according to the Bureau of Labor Statistics. Several factors are behind this trend, including a ban on most forced retirements, advances in medicine and favorable changes in Social Security laws.

But another reason for the influx of older workers is undoubtedly the need for money. Many of today's retirees are discovering that the combination of Social Security and income from their company's retirement plan is not enough to let them live the type of retirement lifestyle they had envisioned. And, according to a poll by The New York Times, the number of Americans who said they planned to retire later than age 65 rose to 20 percent in 2001, up from 15 percent in 1995 -- and more than half of those who plan to keep working say they will do so for financial reasons.


To achieve sufficient income for the type of retirement you want, you'll need to bolster your retirement savings. Here are a few suggestions for doing just that:

- **Maximize your retirement plan contributions** -- If you have a 401(k) or other type of tax-qualified retirement plan where you work, take full advantage of it. Your contributions grow on a tax-deferred basis, which means they'll increase much faster than they would if placed in an investment on which you paid taxes every year. If you are self-employed, you also may have a number of tax-deferred retirement account possibilities, including a SEP-IRA, A SIMPLE IRA or a money-purchase pension plan. The details on these plans vary, but for you as an individual investor, the guiding principle is the same: Contribute as much as you can possibly afford.
- **Explore other retirement savings accounts** -- Even if you contribute to a company-sponsored retirement plan, you may be able to open a traditional or Roth IRA. Like a 401(k), your traditional IRA will provide you with tax-deferred earnings, while a Roth IRA grows totally tax-free, provided you meet certain conditions. Although the annual contribution limits on these IRAs -- \$2,000 per person, per year -- are not large, your earnings can add up over time.
- **Consider annuities and life insurance** -- If you've maxed out your contributions to your employer's retirement plan and your IRA, you may want to consider purchasing an annuity. Annuities offer tax-deferred earnings growth, plus very high contribution limits. You also can achieve tax-deferred growth through certain life insurance policies, such as universal life.

By following these suggestions, you'll go a long way toward meeting your retirement funding needs. Then, if you do return to work after your formal retirement, you'll be doing so not because you need the money, but for a much better reason -- because you want to.

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

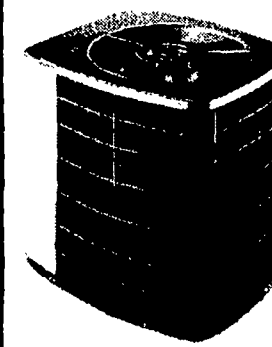
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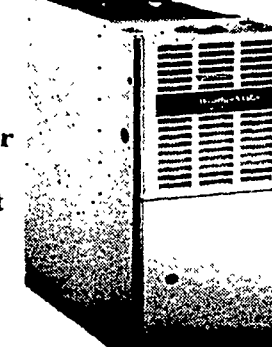
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Fifth annual MS Family Day at Brookfield Zoo

The fifth annual MS Family Day sponsored by the Greater Illinois Chapter of the National Multiple Sclerosis Society and McDonald's Corporation will be held on Friday, July 13 at Brookfield Zoo. The day's program is geared to assist families, friends and children of people with multiple sclerosis to understand and cope positively with the disease.

The morning activities will include an informative family program highlighted by a scavenger hunt. Held in the Oak Grove picnic area near the park's south entrance, the day begins with registration at 9:30 a.m. and concludes at 1 p.m. following a buffet lunch. Families will then be encouraged to visit the attractions at the zoo.

Zoo admission, parking and the buffet are included in the fees of \$10 per adult and \$3.50 to \$5 for children (3 to 11 years old). Transportation and scholarships may be arranged.

In addition to public and professional education, the Chapter Programs Department of the Greater Illinois Chapter of the National Multiple Sclerosis Society offers counseling services, issues a newsletter, sponsors 66 community MS self-help groups in a service area covering 73 northern and central Illinois counties, maintains an educational lending library and provides an equipment loan pool that includes wheelchairs, hospital beds and walkers.

For MS Family Day reservations, call the Chapter Programs Department at (312) 421-4500 or (800) 922-0484. Additional information also is available on other chapter programs, volunteer opportunities and fund-raising activities.

Field Museum to host spectacular sound and light show

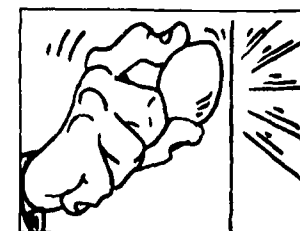
This summer, The Field Museum will present an outdoor sound and light show featuring the words, voices and images of famous Chicagoans, past and present, that celebrates **The Chicago Story, A Blank Canvas**.

Visitors and Chicagoans alike will enjoy this free program, which will be presented each Thursday, Friday, and Saturday evening throughout the summer, through September 1. Each performance will begin at dusk (approximately 8:30 p.m.) and last about 30 minutes.

The show, to be presented on the Museum's north facade, features the words of Chicago poets Gwendolyn Brooks and Carl Sandburg, columnist Mike Royke, novelists Mark Twain and Theodore Dreiser, and many more. Images of Chicago's history will be projected on the building as the voices of legendary Chicagoans express their love for the city through words, poetry and songs.

The Chicago Story, A Blank Canvas is presented in partnership with the Chicago Historical Society, with cooperation from the Steppenwolf Theater, Goodman Theater and CITY 2000 project. The interior of The Field Museum will not be open during this event.

The Field Museum is located on the Museum Campus at 1400 South Lake Shore Drive. Admission is free, and advance registration is not necessary. For more information, contact The Field Museum at (312) 665-7714, or visit www.fieldmuseum.org.



A tradition in Bulgaria called for people to tap their Easter eggs against the wall of the church on Easter morning.

USE THE BUGLE

Field Museum Thursday night concert series

Enjoy food, drink, spectacular views and live music from Chicago's hottest bands Thursdays through September 6, from 6 p.m. to 9 p.m. at Thursday Night Mixers on The Field Museum's northwest terrace. These events, offered in partnership with WTMX Radio 101.9 FM and Big Creek Productions, feature some of Chicago's best-known bands performing in a unique outdoor setting on Chicago's beautiful lakefront.

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

And on July 19, we will host special guests Underwater People, one of Chicago's most popular cover bands. Their repertoire of crowd-pleasing hits include pop songs, reggae, country, swing and even zydeco. Underwater People intermingles an eclectic blend of cover songs with a variety of entertaining original tunes.

Musical guests for the remaining Thursdays are still to be determined.

Events will take place rain or shine. Cost is \$10. Tickets will be sold at the entry. Food, beer, wine and soft drinks will be available for purchase. Season passes are also available. Enjoy twelve nights for the price of ten. For more information or for a complete schedule, call (312) 665-7600. Please note: The interior of the Museum will not be open to the public during these events.

Experience the wonders of Italy

Explore the many artistic, historical and musical wonders of Italy through Oakton Community College's travel/study program. Trips are scheduled July 14 - 28 and Oct. 13 - 27.

View the artistic treasures of Florence, the city of the Renaissance. In Rome, visit the Colosseum and other monuments that reflect the life of an ancient civilization. Spend a day visiting Vatican City and enjoying its spectacular art, including works by Botticelli and Michelangelo.

Experience the splendor and charm of Venice with visits to St. Mark's Square and Basilica. Stroll through Siena with its narrow, Gothic streets lined with palaces and patrician mansions. In Assisi, the birthplace of St. Francis, marvel at the beauty of the Basilica of Santa Maria Degli Angeli, built in the 16th century.

Throughout your journey, you'll sample native dishes at specially arranged meals. A visit to a private home will give you a glimpse into the everyday lives and customs of the people.

For more information and a complimentary itinerary of these tours, contact Bea Cornelissen at (847) 635-1812.

'Walking in Switzerland' at library

Armchair travelers are invited to enjoy a special travel slide program on "Walking in Switzerland" at 7:30 p.m. on Wednesday, July 11 at the Des Plaines Public Library. The program is free, and advance registration is required. This is the second of three special "Book a Trip" travel programs scheduled this summer.

Bill Boyd of Boyd Travelers, Inc. in Northfield, will host the

program. Boyd says, "We have been walking Swiss trails since 1983, a period in which we have covered many parts of the country. Join us for slides that show the pleasure of good company and great scenery as we walk the trails of Switzerland once again."

For information, or to register for the program, please phone the Registration Desk at (847) 376-2787.

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Chicago sculpture exhibition at Oakton

Sculpture in Chicago Now, a stunningly broad array of creative works by Chicago area artists, will appear from July 5-Aug. 24 at Oakton Community College's William A. Koehnline Gallery, 1600 E. Golf Rd., Des Plaines.

The exhibition features 16 pieces of sculpture that include "body sculpture," inventive fashion garments arranged on mannequins; handcrafted furniture; an experimental piece entitled "11 pole"; and a Marcel Duchamp-inspired water cooler that encourages viewer participation. The exhibition is curated by

Corey Postiglione, an art history and critical theory teacher at Columbia College in Chicago. In the past, Postiglione has successfully highlighted the innovative efforts of Chicago artists by organizing the exhibition *Drawing in Chicago Now* and *Painting in Chicago Now*.

The exhibition will begin with an opening reception at the Gallery at 5 p.m. on Thursday, July 5. Admission is free. Summer hours at the Gallery are from 10 a.m. - 7 p.m. Monday-Thursday. For more information, call Nathan Harpaz at (847) 635-2633.

Niles Public Library District

Enjoy a Movie at the Library. Get out of the heat and come to the Niles Public Library District for the movie premier of "High Noon" on Tuesday, July 10 at 6:30 p.m. or Wednesday, July 11 at 2 p.m. One of the greatest Westerns ever made, "High Noon" stars Gary Cooper as a just-married lawman who is about to retire as a small-town sheriff and begin a new life with his bride, when he learns that a gunslinger is due to arrive at high noon to settle an old score. This movie is not rated and is 84 minutes long.

No registration is required for this program. The Library will not hold or reserve any seats. No food or drink may be consumed during this presentation.

July's Teen Book Discussion Features Newbery Medalist Author. Young adults who love to read won't want to miss Niles Public Library District's next Teen Book Discussion and Lunch on Thursday, July 12 at noon. July's discussion will be "Stargirl" by award-winning author Jerry Spinelli. Participants, ages 11-14, can register and pick up a copy of the book at the Reference Desk. For more information, please call Kate Wolicki at 847/663-6433.

Kids Book discussion Features Great Books and Food. Students grades 5-7 - are you looking for something fun to do this summer? Participate in **Chat & Chomp**, a new book discussion group designed especially for kids at the Niles Public Library District! The next **Chat & Chomp** will be held on Monday, July 16 at 1:30 or 7 p.m. and will feature the novel "Flying Solo" by Ralph Fletcher. Register and pick up a copy of this book in the Children's Department. Snacks and refreshments will be served.

For more information, please call the Library at 847/663-6623.

All About Herbs. Do herbal remedies and treatments deliver more than they promise? If you're interested in exploring alternatives to prescription drugs, plan to attend this program on Tuesday, July 17 at 7 p.m. at the Niles Public Library District. Discussing the pros and cons of herbs, Mala Singh, a pharmacist and the clinical pharmacy manager at Resurrection Holy Family Medical Center, will provide detailed information about common herbal products on the market and how they may affect you. Space is limited, and registration is required. Please register at the Library Information Desk or call 847/663-1234.

Library Offers a Variety of Contests for Kids of All Ages. Kids - do you like to draw or make things? Would you like to win a prize for your creativity? Then enter Niles Public Library District's **Visual Poem, Create a Sundae, Cook Up a Food and Food Trivia Contests**, through July 21, children of all ages can submit entries in one or all contests to win some fabulous prizes. If you're not sure what to make, visit the Children's Department and see sample entries for each contest. For more information, call 847/663-6623.

Send the Library a Postcard. While you're on vacation this summer, don't forget to send the Niles Public Library District a postcard. Just like last summer, the Library will be collecting postcards for a special display this fall. Even if you're not going out of town, send us a card from your favorite local spot. Please send cards to Niles Public Library District, 6960 Oakton Street, Niles, IL 60714. We look forward to hearing from you!

LEGAL NOTICE

NOTICE IS HEREBY GIVEN

That on August 13, 2001, a sale will be held at Erich's Lehigh Auto Body, Inc., 6637 Touhy Avenue, Niles, Illinois, to sell the following articles to enforce a lien existing under the laws of the State of Illinois against such articles for labor, services, skill or material expended upon, or storage furnished for, such articles at the request of the following designated person, unless such articles are redeemed within thirty days of the publication of this notice.

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a/k/a John L. McDonald

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Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. 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**

Niles Park District offers springboard diving lessons

Niles Park District is proud to offer springboard diving lessons at Oasis Waterpark, 7877 Milwaukee Avenue. We are offering an Introduction to Diving and an Advanced Springboard Diving class. Intro to Diving Sessions will take place on Tuesday and Thursday mornings at 10:30 - 11 a.m. from July 9 - July 27 (Session II) and July 31 - August 17 (Session III). Fees per Session are Res \$21; Non-Res \$23. The Introduction to Diving class will teach diving board safety and the basic front and back approach along with some basic forward and backward dives. Advanced Diving Session II and III take place on Tuesday and Thursday mornings from 7 - 7:45 a.m. from July 9 - July 27 (Session II) and July 31 - August 17 (Session III). Fees per Session are Res \$25; Non-Res \$27. Participants must be able to swim 25 yards non-stop. In the Advanced Diving class, divers will learn and practice basic competition level dives including forward, backward, reverse, inward and twisting.

To register, please visit the Howard Leisure Center, 6676 W. Howard Street, or call (847) 967-6633 for more information.

Arts & Crafts Expressions

A wonderful variety of art and craftworks will be on exhibit by the artists and craftsartists who created the work during the Annual Arts & Crafts Expressions, to be held on Canal Street beginning at Madison, Chicago on Thursday and Friday, July 19 and 20 from 8 a.m. to 6 p.m. each day. The show is presented by American Society of Artists, a national membership organization.

Artists and craftsartists will exhibit oil paintings, acrylic paintings, fiber works, watercolor or paintings, floral sculpture, photography, lapidary works, hand-crafted dolls, graphics, lino prints, hand-crafted jewelry plus much more.

Art in Action will be included in the show with some of the exhibitors working/demonstrating at various times during the show. Sumner Garte will be working on watercolor and acrylic paintings Edward Giannoni on lapidary and silver works, Kin Wai Leung on paintings, Alice Jaeger-Ashland on lino prints and Teena Russell on hand-crafted jewelry. Each of the many exhibitors will be happy to discuss their work with you. Programs will be available free of charge listing the exhibitors, their media and showing their location in the show.

Additional information may be obtained from American Society of Artists at (312) 751-2500.

Lutheran Gen'l lauds new infant breathing device

It's a small, rather simple piece of machinery, but don't be fooled by its size or lack of fancy gadgets. This little machine is greatly enhancing the care of premature infants at Advocate's Lutheran General Children's Hospital. The device, called "Neopuff," provides controlled and accurate resuscitation of infants by safely inflating an infant's lungs. Thanks to its small size, the "Neopuff" can be used in delivery rooms immediately after birth. Prior to this device, premature infants were resuscitated using hand-held bags, which may be hazardous for very small babies.

"The lungs are a very sensitive organ," said Ragbir Benawra, M.D., medical director of the Neonatal Intensive Care Unit (NICU) at Lutheran General Children's Hospital. "Inconsistent pressure can cause significant lung injury and lead to chronic lung disease." With the manual bagging devices it was extremely difficult to regulate the pressure and amount of oxygen consistently, especially during an extended period of time. "Depending on how the bag would be squeezed, the pressure could vary from breath to breath," said Nancy Marshall, RRT, pulmonary specialist. "With 'Neopuff,' the baby gets consistent pressure and optimum oxygenation without those risks associated with under-or-over-inflation from uncontrolled pressure."

How does it work? The "Neopuff" is hooked up to an oxygen source and the desired pressure is set using simple fingertip

controls. A mask or tube is connected to the patient and the operator uses only a thumb to deliver breath-by-breath resuscitation. A maximum pressure relief valve provides increased safety by allowing the operator to preset the maximum possible, peak inspiratory pressure.

"Premature babies need tightly regulated care from the very first breath on," said Dr. Benawra. To provide the best possible care, the NICU staff began exploring how to provide improved resuscitation in the labor and delivery rooms. The staff considered placing ventilators in the delivery rooms to maximize the care for premature infants immediately after birth; however, ventilators are large, bulky machines that are difficult to operate. The ventilator team was thrilled to find out about the "Neopuff" device, a new product by Fisher & Paykel Healthcare. About the size of a lunchbox, a "Neopuff" unit weighs under five pounds. "Most importantly, it's not difficult to operate," said Paul Hoffman, RRT, respiratory care manager. "It's very easy to train the staff to use the equipment."

Its portability also allows the neonatologist to immediately administer surfactant in the delivery room. Surfactant maintains the stability of the lung tissue by reducing the surface tension and it eases the pressure throughout the lung. Previously, surfactant could not be administered until the infant was placed on a ventilator in the NICU. Administering the surfactant immediately reduces the risk of the lungs col-

lapsing. "Without surfactant you have to exert a pressure that is equivalent to blowing up a balloon the first time. With surfactant, it is as if the balloon has been blown up a thousand times," said Marshall.

Studies show that "Neopuff" reduces the number of days an infant stays on a ventilator and decreases the length of hospital stay. "Too much time on a ventilator can cause chronic lung disease, a reduction in nutrition, and increased risk of infection,"

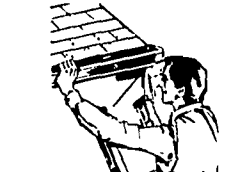
said Dr. Benawra. The studies also found that use of "Neopuff" results in less need to incubate patients and an improved level of consistency.

With three "Neopuff" units, Lutheran General Children's Hospital in Park Ridge is the first Chicago-area hospital to use the device. The machines are placed in kits that NICU staff carry to high-risk deliveries, with the goal to eventually place the devices in all labor and delivery rooms. "With 'Ne-

opuff' we can closely regulate the resuscitation of premature infants," said Dr. Benawra.

The NICU at Lutheran General Children's Hospital has been recognized for more than two decades for the expertise of its neonatologists, nurses, social workers and therapists. Recently renovated, its NICU is one of the largest in the Chicago area, caring for over 700 critically-ill newborns each year.

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Zwik baby arrives



Wyatt Aaron Zwik, the first child of Keith and Lynn Zwik of Niles, arrived at Lutheran General Hospital on April 4, weighing in at 8 pounds 10 ounces.

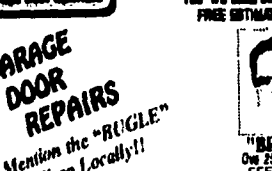
The baby's father is employed by the village of Lincolnwood. His mother, a teacher, substituted in the Morton Grove/Niles K-8 school system while awaiting the birth.

The paternal grandparents are Mr. and Mrs. Paul Zwik (Ann), of Mt. Prospect, formerly of Unit.

Morton Grove, and the maternal grandparents are Mr. and Mrs. James Fett (Bernette) of Harwood Heights.

Ann Zwik volunteers at the Veterans' Hospital in North Chicago where she recently was honored for 29 years of volunteer work on behalf of the hospitalized servicemen.

Zwik remains an active member of the Morton Grove Women's Club and the Morton Grove American Legion Auxiliary Unit.

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The Bugle Newspapers' Area Employment News

Niles' Ircon provides high-tech thermometers to industry

by Jeanine Kromer

Ircon in Niles has been manufacturing non-contact infrared thermometers for over 38 years. Their plant at 7300 N. Natchez produces infrared thermometers used in all types of industries including steel, glass, plastics, paper, clothing, and even pharmaceuticals. Over 80,000 Ircon thermometers, pyrometers and accessories have been installed worldwide. Ircon is unique for its vast experience in solving difficult temperature measurement problems. Ircon has a reputation for rugged and reliable instruments that are able to withstand the harshest environments.

Ircon is busy working behind the scenes of everyday life. Products that utilize Ircon instruments in their manufacturing process include frozen vegetables, car windshields, tempered storm doors, and M&Ms. The candied coating on M&Ms needs to be hard and glossy. Ircon instruments are used to keep the chocolate center warm enough to harden but not melt when the coating is applied. Frozen peas and corn use Ircon instruments in the freezing process, which must occur swiftly to maintain the vegetables' color. Tempered storm doors also need to be heated and cooled quickly to put specific stress in door glass, assuring the glass will shatter into small, safe pieces if shattered.

The Ircon product line is varied to meet customer needs and ap-

plication problems. Ircon has portable and on-line thermal imagers, convective heat flow sensors, and sensor-only thermometers that are self-contained and stand alone. These thermometers do not require additional processors or display. Ircon offers line scanning infrared thermometers for real-time temperature profiles and 2D or 3D temperature image maps or a process passing a sensor. Portable battery-operated thermometers are available for travel. Ircon has displays and controllers to provide a one-stop-shop for temperature needs. Each of Ircon's instruments offers a wide range of temperature spans and spectral regions. Focus optic lenses are also available for viewing and measuring small targets.

Ircon's Technical Services Center offers calibrations, repairs, certification and field service. Ircon provides user-friendly technical training seminars in basic infrared theory and its practical applications. The sales and application staff at Ircon offer experienced application assistance, analysis of customer products to facilitate instrument selection, and can demonstrate Ircon instruments.

Ircon employees approximately 100 people in various departments. For more information their website is www.ircon.com, and they can be reached by phone at (847) 967-5151.

Federal funds available when training for new career

Secretary of Labor Elaine L. Chao has announced that local boards that administer federally-funded workforce training programs are being invited by the Labor Department to compete for grants to provide technical skills training for workers who have lost their jobs, or who want to upgrade their skills or change occupations.

Chao, in a meeting with executives from Silicon Valley high-tech firms, said approximately \$135 million will be available for the grants, which are financed by fees paid by employers who bring skilled foreign workers to this country on a temporary basis to work in high skill occupations.

"The Department of Labor is using these resources to make a substantial investment in training American workers for jobs in high-tech industries,"

Chao said. "The department's Employment and Training Administration will select programs for funding, and we plan to begin announcing the grant awards this summer."

Local workforce investment boards in partnership with at least one business or business association and one community and/or faith-based organization, a higher-education institution or labor union may apply for grants up to \$3 million.

Information and procedures to apply for the H-1B Technical Skills Training Grant were published April 13th in the Federal Register. Applications, which are also available on the Internet at www.doleta.gov are being accepted for these technical skills training grants for employed and unemployed American workers.

Nimlok Inc: Tradeshow King

by Jeanine Kromer

Proud to be a successful family owned business in this day and age, Nimlok Company continues to be a tradeshow display king after 20 years. Located at 7420 N. Lehigh in Niles, Nimlok is one of the world's largest producers of trade show displays. Its trademark gray packing cases can be spotted at any tradeshow worldwide.

Nimlok was originally started in 1970 in the United Kingdom with Gerald Perutz as a founding investor. The company set up shop in the U.S. in 1981 with Simon Perutz (Gerald's son) as President. Gerald's other son, Tim is the Managing Director of Nimlok in the United Kingdom.

Nimlok revolutionized the tradeshow display industry by introducing the concept of lightweight, portable displays constructed of standardized components. The lighter new style displays were easier and less expensive to transport than the heavy, custom-built framed wood panels used in the 80's. Nimlok's ability to innovate over the years has kept the company growing and thriving in a competitive industry. The original pole and panel system is now easier to set up, and the modular pan-

els allow for reconfiguration according to the clients' needs and tastes.

Nimlok continues to widen its appeal by being able to build larger, more custom exhibits with modular pieces. By customizing units, Nimlok is able to deliver one-of-a-kind displays that have the added advantage of easy set up and tear down, as well as the option to vary the display's look

Nimlok wants to provide one stop shopping for distributors and clients, and is broadening its horizons by offering in-house graphics. The company is hard at work designing new units to display the in-house graphics. Well aware of industry trends, Nimlok is also busy establishing rental depots worldwide. Smaller companies that may not be able to afford purchasing display units have the option to rent Nimlok products and still enjoy the advantages of the company's expertise.

Nimlok credits its successful reign in the tradeshow display industry to a good distribution system. When Nimlok first opened its doors, the challenge was to sell the concept of new light-weight, portable displays constructed of

standardized components. Many original distributors are still working with and sharing the company's success by taking a chance on the new Nimlok product. To keep distributors up to date, Nimlok has meetings twice a year to introduce the latest product developments, marketing initiatives and services available. The strong, long-term relationships with distributors are the direct result of Nimlok's dedicated employees.

Nimlok prides itself on hiring good people and holding onto them, and employs 300 people including distributors in 45 countries. Nimlok shares success with its employees through bonuses and prefers to promote from within. The positive, upbeat atmosphere translates into a low turnover rate for Nimlok. Further evidence of employee satisfaction is the vast number of employees who recruit family members to work for Nimlok.

Nimlok has proved to be a nimble and vibrant company over the years. The company has much to celebrate and be proud of on its 20th anniversary. To contact Nimlok, call 1-800-233-8870 or via the web at www.nimlok.com.

Gartner provides energy efficient heat/cool systems

Business is booming for Morton Grove's Gartner Heating and Cooling. And no wonder. Escalating energy prices have people running for cover, and doing whatever possible to cut back on those heating costs. Enter Gartner Heating and Cooling.

Gartner Heating and Cooling is a 15-year-old family-owned business that is expanding its horizons. Gartner specializes in upgrading and replacing residential, commercial and industrial heating and cooling systems. Since Morton Grove and the surrounding area have been populated for a while, many homes and commercial/industrial buildings are sorely in need of updating. Heating/cooling costs aside, safety is also an issue at this point.

Gartner Heating and Cooling is a dependable business that guarantees its work. The hands-on company will go out of its way for customers. Customer satisfaction is priority one at Gartner. They offer fair pricing and Senior citizen discounts. Owner Darren Gartner is honest in his estimates of what work needs to be done, which is one reason why the company gets

much of its business through word of mouth and referrals. Gartner Heating and Cooling has 24-hour service available 365 days a year. Service technicians are professionally trained and environmentally certified.

When remodeling or rehabbing, the goal of Gartner Heating and Cooling is to replace existing equipment with more efficient and technologically modern units. Some equipment is oversized and not necessary. In new construction, Gartner Heating and Cooling has many options including custom sheet metal for new homes, room additions and commercial projects. Boiler installation with radiant heating for homes, buildings and driveway snow melting are available. Gartner has a full line of humidifiers, air purification systems, garage heaters and energy management systems.

It is important to remember to have your furnace cleaned and inspected annually to keep your system running at an optimum performance level that will save money in heating bills as well as future repair costs. Call 965-9645 for more information on Gartner Heating and Cooling.

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To Advertise in The Bugle Newspapers
COMMUNITY DIRECTORY
Call: Beverly
(847) 588-1900

Niles Family Fitness Center

The Niles Family Fitness Center is now offering the following new programs. Call (847) 588-8400 for questions regarding the following programs or Club membership.

•Summer Sports Adventure Camp: The perfect way for your child ages 6-12 to spend the summer! Activities include sports (soccer, volleyball, baseball, and basketball to name a

few), outdoor games, crafts, swimming, field trips and more! Special theme days will be held throughout the summer to add to the excitement. Daily and weekly registration offered for your convenience. Regular camp hours are 9 a.m.-3 p.m. Extended camp hours are available from 8-9 a.m. and 3-5 p.m. for an additional \$2/hour. Contact the Niles Family Fitness Center at (847) 588-8400 for more information.

•Funstastic Fridays: Turn ordinary Fridays into Funstastic Fridays! During this special time, your 3-5 year old will play games, make crafts, socialize and meet new friends under the direction of our qualified staff. Parents are not required to stay, however children must be toilet trained. Deadline to register is (1) week prior. Fees: \$8 members/\$10 non-member. Offered 1-3 p.m. on the following dates: July 13, 27 and August 10.

•Chicago Bulls Basketball School: The Chicago Bulls Bas-

ketball School is a youth player development program created by the Chicago Bulls to teach fundamental basketball skills. Classes are taught by qualified instructors provided by the Chicago Bulls. Players will be divided into Rookies (6-8 years) and Veterans (9-14 years) to ensure that every child receives proper attention. Class fee also includes chance to compete in the Fox Sports Net Skills Competition, player evaluation, Chicago Bulls basketball, gym basketball, gym bag, T-shirt, reversible practice jersey and Genuine Chicago Bulls Graduation certificate. Dates: Rookies (6-8 years) July 16 - July 20, 1:30-5 p.m. Veterans (9-14 years) July 23 - July 27, 1:30-5 p.m. Fees: \$189 members/\$209 non-members.

•Tai Chi: Tai Chi, an ancient form of Chinese exercise, is a low impact, gentle, physical activity. Through a series of slow movements the body is positively affected. Tai Chi helps im-

prove circulation and maintain a healthy range of motion in the joints as well as providing a source of relaxation and spiritual fulfillment. Both beginning and continuing classes offered. Session II: 7/24 - 8/28. Session fee: \$25 members/\$35 non-members. Drop-in fee: \$5 member/\$8 non-member.

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

Free vision and hearing tests for children

The Cook County Department of Public Health (CCDPH) will offer free vision and hearing screenings for children ages three to fifteen.

The screenings will be offered at the Brookfield Zoo on the following dates:

- Tuesday, July 10, from 9:30 a.m. until 12 noon, and from 1 p.m. until 3:30 p.m.
- Tuesdays, August 14 and 21, from 9:30 a.m. until 12 noon, and from 1 p.m. until 3:30 p.m.

The tests take only a few minutes to perform and no appointment is necessary.

"A child's performance in

school can be adversely affected if vision and hearing problems are undetected," said Dr. Karen L. Scott, CCDPH Director. "Correcting those problems can make a world of difference in a child's life."

Parents may be unaware of vision and hearing difficulties, especially if there is a problem in only one eye or involving one ear. Corrective treatment may be more difficult if problems are not caught early.

The screenings will be held near the north gate of Brookfield Zoo at the Discovery Theater.

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

THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p>ADVERTISING</p> <p>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</p>	<p>BANKING OPPORTUNITIES</p> <p>TRUST ADMINISTRATOR • Skokie, IL • As one of Chicago's premier financial institutions, First American Bank has grown to more than 30 locations and over \$2 billion in assets. And as a privately held institution, we offer a unique kind of stability that cannot be found with our larger competitors. In short, we're perfectly positioned - and we currently have a position for you. The professional in this dynamic role will be responsible for a variety of Personal Trust, Agency, IRA and Estate accounts; preparing documents required for transfer of assets on new accounts and tracking transfers to completion; reviewing daily transactions for assigned accounts, and monitoring critical dates and other tickler items to assure compliance. Qualified candidates will possess a High School diploma (college degree preferred), with a minimum of 5 years of trust experience, to include a thorough knowledge of trust investment products, proficiency with databases, word processing, on-line systems and spreadsheets, and excellent organizational skills. As part of our family of associates, you will be rewarded with excellent compensation, full benefits and opportunities for advancement. Please stop by and fill out an application or forward your resume to: First American Bank, Attn: HR/MH/830, 80 Stratford Drive, Bloomington, IL 61008. Fax: 630-295-6888 E-mail: mhendy@firstambank.com www.firstambank.com • EOE</p>	<p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>BAR/RESTAURANT/BURNOUT? Former Bar/Restaurant Manager seeks 5 individuals to use their skills in new offices in Northwest suburbs. Will train. High income. 847-776-2649-1099</p>	<p>COMPUTERS</p> <p>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.</p>	<p>DRIVERS</p> <p>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</p>
<p>BANKING OPPORTUNITIES</p> <p>CUSTOMER SERVICE REPRESENTATIVE/TELLER Part-Time As a Customer Service Representative/Teller, your responsibilities will be to service our customers efficiently and accurately when working on their transactions, cross-sell bank products and be a team member of our Niles staff. Responsibilities will be shared between the teller line and the switchboard.</p>	<p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>OFFICE Part-Time Mature, Personable and Reliable Switchboard Operator Needed. Typing Experience Is Helpful. Excellent Phone Manner Necessary. For Information Contact: Mary Kay At: FOREST VILLA NURSING CENTER 6840 W. Touhy-Niles (847) 647-8994</p>	<p>CREDIT UNION</p> <p>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 5901 N. Cicero-Chicago</p>	<p>DRIVERS/MUA Seeking individual with CDL & good driving record. Responsibilities include transportation of materials & equipment for set-up and take-down of mobile blood drives throughout the Chicago and area. Full Time position. Weekend work required. High school diploma or equivalent. Previous experience with materials handling a plus. Call LifeSource at: 847-803-7845 Or Fax Resume: 847-803-7870 EOE</p>	<p>DRIVERS</p> <p>PART TIME MINI BUS DRIVERS</p> <p>Enjoy your summer while training on a mini bus! Septan needs responsible drivers who enjoy children for routes in the NORTHWEST SUBURBAN AREA. Will train on easy to drive, fully automatic school buses, vans and 9 passenger suburbans.</p>
<p>FIFTH THIRD BANK www.53.com Equal Opportunity Employer</p>	<p>PAYROLL/BOOKKEEPING Full-Time Position With Accounting Firm. Minimum 2 Years College. Must Have Experience In Computerized Payroll. Good Benefits. Call: (773) 202-8880 Or Fax: (773) 202-8882</p>	<p>CUSTOMER SERVICE Financial Services - Variety Of Duties • Flexible Schedule • Exceptional Opportunity - Management Potential Call Lee: (847) 647-8366</p>	<p>SENIORS WELCOME-DRUG SCREEN REQUIRED! SEPTRAN 847-392-1464 2161 FOSTER-WHEELING</p>	<p>RAWHIDE Since 1965, Rawhide Boys Ranch has been helping young men from communities like yours. Your donated car, truck, boat, camper, or real estate can help even more young men. Donors may receive a full tax benefit. Call Today or visit us at www.rawhide.org 1-800-RAWHIDE</p>

Your donated vehicle can help change a Life!



Since 1965, Rawhide Boys Ranch has been helping young men from communities like yours. Your donated car, truck, boat, camper, or real estate can help even more young men. Donors may receive a full tax benefit.
Call Today or visit us at
www.rawhide.org
1-800-RAWHIDE

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
CUSTOMER SERVICE		MEDICAL / HEALTHCARE		
CLIENT SERVICES/RECEPTION Insurance & Financial Services firm seeking a motivated individual to provide customer service to our clients, as well as answer phones and greet guests. Must have excellent communication skills and MS Office experience. Highly professional atmosphere, excellent benefits. Office located near O'Hare. Fax Resume To: Rabjohns Financial Group Attn: HR Dept., 773/380-9707		MEDICAL RECEPTIONIST Needed For Family Practice Office. Full And/Or Part-Time Experience Required Call Dee At: (847) 967-9660		
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		HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100		
MEDICAL / HEALTHCARE 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 & 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 MEDICAL ASST. Needed For Family Practice Office. Responsible For Patient Care Services & Phone Triage. Full And/Or Part-Time 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		RECEPTIONIST Multi-tasked full-time position for high-profile loop dental practice. Experience preferred but will train right person. Must have good people skills and be able to work some Saturdays. Fax resume to: 312-456-1156 Attn: JoAnne		
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. Your credit is good with us. We accept Visa and MasterCard.		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		
AT THEIR FINGERTIPS! READ THE CLASSIFIEDS and you're guaranteed a spin around the world of buying and selling...jobs and homes...choice business opportunities and sometimes just a friend... CALL (847) 588-1900		RECEPTIONIST Multi-tasked full-time position for high-profile loop dental practice. Experience preferred but will train right person. Must have good people skills and be able to work some Saturdays. Fax resume to: 312-456-1156 Attn: JoAnne		
Try a classified! Call today! 847-588-1900		MEDICAL CLAIMS PROCESSOR No Experience Necessary Will Train-Full or Part-Time Computer Required Up To \$40-\$50/Hour (888) 225-9652-Dept. 501		
		RECEPTIONIST Multi-tasked full-time position for high-profile loop dental practice. Experience preferred but will train right person. Must have good people skills and be able to work some Saturdays. Fax resume to: 312-456-1156 Attn: JoAnne		
		Find the help that you need in our classified section.		
		CORRECTIONS Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.		

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
PROFESSIONAL OPPORTUNITY		TELEMARKETING		TRADES
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		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		Runge's Auto & Tire Est. 1955 Is Moving To An All New Location & Looking For: •PAINTER •AUTO BODY MAN •MECHANIC Must Have Own Tools Good Pay & Benefits Apply In Person: 7515 N. Clark St-Chicago See Tim or Joe Call (773) 764-9360
WRITER Work part-time in our Niles office or at your home. Call Bob: 847-588-1900 Or Fax To: 847-588-1911		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		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
RETAIL		RETIREMENT FACILITY		TRADES
Convenience Store chain - has both Part-time & Full-Time openings in - Lincolnwood, Niles, Harwood Heights, Elmwood Park & Highland Park. Evenings & weekends required. Must be 18. Lotto experience a plus. Fax resume to: 847-647-7549 Attn: Deena Or apply in person at: Cigarette Depot 7227 N. Harlem Ave., Niles		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		Laid off? Work from home. Be your own Boss! First, call the Federal Trade Commission to find out how to spot work-at-home schemes. 1-877-FTC-HELP A message from The Bugle and the FTC.
SALES		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		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 Bob At: (708) 453-0273 Or Fax Resume To: (773) 625-1061		Try a classified! Call today! 847-588-1900
		BUGLE CLASSIFIED ADS GET RESULTS		PHOTOGRAPHER Work part-time using our cameras. Call Bob: 847-588-1900 Or Fax To: 847-588-1911
		CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.		•TUCKPOINTERS •LABORERS Needed For Construction Company (847) 367-0239
		CHOOSE YOUR OWN HOURS! Put Your Computer To Work! \$1,500 - \$4,500 Part-Time /Full-Time *Free Information (262) 812-5485 www.freedomforevr.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.
		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.		

FULL/PART TIME

FULL/PART TIME

MISCELLANEOUS

MISCELLANEOUS

MISCELLANEOUS

TRADES

MATERIAL SERVICE TECHNICIAN
LifeSource Blood Services, Glenview

Conducts shipping, receiving and inventory procedures. Receives products and handles paperwork. Delivers supplies as requested to using departments. Picks and packages supply orders. 3 years experience Shipping/receiving. Ability to lift 50+ pounds. Good communication/Data entry skills. Full Time, Monday-Friday 8:30-5 p.m. EOE.

Please email to: ckrask@itxm.org
Or Fax Resume To: 847-803-7870

NOW YOU CAN ADVERTISE MORE FOR LESS!

•SELL IT! •BUY IT!
•ANNOUNCE IT!

3 Lines - 5 Papers
\$17 Dollars!

This is a weekly rate
Prepaid.
We accept
MasterCard or Visa.
Stop in to:
Bugle Newspapers,
7400 Waukegan Rd.,
Niles
or call
(847) 588-1900
Ask for Beverly

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

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.

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 or (847) 431-5096

HOUSE FOR SALE

FSBO 9105 N. Austin, Morton Grove
4 bedroom, 3.5 baths, all marble
w/whirlpools, Second floor new
addition Open House
Saturday/Sunday 1-5 \$395K
Call Avram 708-452-0622/773-960-3166

TOWN HOUSE FOR RENT

Niles - 3 Bd., 1 1/2 Bth., Basement, C/A.
Parking - 2 Cars, \$1,200/Month + Utilities.
Call - 847-663-8116 or 847-769-3337

**AIR CONDITIONER
FOR SALE**

A/C For Sale - 5000 BTU-\$95.
10,000 BTU-\$195. 18,000 BTU-\$275.
All run excellent. GUARANTEED! (708) 788-3466

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

COMPANION

Woman With Car - Is Looking For Job As A
Companion (for elderly) Experience & Excellent
References. Call Joanne: 773-467-9110

**All Classified Help Wanted
Ads Can Now Be Found
On The Internet!**
www.Chicagometrojobs.com

CORRECTIONS

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

FURNITURE FOR SALE

Sofa & 2 matching chairs
2 end tables & coffee table
w/marble inserts. Custom made
lamps w/crystal. Must see \$800.
Queen bed set walnut, good mattress,
Bridge top w/tall cabinets on each side.
Triple dresser, chest/drawers,
Desk & night stand.
\$600 good cond.
847-647-0263

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

NILES - 8659 ORIOLE
Friday - July 6 &
Saturday - July 7
8:00 AM - 4:00 PM
Large Variety of items

Niles - 8544 W. Normal 7/6 & 7/7
9-4. Furn, adult & teen clothes,
electronics, lawn & household goods,
collectibles, bikes & many bargains!!!

Niles - 8019 N. Ozark - Fri. & Sat.
7/6 & 7/7. 9 to 4. Collectibles, Avon bottles,
dolls, clothes - kids to plus size, toys,
books, T.V., VCR, furn. - Multi-Family!

Niles - 7/6 & 7/7. 9-5. 8312 N. Merrill
Multi-family - kids clothes, toys,
games & much, much more!

Niles - 7213 W. Conrad
7/6, 7/7 & 7/8 - 9 to 3
Multi-Family - Great Bargains!

Skokie - Huge Garage Sale
5051 W. Fargo, Fri. 7/6 & Sat. 7/7. 8-4
Household items, clothes & much more!

LOST

KEYS LOST
Between Area Of
Harlem/Dempster
And Golf/River Road
Has Dog Leash Style Clip
Call Beverly At:
(847) 588-1900

LOST & FOUND

Morton Grove - Found - white
pet dove with clipped wings
Call 847-965-1232

PERSONALS

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.

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.

TANNING

WOLFF TANNING BEDS
TAN AT HOME
Buy DIRECT and SAVE!
Commercial/Home units from \$199
Low Monthly Payments
FREE Color Catalog
www.np.ehtan.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: 1-630-985-5181

YARD SALE

Harwood Hgts. - Multi-Family Sale
7501 W. Ainslie - 7/6 & 7/7. 9-4
Furn., clothes, knick-knacks & more!

YO-YO THE CLOWN

Parties, Store Promotions, Company
Picnics, Grand Openings, Hospital Visitation.
847-361-7001

Your credit is good with us.
We accept Visa and Master
Card! Call: 847-588-1900

Police News**Niles****DUI**

The morning of June 28 a reckless driver call was investigated. The car was screeching its tires and driving without headlights. The driver was pulled over by police and stated he had a few beers. There were open beer cans in the front and back of the car. The male driver failed field sobriety tests and did not have insurance subsequently he was arrested for DUI and failure of insurance.

Police investigated an accident at Milwaukee and Main the morning of June 24. A male was still in the driver's seat of his car with the engine running. There were empty alcohol bottles in the car. When asked if he had been hurt the man replied no and continued to speak unintelligibly in a thick, slurred speech. The officer recognized the man as being involved in a similar accident at Touhy and Caldwell. The driver had alcohol on his breath and said he had diabetes. While waiting for the ambulance to transport him to a hospital the man fell and

struck his head on the pavement. Upon being released from the hospital the man was arrested for DUI.

A male was stopped at the 8800 block of Root the morning of June 23. The man had a strong odor of alcohol on his breath and stated he had 10 beers and was explicative drunk. He failed field tests and was arrested for DUI, revoked license and no insurance.

The morning of June 22 a female was stopped at the 8700 block of Milwaukee for going 50mph in a 35mph zone. Her eyes were blood shot and she had alcohol on her breath. She said she had 2-3 beers and proceeded to fail field sobriety tests. She was arrested for DUI and speeding.

A female was stopped at the 7500 block of Milwaukee the morning of June 19 for going 60 mph in a 35 mph zone and crossing over the yellow median line several times. She said she had

two beers and failed field sobriety tests. Her 20-month-old child was in the car seat in back. The woman was arrested for DUI and speeding.

BATTERY

The evening of June 28 a man approached several men drinking beer in the alley near his car at the 8800 block of Dempster and asked them to leave. The beer drinkers became verbally abusive. The car man went to his house and returned with a hammer. He struck one of the beer drinkers on the hand and the injured beer drinker hit the hammer man with a beer bottle in the head. Police arrived at the scene and arrested both men for battery.

INDECENT EXPOSURE

The afternoon of June 16 a woman was biking on the 8200 block of Cumberland when she was approached by a man in a '94 blue Dodge Caravan. The man told her he was interested in her and was exposing himself. The woman stopped her bike and the

man fled. The police ran the man's name through the computer and discovered he has a record of similar offenses but no action was taken.

SPEEDING

The morning of June 27 a man was stopped for going 55mph in a 35mph zone on the 7900 block of Dempster. The man was arrested for speeding, a suspended license and no insurance.

A woman was stopped for speeding on the 7300 block of Caldwell. She was also arrested for not having a driver's license or insurance.

STOLEN BIKES

On June 27 a bike was taken from the backyard of a townhouse on the 7000 block of Carol.

The evening of June 26 a locked bike at 900 Civic Center was taken while the owner was at work.

On June 25 an unlocked bike at

a shopping mall was taken from in front of a store.

A locked bike was stolen June 24 at a shopping mall.

On June 23 two brothers locked their bikes together in front of the Niles Library. When the boys returned the lock was broken and one of the bikes was missing.

STOLEN CARS

On June 23 a green two-door '96 Dodge Avenger was stolen from the parking area at the 8000 block of Foster.

A blue two-door '84 Cadillac Deville was stolen between June 22 and June 24 at the 8000 block of Milwaukee.

PROPERTY DAMAGE

The evening of June 19 a house was egged at the 8400 block of Betty. The woman reported seeing a silver Dodge Durango drive by.

Forest Preserve Canine Demonstration



Sgt. Willie McLaughlin, Forest Preserve District of Cook County, Canine Unit, with Moses.

- Purchase custom checks with such built-in security features as watermarks, fluorescent fibers, backgrounds that show "VOID" when photocopied or paper that makes erasures and alterations apparent.
- Employ a warning border on checks with security features.
- Require multiple signers on checks over a set amount.
- Provide your community banker with a written list of anyone authorized to make pay/no pay decisions.
- Maintain accurate records and perform timely statement verification.
- Explore positive pay, which allows a company's check printed file to be matched to the community bank's check authorized file.

Register early for Fall classes at Oakton

Register now for fall 2001 classes at Oakton Community College. Take advantage of early registration to ensure your place in the class of your choice and to avoid paying late registration fees. The first day of class is Monday, Aug. 27; however, many courses start later, so students should check the Fall 2001 Credit Class Schedule for specific meeting times.

In-person registration is Monday through Thursday from 8:30 a.m. - 8 p.m. at Oakton's Des Plaines campus, 1600 E. Golf Rd., and at the Ray Hartstein Campus, 7701 N. Lincoln Ave.,

Skokie. Students who have an application on file or have attended Oakton within the last three years may use the Touch-Tone registration system on Mondays through Fridays from 7 a.m. - 10 p.m. and on Saturdays and Sundays from 8 a.m. - 5 p.m. To register by phone, dial (847) 635-1616 and refer to the computer ID number listed by the course title in the Fall 2001 Credit Class Schedule.

For more information about fall classes, contact Student Services at (847) 635-1741 (Des Plaines) or 635-1417 (Skokie), or visit www.oakton.edu.

General Superintendent Joseph Nevius, of the Forest Preserve District of Cook County, announced that a Police Officer from the Canine Division, will put on a demonstration for the B'nai Emunah Seniors, Tuesday, July 10 at 1:15 p.m. at the Synagogue on 9131 Niles Center Road, Skokie.

Nancy Kahn, coordinator, announced that the officer will explain why and what the dogs are trained for, how obedience is taught and all other interesting aspects. The usual dogs of choice are the German Shepherd and Rotweiler.

From the Left Hand

Continued from Page 1

of the community.

After solving the sewer problem the group battled the park board demanding a park in their area which resulted in creating a park east of Waukegan Road next to the Lawrencewood Shopping Center (now the Niles Civic Center). Norm and his fellow revolutionaries then entered the political fields first placing Rudy Hill on the school district 71 school board and then supporting Szymanski. Peck and Zimos, where they became village board members. Peck also served on the Niles Park Board.

In 1961 when the inexperienced independents uprooted the old line Democrat and Republican Parties in Niles by placing Nick Blase and Len Szymanski on the village board, they opened a new era in Niles which has resulted in an incredible prosperity for a community which now has \$15 million of sales tax money flowing into village coffers each year. Zimos became the Blase-Szymanski-Scheel campaign manager and Kowalski was part of the gang of seven or eight from Kirk Lane who helped turn-around a sleepy village into perhaps the most dynamic suburb in all Chicagoland.

We never knew Amilda Mader, a Morton Grover who was a trustee on the Oakton Community Board. But she was someone special. She was elected student trustee back in 1978 and was appointed to the board in 1988 and was re-elected three times serving as board president in 1997-98. She graduated from Oakton around 1988 when she was past 60 years old and then was appointed to serve on the board as a school trustee.

She received an award from the Kettering Foundation and The Council For the Advancement of Citizenship for Exemplary National Issues Forums, and was granted the Outstanding

Senior Citizens award from the North Shore Seniors Center for her work with the emeritus program and the National Issues Forums. She was a woman whose zestful life was coupled with much warmth and kindness which brought joy to the many who knew her.

Longtime Morton Grove village board member Lewis Greenberg died June 27. Lew was instrumental in passing anti-gun legislation in 1981 - the first of its kind in the nation. Subsequently, more than 500 communities from Chicago to San Francisco modeled similar legislation which banned the sale and possession of handguns within their communities.

Lew, who was a certified public accountant for 46 years, served on Morton Grove's village board from 1978 to 1993.

During the very rancorous board meetings, in which gun lobbyists from all over America converged on Morton Grove, Greenberg was considered a calming influence during the very hectic meetings. He was a very humorous easy-going person whose demeanor kept the potentially Pyrrhic meetings under control. During the meeting when the board passed the anti-gun ordinance the overflowing crowd lined the street outside the hall, listening to the outcome from loud-speakers.

Greenberg was at center stage at Northwest Suburban Jewish Congregation serving on its board of directors for 30 years. He was president of the congregation from 1975 to 1977.

He was a warm lovable man with a wonderful smile and sense of humor. Like Norm Kowalski and Amilda Mader, Lew was an important part of our communities whose efforts enhanced the many who passed his way.

\$3.1 million for public works...

Continued from Page 1

instance, fire fighters could check street conditions for obstacles before leaving on a run.

The accepted bid, at \$3,120,000, is from Babco Construction of Evanston, Illinois. Four bids were obtained.

Babco is expected to sign the contract either this week or early the week of July 9, Noriega said.

A starting date will be assigned after the village issues a "notice to proceed." Noriega ex-

pects that work will begin in July with completion about one year later.

Constructed at the site of the present administration building (scheduled for demolition), the new administration building will be attached to the maintenance garage.

Bob Pilat of Public Works estimates the current administration building went up about 1954.

Summer School ... Continued from Page 1

of our two summer terms starts a mere three days after the school year ends and runs to July 27, with learning-intensive science labs spanning the entire seven-week run," says Paine.

Students enroll for lots of reasons, Paine adds. Incoming freshmen or students who plan ambitious elective programs or heavy extra-curricular activities may take a science lab during summer for greater flexibility during the school year.

District 207 offers a wide range of programs, from fine arts camps to field astronomy (held evenings from 7-10 p.m.), even a career exploration camp based at Oakton Community College, to help kids explore various professional fields through course work and field trips.

At District 219, summer school principal, Mark Wilson, has about 1,800 students enrolled. About 1,200 attend the full two-semester program and another 600 attend either the first or second. He estimates about two-thirds sign up by choice and one-third, to make up

a failed grade.

These kids are great to teach, Wilson says. He finds that discipline is not a problem in summer school, because the kids are motivated. For example, after a popular course fills, students may add their names to a wait-list, to grab any possible cancellations.

Wilson says most registrants are incoming freshmen and sophomores. "After all," he says tongue-in-cheek, "until they can qualify for driver's ed, they're working with fewer options."

Grammar school's summer programs are more basic. Kathleen Zoran, summer school coordinator for the seven schools in District 63, puts summer enrollment at about 350, of which some 90 percent are studying to improve in math and reading, and the remainder take enrichment courses.

District 71's Culver School reports about 20 students taking basic math skills, about 25 in basic reading skills, five in math enrichment, and three in remedial studies, per Vice Principal, Janice Geisheker.

LoVerde ...

Continued from Page 1

86 N. Caldwell, and the Moscow Nights lounge, 7800 N. Caldwell.

The adjacent properties border the district's Tam Golf course. When the park district learned last year that the Moscow Nights property was being sold for condominium development with a property line less than 10 feet from the golf course, it filed a condemnation suit to buy the property at a negotiated sales price.

"The (Niles Park District) board has always advised me to keep an eye out for open land," LoVerde told *The Bugle* last June after announcing a suit had been filed for the Moscow Nights property. "This is a great opportunity for the residents that will help us get closer to meeting standards."

LoVerde stated that the park district currently provides only 3.6 acres of open space per 1,000 persons, far below the Department of Parks and Recreation recommendation of 10 acres per 1,000 persons.

"Being a landlocked community, it is critical that we be able to increase this substantially with selective acquisitions," he wrote.

Last week, the park district negotiated a \$2.9 million sale price (see "Corrections" in this issue) for the Tam Fitness Center after filing a condemnation suit for the property several months ago.

Lerner asserted that the district's attempted acquisition of both properties for public use would adversely impact sales tax revenue to area schools. Citing Moscow Nights' owner, Michael Smolyansky, the article noted that of the \$38,000 in property taxes paid for the business in 1999, \$22,246 went to area schools.

"Yes, property taxes will be

lost," responded LoVerde. "We believe that decision should not and will not influence the importance of future recreational opportunities in the best interest of the entire community."

However, Smolyansky does not deny the district's legal right to take possession of land for public use. Leo Chinguino, Smolyansky's attorney, told *Lerner* that they went to court over the matter after the park district offered \$750,000 for the two-acre property.

LoVerde takes issue with the business' appraisal of \$2.3 million for the land, which is the sales price Smolyansky said he had negotiated with developers. The park director stated that the district upped the offer to \$960,000 after receiving an appraisal of \$1 million for the property.

The suit has been in the Cook County courts since last June, and Smolyansky criticized the park district for putting business owners and taxpayers through the costs of a lengthy suit.

LoVerde makes no apologies for what *Lerner* called "heavy-handed tactics" of using condemnation suits to acquire the land at a lower price, and disagreed with Smolyansky's declaration that condominiums would be a better use of land.

"We feel strongly and believe open space and recreation facilities are a better use of this land and will enhance the quality of life for an entire community, which takes precedence over an enhanced tax base," stated LoVerde. "Recreation is a very important part of the growth and success of a well-balanced community."

District 64...

Continued from Page 1

owner, the district must pay any deductibles before the plan coverage kicks in. "There were seven major medical claims this past year, and each cost (us) just under \$50,000," Clark said, to point out how costly such unbudgeted expenses were for the district.

Besides major medical claims, the district's health care claims generally were 26 percent higher than in the previous year.

Clark has been unable to build a financial cushion for several years now, due to tax caps placed on Cook County properties in 1994. Any reserve has now eroded, she said.

Legally, the district must amend the budget "whenever a budget line changes by more than 10 percent," said Clark, adding, "we were well over a 10 percent increase this year."

Through approved budget transfers, the board moved \$1,270,700 from other budget applications to meet expenses for this year.

Abt to leave MG...

Continued from Page 1

Square store-front in 1936, when Jewel Abt gave her husband, David, \$800 to start Abt Radio, a small electronics outfit.

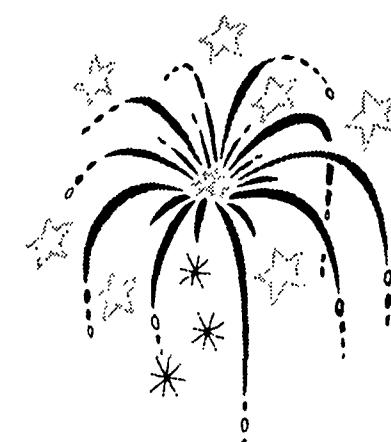
Abt Electronics continues to be a family-run business with second and third-generation members manning the ship of a company that has grown into one of the largest single store operations in the US. The business currently employs 800 people, and carries almost every major brand of consumer electronics and appliances, spotlighting the higher-end market.

Abt has a history of continuous expansion in an ultra-competitive industry, and has now outgrown its current 9-acre Morton Grove location. Reportedly, the only site in the village that could accommodate Abt is the Bally's strip mall, so the operation is moving to a 350,000 square-foot headquarters and showroom on 28-acres in Glenview. The company has even designed a state-of-the-art distribution center to manage its ever-expanding internet department.

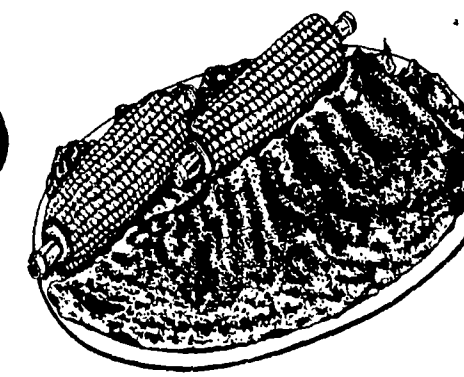
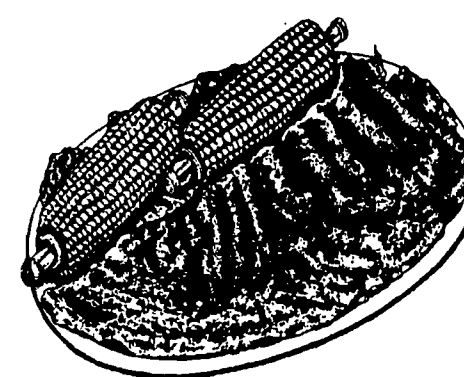
According to grandson, Mike Abt, there are several commercial developers interested in the Morton Grove property at this time.

Abt Electronics brings a hefty \$5 million in tax revenue to Morton Grove. Village Economic Development Director Tim Angell, said the property is in the C2 commercial district, and site purchasers must abide by the restrictions of that zoning, or appear before the Village Zoning and Planning Commission to seek approval before presenting its case to the Board of Trustees.

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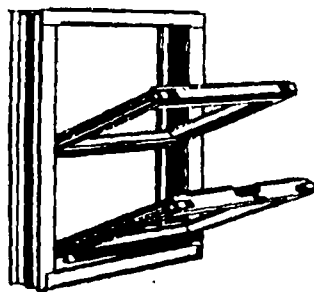
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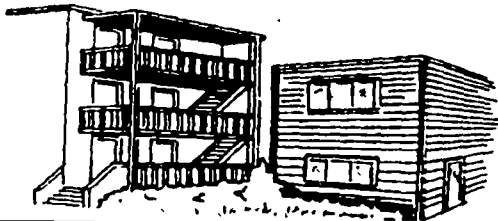
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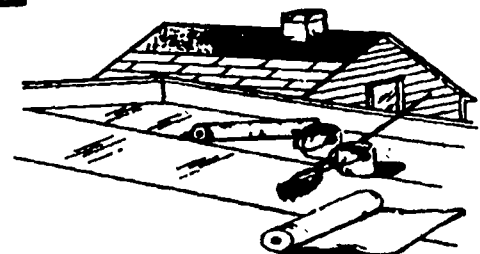
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