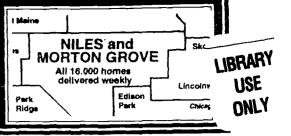


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Niles Buale

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7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, JULY 12, 2001

Board okays Waukegan Rd. homes

by Lisa Ashkenaz Croke

Almost a year after Niles residents protested the development of townhomes at 7546 Waukegan Rd., the property owner announced that two single-family homes will be built on the land.

Though a single-family home currently sits on the 59' x 300' plot, the property is zoned B2 for a small business.

At a Zoning Board meeting last July, neighboring residents and Commissioners engaged in a heated exchange when developers presented a proposal to build a row of eight 35-foot townhomes on the site, which is

nestled between the Abby Manor Condominiums to the south and a row of single-family homes on Birchwood to the

Despite reducing the number of townhomes proposed from eight to five units and the height to 32-feet, the Niles Village Board unanimously denied the proposal in October after residents voiced concerns regarding their own property values and potential flooding hazards.

The matter seems settled now

Continued on Page 34

New officers for American Legion Auxiliary

At a recent meeting the Morton Grove American Legion Auxiliary unit #134 elected new officers for the 2001-2002 term.

Terry Selzer, a past president was elected president of the group. Her husband is a former commander of the Post and Mrs. Selzer has been the perennial Visitation Chairman of the group.

Her first vice president, membership chairman, is past president Dee Dolan. Second vice president, the fund raising chairman, will be handled by retired president Mrs. Patti Jordan.

Re-elected treasurer is past president Connie Mahnke. And another past president. Joyce Senf will assume historian du-

Completing the new officers who will be formally inducted in fall ceremonies with new officer of the Legion Post are chaplain Delores Giblin and sgt. at arms, re-elected Bernice Reilly.

Morton Grove Lions

Are you interested in helping others? Then the Lions of Morton Grove are interested in you!! The Morton Grove Lions are active in fundraising for the hearing and sight impaired, juvenile diabetes as well as for many local groups. such as the park district, mental health organizations, library, etc. They also sponsor two scholarships each year.

The Lions meet once a month at a local restaurant. For more information call Jim Simkins at 847-965-2500:

Public Hearing

The Board of Education of East Maine School District No. 63. Cook County, Illinois will hold a Public Hearing on: Wednesday, July 18, 2001 at 7:20 p.m. in the Dr. Donald C. Stetina Educational Service Center located at 10150 Dee Road. DesPlaines, IL.

This hearing will be held for he purpose of taking public input on a request for modification of School Code language to allow a teacher institute day to be scheduled on Casmir Pulaski Day.

Village departments to have instant info on utility hook-ups, fire hydrant locations, car registrations, and more

Niles to computerize data on every home

by Lisa Ashkenaz Croke

The Village of Niles approved the purchase and implementation of a Geographic Information System (GIS) linking relevant property data to all village departments.

The GIS is a mapping system that will allow various departments to share information revelant to a particular property.

For example, an address entered into the GIS could provide the Finance Department with the property owner's name and address, the water meter readings for the site, and any real estate transfer taxes. With information provided from the Finance Department, the Police Department could ascertain which licensed vehicles and animals are at a particular address. Both Police and Fire Departments could use the GIS to find the best route

available when responding to an emergency. Information from Public Services could let emer-

Continued on Page 34

Successful 4th of July event at Niles Park District

July Post-Parade Celebration was a great success! We worked very hard to make the Fourth of

July fun for all who attended. Like every year, the celebration took place after the traditional Village of Niles Parade, at Grennan Heights. There was food and treats to eat, games to

The Nies Park District 4th of play, face airbrushing, as well as, singing along to the Fabulous Murray Brothers Band. There were ponies to ride and raffle prizes to win too. If you liked more "sporty" activities, there were basketball contests in the gym. We were also visited by Skates" the mascot for the Chi-

Continued on Page 34

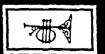
Thousands come out for July 4th parade



Participants from throughout the midwest marched in Niles' annual July 4th parade last Wednesday. Following the annual review of dozens of floats and marching bands, over 3,500 residents attended festivities at Grennan Heights park.



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



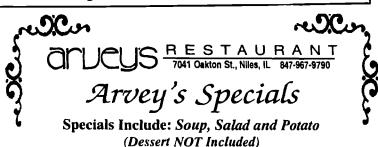
Park & Library News

Flick & Float Family Nights at IceLand Pool

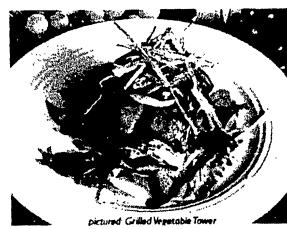
Niles Park District invites families to bring their favoite raft and watch their favorite flick at Ice-Land Pool, 8435 Ballard Road for enough, we'll show the most requested film. PJs acceptable attire on pool deck. Flick & Float

Family Nights will take place on Saturday, July 21. If you have a movie suggestion, notify the staff at IceLand in advance. Fees are movie nights. As soon as it's dark residents \$2, non-residents \$3. Free admission with pool pass. Mark your calendar for this funfilled night!

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DesPlaines Public Library

Special Programs forChildren. The DesPlaines Public Library has scheduled several special programs for children of all ages during the last two weeks of July. Most programs require advance registration in the Youth Services Department. Phone 847/ 376-2792 for details.

Fourth through eighth graders will have the opportunity to learn the ancient Oriental art of Origami paper folding from 2-3:30 p.m. on Thursday, July 19. The program will be led by library staff member John Haliotis. whose Origami creations were recently on display on the fourth

Morton Grove summer youth tennis programs

The Morton Grove Park District announces that there is still time left to register for summer programs. Programs begin August 7, and are under the direction of the Frank Sacks Tennis Camps. Inc. and follow the guidelines of the United States Tennis programs and grow-the-game initiatives. Spring programs will be held at the Harrer Park.

These tennis programs emphasize fun, fitness, and friendship and offer professional tennis instruction at a fraction of the rates charged by private clubs and resorts. Offered are tennis camps, group tennis clinics and classes or adults and youth, All programs are directed by Frank Sacks, who is a certified USPTA and USPTR tennis professional and former Head Men's and Women's Tennis Coach at Northeastern Illinois University and

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For more information, contact: Brain Glure, Atheltic Supervisor, Morton Grove Park District at (847) 965-1200, or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

Niles West and Niles North High

Out of this world science fun is scheduled on Thursday, July 26. Children in kindergarten through third grade will enjoy special science activities from 10-11:30 a.m. A similar program for fourth through eighth graders will be offered from 2-4 p.m.

The world's a stage on Sunday July 29 at 2 p.m. when fourth through eighth grade amateur actors perform Dr. Seuss' Bartholomew and the Oobleck. The whimsical story was adapted for the 16 performers by Katie Rank, a member of the Youth Services staff. It tells of a king who is bored with the rain, the snow, and the other things that come from the sky. The king gets more than he bargained for when his royal magicians create oobleck.

A fiesta for children of all ages will be presented on Tuesday, July 31, from 2-3 p.m. Activities planned include music, crafts, and a piñata game. Refreshments will be served.

Learn "How To Pick Stocks". Jeremy Rumps of Morgan Stanley will present a special program on how to pick stocks from 7-8:30 p.m. on Wednesday, July 25 at the DesPlaines Public Association USA Tennis 1-2-3 Library. The program is free, but advance registration is necessary. Pleasephone 847/376-2787 for

The program will emphasize how to evaluate a company and what are the best sources of information. During the program. Rumps will conduct a Value Line investment survey workshop. He will focus on identifying a company's growth prospects, dividend information, industry outlook, volatility, overall financial health, suitability as an investment, and more.

Friends Fall Book Sale. Friends of the DesPlaines Public Library are now accepting donations for their fall book sale. The book sale will be held on Saturday and Sunday, September 15 and 16, with a special preview for members on Friday evening.

The Friends welcome adults' and children's hardcover and pa-

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perback books, complete sets of encyclopedias published after 1990, computer books and textbooks published after 1995, audiotapes, compact discs, and video-

All items should be in good condition. The Friends are not able to accept National Geographic magazines, condensed books, encyclopedia yearbooks or records, these donation guidelines are also posted at the library and on the library Web site at www.desplaines.lib.il.us.

Donations may be dropped off at the library during regular library hours.

Skokie Youth Tennis programs

The Skokie Park Distict announces that now is the time to regiser for Summer Youth Tennis programs. Programs are under the direction of the Frank Sacks Tennis Camps, Inc. and follow the guidelines of the United States Tennis Association USA Tennis 1-2-3 programs and grow-the-game initiatives. Summer youth programs will be held at Central Park and Devonshire Park beginning July

These tennis programs emphasize fun, fitness, and friendship and offer professional tennis instruction at a fraction of the rates charged by private clubs and resorts. Offered are tennis camps, group tennis clinics and classes for adults and youth. All programs are directed by Frank Sacks, who is a certified USPTA and USPTR tennis professional and Former Head Men's and Women's Tennis Coach at Northeastern Illinois University and Niles West and Niles North High Schools.

For more information contact: Sandy Harris, Assistant Superintendent of Recreation, Skokie Park District at (847) 674-1500 or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

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Police News

Sheriff receives "Crime Stopper" award



Cook County Sheriff Michael F. Sheahan (center) was recently given the "Distinguished Service Award" at the annual Crime Preventions Awards sponsored by the Cook County Crime stoppers organization. Sheahan was presented with the award by Jerry Roper (left), chairman of the Chicagoland Chamber of Commerce, and George McDade (right), chairman of Cook County Crime stoppers.

Sheahan received the award for working to deter criminal activity and helping to develop innovative methods to solve crime in Cook County communities. The annual awards recognize excellence in law enforcement at every level and also honor citizens and businesses who have made valuable contributions to help fight crime.

Niles

INDECENT EXPOSURE -

As reported last week, a man driving his 1994 Dodge along the 8200 block of Cumberland on June 17 exposed himself to a passing female bicyclist. Further investigation revealed that the man had a similar prior offense. The Bugle has learned that on June 19, the offender was arrested by the Niles Police Department and charged with Public Indecency/Lewd Exposure, a Class A misdemeanor.

DRIVING WITH SUSPENDED LICENSE

A woman was arrested for driving with a suspended license the evening of July 5 after an officer stopped her car at the 8600 block of Golf when she failed to signal for a turn.

An officer stopped a man at the 9100 block of Mailwaukee on July 5 for turning without signaling and almost causing an accident. The man was arrested when a computer cheek revealed his man whom he believed was doing driver's license was suspended

for driving a motorcycle 40 miles. ... that day that his bike chained in over the speed limit on the 7900 the stairwell was stolen. block of Dempster.

A man was stopped at the 8500 TO AUTO block of Milwaukee the morning The evening of July 4 the rear of July 3 after an officer wit- window of a 1994 Acura Integra

nessed him changing lanes several times without signaling. The man was arrested for speeding (58/35) and driving with a sus-

The morning of July 2 as a man went inside the station at 7600 block of Milwaukee to pay for the gas his 1993 Lincoln Town Car was stolen. The keys were in the

BURGLARY

The morning of July 5 a woman was working in the yard behind her garage when a suspect entered the unlocked rear door of her home on the 7000 block of Howard. The master bedroom drawers were ransacked and a jewelry box from a second bedroom was stolen. Numerous jewelry pieces were taken.

STOLEN BIKE

On July 3 a resident at the apartment building at the 9000 block of Cumberland heard noises coming from the stairwell. When he investigated he found a maintenance in the utility room. The resident requested he be more quiet and returned to his On July 4 a man was arrested apartment only to discover later

CRIMINAL DAMAGE

in the parking lot at the 7700 block of Nordica was broken with an unknown instrument.

As a 1991 Dodge van was parked on the 8500 block of Milwaukee the rear window was smashed in with a beer bottle the evening of July 2 causing estimated damage of \$250.

Firm with "Cook County" in name is private

Cook County Treasurer Maria Pappas today warned taxpayer that the "Cook County Tax Refund Service" is not a government agency, but a private company that charges a fee for obtaining a property-tax refund.

"This is a private firm which has nothing to do with our ofice or Cook County government," Pappas said.

Pappas said her office has received inquiries from taxpayers who have been solicited by the firm offering to seek propertytax refunds from them, but who wondered why a "Cook County" government agency would charge a fee for getting such a refund from Cook County gov-"The answer is that this is a

private business with a name is a government agency," Pappas said. "No government agency charges a fee to obtain a by just the presence of an elecproperty-tax refund which the govenment owes the taxpayer."

Child safety seats: What you should know

(NAPS)-Surprisingly. many parents could do more to protect their offspring. Without realizing it, more than 80 percent of parents either install their car seat incorrectly or fail to use an appropriate seat for their child's size and weight.

"We see multiple child safety seat misuses every day that have the potential to result in fatal or serious mjury." says Lorrie Walker, child passenger safety coordinator at Florida Atlantic University. "Problems with car seats are not limited to improper installation. Parents who install the car set correctly in the vehicle may not necessarily secure their child properly in the seat itself."

Walker urges parents to do their homeowrk before purchasing a safety seat. She suggests taking family vehicles to the store and actually trying several different seats in the vehicles before making a purchase. Parents and caregiviers should thoroughly read instruction manuals, and practice proper installation until t becomes second nature. The next step is practicing placing the child in the safety seat and adjusting the harness so it lies snug and lat on the baby's chest.

There are several additional steps parents should take before buying new car seats:

First, find out what kind of car seat is appropriate for the child. the National Highway Traffic Safety Administration (NHTSA) advises that an infant at least 20 pounds and up to one year old is safest when riding in a rearfacing car seat, in the back seat of the car. This kind of seat provides lifesaving back, neck and head support in case of a frontal crash, the most common type of carsh.

There are two types of seats that accommodate infants. One is called an infant-only car seat and is outgrown once the child is at least 20 pounds and one year of age. Typically, these models offer the convenience of a base that stays in the vehicle, while the seat itself can be used as a carrier. A convertible car seat is used both rear-facing for infants (up to 30 pounds and one year) and forward-facing for toddlers (over one year and up to the upper weight limits on the safety seat). Some parents are uncomforta-

ble with the rear-facing seating position because they can't see the baby's face. Parents often improvise by pinning mirrors on the vehicle seat cushion so they can watch the baby. But this can be dangerous in the event of a crash. Fisher-Price has addressed this issue with an infant safety seat called the "Stay-In-View," It comes equipped with a built-in mirror, allowing the driver to keep baby in full view (for instance, when stopped at a traffic light) when buckled in the rear seat as recommneded.

Finally, NHTSA and the American Academy of Pediatrics remind parents that children who have outgrown convertible car seats still need the protection offered by a belt-positioning booster car seat. This type of car seat positions the safety belt properly across the child's chest and hips. Until children reach a height and weight which allows the vehicle safety belts to fit properly around them (usually about five feet in height and 80 pounds), a booster seat helps position the adult-sized safety belts properly.

For more information on how to protect children in the car. NHTSA provides safety tips which can be found on the Web at www.nhtsa.dot.gov.

How to prevent burglaries

(NU) -- More than half of residential burglaries occur during the daytime hours. One burglary is committed every 15 seconds, according to the 1999 FBI Uniform Crime Report. Each victimized home suffers an average loss of \$1,458 worth of property.

According to a leading security consultant group, 90 percent of police officials believe security alarms deter burglary attempts.

"Properly used, installed and maintained alarm systems offer an effective deterrent to crime," said Norma Beaubien, director of that makes people believe that it the Montgomery County Police · · & Sound: Your Guide to Home Department in Maryland.

Many burglars are scared off tronic security system. Burglars attack homes without an electronic security system three times more often than homes with a system, reported a Temple Universi-

Although a security system can prevent break-ins, consumers need to know more than crime statistics. A good standard system covers the entire perimeter of a home and alters the homeowner and the intruder. It limits damage, summons help and is easy to use.

Burglar and Fire Alarm Association's consumer brochure "Safe Security" and a listing of NBFAA member companies in your area, call (301) 585-1855 or visit NBFAA on the Internet at:

Niles Township School Districts' free and reduced price meals

FREE MEALS

REDUCED MEALS

FAMILY SIZE	YEAR	MONTH	WEEK	YEAR	MONTH	WEEK
1	\$11,167	\$ 931	\$ 215	\$15,892	\$ 1,325	\$ 306
2	15,093	1,258	291	21,479	1,790	414
3	19,019	1,585	366	. 27,066	2,256	521
4	22,945	1,913	442	32,653	2,722	628
5	26,871	2,240	517	38,240	3,187	736
6	30,797	2,567	593	43,827	3,653	843
7	34,723	2,894	668	49,414	4,118	951
8	38,649	3,221	744	55,001	4,584	1,058
Each Additional						
Family Member						

Niles Township School District 67, 68, 69, 70, 71, 72, 73, 73¹⁷. and 219 announced their policy for free and reduced price meals for students unable to pay the full price for meals served under the National School Lunch and School Breakfast

Added

Children from households that meet Federal guidelines are eligible for free meals or free milk.

All meals served must meet the U.S. Department of Agriculture meal requirements. However, if a child has been determined by a doctor to have a disability and the disability would prevent the child from eating the regular school meal, the schools will make substitutions prescribed by the doctor. If a substitution is needed, there

will be no extra charge for the meal. If you believe your child needs substitutions because of a disability, please get in touch with us for further information.

+ 3,926 + 328

parents or guardians. To apply for free or reduced-price meal services or free milk, households must complete an application as soon as possible, sign it and return it to the school. Additional copies of the application form are available at the principal's office in each school. Households should answer all applicable questions on the form. An application which does not contain all the required information cannot be processed and approved by the school. The re-

quired information is as follows: Food Stamp/TANF Households: If a household currently receives Food Stamps or "Temporary Assistance for Needy Families" (TANF) for their Application forms are being sent to all homes with a letter to child(ren), they only have to list the child(ren)'s name and Food Stamp or TANF case number

> All Other Households: If a household's income is at or below the level shown on the income scale, children are eligible for either free or reduced price meals or free milk. Households must provide the following information: (1) the names of all household members, (2) the Social Security number of the adult household member signing the application, or the word "none" if the adult does not have a social security number, (3) the amount of income each household member received last month and where it comes from (wages, child support, etc.) and (4) the signature of an adult household member.

+ 5,587

and sign the application. Link

card number cannot be used.

The information on the application may be verified by school or other officials at any time during the school year.

If income information is provided and children are approved for meal or milk benefits, households must tell the school when their household income increases by \$50 or more per month (\$600 per year) or when their household size decreases. If a Food Stamp or TANF case num-

ber was listed, the household must tell the school when they no longer receive Food Stamps or TANF for their child(ren).

Households may apply for benefits at any time during the school year. If a household is not eligible now but has a decrease in household income, an increase in household size, or a household member becomes unemployed, they should fill out an application at that time.

In certain cases foster children are eligible for meal or milk benefits regardless of household income. If a household has foster children living with them and they wish to apply for meal or milk benefits for them, they should complete the application.

Households dissatisfied with the ruling of the official may wish to discuss it with the school. Households also have the right to a fair hearing. This can be done by calling or writing the following official: Gerry Yeggy, Business Manager.

In operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-

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Brookfield Zoo Searching for Volunteers

Hafe you always wanted to learn more about animals? Are you interested in helping children connect with nature? Would you enjoy helping people increase their appreciation and understanding of the natural world? Do you love being outdoors and around animals? Then consider becoming a Brookfield Zoo vol-

The zoo is now recruiting candidates for its 2001 Docent Training Program. A docent is a volunteer educator who interprets zoo exhibits, conducts tours, and presents fun educationas activities to guests during special events. The zoo has nearly 300 docents who donate their time either once a week, Monday through Friday, or every other Saturday or Sunday.

The 2001 training program takes place on Tuesday evenings from September 4 through November 27 from 7 to 10 p.m. and every other Saturday from 10 a.m. to 4 p.m. beginning Saturday, September 8, and continuing for six weeks.

In addition, Brookfield Zoo is also recruiting volunteers for its Guest Guide Program. Guest guides welcome zoo visitors, assist with wayfinding and orientation to the zoo and all its attractions, make recommendations for a more satisfying visit, and address general questions and concerns. The next Guest Guide Training Program will be held at the zoo on Saturday, August 11, from 9 a.m. to 4 p.m.

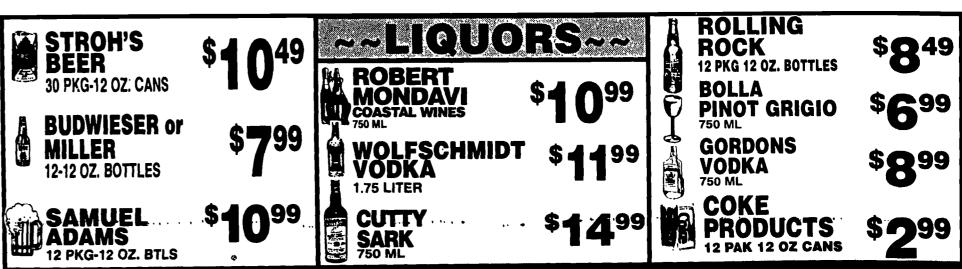
For more information on volunteer opportunities at Brookfield Zoo, call (708) 485-0263, ext. 363, or visit the zoo's Web site at www.brookfieldzoo.org.

Open every day of the year, Brookfield Zoo is located at First Avenue and 31st Street in Brookfield, IL, just 14 miles west of downtown Chicago. Th zoo is accessible via the Stevenson (I-55) and Eisenhower (I-290) expressways, the Tri-State Tollway (I-294), Metra commuter line and PACE bus service.



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SLICES

(NAPS)-A recent law change closed Social Security Administration gaps in determining SSI (Supplemental Security Income) eligiblity for the disabled. Prior to the new statute there was nothing in the SSA law regardling trusts. Now the law generally provides that trusts established with the assets of an individual or his or her spouse will be considered a resource for SSI eligiblity purposes. However, a basic understanding of the new regulations. SSI. and state Medicaid law is critical to proper planning. Here are a few commonly asked questions answered by experts at MetLife.

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O. What is SSI? A. SSI is a federal program usually administered by state agencies that provides income to the aged, the blind, and the disabled. Cash benefits are paid each month up to the "federal benefit rate." For the disabled, eligibility for SSI is based on need as well as disability. A person is not qualified to receive SSI if he or she has "countable resources" in excess of \$2.000 or "countable income" in excess of the federal benefit

Q. What is Medicaid? A. Medicaid is a stateadministered. federally subsi-

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- COUPON -

dized program that pays for needed medical care for eligible persons. An applicant's medical diagnosis, finances and age are used in determining eligiblity. In most states people who qualify for SSI automatically receive

Q. How do trusts come into

A. Generally a trust is a legal ole resources for SSI purposes.

ulations still allow what are called special needs or supplemental needs trsuts that have been established with the assets of third parties and do not consider these trusts a resource for SSI eligibility purposes. This means that parents, grandparents, or relatives can set up funding for the lifetime care of a disabled relative without worrying about losing

MetDesk Web site www.metlife.com/desk.

Mr. Harmon is the MetDESK Manager, and a parent of a spe-

Combat the effects of too

a lifetime of sun exposure become more apparent.

People over age 50 who have

spent a significant amount of time in the sun are at risk for developing an actinic keratosis, which is a precancerous bump on the surface of the skin.

At first, the bump appears as a dry, scaly patch the same color as your skin. Eventually, it turns pink, red or brown and can be itchy or tender.

An actinic keratosis is very often the first step in the development of skin cancer. In fact. 15 percent of active actinic keratoses will become some form of carci-

One in six people will develop an actinic keratosis at some point. If you're fair-skinned and have blond or red hair, you are particularly vulnerable. People who are immunosuppressed as a result of chemotherapy, AIDS or organ transplantation also are very sus-

ceptible to actinic keratoses. If you develop an actinic keratosis, a new prescription cream can help prevent its progression to skin cancer. Carac. 0.5 percent fluorouracil cream, which is a form of topical chemotherapy. mimics naturally occurring substances in the body which are essential for cell division. Rapidly dividing cells, such as those in actinic keratoses, absorb the fluo-

rouracil causing them to die. Carac has just been approved by the U.S. Food and Drug Administration for the treatment of multiple actinic or solar keratoses of the face and scalp.

"Carac does more than just

treat the actinic keratoses that are visible to the naked eye," said Dr. Joseph Jorizzo, professor and tology at Wake Forest University School of Medicine. "When a person has visible keratoses. there are generally more lurking beneath the skin's surface. Carac has the potential to treat those hidden lesions which can help supplement visits to the derma-tologist."

SSI Law Change

Medicaid.

all this?

arrangement that involves property and ownership interests that may or may not be considered a resource for SSI purposes. The new regulations call for close scrutiny as to whether any trust assets or income can be attributed to the disabled SSI applicant. or can be indirectly tied to the applicant. Under the new law, the gencral rule is that self-funded or self-settled trusts using the assets of the disabled person are counta-

For more inforantion about this and other related topics call 1-877-MetDESK or visit the

cial needs child. MetDESK is a division of Metropolitan Life Insurance Company. New York. N.Y. 10010, that focuses on the financial concerns of families The good news is that SSA reg-with special needs children.

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You may notice spots you've never had before. You may think these marks are only unattractive nuisances, but take note because they can be a sign of something dangerous.

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Shoba Rajamannar, P.T. Licensed Physical Therapist Member: American Physical Therapy Assn.







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First Aid and CPR class at Holy Family

On Saturday, July 21, a First Aid and CPR class will be held at Holy Family Medical Center in the Des Plaines Conference Room from 9 a.m. to 5 p.m. This one-day course will be taught by experts from the American Red

Partcipants will receive information about how to care for breathing and cardiac emergencies, perform rescue breathing, and one-person CPR (cardiopulmonary resuscitation). Classes will also provide information on how to treat burns, control bleeding, care for shock, and react to sudden illnesses such as poisoning and heat/cold emer-

Upon completion of the course, individuals will receive

certification in Community CPR Safety. There is a fee for this course and advance registration is required.

For more information or to register, please call the American Red Cross at (800) 337-2338, including the course code number. 108336.

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

United Ostomy Association

Chicago's North Suburban Chapter of the United Ostomy Association, a support group for all ostomates and those anticipating ostomy surgery, nicets on the 4th Wednesday of each month at 7 p.m., in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge, The

next meeting will be held on July 25, 2001. Refreshments will be served. A WOCN (Wound Ostoniy Care Nurse) is always on hand to offer help and information, and programs are fun and informative. Free. For information, call (847) 564-2454 or (847) 520-0699. Visit our website at www.uoachicago.org.

Providing Excellent Dementia Care lecture

Mather Institute on Aging presents "Providing Excellent Dementia Care: Avoiding 17 Common Mistakes," a special lecture by Jane Verity, on Tuesday, July 24 at 1:30 p.m. at Mather Pavilion at Wagner. 820 Foster Street, Evanston.

Jane Verity is Australia's leading lady when it comes to the social psychology of dementia. As the Director and Founder of Dementia Care Australia, her mission is to change society's attitude towards denientia.

With over 20 years of international experience and a profes- community.

sional background in Occupational and Family Therapy. Jane passionately conveys real life examples and experiences that ignite here audiences.

This free lecture is open to the public. Seating is limited, and participants are encouraged to RSVP by calling (847) 492-6810.

Mather Institute on Aging is a part of Mather LifeWays, a notfor-profit organization commmitted to offering a research-based portfolio of services promoting the well-being of seniors in their

Osteoporosis: Treatment and prevention lecture

Women who are nearing or are post-menopausal are at risk for osteoporosis. The presence of one or more of these factors could add to the risk of osteoporosis including family history. early menopause (prior to age 45). smoking, Caucasian race or Asian ethnicity and excessive alcohol use. An individual may have none of these risk factors and still be at risk for osteoporo-

Family Medical Center will sponsor a free community lecture on "Osteoporosis: Treatment and Prevention" from 1:30 - 2:30 p.m. at Oakton Arnis. 1665 Oakton Place in Des Plaines.

Please join LaDonna Koziol. MD, a board certified rheumatologist with the Rheumatic Disease Center, as she discusses the latest insights on prevention, diagnosis and treatment of ostcoporosis. She will also discuss risk factors of osteoporosis and demonstrate different exercise techniques.

register for this free program. please call toll-free (877) RES-INFO (737-4636).

Crohn's and Colitis meeting

Foundation of America, a support group for those who want support or information about Crohn's Disease or Ulcerative Colitis, meets on the 3rd Thursday of each month at 7 p.m. in Room 1041A. 10th Floor. Lutheran General Hospital, 1775 Dempster St., Park Ridge, Free, The next meeting will be held on July 19, 2001. For information about the support group call (847) 520-3456. For information about CCFA call (847) 827-0404. Visit our web site at www.ccfa.org.

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Women's News

Working women often don't have time to eat

(NU)—More than six out of ten working women say they skip lunch at least once a week—and it is not necessarily because they are dieting. They simply don't have the time.

Sixty-two percent of women surveyed said they are "too busy for lunch" and only 5 percent said they forgo lunch because they are trying to lose weight,

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Twenty-five percent said they aren't hungry for lunch, 3 percent said lunch isn't convenient, 2 percent said they skip lunch to get out of the office on time and percent said they can't afford lunch. How often are women not eating lunch? Although 38 percent said they never skip lunch, percent said they skip it according to the Blimpie Subs & about three times a week, 8 percent said they skip it four times

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a week and 6 percent said they always skip lunch.

This is despite the fact that 49 percent of these working women have their childen eat a school cafeteria lunch while 46 percent make their children a brown bag lunch for school.

"Working mothers would not let their children go without lunch, so why are they shorting themselves?" said Tony Conza, founder and chief executive offi-

GREEK PASTRIES

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ADMISSION:

FRIDAY: \$1.00

SAT/SUN: \$2.00

SENIOR CITIZENS \$1.00

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GAMES

COFFEE SHOP

Nutritionists agree that a light lunch is preferable to no lunch, pointing out that even a low-fat enough fuel for a productive af-

For a healthy meal that can produce energy for the rest of the workday, Blimpie recommends its turkey sub topped "The Blimpie Way"-with tomatoes, lettuce, onion, vinegar, oil and oregano.

To learn more about how to eat a healthy lunch, log on to

eating a healthy meal not only fuels your body but also gives the mind a much-needed midday work break." A healthy lunch doesn't have

cer of Blimpie International Inc.

'taking a break for lunch and

to take all afternoon, nor would most working women want it to. More than half of women surveved-54 percent-chose a sandwich as their top choice for a "convenient meal," with a salad coming in second at 42 per-

meal of 500 calories can provide

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Don't let your summer bite

Here's good news for homeowners tired of being bugged: There are steps you can take to reduce the number of mosquitoes in your neck of the woods.

· Still water can be a breeding ground for mosquitoes. Experts advise homeowners to not leave standing water in their drainage ditches or vards. plugged roof gutters. In addition, t's a good idea to change water in birdbaths, potted plants and wading pools at least once a week.

To keep persistent outdoor pests outdoors, cover all windows, doors, chimneys and other entrances with insect screens.

If bitten by a mosquito, try not to scratch the bite -- experts say it will only cause it to itch more and may lead to infections. Try using an itch-relieving product instead. For example, ITCH-X is an anti-itch gel that contains aloe vera. It soothes itching caused by bug bites, poison ivy, oak and sumac.

· Mosquitoes are attracted to bright, dark colors, especially red. To keep mosquitoes at bay, it can be helpful to wear light, solid colors and avoid floral prints or any type of fur on clothing.

For more information, visit www.bfascher.com.

Women's **Golf Tournament**

The Fairway Network will host its Annual Charity Golf Tournament on Monday, July 16, from 11 a.m. to 7 p.m. at the Wilmette Golf Course, located at Lake Avenue & Harms Road in Wilmette, Illinois. No golf experience needed. Activities include both social and competitive groups. The cost is \$125 per person and includes driving range, greens fee, cart. lunch and awards dinner. Proceeds will be donated to the Chicago Foundation for Women and its efforts to increase opportunities and resources for women and girls. For registration information, call (312) 266-1176, ext. 15. Men are welcome.

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Obituaries

EDWARD J. RUSCHLI, SR.

Edward J. Ruschli, Sr., 83, of Morton Grove, died June 22. He was born August 2, 1917 in Winnetka. Beloved husband of Marge (nee Remich). Beloved father of Carol Hieber, Edward Jr. "Jay", June, Cathy (Tom) Engel, and the late Jo Ann (Verne) Price. Grandfather of 10. Great-grandfather of 12. Brother of Dorothy Waling and William. Services were held Monday, June 25 at St. Martha Catholic Church, Morton Grove. Interment was in All Saints Cemetery, Des Plaines. Memorials to: Maryville Academy, 1150 N. River Road, Des Plaines, IL

THERESA FAVUZZA

Theresa Favuzza, 84, of Portland, OR (former long-time resident of Niles), recently passed away. Beloved sister-in-law of Joseph Marrone. Beloved aunt of Christine (John) Shields. Greataunt of Nicole Marie Shields and Peter Andrew Shields. Services were held at St. John Brebeuf Church. Interment was in St. Joseph Cemetery, River Grove.

Park Ridge-based Rainbow

Hospice. through their Center

for Loss and Life Passages, will

offer two workshops in the

month of July. "Loss of an Adult Sibling," will be offered on Sat-

urday, July 14, and "Loss of an Adult Child" will be offered on Saturday, July 21. Both these

free workshops will run from 10

a.m. - noon, and will be held in

the offices of Rainbow Hospice,

444 N. Northwest Highway,

Facilitators for these work-

shops include Geri Sztuk and

Mary Miller, Licensed Clinical

Social Workers, and Betty Siu-

ba, a licensed Clinical Profes-

by requests from our communi-

ty," says Betty Siuba, the Cen-

ter's director. "We are offering

expertise regarding loss issues

from long-term illness as well as

sudden, tragic losses. An indi-

vidual's grief affects both their

physical and emotional health.

The Center will help the individ-

ual learn to incorporate the loss

The Center also provides sup-

port for individuals who are

struggling with the loss of a sig-

nificant person in their life:

wife, husband, mother, father,

child, sibling, or good friend.

Counselors help people realize and understand the process of

Rainbow Hospice is affiliated

If you wish to appear agreeable in society, you

must consent to be taught

many things which you

Charles Maurice de

Tallyrand

into their everyday life."

grief and mourning.

know already.

"These topics were identified

Suite 145, Park Ridge.

sional Counselor.

GERTRUDE HOSIE

Gertrude Hosie, 96, of Niles died Sunday, June 3 at Resurrection Medical Center. She was born January 15, 1905 in Belfast, Ireland. Beloved daughter of the late Charles and the late Mary Jane Maguire. Beloved mother of Gertrude Schoose. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

JAMES R. DANIELAK

ton Grove, died June 21 at Hospice of the North Shore, Skokie. He was born July 7, 1939, Beloved husband of Annette (nee Rygielski). Beloved father of Bill (Stephanie), Laurie (John) Lettner, and James, Jr. Grandfather of Jessica, Kelly, Kristina, and Matthew. Brother of Dolores (Robert) Sonderman. Services were held Monday, June 25 at St. Martha Catholic Church, Morton Grove. Interment was in St. Adalbert Cemetery, Niles. Memorials to: Hospice of the North Shore, 2821 Central Avenue, Evanston,

James R. Danielak, 61, of Mor-

Rsurrection Health Care. Rain-

bow Hospice is a nonprofit,

community-based organization

with a mission of enabling peo-

ple to cope with loss and the end

To register, please call (847)

Bereavement Workshops

692-8884.

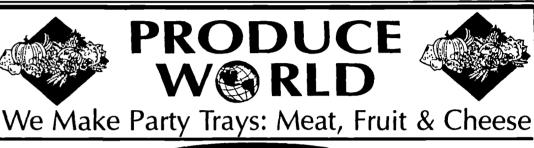
Are You

JULIA WEISS

Julia Weiss, 93, of Park Ridge, died Tuesday, June 5 at St. Matthew Home, Park Ridge. She was born December 5, 1907 in Germany. Beloved daughter of the late Karl and the late Therese Leidl. Beloved mother of Leo Weiss. Services were held June 9 at St. John Brebeuf Church. Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemement was in Maryhill Cemetery, tery, River Grove.

MICHAELLENE D. ZUCH

Michaellene D. Zuch, 85, of Albert H. Majesty, 92, of Niles, died Sunday, June 3 at Lu-Des Plaines, died Monday, June 4 at Oakton Pavillion Nursing theran General Hospital, Park Home. She was born May 10, Ridge. He was born May 30, 1916 in Chicago. Beloved daugh-1909 in Milwaukee, WI. Beloved ter of the late Michael and the late great-uncle of Joanne Bryant. Louise Zuch. Beloved sister of Services were held June 8. Ar-Helen Orlando. Aunt of Robert J. rangements handled by Skaja Orlando. Services were held June Terrace Funeral Home. Interment 9. Arrangements handled by Skawas in Maryhill Cemetery, Niles. ja Terrace Funeral Home. Inter-



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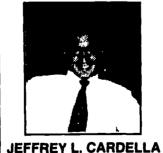
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School News

Israel Experience Programs Fair

Israel Experience Programs Fair is a good way to find out about the many exciting and challenging Israel Experience Programs available for college students and young adults.

The Israel Experience Programs Fair will be held on Monday, July 23, from 7:30 to 9 p.m. at the Louis and Saerree Fiedler Hillel Center at Northwestern

University, 629 Foster, Evanston. College students and young adults can find out at the fair about opportunities to study.

work or tour in Israel. Scholarship information also will be For more information, call

Hallie at (312) 444-2904, or email: ISRAELXP@juf.org.





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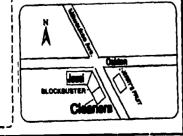
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Expert

Alterations

Notre Dame High School hires new Soccer Coach

Boys has hired former varsity boys' soccer assistant Jeffrey Anderson to fill the school's head coaching vacancy for this fall. Anderson is replacing Dr. Gianfranco Grande, who has taken a position in the development office at Notre Dame High

Anderson had been an assistant at Notre Dame for the past four seasons, including serving as interim head coach for part of last season. The Mt. Prospect resident has also been an assistant varsity coach at Fenwick High School. He has also coached four different clubs in various youth leagues.

Anderson is a 1979 graduate

Notre Dame High School for of DePaul University. He is married with three children. Two girls played soccer at Prospect High School, where they were both all-area selections. Anderson's son is playing soccer for the American Soccer Club's Under-14 boys' team.

Open registration

Applications are being accept-

ed for pupils in the Niles West

Preschool program at the high

school, 5701 W. Oakton. Skokie.

Children must be three years old

as of September 1, 2001. The pro-

grani runs on Tuesday and Thurs-

day either at 8:15 to 10:30 a.m.,

or 12:45 to 2:30 p.m. The cost for

the morning session is \$70 per se-

mester and the afternoon session

O'Connell at Niles West at (847)

568-3741 for more information,

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Niles Park District is proud to

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District with over 47 years of

experience in teaching the excit-

ing game of golf. He is presently

the Teaching Pro for Notre

Danie High School in Niles. He

also is a teacher to many head

golf pros and aspiring golf pros.

In the past he has taught at St.

Pat's High School and Winnetka

Golf Course. Tom will also be

available for private golf lessons. He can be reached directly

Niles Park District invites

kids who want to learn the game

of golf to join the upcoming Jun-

ior Golf Programs. Beginner

Junior Golf is offered to kids 7-

10 years old and 11-12 years

old beginning July 10 through

Golf is offered to kids under 12

years old and kids 13 years and

older beginning July 10 through

July 26. Fees are Res \$75 and

Non-Res \$82. To register for

these programs, please stop in

the Howard Leisure Center,

6676 W. Howard Street or call

26. Intermediate Junior

at (312) 543-3669.

Please contact Mrs. Gerry

at Niles West

Preschool

is \$60 per semester.

Notre Danie High School for Boys opened its doors to students in 1955. Notre Dame is a Catholic, college-preparatory school for young men in the educational tradition of the priests of Holy Cross (University of Notre Danie). The school currently serves approximately 685 male students and is located at 7655 West Dempster St. between Harlem and Milwaukee

Surviving your child's high school years

Township Reachout to Youth ers, and the coordinator of the (TRY) is sponsoring a special presentation entitled "Sex, Drugs and Rap: Surviving Your Child's High School Years" to be held from 7:30 to 9 p.m. on Tuesday, August 21 in the Board Room at the District 219 administrative offices, 7700 Gross Point Road, Skokie. A panel including school principals, deans, counselors, security, students, parents, teach-

Student Assistance Program will be on hand to answer questions. This is the opportunity for parents of incoming freshmen to relieve some of the anxiety associated with a child's first year of high school. All parents of District 219 incoming freshmen are invited to attend this free informational ses-

Library offers great deals at Summer Book Sale

brary and visit the Summer Book Sale on July 17 and 18 at the Niles Public Library District. This special summer event kicks off with our "First Nighter Sale" on Tuesday, July 17 from 6 to 8:30 p.m. in side B of the Large Meeting Room. There will be a \$2 admission fee for adults, and children under 18 and Friends members are free. The sale continues Wednesday, July 18 from noon to 8:30 p.m. with free admission for all. Get fabulous deals on used

tion, children's materials, books on tape, magazines, videos and CDs. Most materials are in great condition, and everything is priced to sell. Former bestsellers are \$1, hardcover books are 50¢ and paperbacks are just 15¢! Proceeds from this sale will be used to purchase materials for the Library that are not included in the Library's budget. For more information, please call the Library at (847) 663-1234.

Wolff's Flea Markets

Rosemont Allstate Arena 524-9590 On Mannheim between Higgins

& Touhy - Free Parking Over 500 Vendors - Largest All **Outdoor Flea Maket in Chicagoland Every Sunday 7am to 3pm**

Melrose Park

2031 N. Mannheim, Melrose Park -At North & Mannheim Aves. Over 400 Vendors! Every Sat. & Sun. 8 am to 4 pm

Renovember of the second of the second of the second

Calling all junior scientists

(NAPS) - If you could grow the "food of the future" what would it be? Would it be as healthy as broccoli but taste like ice cream? Would it grow from seed to stalk in just one day? Could it help combat world hunger?

Biotechnology is helping make foods even better: better tasting, better for you, and better for the environment. The Council for Biotechnology Information is on a nationwide search for kids with creative ideas about science to come up with the "Food of the Future." For example, if you could grow a food that would help people, what would it be? How would it look and taste?

One lucky winner will be awarded a \$10,000 college scholarship. The winner and his or her "Food of the Future" drawing will also be featured on Biotech And You! a monthly online magazine featured on: www.whybiotech.

It's Easy

Just Use Your Imagination! Entering is easy! Just print out an official entry form by logging onto www.whybiotech.com and clicking on the link to the "Food of the Future" contest. In the spaces provided, draw a picture of your "Food of the Future" and tell us about it in 50 to 100 words. Print your complete name, address, date of birth and telephone number on the lines provided. If you do not have access to the Internet, you can receive an official

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entry form via U.S. mail by calling (202) 467-6565 and request-

Finally mail your completed entry form to "Food of the Future" Contest, 676 N. St. Clair #1000, Chicago, IL 60611. Kids can enter the contest as often as they choose, but only one entry per stamped envelope will be ac-

The "Food of the Future" contest opened to children 8 to 12 years old on May 31, 2001. All entires will be judged based on originality, creativity and appropriateness to the contest theme, a "Food of the Future" that would help people in some way (for example, help combat world hunger or produce food in a more earth-

FREE **Activity Book Offer** Everyone who enters will auto-

matically receive a free copy of "Look Closer at Biotechnology filled with fun educational activi-

ties for children to learn more about the future of food. The 16page workbook comes with a set of colored pencils and includes word games, puzzles and coloring activities that are fun for kids and also make this new science easy to understand.

Don't Delay **Enter Today!**

The "Food of the Future" contast ends September 30, 2001 For more information about biotechnology and the "Food of the Future" contest, visit the Council for Biotechnology Information's Web site at www.whybiotech. com. The winner will be selected on or about October 31, 2001.

Book discussions at Second Editions

Book discussions at Second Editions, 4923 Oakton St., Skokie (847) 677-0680 are the first Monday of the month, beginning at 7:30 p.m. Drop-ins are welcome, there is no fee. Summer reading for the group includes:

August 6—The Professor and The Madman by Simon Winchester is the true story of the

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making of the Oxford English Dictionary and the discovery that one individual, who had made over 10,000 submissions to the work, was an inmate at an asylum for the criminally insane.

September 10-The Godmother by Elizabeth Ann Scarborough, a contemporary fantasy set in Seattle.

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CHURCH & TEMPLE NEWS

Grove becomes site of Worship service

The spacious meadow at the Grove, a national historic landmark, in Glenview, will be the site of Glenview-based Congregation B'nai Jehoshua Beth Elohim's Sabbath Worship service on Friday, July 13, at 7 p.m. For the 9th year, congregants will ioin in worship in this unique and tranquil setting. A picnic dinner, to start at 6 p.m., with Brown's chicken and meatless mostaccio-

li, can be reserved at a cost of \$10 per adult, \$5.50 per child, children under two are free.

Community members are invited to bring chairs and join members of the congregation, Rabbis Barnett Brickner and Amy Memis-Foler, and Cantor Cory Winter, for this special service under the stars.

For information, contact Shari Bauer at (847) 729-7575.

SHOP WAREHOUSE DIRECT AT THE

North Suburban **Shabbat singles**

entrance, proceed left around the North Suburban Shabbat Sinbuilding and forward towards gles will meet at Ravinia Sunday, July 22 for The Best of the Pavilion. We will section off a portion of the lawn close to the Broadway with conductor Erich path. Look for signs that will Kunzel. Lawn admission is \$10. read NSSS and blue and white The program begins at 7 p.m., balloons. There will be no rain but we will picnic on the lawn starting at 6 p.m. Everyone is redate. For further information, contact Rosanne at (773) 761sponsible for his/her own food arrangements as well as blanket/ 6862 or e-mail shabbatsinchair. When entering the main gles@aol.com.

Ezras Israel to hold JUF brunch

Congregation Ezras Israel will hold a complimentary brunch on behalf of the 2001 Jewish United Fund-Israel Emergency Fund (JUF-IEF) campaign at 10 a.m., Sunday, July 22, at the synagogue, 7001 N. California, Chi-

cago.
The guest speaker will be Professor Yaffa Eliach, a pioneering scholar in Holocaust studies and the creator of the Tower of Life display at the United States Holocaust Memorial Museum in Washington, D. C. To make reservations or for more information, call Judy Berkeley at (312)

Sun., July 15 Shabbat Singles 45+

Shabbat Singles for Jewish singles 45+ will have a "Walk Around" on Sunday, July 15 at the Botanic Gardens in Glencoe - entrance is on the south side of Lake/Cook Road approximately 1/2 mile east of Route 41. We will meet at 10:30 a.m. at the Information Desk inside the main building. Parking at the Botanic Gardens is \$7 per car. For those interested in car pooling, we will leave the What's Cooking North Restaurant, 350 S. Waukegan Road, Deerfield, at 10:15 a.m. After the "Walk Around" join us at noon at What's Cooking North for an informal brunch/snack/lunch. For any questions call Rosanne at (773) 761-6862 or email: shabbatsingles@aol.com.



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CHURCH & TEMPLE NEWS Woman of the Year St. John Brebeuf



St. John Brebeuf Parish salutes Judi Stephens as their "Woman of the Year." Judi and her husband, Dennis, have been members of the parish for 27 years. They are the parents of three daughters and recently became grandparents of a baby

Judi has been involved in a wide variety of ministries at St. John's including serving as President, 2nd Vice President and other offices in the Catholic

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Women's Club. She initiated the International Celebration which has become a very popular parish event, is active in the Nativitv Guild organizing the vendor participation in the annual Holiday Bazaar. Judi is a team coordinator in the Breadbasket ministry which prepares and serves food to the less fortunate. Judi also volunteers ni St. John's Respect Life, Market Day, and Religious Education programs. She is president of Deanery E of

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the Archidocesan Council of Catholic Women. Judi is a lifetime member of the Niles Historical Society and a longstanding member of the Tritons Scuba Club.

Judi was honored at a vicariate luncheon in May and the SJB spring luncheon in June. St. John Brebeuf Parish is proud to call this compassionate, loving woman their Woman of the Year.

Artists Leonardo da Vinci and Michelangelo both claimed that the herb called Garden Rue improved their eyesight and inner artistic





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Looking for a night out? Try Brookfield Zoo

Delight at the athletic grace of dolphins, take a stroll in the twilight, relax over a fine dinner on a scenic patio and browse through unique gift shops. Sound like a great night out? All this and much more are as close as Brookfield Zoo, where hours are extended each Saturday and Sunday through July 29 for Summer

The zoo's talented dolphins are prepared to entertain guests at a special Caribbean-themed show, complete with island-costumed trainers and beach atmosphere, at 7 p.m. A pre-show "name that tune" and trivia contest at 6:15 p.m. add to the excitement. Prizes include the chance to see the evening's show from on deck, a postshow behind-the-scenes tour, and special CDs. Summer Nights is the only opportunity to see this entertaining performance.

Brookfield Zoo's fine restaurants and shops are open until 8 p.m. for dining and shopping. Most indoor animal exhibits are open until 7:30 p.m., so guests can visit favorite animals and neet new ones.

In addition, the zoo is bringing a Chicago tradition to Brookfield with Taste at Brookfield. Whether for a light snack or a full meal, this third-annual summer food festival offers many taste-bud temptations. Delicious odors will guide guests to the 15 food booths near the Ituri Café, where the varied offerings are sure to satisfy

Enjoy Taste at Brookfield from noon to 7:30 p.m. on Saturdays, July 14, 21, and 28. Taste at Brookfield Zoo is sponsored by American Airlines and Hinckley Springs®. For more information about Brookfield Zoo's special events, call (708) 485-0263, ext.

Open every day of the year, Brookfield Zoo is located at First Avenue and 31st Street in Brookfield, IL; just 14 miles west of downtown Chicago. The zoo is accessible via the Stevenson (I-55) and Eisenhower (I-290) expressways, the Tri-State Tollway (I-294), Metra commuter line, and PACE bus service. For more information, visit the zoo's Web site at: www.brookfieldzoo.org.

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Luncheon date at Sushi 21

by Jeanine Kromer

Sushi 21 in Niles perfectly blends authentic Japanese cuisine with a modern flair. The chefs have over 20 years of experience in the sushi business. Sushi 21 exudes a bright and relaxing ambiance. From sheer curtains to painted paper lights, the restaurant is pleasant and soothing. Sushi 21 opened its doors at 8353 Golf Road earlier this year and is a delightful place to dine.

greets each visitor with "Eerot shy mot se." which means, "welcome." The waitstaff is efficient and accommodating. Being novices with sushi, my husband and I requested a demonstration of how to eat the appetizer that consisted of tuna, salmon, shrimp and red snapper. The seafood was served atop sticky rice and the waitress suggested dipping the sushi in soy sauce. Spices are available to give the soy sauce a little kick, including excellent fresh ginger. The seafood was fresh and tasty without being "fishy." After observing our attempt to manipulate chopsticks, the waitress informed us that it's acceptable to use our fingers but we wanted to get the full effect of the atmosphere.

The Sushi 21 staff warmly

Our salads arrived with fresh lettuce and a mouth-watering dressing. The delicious dressing was sweet and had the consistency of applesauce---very unique. and quite a challenge with chopsticks.

My husband had the Tempura Udon (shrimp and vegetables) with thick noodles in hot broth. The tempura batter was light and crispy making the shrimp and vegetables practically melt in your mouth. The thick noodles were chewy and the thickness made them a pleasure to eat.

The Philadelphia 1 ordered had many of my favorite items: tuna, cucumber and cream cheese in a seaweed wrap. The tuna was slightly dry but overall the five rolls were an enticing

The Sushi 21 menu covers a broad spectrum of appetizers and entrees. The food is fresh and healthful. The lunch specials include soup, maki, rice, entree, salad and pickles. The dinner special adds sushi. A favorite, the maki is seaweed wraps with choice of contents including seafood, vegetables and combinations. Sushi may be ordered a la carte.

The impeccable food, charming atmosphere and professional staff at Sushi 21 combined for a wonderful Sunday lunch date for my husband and I. For more information call (847) 583-1212.

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The tenth annual Shakespeare on the Green, will present The Tempest on the front lawn of the Barat College of DePaul University campus. Performances will be held July 13-15, 19-22, and 26-29 at 8 p.m. Admission and parking are free.

Festival grounds open at 6 p.m. with music and an early evening picnic. Seating is on a first-come, first-served basis with a roped off area for blankets and additional seating for chairs and bleachers. Concessions are available for purchase from Aramark.

Believed to be Shakespeare's final play. The Tempest grapples with such familiar themes as the nature and authority of power, vengeance and forgiveness, and the complexities of human relationship. Set on a magical island, Shakespeare weaves an intriguing tale that entertains. challenges, and provokes

Equity actor Craig Spidle, a familiar face to festival audiences, will lead the cast as Prospero. Craig played the title role in last year's production of King Lear and in the 1998 production of Macbeth. Craig has numerous Chicago and Regional credits having appeared in productions at such theatres as: Steppenwolf, Chicago Shakespeare, Court Theatre, National Jewish Theatre. Victory Gardens, Goodman Theatre. Freedom Theatre of Philadelphia, and the Cherry Lane Theatre in New York. Craig is currently working on the feature film Road to Perdition starring Tom Hanks and Paul Newman, directed by Sam

Joining the cast is a company of professional actors drawn from the metropolitan Chicagoland area. Members include:

as Ariel, Kristen Totten as Miranda. Warren Jackson as Caliban, Christopher Grobe as Ferdinand, Kevin Asselin as Sebastian, Rom Barkhordar as Alonso, Ken Borden Jr. as Stephano, Sean Patrick Fawcett as Trinculo and Jonathan Nichols as Antonio. Artistic Director Karla Koskinen will direct the produc-

made possible through funding from Corporate Sponsorship, contributions at the festival, a raffle, silent auction and the Friends of Shakespeare. The Friends of Shakespeare was established in 1994 to develop support from individual donors.

For more information on Shakespeare on the Green, please call the Drake Theatre at (847) 604-6344.

Silent Films, Live Music

The Silent Film Society of Chicago presents The Silent Summer Film Festival at the Gateway Theatre, 5216 W. Lawrence Avenue in Chicago, for five consecutive Fridays at 8 p.m. beginning July 27th. The festival enters into its second year using the same authentic presentation of silent pictures as when first released over 70 years ago. The opening film on July 27th will be Fritz Lang's amazing sci-fi/social criticism fantasy Metropolis (1927), with live pipe organ accompaniment by veteran photoplay organist Jay Warren. On Friday, August 3rd, one of the greatest stars of the silent era, Rudolph Valentino, will return to the silver screen in The Son of the Sheik (1926). The restored 35mm print will be accompanied by the 30 piece Lincolnwood Chamber Orchestra, under the direction of Philip Simmons with international silent film organist Dennis James. Together they will perform the original 1926 musical score for the film's accompaniment. The

rarely seen 1928 comedy Show People starring Marion Davies will be featured on August 10th with organist Dennis Scott at the Gateway pipe organ. This film was the biggest comedy hit of 1928. The film will be preceded by six rare 1920s "previews of coming attractions." the restored 35mm print of Peter Pan (1924) will be shown on August 17th. James M. Barrie, the famed author of the play upon which the film version was based, personally selected an unknown Betty Bronson for the role of Peter Pan, passing over Hollywood stalwarts Gloria Swanson, Mary Pickford, and Lillian Gish in the process. Jay Warren will provide the accompaniment. Closing out the series on August 24th will be the steamy Flesh and the Devil (1927) the film that paired up seductive Greta Garbo with leading man John Gilbert for the first time. Dennis Scott will provide the live pipe organ accom-

The host theatre for the festival will be the Copernicus Cen-

ter's Gateway Theatre, one of the last remaining neighborhood movie palaces. The theatre was the creation of celebrated architects Rapp & Rapp, famous for their resplendent design of deluxe theatres throughout the

The Gateway is also home to the 1,241 pipe Gateway Grande Pipe Organ. This instrument, at one time one of thousands housed in theatres across the country, was designed especially for the accompaniment of silent pictures. Like the silent films they accompanied, these organs were victims of the public's fancy for talking pictures. Long silent and forgotten, the surviving few have made a grand comeback as new audiences discover the silent cinema.

The films are presented by The Silent Film Society of Chicago. Festival passes are priced at \$34 each for seniors and students: \$39 for regular passes: and reduced price advanced ticket sale tickets for individual films are priced from \$7 to \$13.

Matt Walker as Gonzalo, Sharon Muthu as Ceres, John Chambers

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July 27, 28, August 2, 3 & 4 at 7:30 p.m. July 29 at 2:00 p.m. **Johnson Auditorium Niles West High School** 5701 Oakton Street, Skokie

Tickets are \$15 for adults, \$12 for seniors (over 60) and \$10 for children (under 12). Tickets can be purchased by calling Theatre 219 at (847) 966-8280 or by stopping by the box office at Niles West High School on Monday, Wednesday or Friday between Noon and 4p.m.

The control of the co



On June 20th, Maxwell's restaurant had its Grand Re-opening, unveiling its new management team. They offered 30% off the entire menu, a new breakfast menu, and various other specials that drew an astounding 5000 people during the 5 day event. Maxwell's has been in business for over 35 Liston, Village Trustee; Tim Angell, Economic Development for Morton Grove.

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val at the 2001 Greek Food Fest. "This Way to Greece." to be held Friday and Saturday evenings and all day Sunday. July 13-15 on the church grounds at 7373 Caldwell Avenue in Niles.

> Popular Gyros sandwiches. the dancing, if you like!

For a moment of respite, you might be interested in viewing a film of Greece or attending authentic Greek cooking demonto enter the church to see the sis and the new Pantocrator Ico-

Chairman John Kontos and co-chairman Tom Andrews extend a heartfelt invitation to all! The proceeds of the 2001 Greek Food Fest will benefit the St. Haralambos Church Building

The Greek Food Extravaganplenty of free parking and a complimentary sip of wine at the

For more information, please call the church office at 847/ 647-8880.



years, but a fire in February 2000 kept it closed for over six months. During that span, one of the 4 partners, George Tourloukis, offered to buy the others out. In May of 2001, the transition occured and the new management, son Jim and son-in-law Niko, overtook operations and vowed to bring back the service, food, and overall attitude that made Maxwell's a success for so many years. Since the Re-Opening, business is booming and Maxwell's will continue to offer weekly and monthly specials throughout the year. Above is a picture of the Ribbon-Cutting ceremony which included (left to right) Paul Goerner, Lasalle Bank; Deborah Gallas, LaSalle Bank; Nick Marino, Century 21 Marino; Jim Tourloukis, Maxwell's: Tina Miritello, Exec. Director of the MGCCI; Mayor Daniel D. Scanlon; Nikos Dagres, Maxwell's; Joe Moll, Village Trustee; Les Brownstein, Niles Township Trustee; Teresa

The community has been preparing authentic Greek foods, such as roasted lamb, souvlaki. Athenian chicken, pastitso, mousaka, home made tyropita and spanakopita. Taste mouthwatering, authentic Greek pastries, or visit the Taverna and try the delicious octopus appetizer!

the best Loukoumathes in town. wines and drinks are also available in our specialty tents. And for your entertainment, you can enjoy live Greek music and join

strations. You're also welcome beautiful, hand-carved iconostanography, and have a tour with a brief explanation of its traditional Byzantine architecture and appointments.

za will open Friday evening, from 5 p.m. to midnight. Saturday evening from 5 p.m. to midnight, and all day Sunday from noon until Midnight. Admission is only \$1 on Friday, \$2 Saturday evening and Sunday for adults. Senior citizens are \$1 and children are free. There's gate. Plan to come and experience Greek hospitality at its fin-

Community Calendar

Notre Dame High School for

Boys' head golf coach Bob

Beckman is pleased to announce

the addition of three one-day

golf clinics scheduled for Sun-

day, July 15, July 22 and July

29, at the Notre Dame Golf Cen-

'Edison Park Fest 2001' parade seeks participants

One of the major highlights of "Edison Park Fest 2001" will be its parade on Saturday, Aug. 18. at 11 a.m. Businesses, civic organizations, individuals, elected officials, political candidates. and others can still join in this festive event that will feature Jim Del Medico as its Grand Marshal.

Del Medico was unanimously selected for the honor by his fellow Chamber members. He is a former two-term president of the Edison Park Chamber of Commerce and a longtime community volunteer and activist who has made extensive positive contributions to the betterment of Edi-

This year's parade theme is "2001 -- An Edison Park Odyssey." The parade will begin forming at 10 a.m., in front of Ebinger School, 7350 W. Pratt Ave., Chicago. Units that register beforehand will receive a parade assignment number and then form in numerical order around the perimeter of the school prior to the parade's start. Units that do not complete an application and arrive on the morning of the parade will be given their assignment at that time. Their location will follow all previously assigned spac-

Parade entrants should decorate their units in keeping with the parade's theme. Prizes of first. second and third place awards will be presented to winners whose entries best reflect the theme. Last year's winners of the best decorated units were: Happy Foods (1st Place), represented by Dick Taylor, owner: the Edison Park Chamber of Commerce and Joe Bartel driving the Grand Marshal in his decorated 1928 Chev-

Irish American Heritage Festival

The Irish American Heritage Center promises fun for the whole family at its 17th annual Irish American Heritage Festival Friday, July 13, through Sunday. July 15. The Center is located at 4626 N. Knox Avenue in Chica-

There will be traditional Irish music by The Prodigals and direct from Ireland, Paddy Reilly. as well as a number of other well-known local musicians. Shapeshifters, the IAHC resident theatre company, will stage a one-act play, The Kerry Scribes. Irish food and drink will be available, as well as children's carnival games and activities, step and céili dancing, cultural exhibits, Irish import stores, and raffles.

Tickets are \$10 (\$6 if purchased before July 12). Children under 12 are free with a paying adult. Tickets may be ordered with Visa or MasterCard by phone at (773) 282-7035.

rolet (shared 2nd Place), and Century 21 McMullen Real Estate with a Dixieland Band (3rd Place), represented by Barry Pao-

This is a great way to promote your business, organization or yourself in front of thousands of people. For more information on the parade, or to obtain an entry form, call the Edison Park Chamber of Commerce at (773) 631-0063, or Stan "Tex" Banash, parade chairperson, at (773) 763-

ter on the school's Niles campus. The clinics will start at 4 p.m. and end at 7 p.m. The three-hour golf clinics are open to anyone age 12 and over.

The clinics on July 15 and July 29 will focus on an Introduction to the Fundamentals of Golf.

Arts & Crafts and Polka Festival

St. Michael's Church, 7313 N. Waukegan Rd.. Niles, is holding its 8th Annual Arts and Crafts Festival on Saturday, July 14th. The crafts festival will run from 10 a.m. to 4 p.m. and the Polka Festival from 2 p.m. to 6 p.m. The widely known polka band The Pensionaires will begin playing at 2 p.m.

A wide variety of homemade crafts will be available during the crafts festival including wooden items, wearable art. handcrafted jewelry, sculptured

Sun. 12 Noon

items, books and albums, knitted and crocheted items, and many other specially handcrafted

Homemade ethnic foods will also be served including stuffed cabbabe (holupki), polish sausage & sauerkraut, and our famous pirohi. Many homemade desserts will be available including kolacky.

For more information, please call St. Michael's Church at (847) 647-8398.







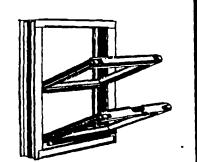


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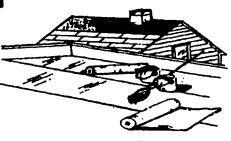
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Marines

Marine Corps recruits complete basic training

Laurie I. and Joseph A. Coop of Skokie; Marine Corps Pfc. Manuel E. Coronado, a 1997 graduate of Maine East High School. Park Ridge: and Marine Corps pvt. Brett A. Nerad. a 1999 graduate of Notre Dame High School, Niles recently completed basic training at Marine Corps Recruit Depot. San Die-

The recruits successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and

The young men began their training at 5 a.m., by running three miles and performing calisthenics. In addition to the physical conditioning program. Coop spent numerous hours in classroom and field assignments

Marine Corps Pfc. Nick B: Rojo, son of Marilyn and Robert Rojo of Skokie, recently completed the Personnel Clerk Course at Personnel Administration School, Marine Corps Service Support Schools, Camp Lejeune, NC

During the seven-week course. Rojo received instruction on the preparation and maintenance of officer and enlisted service records. Rojo also learned to prepare all personnel documents, including identification cards, promotion certificates, individual evaluation reports, and leave authorization.

Rojo is a 2000 graduate of Niles West High School of Skokie. IL and joined the Marine Corps in February 2000.

Navy

Navy Ensign John P. Kajmowicz, a 1994 graduate of Niles West High School, Skokie, recently graduated from the United States Naval Academy in Annapolis, MD, and was commissioned to his current rank in the United States Navy.

Kajmowicz successfully completed four years of intensive academic, physical and professional training, resulting in a bachelor of science degree with a major in Mechanical engineering. As a graduate of the Naval Academy, Kajmowicz completed a four-year, total-immersion program where a strong, balanced academic program focused on the educational needs of the Navy and Marine Corps. is superimposed on a strict, professional military training enviopment of leadership skills.

Navy Petty Officer 3rd Class Jose A. Hernandez, whose wife. Cinthia, is the daughter of Judy Hilburger of DesPlaines, recently was promoted to his current rank while serving aboard the dock landing ship USS Whidbey Island, homeported in Little Creek,

Last month, Marine Corps which included learning first Pfc. Jason M. Coop. son of aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat and assorted weapons training. They performed close order drill and operated as a small infantry unit

during field training.

Nerad, Coronado, Coop and other recruits also received instruction on the marine Corps' core values - honor, courage and commitment, and what the words mean in guiding personal and professional conduct

The training phase ended with The Crucible, a 54-hour team effort, problem solving evolution which culminated with an emotional ceremony in which the recruits were presented the Marine Corps Emblem, and were addressed as "Marines" for the first time since boot camp began.

Air Force

Air Force Airman 1st Class Marc A. McGee has arrived for duty at Grand Forks Air Force Base, ND.

McGee is an air traffic control apprentice assigned to the 319th Operational Support Squadron.

He is the son of Cheryle L. and stepson of Harold T. Wilson of Des Plaines.

Timothy C. Wegner has graduated from the U.S. Air Force Academy in Colorado Springs, CO, and was commissioned as a second lieutenant.

The graduate serves as an academy cadet senior officer who provided leadership, motivation and direction for the cadet wing and demonstrated effective officership in support of unit mission objectives.

The academy is a four-year military college which develops and inspires new air and space leaders with a vision for the future. It provides cadets with a balanced program of military training, academics, athletics, character and ethical development, and allows cadets to acquire a broad education in the basic and engineering sciences. social sciences, the humanities, and a choice of 30 academic ma-

The new licutenants go on to serve as pilots, navigators, engineers, maintenance officers, professionals in various technical fields, and some attend medical or graduate school with special scholarships while others go directly to non-rated Air Forcewide assignments.

Air Force Reserve Airman 1st Class Arturo Alameda and Airman Patrick J. Campbell.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits

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toward an associate degree through the Community College of the Air Force.

Alameda is the son of Doris Cermeno of Skokie, alameda is a 1991 graduate of Niles West High School, Skokie, and a 1996 graduate of the University of Illinois, Chicago.

Campbell is the son of Bonnie Gilbert of Niles, and newphew of Barbra Pacocha of DesPlaines.

Campbell is a 2000 graduate of

Maine East High School, Park

Army

Douglas R. Carlile has been promoted in the U.S. Army to the rank of sergeant.

Carlile is a cargo specialist/ squadron leader at Fort Eustis, Newport News, VA.

The sergeant is a 1994 graduate of Maine West High School,

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Sports vision safety

(NAPS) -- According to the Better Vision Institute, more than 90 percent of the sports-related eye injuries that occur in America each year could be prevented with protective eyewear.

Children and adolescents are especially susceptible to injuries because of their fearless manner of play and athletic immaturity. Parents and sports enthusiasts can take the following steps to en-

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sure adequate eye protection for everyone participating in sports: • Get an eye exam. Protec-

tion starts with prevention. Purchase specialized eyewear from a reputable dealer.

For racquet sports, eye safety guards or industrialquality safety glasses are neces-

For football and other contact sports, helmets with eye shields are recommended.

 For high-speed or contact sports, such as skiing and hockey, shatterproof polycarbonate lenses and special frames provide good protection.

 For snow skiing, water skiing, tennis and other outdoor sports, sunglasses and protective goggles also can protect the eyes from glare, UV rays and exposure to weather elements.

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

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Maine Township Senior Citizens 297-2510

MAINE TOWNSHIP SENIOR ACTIVITIES & EVENTS 18 HOLE PAR 3 GOLF OUTING

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This course will teach you basic first aid and CPR for adults and children. Certificate of Completion is given. Maximum: 25 students.

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"FOSSE LIVE" TRIP

Wednesday, July 25. 10:30 a.m. to 5:30 p.m. cost: \$75 members only

Come and enjoy the brilliant choreography of the famed 'Fosse" at the Livent Ford Museum of the Performing Arts in our Main Floor Seats. We will enjoy a traditional Greek lunch at The Parthenon prior to the show. The family style menu features Saganaki. Gyro, Taramosalata for appetizers, Greek Salad, Main Course of Moussaka, Pastitsio, Dolmades and of course, the Dessert - Baklava and Galaktobouriko.

We will leave the Golf Mill Parking Lot at 10:30 a.m., and return about 5:30 p.m. Please include a self-addressed stamped envelope for this trip.

WOMEN'S TEA

Thursday, July 26, 10:30 a.m. to 12 noon. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$3.50 includes lunch & pro-

Please join us for our monthly gathering. You are in for a special treat as we welcome John Pierre, a well respected nutrition and fitness consultant, as he presents his program on "Braincare: The How and Why." Lunch will feature a Turkey on Whole Wheat Sandwich, a Summer Salad and dessert. Volunteers are needed to greet people and prepare lunch.

NEWCOMERS RECEPTION

Monday, July 30, 10 a.m. to 11 a.m. Town Hall, 1700 Ball lard Rd., Park Ridge. Newcomers Welcomed!

Newcomers are welcomed to learn about all the wonderful services offered at Maine Township. Refreshments will be served. Registration required.

CRAFT WORKSHOP

Tuesday, July 31, 9:30 a.m. to 11:30 a.m. Instructor: Sue Domzalski. Town Hall, 1700 ballard Rd., Park Ridge. Cost: \$7 for instructions & supplies.

Shirt Appliques-Bring a clean, white T-shirt (or any blouse of your choice) and learn how to design it using iron on appliques and paint. Shirts must be prewashed/preshrunk. Appliques will be provided or you may bring some of your own choice. Plain fabric can also be used. Please bring scissors and your shirt for a fun morning of crafting. Also, bring a shirt box to transport your newly painted shirt. Minimum: 15 students.

Keeping your home in tip-top shape

(NAPS) -- Harsh weather can wear on your patience, car and home. Combat the effects by heeding a few hints from Dremel. manufacturer of the Professional High Speed Rotary Tool:

Home Maintenance

• Don't let your heating and cooling money go out the window. Reseal those windows instead. Remove window putty with a rotary tool and a highspeed cutter accessory, reinstall the windows and reseal with new

It can be a cool idea to add a grill to an existing heating duct. Cut the properly measured space into the existing duct, smooth any rough edges, install the grill and you can get more heat on cold

 Precipitation can wreak havoc on your gutters over time. Replace leaking gutter corners with new ones, attach with rivets and seal the joints to ensure that leaks are history.

Auto Upkeep

Here's a tip your car may get a charge out of: clean the battery from time to time to reduce corrosion and dirty contacts. Remove the battery, clean off dirt and oxidation with baking soda and water, then clean the cable clamps until shiny. A rotary tool with a brass brush accessory can make the job easier.

• Bust the rust on your car with a rotary tool that features a grinding stone or wire brush accessory.

The new Dremei Professional High Speed Rotary Tool simplifies these projects and more with several enhanced technical features experienced tool users can appreciate.

Dremel's patented electronic controller maintains the user's desired speed level. This "cruise control" can especially be important when working at low- and mid-speeds, when a slow down could result in burning, jagged edges, uneven cuts and other problems.

Another highlight is the LCD Readout. This feature lets users select a precise speed setting between 5,000 and 30,000 rpm, in 1,000 rpm increments.

The Professional Tool system is available in a variety of kits, retailing for approximately \$99 to \$119 with a five-year warranty. The tool is available at most major home centers and hardware and hobby stores.

You can get great project ideas and tips and learn more about the Professional Tool and other products www.dremel.com or by calling 1(800) 437-3635.

In politics there is no such thing as an enemy only someone who disagrees with you today and who might be with you on the next vote. -President Gerald

Morton Grove Senior Citizens 470-5223

EVENING AND WEEKEND PROGRAMS YOGA CLASSES

Mondays, July 16, 23 & 30, August 13 & 20, 7 p.m. to 8:30 p.m. Instructor: Diane McDonald. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$30 for 6 classes.

Hatha Yoga is an ancient art of stretching and limbering of the body to increase health, vitality and self-awareness. Yoga beings balance and purpose to the relationship between the mind, body and external world. Comfortable clothing and an exercise mat needed.

VISUALLY IMPAIRED MOTIVATORS

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 10 a.m. on Tuesday, July 17 in the Morton Grove Public Library. They discuss everyday problems of living with low vision and possible solutions, exchange ideas on the latest technology and assistive devices available, and share what has worked for them individually. They support each other! Other activities include guest speakers and field trips. For more information please call Richard Englund at 965-8517.

TUNES ON TUESDAY

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

• July 17, Public i at the Pavilion (Champs Sport Bar) • July 24, The Only Sons at the Pavilion (Kappy's Restau-

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, July 24 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 24 should call today to reserve a seat on the Seniortran. Home Pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the Seniortran returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 for a reserva-

BIG LIGHTS, BIG CITY TOUR

Downtown Chicago has been visually exciting at night for many years and it's only going to get better. This nighttime tour on Wednesday, July 25 will start with dinner at Greek Is-

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lands, then spotlight the great skyline vista from the Planetarium. gaudily lit Navy Pier, and the wonderful colored light display at Buckingham Fountain now with music. The bus leaves the Prairie View Community Center at 6 p.m. and returns at approximately 11 p.m. The cost is \$55 for residents and \$60 for non-residents. Register at Prairie View for this fabulous

HOUSE ON THE ROCK

There is no place quite like the fabulous House on the Rock. It is a mesmerizing introduction to one person's imagination and dreams that have become a reality. The Prairie View Travel Club invited Morton Grove seniors to enjoy this trip on Tuesday and Wednesday, Aug. 7 and 8. Located in Spring Green (southwest) Wisconsin, this premier attraction hosts over a half million guests a year. Highlights include the House on the Rock itself, the House on the Rock Inn and Infinity Room, the Hillside Studio and Theater at Taliesin (a Frank Lloyd Wright building), and Riverview Terrace. The cost is \$180 for double occupancy and \$210 for a single. Register at

ARE YOU O.K.?

The "Are You O.K.?" telephone reassurance program is a free service for senior citizens or disabled individuals who are living independently in Morton Grove. The program is a telephone system that will make daily calls to a subscriber's home at the same time each day. The subscriber chooses the time of day for the call. If the subscriber is okay, he/she simply hangs up the telephone after hearing a pre-recorded message. If the subscriber does not answer or if the telephone line is busy, three more attempts will be made before the system activates an alert report. At that point, police dispatchers will contact either a neighbor who has previously agreed to assist, or police personnel. For further information contact the Morton Grove Crime Prevention Unit at 470-5200.

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Full body waxing

sure adequate eye protection for everyone participating in sports: · Get an eye exam. Protec-

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"FOSSE LIVE" TRIP

Wednesday, July 25, 10:30 a.m. to 5:30 p.m. cost: \$75 members only.

Come and enjoy the brilliant choreography of the famed 'Fosse' at the Livent Ford Museum of the Performing Arts in our Main Floor Seats. We will enjoy a traditional Greek lunch at The Parthenon prior to the show. The family style menu features Saganaki. Gyro. Taramosalata for appetizers. Greek Salad. Main Course of Moussaka. Pastitsio. Dolmades and of course, the Dessert - Baklava and Galaktobouriko.

We will leave the Golf Mill Parking Lot at 10:30 a.m., and return about 5:30 p.m. Please include a self-addressed stamped envelope for this trip.

WOMEN'S TEA

Thursday, July 26, 10:30 a.m. to 12 noon. Town Hall, 1700 Ballard Rd.. Park Ridge. Cost: \$3.50 includes lunch & pro-

Please join us for our monthly gathering. You are in for a special treat as we welcome John Pierre, a well respected nutrition and fitness consultant, as he presents his program on "Braincare: The How and Why." Lunch will feature a Turkey on Whole Wheat Sandwich, a Summer Salad and dessert. Volunteers are needed to greet people and prepare lunch.

NEWCOMERS RECEPTION

Monday, July 30, 10 a.m. to 11 a.m. Town Hall, 1700 Ball lard Rd., Park Ridge. Newcomers Welcomed!

Newcomers are welcomed to learn about all the wonderful services offered at Maine Township. Refreshments will be served. Registration required.

CRAFT WORKSHOP

Tuesday, July 31, 9:30 a.m. to 11:30 a.m. Instructor: Sue Domzalski. Town Hall. 1700 ballard Rd., Park Ridge. Cost: \$7 for instructions & supplies.

Shirt Appliques-Bring a clean, white T-shirt (or any blouse of your choice) and learn how to design it using iron on appliques and paint. Shirts must be prewashed/preshrunk. Appliques will be provided or you may bring some of your own choice. Plain fabric can also be used. Please bring scissors and your shirt for a fun morning of crafting. Also, bring a shirt box to transport your newly painted shirt. Minimum: 15 students.

Keeping your home in tip-top shape

(NAPS) -- Harsh weather can wear on your patience, car and home. Combat the effects by heeding a few hints from Dremel manufacturer of the Professional High Speed Rotary Tool:

Home Maintenance

• Don't let your heating and cooling money go out the window. Reseal those windows instead. Remove window putty with a rotary tool and a highspeed cutter accessory, reinstall the windows and reseal with new

It can be a cool idea to add a grill to an existing heating duct. Cut the properly measured space into the existing duct, smooth any rough edges, install the grill and you can get more heat on cold

• Precipitation can wreak havoc on your gutters over time. Replace leaking gutter corners with new ones, attach with rivets and seal the joints to ensure that leaks are history.

Auto Upkeep

Here's a tip your car may get a charge out of; clean the battery from time to time to reduce corrosion and dirty contacts. Remove the battery, clean off dirt and oxidation with baking soda and water, then clean the cable clamps until shiny. A rotary tool with a brass brush accessory can make the job easier.

• Bust the rust on your car with a rotary tool that features a grinding stone or wire brush accessory.

The new Dremel Professional High Speed Rotary Tool simplifies these projects and more with several enhanced technical features experienced tool users can appreciate.

Dremel's patented electronic controller maintains the user's desired speed level. This "cruise control" can especially be important when working at low- and mid-speeds, when a slow down could result in burning, jagged edges, uneven cuts and other problems.

Another highlight is the LCD Readout. This feature lets users select a precise speed setting between 5,000 and 30,000 rpm, in 1.000 rpm increments.

The Professional Tool system is available in a variety of kits, retailing for approximately \$99 to \$119 with a five-year warranty. The tool is available at most major home centers and hardware and hobby stores.

You can get great project ideas and tips and learn more about the Professional Tool and other Dremel **p**ro**d**ucts www.dremel.com or by calling 1(800) 437-3635.

In politics there is no such thing as an enemy~ only someone who disagrees with you today and who might be with you on the next vote. -President Gerald

Morton Grove Senior Citizens 470-5223

EVENING AND WEEKEND PROGRAMS YOGA CLASSES

Mondays, July 16, 23 & 30, August 13 & 20, 7 p.m. to 8:30 p.m. Instructor: Diane McDonald. Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$30 for 6 classes.

Hatha Yoga is an ancient art of stretching and limbering of the body to increase health, vitality and self-awareness. Yoga beings balance and purpose to the relationship between the mind, body and external world. Comfortable clothing and an exercise mat needed.

VISUALLY IMPAIRED MOTIVATORS

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 10 a.m. on Tuesday, July 17 in the Morton Grove Public Library. They discuss everyday problems of living with low vision and possible solutions, exchange ideas on the latest technology and assistive devices available, and share what has worked for them individually. They support each other! Other activities include guest speakers and field trips. For more information please call Richard Englund at 965-8517.

TUNES ON TUESDAY

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

• July 17. Public i at the Pavilion (Champs Sport Bar) • July 24, The Only Sons at the Pavilion (Kappy's Restau-

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin: slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday. July 24 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday. July 24 should call today to reserve a seat on the Seniortran. Home Pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the Seniortran returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 for a reserva-

BIG LIGHTS, BIG CITY TOUR

Downtown Chicago has been visually exciting at night for many years and it's only going to get better. This nighttime tour on Wednesday. July 25 will start with dinner at Greek Is-

Seniors....tired of paying tax on your Social Security income?

Free report on how you can stop paying

income tax on your Social Security income now available at www.ANBC.com Source Code CAA036 or Send a self addressed stamped envelope to: **ANBC** Social Security Report

P. O. Box 937 - CAA036 Pekin, IL 61555

lands, then spotlight the great skyline vista from the Planetarium, gaudily lit Navy Pier, and the wonderful colored light display at Buckingham Fountain now with music. The bus leaves the Prairie View Community Center at 6 p.m. and returns at approximately 11 p.m. The cost is \$55 for residents and \$60 for non-residents. Register at Prairie View for this fabulous

HOUSE ON THE ROCK

There is no place quite like the fabulous House on the Rock. It is a mesmerizing introduction to one person's imagination and dreams that have become a reality. The Prairie View Travel Club invited Morton Grove seniors to enjoy this trip on Tuesday and Wednesday. Aug. 7 and 8. Located in Spring Green (southwest) Wisconsin. this premier attraction hosts over a half million guests a year. Highlights include the House on the Rock itself, the House on the Rock Inn and Infinity Room, the Hillside Studio and Theater at Taliesin (a Frank Lloyd Wright building), and Riverview Terrace. The cost is \$180 for double occupancy and \$210 for a single. Register at Prairie View.

ARE YOU O.K.?

The "Are You O.K.?" telephone reassurance program is a free service for senior citizens or disabled individuals who are living independently in Morton Grove. The program is a telephone system that will make daily calls to a subscriber's home at the same time each day. The subscriber chooses the time of day for the call. If the subscriber is okay, he/she simply hangs up the telephone after hearing a pre-recorded message. If the subscriber does not answer or if the telephone line is busy. three more attempts will be made before the system activates an alert report. At that point, police dispatchers will contact either a neighbor who has previously agreed to assist, or police personnel. For further information contact the Morton Grove Crime Prevention Unit at 470-5200.



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Preparing your estate plan

parents want to provide for their children and grandchildren both during life and after a parent's death. To this end, many smart parents employ some form of estate planning, most commonly through the use of trusts. However, the manner in which the turst is structured can greatly affect whether your dispositive wishes are fulfilled. Without proper planning, circumstances such as a child's divorce or financial irresponsibility can result in unintended beneficiaries of your hard-earned assets.

A trust can be an ideal arrangement for holding assets for the benefit of a child or grandchild. It can fulfill your desire to provide for your beneficiary's financial well-being, while at the same time, allowing you to exercise substantial control over when and how your beneficiaries receive the trust assets. You can give your beneficiaries varying degrees of access to the income and principal of the trust assets. However, have you considered this: what would happen if ten years after creating your trust, a beneficiary experiences financial difficulty? Would his or her creditors be able to attach those trust assets? This depends greatly upon your particular state law, but there is a good chance that the creditors of your trust beneficiaries may be able

Home Buver **Alert: Closing** costs explained

(NAPS) -- There are many costs involved in "closing" on your home. Title insurance is one closing cost item that is very important, and yet not fully under-

There are two types of title insurance -- coverage that protects the lender for the amount of the mortgage, and coverage that protects the buyer's equity in the property. Both you and your lender will want the security offered by title insurance. Why?

Title agents search public records to determine who has owned any piece of property, but these records may not reflect irregularities that are almost impossible to find. Here are some examples: an unauthorized seller forges the deed to the house/ property; an unknown, but rightful heir to the property shows up after the sale to claim ownership; conflicts arise over a will from a deceased owner; or a land survey showing the boundaries of your property are incorrect.

For a brochure on owner's title insurance, called "Why Title Insurance?" send a self-addressed stamped envelope to: American Land Title Association, 1828 L Street, N.W., Suite 705, Washington, DC 20036 or see Consumer Information at: www.alta.org.

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It is no surprise to find that to reach the assets you intended for your beneficiaries' well-

> For the most part, the situation is not hopeless. It may be possible to structure the trust to prevent unintended beneficiaries from accessing a beneficiary's trust-share. One such method is to to include special provisions in your trust agreement instructing the Trustee of your trust to withhold distributions of trust assets that otherwise would be provided for under the trust terms, if, in the trustee's discretion failing to do so would be contrary to your intent in creating your trust. Without a trust distribution, the creditors have

nothing to attach. These provisions can also be very advantageous in a situation where a trust beneficiary has "Special Needs." This can be the case where a child is in an accident or where a grandchild is born with a disability, subsequent to the trust creation. Allowing a special needs beneficiary access to trust assets may disqualify them from receiving governmental benefits. Your beneficiaries may not be receiving government benefits at the time you create your trust, but the withholding provisions can be used to protect such benefici-

aries should the need arise. The following is a brief list of compelling reasons that may

prompt a Trustee to delay distributions to a trust beneficiary:

1. The susceptibility of the beneficiary to undue influence or duress by an individual or a

2. Alcohol or substance abuse by the beneficiary;

3. A pending marital separation or dissolution of marriage or divorce of the beneficiary;

4. Potential financial difficulty or a proven inability of the beneficiary to manage money;

5. A serious tax disadvantage upon distribution to the bene ficiary.

6. The beneficiary's disability, which has created a reliance government support pro-

This list, of course, is not allinclusive, and you can include other provisions that you feel would necessitate delaying a trust distribution. The particulars should be discussed with a qualified estate-planning attorney. Only an attorney specalizing in estate planning will be familiar with this type of advanced drafting, so be sure to choose your attorney wisely

Chester M. Przybylo is a meber 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 (773)

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Home safety tips

(NAPS)-When it comes to being safe and secure in your own home, prevention is often the best medicine. Protecting the health and well being of you and your family can begin with removing hazards or reducing their threat.

Here are a few quick tips on how to keep your family - and your home - safer and healthier.

• If children are going to be around the house unsupervised, make sure windows are kept closed and locked.

· Keep furniture away from windows. Chairs and tables are an invitation to children who can climb up to get to window ledges

• Don't leave children unsupervised around open windows with screens. Screens are designed to provide ventilation, not break a

• Develop a fire-escape plan and practice it from several locations in the house.

• Keep the kitchen clean. The Centers for Disease Control and Prevention estimate that 33 million people are infected each year - and as many as 9,000 may die from food-related disease.

 Wipe countertops frequently with a nontoxic disinfectant.

•Have your heating system checked each fall to make sure it's operating correctly. Keep air circulating in your home to eliminate toxic fumes.

• If engaged in home repair projects, such as painting or gardening, take frequent breaks to reduce the likelihood of repetitive stress injury

· Individuals who already suffer from carpal tunnel syndrome, as well as arthritis and tendinitis, may find some relief from the symptoms and still be able to carry out their home-improvement tasks by using a pair of gloves that allows them to grip hand tools and provides elastic sup-

The gloves - called Handeze and made by Dome Industries are made from a stretch fabric treated with the Med-A-Likra process. It traps body heat and raises blood temperature in the fingers, hands and wrists and keeps pressure on the muscle tissues, helping to relieve or prevent

To learn more, call 1-800-432-

Crack down on leaks in your home

shocked at how easy it can be to lower your energy bills. Experts say a simple test can save the average household hundreds of dollars a year.

To the naked eye, most homes look air tight. A recent study found however, that this is often not the case. The average home has a number of holes, gaps and cracks through which heat can escape in the winter and cool air escapes in the summer.

These leaks can add up and sealing them is a bright way to cut rising energy costs.

In fact, it is estimated that if all the cracks in the average home were combined, the resulting hole would be four feet wide and four feet tall -- that's similar to having a window wide open in the house, year round.

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To find the cracks in your castle's armor, heating experts recommend the incense test: Starting in the attic, hold a lit incense stick next to windows, doors, electrical boxes, plumbing fixtures, electrical outlets and ceiling fixtures around the home -anywhere that air might be able to escape. If the smoke stream travels horizontally, there is a leak.

Once you've located the leaks you'll be able to seal them and start saving money. It's a good idea to use a polyurethane foam sealant such as GreatStuff to block the airflows. The sealant is said to be easy to use and such products can help keep homeowners from throwing more money out of leaks, cracks and windows.

For more information visit www.itsgreatstuff.com.

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Arbors give gardens character

(NAPS) -- Gardeners looking for new ways to make gardens more visually appealing are discovering that arbors add aesthetic pleasure and character to their nome landscape. Whether looking to add simple charm or an architectural work of art, arbors provide gardens with style and el-

Arbors are beautifully deigned arches made of lattice. They are available in plastic, wood or metal interwoven to form beautiful patterns and designs. Available in a variety of

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styles, sizes and colors, arbors add personality to a home or garden, and add support for plants. Arbors are the perfect solution for gardeners looking for a visually appealing garden structure.

Try these four ideas to add aesthetic pleasure and personality to a garden:

 Make an inviting entryway into a garden area with an arbor.

 Add height and vertical dimension to a garden with an arbor. By planting annual vines such as cardinal climbers and morning glory, as well as other

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climbing plants, a garden will have brilliant vertical color.

Add lights around an arbor to create a stunning evening

Complement a natural garden with a bit of architecture, by utilizing an arbor for visual appeal. The arbor is a nice central focal point that captures a visitor's attention.

Projects like these are even easier with plastic arbors. Plastic arbors are durable and long lasting. Its color will not fade in the sun, and chips and scratches will not show because the color goes all the way through. The arbors look beautifully natural and require virtually no maintenance.

Plastic arbor kits are available with pre-cut, easy-to-assemble pieces and simple instructions. without the hassle of nails and screws. For more arbor information, call TUFF-BILT at (800)

Free lawn and garden workshops

The Safer Pest Control Project is offering free garden and lawn care workshops for those who want to learn how to grow and care for healthy, beautiful lawns and gardens without using potentially hazardous pesticides. The Safer Pest Control roject is a nonprofit organization that helps people understand the health and environmental hazards posed by pesticides and teaches them how to implement common sense strategies for dealing effectively with pest problems. Workshop topics in-

Plant selection

· Pests, pesticides, and pub-

Crop rotation

 How to prepare and maintain healthy soil

· How to encourage beneficial birds, mammals and insects · Handy physical pest con-

To schedule a free workshop in your community, please contact the Safer Pest Control Project at (312) 641-5575 or access

www.spcpweb.org. For more information about less hazardous forms of pest control, the Safer Pest Control Project's Resource Center at www.spcpweb.org serves as a clearinghouse of current information on safer solutions to pest problems, scientific research and legislation about pesticides, and data on the composition of commonly-used pes-

Seven tips to help you choose a carpet cleaner

(NAPS) -- To keep your carpet records regarding customer serlooking its best for years to come, regular maintenance should be one of the ground rules.

Most carpet manufacturers recommend having carpets professionally cleaned at least once per year to year-and-a-half. (In fact, many stain and wear warranties make regular, professional cleanings a requirement for warranty coverage.)

How do you find a carpet cleaner you can trust? How do you know you are getting the most for your money?

To ease your concern and help your search go more smoothly, Stanley Steemer, one of the nation's largest carpet cleaners, offers the following tips:

Ask around. Ask vour family, friends and neighbors who they use to clean their carpets and who they would recommend to others. This is the best place to start.

2. Contact your local Chamber of Commerce and Better Business Bureau. Find out which companies have the best track cluded in the price quote? What

vice and which have the most complaints filed against them.

3. Remember, you get what you pay for. Price is so misleading in this industry and can often be used to confuse potential customers. The average price charged by most cleaning companies is around \$30 for a standard size room (up to approximately 300 sq. ft.).

Extremely low prices should set off warning signals.

These could mean one of two things. Either the company hopes to bait you with a bargain only to hit you with exorbitant hidden charges later, or the company uses inferior cleaning equipment and techniques.

4. Do some comparison shopping. Just as pricing can vary company to company, so can the services included in the price. Be sure to ask lots of questions, so you know exactly what you get for your money.

Is moving furniture and returning it to its original location in-

Tips to keep air conditioning bills low

(NAPS)—Having an air conditioner that runs at peak performance can help keep consumers from feeling the heat-from both the sun and sky-high ener-

However, it's a good idea to make sure the air conditioning is in good working order before the temperature starts to climb. For optimum service, consider these tips from North American Technician Excellence (NATE):

 Check cooling system annually—Your cooling system should be checked annually by a NATE-certified technician to make sure that it is running at peak performance. The best time to check it is in the spring.

· Listen to your air conditioner—Listening closely to the air conditioner while it's running may help you keep the unit running efficiently. Make sure you hear the fans operating. Does it sound like the unit is turning off too quickly? Or does it sound like the unit ever stops running? In any of these cases, it's probably time to have a technician in-

spect the unit. Raise the temperature setting by five degrees— Cooling your house to 72 degrees will cost more compared to 77 degrees. If no one is home during the day, save money by moving the thermostat up five or six degrees. For every degree you raise the thermostat, you have a cost savings of about five creased enegy efficiency percent.

outside unit lis recommend-

(3)

ed to plant shrubs or other landscaping about three feet away from the outside unit to assure proper airflow. Restricting the airflow makes the unit operate at a higher temperature and run less efficiently.

Seal your house for maximum comfort and cost efficiency-Most people think of thermal insulation, weather stripping and storm windows in connection with reducing heat costs. but they all play an integral part in reducing air conditioning costs during the summer

 Consider replacing your cooling unit if it's more than 10 years old—It may be costing you more to operate an older system than it would if you invested in a newer, higherefficiency one.

North American Technician Excellence is the nation's largest non-profit certification organization for heating, ventilation, air conditioning and refrigeration (HVAC/R) technicians. A NATE-certified technician is an individual who has demonstrated knowledge and technical skills in the installation and servicingof HVAC/R equipment.

The U.S. Department of Energy endorses NATE for its dedication in raising quality standards for installation and maintenance of HVAC/R equipment and contributing to in-

For more information, call • Don't obstruct airflow to 877-420-NATE or visit the Web site at www.natex.org.

In Greek mythology the muse Polymnia presided over hymns, paritomime and religious dance. Terpsichore over choral dancing and singing.

about pre-treating spots and heavily soiled areas? Are there extra charges for high traffic areas? Does the company provide a complete satisfaction, moneyback guarantee?

5. Ask the company questions about their employees. After all, these are the people who will be coming into your home. What type of training do they

receive before being sent into customers' homes? Are they bonded and insured?

6. Be careful of certifica-

tions. If a company touts being certified by an organization, be sure to ask what they had to do in order to receive this certification.

Some leading organizations require nothing more than an annual fee be paid to receive their seal of approval.

Again, it is more important to know what training the cleaning technicians receive and what guarantee the company offers, than to know they are certified by some industry group.

7. Finally, remember that

reputation does matter. It takes years of consistently providing the highest levels of service to obtain a good reputation in the community. Companies, such as Stanley Steemer, that have worked hard to build these reputations will treat customers well in order to maintain them.

For more information on carpet cleaning or to find the nearest authorized Stanley Steemer location, log on to www.stanleysteemer.com or call 1(800) 848-

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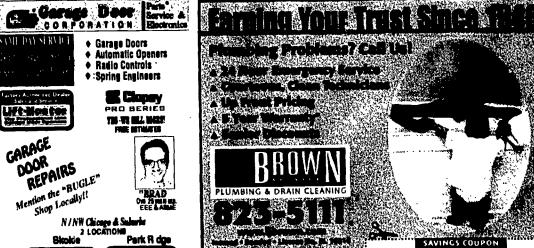
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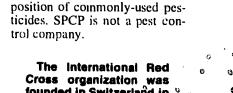
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Help Is Out There

by Jeanine Kromer

The Center of Concern in Park Ridge is a wonderful independent, not-for-profit social service agency. Five women started The Center of Concern in 1978 because they realized how great the need was for seniors' social services. The Center of Concern began as an information and referral program, but quickly expanded

Concern is to assist individuals in time of crisis and follow up with support services as needed. A unique and innovative program offered by the Center of Concern is Home Sharing. As adult children leave home, many people find themselves alone in a big house. Not wanting to leave their familiar and comforting homes, some people turn to The Center of Concern to help them

find individuals to share their home in exchange for rent and/or services such as grocery shopping, errands and yard work. Sense of security and companionship are additional benefits for homeowners. Home Sharing is cost effective for both parties involved. The Center is extremely careful when matching homeowners with homeseekers by providing an intensive screening and reference checking process.

The Center of Concern helps families find qualified in-home health care and/or companions. Volunteers from The Center reach out to homebound people through friendly visiting and the telephone reassurance program. An intergenerational program matches seniors with children from local schools to be pen pals. the pen pal program closes at school year end with a tea so the seniors and children can meet in person and chat. The Center of Concern offers blood pressure and blood sugar testing on one Saturday a month. An escort service for doctor visits and grocery shopping as well as a household chore program are available to help seniors with specific tasks while they retain their indepen-

The Center also offers quite a few counseling services, such as personal, support groups, legal, Medicare Processing, financial and employment. Personal counseling is available to help people cope with grief, illness and relationship issues. Support groups at The Center of Concer include grief and loss, Alzheimer's and weight loss. The support groups provide a place for those who are hurting to share problems and feelings with others in similar situations. The legal counseling covers many types of law and the professionals at Center of Concer will also make legal referrals when needed. the Center of Conc-

Program (SHIP) site that helps seniors to understand and fill out Medicare and insurance claim forms. Financial counseling is available for such issues as budgets, reviewing bills, scheduling payments, money management, writing checks and balancing checkbooks, Federal and State income tax preparation, as well as help for older adults in applying circuit

pharmaceutical assistance program, tax assessment freeze and real estate tax referrals are provided by knowledgeable counselors. The employment assistance program aids individuals by assessing their skills and aspirations, creating resumes, developing job hunting strategies and assisting in scheduling and preparing for interviews. the employment counselor is an innovative, retired professional who has experience in the employment

The Center of Concern is a er is a Senior Health Insurance hands-on agency that serves

Salespeople, be ready

specializes in helping families as their spouses and paretns age, there is no age limitation for most of its programs. Last year 11,670 people contacted the Center of Concern for assistance. Seniors accounted for about 7,585 calls. The Center of Concern's professionals taff is vital and hard working. The Center of Concern depends on a legion of dedicated volunteers. Most programs are free but donations help the Center to expand services to all. There is a nominal fee for income tax and will preparation and for legal counseling. Funding for The Center comes from individuals and corporate donors, local organizations and businesses, and grants from foundations and the local

mostly adults. While the Center

If interested in any programs run by the Center of Concern, it is located at 1580 N. Northwest Hwy., Suite 310 in Park Ridge. For further information call 823-

Gift of Life

Doctors and paramedics save lives every day. Saving a life must be a wonderful and exhilarating experience. Anyone who wants to save a life can do so without any type of stress or pressure of failure. It's as easy as one, two, three. Make an appointment at one of Lifesource's 16 conven-

its services as needs arose. The

Center of Concern offers a vast

range of services all in a suppor-

tive and confidential manner. The

primary objective of the Center of

ient locations and save a life or maybe two TODAY! Lifesource is a non-profit organization that is responsible for the majority of Chicagoland's blood and blood components supply including 160 hospitals and home health agencies. At present there is a life-threatening shortage of all blood types. Lifesource has only a one-day supply of blood on its shelves. To meet the area's demand Lifesource reguires 1,500 donors each day. At some point in their lives almost half of the population will have a need for donated blood. Unfortu-Lifesource is encouraging nately less than 3% of the population chooses to donate. There are seven million potential donors in

the opportunity to give the gift of Blood has a limited shelf life and a continuous supply of donors is neceessary. Lifesource shoulders the responsibility of maintaining the backbone of our health care system - the blood supply. Blood is a uniquely human product and cannot be manufactured. There is no substitute for blood, and Lifesource relies on the generosity of the community to help save lives.

the Chicagoland area that have

Donated blood is used for surgery, leukemia treatments, ane- or organize a blood drive.

by Jeanine Kromer mia patients and dialysis patients. Several area hospitals are under extreme pressure to possibly cancel scheduled surgeries because the blood supply is so low. All types of blood are needed for Lifesource's donor population to match the recipient base. The universal donor O-negative is especially important because it is used first in any trauma situation.

Typically blood donations wane in the summer when school is out and families take extended vacations, but the demand for blood never takes a holiday. Last year donations increased nationally by 5%. The demand also increased by 8% in part because of an increase in cancer treatments and organ transplants, in addition to the aging population. When Lifesource is unable to meet demand it is forced to import blood from outside the Chicagoland

businesses, the military, religious organizations, community groups and students to get involved and help save lives. What could be more satisfying? To give blood one must be in good health, weigh at least 110 pounds and be at least 17 years old. Giving blood at Lifesource is safe, quick and easy. The sterile supplies are used once and discarded. From registration to refreshments the entire process takes less than an hour.

For more information contact Lifesource in Glenview at 298-9660 or call 1-800-486-0680 to make an appointment at the location nearest you to donate blood

when the bell rings Have you ever seen a messy

fire engine? I haven't. You hear the siren screaming.

You look up. You notice a big red fire engine speeding to an emergency. As it passes, you also notice that every single piece of shining equipment on the vehicle is snapped, Velcroed, bolted, or tied in its prop-

You notice the same thing when you see a fire engine in a firehouse. Every piece of equipment is neatly slotted into place, exactly where it should beeven when peole are cleaning or repairing the vehicle. Even if an item needs to be cleaned, maintained, or replaced, the vehicle somehow still manages to gleam. It's a little like James Bond-no matter how tense or chaotic things get around Bond, his tuxedo never gets wrinkled, and his hair instandly de-musses itself while we're not looking.

Firefighters know something that salespeople frequently forget-namely, that there is a right place for every tool. Firefighters don't lose precious time when you have to respond to an emer- "Gee, where did I leave my lap-

When the alarm rings and a firefighter wants to get from Where's that proposal I put to-Point A to Point B as quickly as possible, there isn't going to be time to look around and wonder, "Gee, where is the ax? Where's (and any number of others).

medical kit? Where's the equipment we are going to use to break into the building?"

All of these things have to be in the right spot ahead of time. As a result, there is a specific location where each belongs on a fire engine. What's more, the fire engine is kept at the ready, with all its attendant equipment in place, as a matter of carefully cultivated routine.

So, what is the correlation for salespeople? Well, we need a carefully cultivated preparation routine, too. Each and every day, we are called upon to put out "fires"—the problems or issues faced by our prospects or customers. We know those fires are going to arise. We know that our "emergency bell" is going to ring (it's usually attached to the phone on our desk). When the bell does ring, we're going to have to get in our car and drive

out and help put out the fire. To prepare for that moment, we must have the same level of commitment as the firefighter. We must prepare ahead of time, know that if you take the time to so that our tools are all in the put the tools in their proper right place, and we don't have to place before an emergency, you waste precious time, energy, or mental focus on questions like. top? Where are the brochures? Where are my business cards?

gether last week? There should be a specific place for each of these items the hose fitting? Where is the Your office should be as well or-

ganized as a firehouse; your briefcase should be as "ready to roll" as a fire engine.

Do you know exactly what you need to have at the ready to do your job well as a salesperson? Is there one and only one place for each of those items? Do you maintain your area, replenish supplies, and put key items in the correct spot before the alarm bell rings?

Be ready for the fire. Make sure your notebooks, pens, business cards, samples, and other sales tools are in the right spot.

The bottom line: Develop and reinforce your own carefully cultivated preparation routine. As a salesperson, you use certain selling tools, each of which deserves a specific position in your office or briefcase. Maintian your workplace and accessories-with the same level of dedication, order, and precision-as a firefighter would bring to the job of putting his or her tools in order. Make sure you're ready to roll when the alarm bell rings.



Emily Dickinson wrote more than 900 poems, only four of which were published in her lifetime.

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Summer fun bubbles over in Library courtyard

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Kids and families are in for a bubbly good time on Wednesday, July 18 from 10 - 11 a.m. in Skokie Public Library's southwest courtyard. Bubbles of all shapes and sizes, including some "monster" bubbles, will be floating through the air courtesy of 50 young participants. The kids will make their own bubble solution and use a variety of creative objects to fill the air with unique

Bubble Bonanza is just one of more than 50 fun summer activities being offered as part of Feed Your Need to Read, the Library's summer reading club for presented by American Society kids. To date, 1,500 kids have of Artists, a national membership signed up and are busy reading. In addition to winning raffle prizes donated by local businesses, each reader who completes from 10 a.m. to 5 p.m.; and Sunthe club receives a paperback day, July 15 from noon to 5 p.m.

Desk, or by calling (847) 324-3149. In case of rain, the Bubble Bonanza will be held on Wednesday, July 25, 10 - 11

CALL GEORGE

847-825-9098

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

Seventh annual **Edens Art Fair**

Paintings, sculpture, photography, pottery and much more will fill Edens Plaza during the 7th Annual Edens Art Fair to be organization, at Edens Plaza, Lake, Skokie & Edens Expy, Wilmette, Saturday, July 14

Visitors to the show will de-Interested kids of all ages can light in the wonderful variety of register at the Youth Services hand-crafted jewelry on display

and the second of the second o

created in various mediums, ranging from antique buttons to hand-wrought silver works.

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Visitors of all ages will enjoy the paintings created especially for children. Pablo Warren, a popular long-time exhibitor in the show will display delightful 3D wallhangings. Pine needle art baskets created by Florence Mayer will be on display as well as photography by popular long time exhibitor Robert Curtis. Mixed media works (acrylic paintings with pyrography) dimensional works will be a popular feature of the show, as well as the oil and acrylic pantings by Jill

Jeannides. Art in Action will be included in the show with some of the exhibitors working/demonstrating at various times. Each of the 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

386) - helf (15) (\$ fe | 5)

Trimming travel costs

(NAPS)-A number of savvy travelers have learned they can hit the road without taking a big hit in the pocketbook. That's because many families now enjoy inexpensive and fun vacations in

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the great outdoors. Campgrounds with amenities ranging from hot showers to email have helped make camping an increasingly popular - and comfortable - way to get away

If you're planning an outdoor vacation, experts recommend the following tips to cut travel costs:

• Eat Smart. It's a good idea to bring food and water with you from home. You may be surprised at how much money you can save when you dine in, while venturing out.

• Bring The Whole Family. A number of different vacation destinations allow pets. Bringing your furry or feathered friend along for the ride can save you the cost of boarding and can make your vacation more enjoyable.

• Do Your Homework. Many different vacation spots offer dis-

counts and conveniences that you may not be aware of. For example, KOA Kampgrounds offers a value card that can help vacationers save money. The card is honored at all KOA Kampgrounds nationwide and entitles its bearer to discounts at many outlet malls and daily campground registration fees as well as a free directory, listing all KOA Kamp-grounds, full-color state and province maps and travel tips.

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For more information and tips, visit www.koa.com.



Back Row: Junior Golf Program Assistants-Michael Stefan; John Colton. Front Row: Matt Guenther, Junior Golf Participant; Tom Granato, Golf Teaching Pro; Daniel Baltudis, Junior Golf Participant; Stuart Sullivan, Junior Golf Participant; Matt Scaletta, Junior Golf Participant; Tim Hartogh, Golf Participant.

Keeping the Magic alive in Kansas City

The official groundbreaking ceremony for Walt Disney's original Laugh-O-gram Studio Building in downtown Kansas City took place on Tuesday, April 10 at the site of the historic building. Former Kansas City Mayors Emanuel Cleaver, Richard Berkley and Charles Wheeler were present at the ceremony. The event, which kicked off fundraising to restore the historic site where "the mouse" was born and the Disney dream began, is part of an ongoing revitalization effort in Kansas City's

midtown. The two-story brick building located at 31st and Forest Streets was the site of Walt Disney's first film studio, Laugh-O-gram, which he incorporated in 1922. The studio, operated out of five rooms and occupied by as many as cleven employees, is where Walt Disney befriended a very special mouse. Working long hours and late nights, Disney would feed the little mouse who would come out to retrieve the remains of his employees' lunches. Disney eventually trained the mouse to eat from his hand and it would play on his drawing board while he worked. Five years later, that mouse became the inspiration for the world's most famous furry creature, Mickey Mouse.

The work Disney did in the building at 31st and Forest Streets set the pattern for his future films. He produced approximately a dozen short films there, including six one-reel cartoons based loosely on classic fairy ri to commemorate Walt Distales and children's stories, as ney's 100th birthday on Decemwell as a number of live action ber 5, 2001. Marceline, Mo., films. The young men who worked with Disney in Kansas City became the foundation of his California film studio and pioneers of the Hollywood animation industry.

With its collapsing roof and boarded up windows, the building which housed the Laugh-Ogram Studio in midtown Kansas City hardly looks like the birthplace of the world's biggest entertainment empire. In fact, vacant for ten years, the building was slated for demolition until it was discovered by Columbia, Mo.-based Disney enthusiast Dan Viets, who partnered with a Kansas City not-for-profit group, Thank You Walt Disney, and purchased the building three vears ago.

The Disney enthusiasts hope to preserve and restore the building, and establish a museum on the site. Plans for the musum inelude a permanent gallery of Disney artifacts, as well as a temporary exhibit room with a rotating display of artifacts loaned to the musem by Disney historians from around the world. The building will also house a re-creation of the original Laugh-O-gram Studio, space for local art students to make their own animated films, a small theater that will show films made in the studio, as well as historical and biographical films on Walt Disney's life. The museum will also host rotating lectures and films.

Recently, the group received a pledge of \$450,000 from the Walt Disney Family Foundation to help restore the famed cartoonist's Kansas City studio.

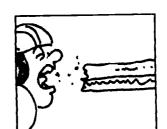
The Laugh-O-gram Studio groundbreaking is one of several events happening aeross Missoulocated about 90 miles from Kasnsas City in north-central Missouri was the home of Walt Disney for five years beginning in 1906. On September 21 - 23, 2001, this small town of 2,500,

located along the former Atchinson Topeka and Santa Fe Railroads, will host Walt Disney's 100th Birthday Celebration - a series of activities to commemorate Disney's 100th birhday and his formative years spent there. Many of the planned activities will be held along Marceline's Main Street, the model for "Main Street, USA," the entry-

way to Disneyland. For more information about these events or other Missouri vacation ideas, call (800) 519-4800 to receive a free 2001 Offieial Missouri Vacation Planner or visit us on the Web at www.visitmo.com



A cup of hot chocolate made with two tablespoons cocoa powder (no milk) actually has more flavonoids than a 5-ounce glass of red wine.



In December 1998, the ladelphia Eagles set a record for the world's largest cheese steak sandwich. Set up outside Veterans Stadlum and available to fans, the sandwich measured 360 feet-the length of a football field from end zone to end

Niles Baseball League

2001 Instructional League June 19, 2001; Reds vs. White Sux, Team Sponsor, Minelli's.

Top Hitters: John Schreiber (Home Run, Double and Single); John O'Connell (Triple, and 2 Singles); Brandon Ball (2 Singles); Kevin Yawger (2 Singles); Ray McMahon (Double and 2 Singles): Carlos Soria (2 Singles) and Fintan Donnelly (Single).

Top Fielders: Kevin Yawger. Ray McMahon, Carlos Soria, Brandon Ball and Fintan Don-

Pitchers: Nicholas Moriarty, John O'Connell, John Schreiber, Ray McMahon and Tom Mul-

Outstanding Play of the Game: John Schreiber. Home June 21, 2001; Reds vs. Cubs

Team Sponsor, Minelli's. Top Hitters: Kevin Yawger. Carlos Soría. John O'Connell. John Schreiber and Ray McMaRay McMahon and Carlos Soría. Pitchers: Kevin Yawger, Tom Mulroe. Ray McMahon and John Schreiber. Outstanding Play of the

Top Fielders: Tom Mulroe,

Game: Tom Mulroe, outstanding throw to 1st base.

AA League
June 24, 2001: Níles Storm (score of 8) vs. Norwood Park Brewers (score of 6). Team Sponsor, Family Flooring Cen-

Top Hitters: Chuck Creager. Zach Zuckerman. Ryan Barlock, Sam Barlock, Billy Dexter, Jon Amundson, Ricky Krueger.

Top Fielders: John Downes, Tyler Swanson, Ryan Miskawitz, Chuck Creager, Zach Zuckerman, Tom Barszcz.

Pitchers: Ryan Barlock, Tom Barszcz.

Outstanding Play of the Game: (1) Chuck Creager, 2 Home Runs; (2) Tom Barszcz, 7 Strikeouts in 3 innings pitched.

Secondhand smoke may trigger asthma

(NU) -- Imagine what it must feel like to have your chest tighten and breathing become difficult, like breathing air through a small straw. That's what breathing feels like to many of the 4.8 million children who have asthma. Most parents are not aware that they may be triggering asthma attacks by smoking around

children. Between 1980 and 1995, asthma among children under 5 inereased by 160 percent. Nearly one in 13 school-aged children suffers from asthma, a serious, sometimes fatal, lung disease. Secondhand smoke is a major asthma trigger. Up to a million ehildren have aggravated asthma symptoms because of second-

hand smoke. Children are particularly susceptible to secondhand smoke. Their lungs are still developing and they breathe more air per pound of body weight than adults do. In addition to causing and aggravating asthma, secondhand smoke causes other serious health conditions.

Flapjacks celebrates grand opening

The Niles Chamber of Commerce and Industry's officers and ambassadors recently hosted a Ribbon Cutting Ceremony for Flapjacks Paneake House at 8501 Dempster in Niles. Owners Dave Eddy and Angelo Pyroulis opened their restaurant in. the village after closing their previous location in Palatine. They also own Jaspers restaurant in Waukegan. The two have a long history in food service and are thrilled to have found the Dempster location in Niles.

Other factors that trigger asthma (which can be fatal in some cases) are allergens and irritants. Allergens have no effect on the majority of people but they trigger reactions in some. During an allergy attack, the body releases chemicals called mediators, which often trigger asthmatic epi-

Irritants such as cold air, cigarette smoke, industrial chemicals, perfume and fumes can trigger asthma symptoms by stimulating irritant receptors in the respiratory tract. These receptors eause the muscles surrounding the airway to constrict, which causes the asthma attack.

And since Americans spend up to 90 percent of their time indoors, exposure to indoor allergens and irritants -- such as secondhand smoke, cockroaches, dust mites and molds -- may play a significant role in triggering asthma episodes.

So what can you do to control these triggers? Plenty, according to the Consumer Federation of America Foundation. If you smoke, the single most important act you can take is to quit smoking now, If you're not ready to quit, smoke outside your home and your car, especially when children are around

If you suspect your child has asthma or any respiratory illness, consult your pediatrician or get your child an asthma screening. To find a screening facility in your area, call 1(800) LUNG-

See a doctor who can help you with an asthma management plan and help you find ways to avoid asthma triggers.

For more information on secondhand smoke and asthma, call the Environmental Protection Agency's Indoor Air Quality Clearinghouse at 1(800) 438-

4318 or visit: www.epa.gov/iaq.

PAGE 30 THE BUGLE, THURSDAY, JULY 12, 2001 DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR DELIVERED TO ALL 16 000 HOMES IN NILES THE BUGLE CLASSIFIEDS AND MORTON GROVE EVERY WEEK OF THE YEAR **FULL/PART TIME FULL/PART TIME FULL/PART TIME** FULL/PART TIME FULL/PART TIME CLERICAL/OFFICE **ADVERTISING CUSTOMER SERVICE OPPORTUNITIES SELL CLASSIFIED ADVERTISING BOOKKEEPER** CLIENT SERVICES/RECEPTION Full-Time & 1 - Part-Time Insurance & Financial Services firm seeking a motivated Full-Time - Monday Thru Friday - 9 AM-5 PM **Computer Skills** individual to provide customer service to our clients, as Salary Plus Commission-Based On Experience! **Great Benefits!** well as answer phones and greet guests. Must have excellent **Both Inside & Outside Sales** Wonderful Staff communication skills and MS Office experience. Highly (847) 869-7744 Call Beverly: (847) 588-1900 professional atmosphere, excellent benefits. Office located **Ask For Charlotte** near O'Hare. Or Fax Resume: (847) 588-1648 Fax Resume To: Rabjohns Financial Group CUSTOMER **BUGLE NEWSPAPERS-NILES** SERVICE Attn: HR Dept., 773/380-9707 Financial Services - Variety Of Duties
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Transportation to and from work for mini van and suburban drivers. If you are Since 1965, train. Salary commensurate Tour donated Rawhide Boys with education & experience. over 21 with a good driving record and valid DL for 3 years, call today! Ranch has been | For appointment call Gail: SENIORS WELCOME-DRUG SCREEN REQUIRED! vehicle can helping young (773) 843-8500 SEPTRAN Between 10:30 AM & 2 PM 847-392-1464

nities like yours. Your donated car, truck, boat camper, or rea estate can help

even more young receive a ful tax benefit.

Call Today or visit us at www.rawhide.org

1-800-RAWHIDE

United Credit Union 5901 N. Cicero-Chicago

CUSTOMER SERVICE

Edgebrook/Sauganash area professional office needs friendly, organized and dependable staff with reception, PC, secretarial and/or bookkeeping experience. Interest in math or science a plus. No dental experience necessary, will train. Full time or part time. Call: 773-631-6802

Notice

ugle 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 pollcies. All Help Wanted ada must specify the nature of the work offered. Bugie 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.

ARE YOU READY **FOR A CAREER CHANGE?**

driving record. Responsibilities 364 Student Drivers Needed! include transportation of materials & equipment for set-up and take-down Make 36K-42K of mobile blood drives throughout In Just 14-16 Days! the Chicagoland area. Full Time position. No Up Front Money Required Weekend work required. High school diploma or equivalent. CALL TODAY Previous experience with materials 1-877-83TRAIN handling a plus. Call LifeSource at:

2161 FOSTER-WHEELING

DRIVERS/MUA

Seeking individual with CDL & good

847-803-7845

Or Fax Resume: 847-803-7870

CORRECTIONS

ech ad is carefully proof read, out errors do occur. If you find an error please notify us immediaterepublication. Sorry, but if an error continues after the first pubication and we are not notified before the next insertion, the esponsibility is yours. In no event shall the liability for the error exceed the cost of the space ccupied by the error.

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

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

HUMAN RESOURCES

HUMAN RESOURCES ASSISTANT

Organized person with excellent communication skills to coordinate employee benefits and recruiting activities. Complete knowledge required. HR experience preferred. Salary low/mid 20's+excellent benefits. Send Resume To:

ORCHARD VILLAGE - HR 7670 Marmora - Skokie, IL 60077 Fax: (847) 965-1050

INVENTORY

COUNTERS NEEDED!

Interesting/challenging position counting inventory in retail stores throughout Northwest suburbs/Northwest Chicago. No experience necessary/\$8.00 hour. Early morning/late night hours available. Must have access to reliable transportation and communication. To schedule an interview call:

847/296-3036 Park Ridge Office
Equal Opportunity Employer

MEDICAL / HEALTHCARE

 REUSE TECHNICIAN **FULL TIME**

Dialysis Clinic Has Openings In NILES / 4848 W. BELMONT 1331 W. BELMONT & LOOP

Responsibilities include: The cleaning, preparation & maintenance of Dialyzers using computerized equipment and the ordering and stocking of supplies. Previous employment in a medical environment preferred. Interested candidates should call:

Neomedica, Inc. - Human Resources Dept. (312) 654-2790

Our classified ads reach more people per week

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

each week for your convenience.

AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS!

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and ask for our classified department.

Our trained staff will be available to take your orders.

space for our next issue. We offer two deadli

for the least amount of dollars.

MEDICAL/ HEALTHCARE

HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions

Hourly and Live-in positions available for Chicago and surrounding suburbs.
English speaking.
viewing in Highland Park

Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100

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: 312-443-1156 Attn: JoAnne

MEDICAL CLAIMS
PROCESSOR
No Experience Necessary
Will Train-Full or Part-Time
Computer Required
Up To \$40-\$50/Hour
(888) 225-9652-Dept. 501

Earn \$\$\$ helping MDs! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams.

1-877-FTC-HELP A message from The Bugle and the FTC.

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

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

NURSING

Looking For A Career In Caring For The Elderly, Then Apply At Norwood Park Home

MEDICAL / HEALTHCARE

NURSES - FULL & PART-TIME DAYS AND NIGHTS CNA'S - FULL & PART-TIME **ALL SHIFTS AVAILABLE**

Excellent Benefits For Full-Time Health, Emergency Days, Tuition & 401K

Apply Monday-Friday - 9:00 AM - 4:00 PM

NORWOOD PARK HOME

6016 N. Nina Ave. - Chicago, IL 60631 (Near Northwest Highway & Harlem) (773) 631-4856 Or Fax: (773) 631-2253

NURSES

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

Chicago LTC Group Seeks Experienced RN/LPN's For All Positions
All Shifts, Including
MDS, ADON & ADMINISTRATION/QA

Must have excellent management, organizational & documentation skills. Medicare, rehab knowledge a plus, LTC supervisory experience desireable. Send'resume to Sally:

C/O ManagCare 3553 W. Peterson Ave., Suite 300, Chicago, IL 60659 Or Fax: 773-463-5311

Call us today for details.

Beverly (847) 588-1900

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*2 Deadlines Per Week

Specials Designed With Your Needs in Mind

•• REACH MORE PEOPLE PER WEEK ••

CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.

FULL/PART TIME

DELIVERED TO ALL 16,000 HOMES IN NILES

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THE BUGLE CLASSIFIEDS

FULL/PART TIME

FULL/PART TIME

PROFESSIONAL OPPORTUNITIES

RETIREMENT FACILITY

TELEPHONE

Of Discarded Items

For A Major Charity

No Selling-Flexible Hours

Paid Weekly

Pleasant Personality

Reliability A Must!

Please Call:

(630) 588-0025

TRADES

JANITOR

2nd Shift

2nd Shift

2nd Shift

2nd Shift

2nd Shift

3nd Shift

*4nd Shif

er of interest to:

MPC Products Corp.
7426 N. Linder Ave.
Skokie, Il. 60077
Fax: 847-647-0923

MASSAGE

THERAPIST

Full or Part-Time

For Ballys Clinic

(847) 663-0610

LEGAL SECRETARY/ASSISTANT

Small Park Ridge law firm has immediate opening for legal secretary. We would like full time, but hours can be flexible. Prior legal experience is a plus. Must have telephone skills, computer skills (Word Perfect) and be extremely organized. Job will require preparing legal documents, real estate closing documents as well as daily correspondence Salary based on experience Send or fax resume and salary

Roseanne Loftus Loftus & Loftus 646 Busse Highway Park Ridge, Illinois Fax: (847) 318-8803

FIELD MANAGER FOR AT&T BROADBAND

Dependability, excellent people skills reliable vehicle and a serious desire to succeed financially are required for this long term position. Guaranteed salary and monthly wage bonuses!! For immediate consideration

Call Christina at 773-202-3053 M-F 9-12 only

RESTAURANTS/ **FOOD SERVICE**

• WAITERS WAITRESSES Part-Time / Full-Time Evenings

Call Vince At: (708) 867-7770 VINCE'S RESTAURANT Harlem & Lawrence

RETAIL

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

847-647-7549 Attn: Deena **Cigarette Depot** 7227 N. Harlem Ave., Niles

Find the help that you need in our classified section. WAITSTAFF WANTED

Northbrook Retirement Facility

5 Minutes From Golf Mill Mall & Accessible From 294 & Some Public Transportation. Full And Part-Time Positions Available. Varied Shifts And Times-Flexible Schedule. Starting Pay \$8.00 Per Hour. \$500 Sign On Bonus, Reviewed Quarterly. A Great And Friendly Working Environment.

Call: (847) 803-7107 - Ask For Samantha

SALES

FAMILY SERVICE COUNSELORS

The "HEARTEST" sell in America. Family Service Cemetery sales is a career that lets you help others while earning 40K+ your first year. We will only consider honest, self motivated individuals who will treat our families like they would want theirs treated. We offer an excellent paid training program and benefits package.

Call Bob At: (708) 453-0273 Or Fax Resume To: (773) 625-1061

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

TELEMARKETING

TELEMARKETING

No Cold Calling! Part-Time - Niles Salary Plus Commission **Must Have Some Experience** Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At:

(847) 588-1900

TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$

Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806

NOTICE The Bugle Newspapers does its best to acreen advertisements for their authenticity and legitimacy. However, we cannot be responsi-ble for all claims, products and

services of advertisers.

Laid off? Work from home. Se your own Bo\$5! 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.

> • PAINTER Year Round Work Up To \$16 - Benefits Minimum 5 Years Experience

(847) 358-0300

Part-Time Bartender Wanted

Ask For Hank 847-965-2928

TELEMARKETING

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**

TRADES

TELEPHONE WORK **CHOOSE YOUR** FROM HOME Scheduling Pick-ups **OWN HOURS!**

Put Your Computer To Work! \$1,500 - \$4,500 Part-Time /Full-Time *Free Information (262) 812-5485

ooking for a Federal or Postal Job? Who ooks like the ticket to a secure job migh 1-877-FTC-HELP
Or visit: www.ftc.gov.
A message from
The Bugle and the FTC.

www.freedomforevr.con

TUCKPOINTERS • LABORERS

Veeded For Construction Company (847) 367-0239

Be your own Bo\$\$! Process medica rom home on your compute t how to spot medical billing scams.

1-877-FTC-HELP A message from The Bugle and the FTC.

AUTO MECHANIC

5 Years Experience, Des Plaines Area (847) 298-6343

TURNKEY HOME BASED BUSINESS ... International Company Experiencin Explosive Growth. Free Information (262) 812-5633

Morton Grove Moose Lodge

REAL ESTATE

MISCELLANEOUS

THE BUGLE CLASSIFIEDS

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

> AIR CONDITIONER FOR SALE

A/C For Sale - 5000 BTU-\$75 10,000 BTU-\$175 / 18,000 BTU-\$255 All Run Excellent-GUARANTEED! (708) 788-3466

AUTOS FOR SALE

LOREN BUICK/HYUNDAI Naukegan Road, Gler (847) 729-8900

Rent-To-Own Computers! Starting At \$19.99 A Week 1-800-422-3368

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.

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

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

FULL/PART TIME

FULL/PART TIME

Notice

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APT. FOR RENT

COMPANION

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

COMPUTERS

ELECTRONIC

Rent-To-Own 50" Big Screen TV's! Starting At \$29.99 A Week 1-800-774-4553

> **ESTATE** SALE

Park Ridge - Sale By Appt. Only Like new Baby Grand-Ebony 5.5K, DR Furn. Mahagany 3k, LR & BD furn. 847-318-8352

FURNITURE FOR SALE

Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524

GARAGE SALES

MISCELLANEOUS

Morton Grove - 7044 Wilson Tr. (S. of Golf & E. of Harlem) Sat. 7/14 9-2 - Sun. 7/15 9-1 Kids clothes, toys, furniture & other items.

8513 W. North Tr. (Oakton & Greenwood 7/13, 14 & 15. 8-5. Exercise equip., chhs, hshld items, carpet, stove, vanities & more!

Niles - 7500 W. Jonquil Tr. - Sat. 7/14 9-3. Misc. items, movies, toys, clothes - a lot of great bargains!

Morton Grove - 9523 Sayre Avenue Sat. 7/14 - 10-3 (Rain date Sun. 7/15) Multi-Family Sale!

LOST

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

Key & Door Opener For Toyota Car
Lost While Marching In Niles
4th of July Parade!
Please 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, u have granted so many of m prayers but now I must place thi ition 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 Publish)

CORRECTIONS Each ad is carefully proof read,

error please notify us immediate ly. 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.

PERSONALS

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WERFUL PRAYER TO THE HOLY SPIRIT Yerful PRAYER TO THE HOLY SPERIT in you who solve all problems, who lights all troads 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 alary. Thank you for rith you in eternal glory. Thank you f r mercy towards me and mine. nis proyer for 3 consecutive days and c avor will be granted. Thank You. B.D

St. Jude's Novena

May the Sacred Heart of Jesus be dored, glorified, loved and preserved hroughout the world, now and forever sacred Heart of Jesus, pray for us. St Jude, worker of miracles, pray for u t. Jude, helper of the helpless, pray fo is. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered, it has never been known to fail. Publication must be promised. Thank you St Jude.

TANNING

WOLFF TANNING BEDS
TAN AT HOME
Buy DIRECT and SAVEI
Commercial/Home units from \$199
Low Monthly Payments
FREE Color Catalog Call TODAY: 1-800-711-0158

WANTED TO BUY



WANTED WURLITZERS JUKE BOXES Slot Mechine Any Concretion 1-630-985-2742 Fax: 1-630-985-5151

YO-YO THE CLOWN

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

All Classified Help Wanted Ads Can Now Be Found On The Internet!

www.Chicagometrojobs.com

Home data system.....

continued from page 1

gency reposonders know if a tem's projected cost. usually uncongested route contains road construction on a par-

Other uses include determining the location of underground utilities, the size and age of the watermain servicing a particular property - even the size, type, and number of trees at a village street address could be made available with the system.

The GIS consists of complex mapping software. In a June 6 memorandum from Village IS Manager Bill Shaw, costs for educating village employees on the system is estimated at \$800 per person, per class, adding an additional \$16,000 to the sys-

that (every community will have) within the next 10 years," said Niles trustee and GIS Committee Co-Chair Robert Callero. "We're just one step ahead."

Analysis, projected one-time costs are estimated at \$428,704. 27 percent of which will be spent for software. The Village projects the GIS Budget Impact for 2001-2002 at \$316,110.68 and \$224.362 for 2002-2003.

The GIS will be implemented in steps, but it is hoped that the

Dutch Elm Disease on the Rise

Summer is young but arborists are already seeing what appears to be a significant increase in Dutch elm disease (DED) this year. "There seems to be a lot of it out there." said Rex Bastian, Ph.D., an entomologist and vice president of field education for Hendricksen the Care of Trees, a Wheeling-based tree-care company with offices throughout metro Chicago. "The question is

Bastian says it is difficult to pinpoint the cause of the apparent surge in DED infections. But the mild temperatures of last winter may play a role. Cold winter temperatures help contain or reduce the population of elm bark beetles, which are one way the disease is spread. More beetles might have survived the winter than usual. Increased humidity when the beetles were feeding in spring might also have helped spread the disease.

Whatever has caused the increase, vigilance is key. Just as with human diseases, early detection can mean more options for treating DED. Unfortunately, though, many of the trees that contract DED must be removed. This helps protect nearby trees from being infected.

Owners of American elms need to keep an eye out for signs of the disease. Look for wilting, yellowing or browning at the tips of branches. The foliage may droop. But don't neglect to look at areas closer to the trunk as well. DED is also spread from tree to tree via roots. If a tree has become infected by a root graft, the disease will move up the trunk and spread out to the rest of the tree from there. In that case suckers or new shoots from the trunk might

Waukegan Rd. homes

.....continued from page 1

that the board has approved an ordinance subdividing the property into two plats, allowing two fresh coat of paint. But water es, as well as a handy aerosol for single-family homes to be constructed.

Land owner, Tom Heskin said at the board meeting that he'd Before painting, it's best to prediscussed the decision with pare water-stained surfaces with neighbors, and that they offered a "first coat" of a shellac-base no objections.

"It's costly, but it's a system Once again, this year the Niles Park District was able to provide this exciting event to the community at no charge. We entertained more than 3,500 kids and adults. This was one of the most successful elebrations that

According to a GIS Cost

be wilted or brown. Call a certi-

fied arborist at the first hint of in-"Living with an elm is like living with a time bomb," says Dr. Bustian. "It can go off at any time. You may be lucky and have a tree that escapes infection. But you

"The thing about DED is that prevention is your best protection. But prevention, which typically involves injecting the tree with a fungicide, is expensive and must be repeated every three years. Conversely, removing a large elm may cost a couple thousand dollars - more than treating the tree for several years.

Successful July 4thcontinued from page

cago Wolves Hockey Team.

"Thank you again to everyone

who attended, to all the volun-

teers who gave us their time, and

to the many sponsors, who with-

out them, this could not have

happened," said Joseph Lo-

Verde, Executive Director.

the District has had.

Bill Wennington to co-host Chip In For A Cure

The American Cancer Society, Northwest Suburban Region, hosts its fourth annual Chip In For A Cure golf tournament on Tuesday, July 17, 2001.

Former Chicago Bull Bill Wennington, who was part of the 1996, 1997 and 1998 NBA Championship teams, will cohost the event, along with Chicago Bulls announcer and Chicago radio personality Tom Dore.

"Cancer can be a scary thing to talk about. That's why I've thrown my support behind this tournament - because it's a fun way to address a serious issue," said Wennington. "The American Cancer Society has made such a difference in so many lives, and we as a community need to support its continued efforts."

The tournament will be held at Old Orchard Country Club, 700 W. Rand Rd., in Mount Prospect. The event kicks off with lunch at 11:30 a.m. Golf contests, an auction, dinner and a raffle are all part of the festivities.

Money from the event funds local research to find cures for cancer. To register or to make a donation, please cvall 847-358-

The American Cancer Society is the nationwide, communitybased, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service. For more information, call the American Cancer Society at 1-800www.cancer.org.

Tips for painting water-stained walls

(NAPS) -- This time of year homeowners often have problems with water stains appearing on ceilings, walls and woodwork. Water from rain seeps inside from insufficient flashing around windows, skylights, dormers and

Some may think all that's needed to hide these stains is a stains are reactivated by the water in latex paints and will bleed back through, ruining the paint job. primer, like B-I-N, from the Zins.

ser Company. The shellac resin permanently seals off the stain, as well as any musty odors. The primer can then be topcoated with any type of latex finish paint.

Readily available at paint centers, the primer comes in tra-day July 14, 2001 from 10 a.m.-2 ditional pint, quart and gallon siz- p.m. covering water stains on acoustical ceiling tiles. The product is easy to use. It contains an alcohol solvent, so it dries fast, ready for top-coating in less than an hour, and brushes clean up easily with household ammonia and water.

(matince) on July 29 at Niles West High School, 5701 Oakton Street in Skokie. Tickets are \$15 for adults; \$12 for seniors over 60. and \$10 for children under 12. Tickets can be purchased by calling Theatre 219 at (847) 966-8280 or by stopping by the Niles West Auditorium Box Office on Monday. Wednesday or

Friday from noon-4 p.m. All

seating is reserved and Visa/

MasterCard is accepted. Stuck in a dead end job as an assistant in a floral shop on Skid Row. Seymour Krelbourn stumbles upon a very unique plant that he calls Audrey II, named after the girl of his dreams who

Fighting the Fraud That Can Be Fatal

(NAPS)-Safety experts are an airbag is in good working orworking on ways to drive down der the risk of injuries and death due to auto accidents.

They are, however, running into problems from a surprising source: airbag fraud. It's on the rise and may soon rank as one of the worst vehicle repair scams out there - and a potentially fatal one. The average buyer may never know whether the airbag is there, until it's too late.

Last year, 2.5 million vehicles were totaled by insurance companies and issued salvage titles. More than one million of those or two out of every five - were rebuilt and put back on the road. Even if the accident was minor, if the airbag deployed, airbag fraud is a risk factor.

According to the California Highway alliance, one out of every 25 previously damaged vehicles inspected had phony airbags. Airbag systems are expensive to replace, so dishonest mechanics keep costs down and profits up by using incorrect, outdated or no system at all to replace the deployed bags. Since it's virtually impossible for consumers to tell just by looking that dummy airbags were used, they purchase improperly repaired vehicles.

The experts at Carfax.com recommend consumers perform the follwing checks to determine if

seats are being used improperly

Certified technicians will be on

hand to check all seats to make

sure they are being used and in-

The Niles Police are concerned

stalled properly.

The Niles Police Department the area of passenger restraint inwill be conducting a Child Safety cluding child seats and seat belt Seat check at the Toys-R-Us store usage. In the coming months the stores, hardware stores, and home at Milwaukee and Golf on Satur- Niles Police along with several patrols of enforcement of seat belt and child seat use.

children.

Niles Police at 847-588-6500.

Theatre 219 presents 'Little Shop of Horrors'

Theatre 219, Niles Township's Community Theatre, will drey II, Seymour accidently perform Little Shop of Horrors pricks his finger on a thorn and a at 7:30 p.m. on July 27, 28; Audrop of blood falls on the plant, gust 2. 3 and 4 and at 2 p.m. causing it to come to life and be-

Seymour, realizing that this one-of-a-kind plant grows immensely when fed blood, uses the plant to garnish publicity for the failing flower shop. As word about this amazing plant spreads, the shop's business flourishes and Seymour finds the confidence to woo Audrey. Ultimately, the plant's insatiable appetite for blood grows completely out of control and Seymour must find a way to tell Audrey the truth about what he has been feeding Audrey II.

For more information, contact the box office at (847) 966-

When turning on the ignition: The airbag indicatorlight should appear momentarily and

> · If indicator light remains on flashes, there may be an air bag system problem. Take the vehicle to a qualified mechanic for further inspection.

> • If the light NEVER comes on, there could be a serious problem. The air bag may be missing and the bulb removed.

Airbag lights may not come on if the previous owner has had an on-off switch installed. Ask owner or dealer to provide a copy of the National Highway Traffic Safety Administration's letter authorizing the switch and have the airbag turned back on.

Car buyers should ask for a vehicle history report and see if the car has been in an accident. Carfax.com offers an easy way for consumers to find out if a vehicle has been in a major crash. If the seller doesn't offer one, log on to www.Carfax.com or call toll free 1-888-4CARFAX (1-888-422-7329). Using this information and taking the vehicle to a certified airbag mechanic for inspection PRIOR to purchase can ensure a properly working airbag system and provide peace of

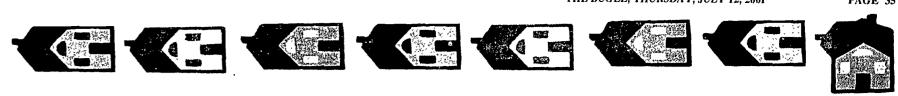
Safety Seat check

Over 80% of all children's car

Please help us to ensure everyone buckles up, especially the

For any questions please contact Officer Ron Brandt of the about traffic safety, especially in





WANTED





NILES, MORTON GROVE DES PLAINES, PARK RIDGE GLENVIEW, NORTHWEST CHICAGO











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We are one of the top 100 ERA offices in the country and have been serving this community since 1956.







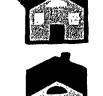






































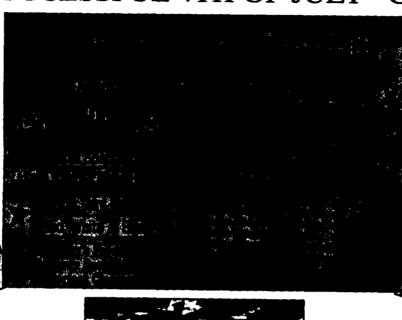




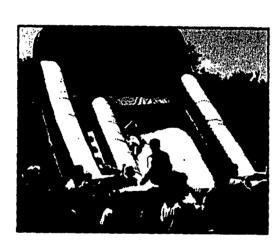
NILES PARK DISTRICT

THANKS EVERYONE WHO HELPED MAKE THIS THE MOST SUCCESSFUL 4TH OF JULY CELEBRATION!























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