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THURSDAY, JULY 19, 2001

VOL. 45, NO. 4

From the Left Hand

By Bud Besser

Beginning this month the new vehicle state license plates are being issued - red lettering on a white plate with blue trim at the bottom of the plates. While they're long overdue they beg the question, "What happened to the money?" We were told ten years ago the replacement of the yearly metal plates with annual sticker expiration license dates, would save the state millions of dollars. We assumed the money saved would certainly cover the future cost of new metal plates. But not so. This year the price for the new license increased from \$48 to \$78, more than a 62% increase. What happened to the money saved by using the annual stickers? And the 62% increase will continue yearly increasing the flow of 35 to 50 millions of dollars into the Secretary of State's coffers each year. One more example of fleecing the public by a government taxing body.

The Sun-Times reports two DesPlaines aldermen are objecting to the fruitless effort of battling additional runways at O'Hare Airport which is costing the city of DesPlaines \$22,700 quarterly. It is part of a ten-suburban group of villages opposing the noise problem emanating from the airport and now the planned additional runway/s which are supported by Chicago's Mayor Daley. The report also mentions the attorney representing the group has billed \$192,000 for 17 months of part-time work and more than \$3.1 million dollars has already been budgeted for the battle. We recall Niles joined a group to abate the noise at the airport. We hope they haven't been foolish enough to continue this support and certainly not at the rate of \$88,000 a year - a cost which has been ongoing since 1990.

Continued on Page 42

Geo. Alpogianis of Kappy's joins Niles zone board

by Barbara A. Mendelsohn
"Public service has a lot in common with the restaurant business," said George Alpogianis, general manager of Kappy's Restaurant, as he discussed his recent appointment to the Niles zoning board.

Asked by Niles trustee James Callero if he would accept the post, Alpogianis said he would be glad to give back. His appointment was approved at the July 2 village board meeting, and he will sit on the Niles' zoning board come September.

Asked about his goals, Alpogianis said he wants to do whatever is best for the village. "We all know you can't please everyone, but if I can please a majority, I'll be satisfied," he said.

Alpogianis describes himself as a third-generation restaurateur with 22 years in the busi-

Continued on Page 42

National Night Out Against Crime

If living in Maine Township makes you feel safe and secure, Maine Township's National Night Out Against Crime might be one reason. National Night Out Against Crime is Maine Township's annual evening of fun, prizes, games, and entertainment with the goal of strengthening the police-community alliance against crime.

This year it promises to be bigger and better than ever. The event is at Dee Park (Dee and Emerson) on Tuesday, August 7 starting at 6:30 p.m. It is free for residents of Maine Township.

Featured entertainers will be "The Other Blues Brothers" (starring Township supervisor Bob Dudycz and Clerk Gary K. Warner). The Sol Azteca dancers, Kalapadma Dance Academy and a Tac Kwon Do Group will also perform.

From the Cook County Sheriff's Police, Gang Task Force officer Bill McHenry will be a guest speaker. There will be a demonstration by the Sheriff's canine unit. Those who attend will get a chance to meet their representa-

Continued on Page 42

Four percent increase to bring Niles rate to \$1.21 per thousand gallons; Morton Grove to also be raised

Chicago to raise Niles water rates for third time

by Linda Portiera-Peace

In order to maintain its operating infrastructure, the Chicago Department of Water anticipates the City Council's approval of a 4 percent rise in water rates on January 1, 2002. If approved by the Niles Village Board, Niles property owners will subsequently incur the increase next year, which is inclusive of sewer maintenance and operations.

Chicago's Lake Michigan provides the sole source of drinking water to Niles and other suburbs. City officials did not comment on reports that it will raise its rate again in 2003.

After two years of consistent 4 percent increases, Niles residents currently pay \$3.08 per one thousand gallons and remain among the lowest water rates within the 121 suburbs serviced by the Chicago Water Department. To help adjust to the 8 percent total increase since 2000, the Village of Morton Grove raised its water rates about 6 percent last month,

and has announced that it will follow Chicago's lead and raise rates in 2002 and possibly in 2003.

Next year's increase would raise Chicago property owner's
Continued on Page 42

Niles retires Bookmobile

by Heidi Stadler

After recommendations and input from the staff, the Niles Public Library District's Board of Trustees unanimously voted to discontinue use of its 10-year-old Bookmobile, effective July 7.

With expenses on the rise, the Library is no longer able to keep the service going. "It takes about \$8,000 a year to operate and maintain the actual Bookmobile, something that is no longer within the library's budget," said Library Administrator Cary Czarknecki.

Ninety-eight percent of the Niles Public Library's income depends on property tax. Czarknecki said that library district has been hurting since 1994 from

the village's annual property tax levy, which has been just under the mandatory five percent tax cap.

No jobs have been lost by the decision to end the Bookmobile, and the library will be expanding its Library on Wheels outbound service.

The Library on Wheels is a minivan used to supply books to the elderly and individuals with limited physical abilities who are confined to their homes. The van also makes trips to schools, loaning books and signing the kids up for library cards.

"We are just changing our way of getting to these people. A way that will fit into the budget," said Czarknecki.

Clowning around at the Park District



Niles Park coordinator, Julene Valle (blue suit, red hair) "clowns around" with staff as part of the park's annual Clown Nite at Pioneer Park (see page 15).

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

An Gorta Mor

by Lisa Ashkenaz Croke



Slack said family and friends will attend the March 2002 dedication in New York.

"Wouldn't miss it for the world."

The now crumbling stone, thatched-roof cottage of Martin Slack's youth was built in 1835, and hasn't been lived in since 1960.

Once discovered, the house was taken apart and loaded onto a truck to Dublin, then shipped to Liverpool, England before heading to the states.

It's expected to arrive soon, and will be reassembled in lower Manhattan's Battery Park as part of the reported \$4.7 million half-acre site, which also seeks to recreate the landscape with Irish grasses and flowers planted into soil laid onto reinforced concrete.

The scene will slope upward 25 feet over an inscribed stone and translucent resin base, where testimonial writings pay tribute to *an Gorta Mor*, the Great Famine.

John Witting has achieved rank of Eagle Scout

Boy Scout Troop #175 former Scoutmaster David Okun, Committee Chairman (Eagle Scout) Ben Costes, along with Scoutmaster Bob Galassi are pleased to announce that another of the young men of Boy Scout Troop 175, Niles, IL, John Witting, has achieved the highest rank in scouting - Eagle Scout!!

John has successfully completed his Eagle Scout project - the renovation of part of Flanagan Hall, completing 34 merit badges and all requirements for the Eagle rank, including passing the scrutiny of the Eagle Board of Review.

Eagle Scout John Witting will be honored at a special Eagle Court of Honor where he will receive his special Eagle patch, neckerchief and slide to commemorate the event. John has worked very hard during his 10 year career as a Cub & Boy Scout to become the third Eagle Scout in the past 10 months for Troop 175.

The sponsoring organizations, the St. John Brebeuf Holy Name Society and North American Martyrs Council 4338, Knights of Columbus offer their heartfelt congratulations to John and his family for this great accomplishment.

The Troop has expectations to invest the Eagle rank to 2 more scouts within the next year.



In 1893, Queen Isabella of Spain became the first woman to be featured on a U.S. commemorative coin.

leave the house in Ireland when he was 15-years-old. The eldest of at least eight siblings, he set out to earn money working the fields in England around 1902.

Martin toiled with his father, who died of a heart attack three months later. As there was no money to send the man home to Ireland, his father was given an English pauper's burial.

Instead of returning to the fields, the teenager joined the British merchant marines for a six-year tour. Unable to enter the U.S. due to immigration restrictions, he jumped ship in Nova Scotia and worked as a lumberjack, illegally entering Scranton,

PA on foot three years later.

In Pennsylvania, Martin worked in the coal mines and became part of the growing Irish community.

"That's where he met my mother," said Marty Slack.

Beatrice also grew up in Co. Mayo; three miles away from her husband's childhood home. They met at a Saturday night dance in Scranton.

The rest is the American Dream.

"Her friends wanted to go to Chicago, and he followed her here where they were married and had two boys," said Slack, Jr., a successful business owner.

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ROBBERY

The morning of July 9 a man entered a cleaners at 800 Civic Center to apply for a job. While employees were in the back the man made off with \$116 from the open cash register. A witness identified the man for the police who picked him up at the 8000 block of Ozark. The man was driving on a revoked license and had possession of a pipe with cannabis residue in it.

RECKLESS DRIVING

In the early morning hours of July 11 a stationary car was observed at the 8700 block of Milwaukee squealing and screeching its tires. The driver then proceeded to do three 360-degree turns across all four lanes. Other drivers had to pull over to avoid crashing into the car. When the driver was stopped by police he replied he was "just having fun."

STOLEN AUTO

The evening of July 9 a 1999 black Toyota Camry in the parking lot at 7600 Milwaukee was stolen. The management of Terrace Square reported a suspicious car parked at 9700 Dee Road. The car turned out to be the stolen Camry.

STOLEN BIKE

On July 12 a witness observed

a man taking an unlocked bike from a public pool parking lot and putting it into a yellow late model van.

A bike stolen from outside a restaurant on June 27 was spotted in the window of a business. The owner provided proof of ownership. The police are investigating further.

CRIMINAL DAMAGE TO PROPERTY

Sometime between July 5 and July 12 unknown person/persons used a pry bar to remove \$126 in singles from a pop machine at 200 Golf.

The evening of July 8 someone threw eggs at the side of a house on the 9200 block of Maryland. A screen was damaged to the tune of \$20.

BURGLARY AUTO

July 9 the rear window of a car in the parking lot of 7100 Touhy was broken with an unknown object. A wallet containing \$10, \$55 of gift certificates and a driver's license was taken.

The evening of July 8 all four hubcaps valued at \$120 on a 1995 Dodge Intrepid parked on the street at the 6900 block of Rosemary were taken.

Life insurance fraud

(NAPS)-Viatical settlements are relatively new investments, the popularity of which has soared in the last several years. But like other legitimate investments, these settlements can become vehicles for fraud.

Here's how a settlement works: An elderly or terminally ill person wishes to get cash from his or her life insurance policy. He or she sells the policy, at less than face value, to a viatical company. This company, in turn, finds an investor willing to buy the policy and wait for the insured person to die. The investor then collects the full benefit.

Fraud may occur at both ends of this arrangement. If the insurance company did not know that the insured had a terminal illness,

the policy likely won't be honored. The investor gets stuck with a worthless policy. Similarly, a dying person may get some fast cash by buying a large policy and immediately selling it.

The U.S. Postal Inspection Service and the FBI have formed a task force to investigate viatical settlement fraud.

Protect yourself. Be suspicious of any deal that promises fantastic return at little risk. Know whom you are dealing with. If you are not sure, check the company's reputation with your local Better Business Bureau or District Attorney's Consumer Protection Unit. If you've been the victim of viatical fraud where the mail was used, contact the U.S. Postal Inspection Service at 1-800-372-8347.

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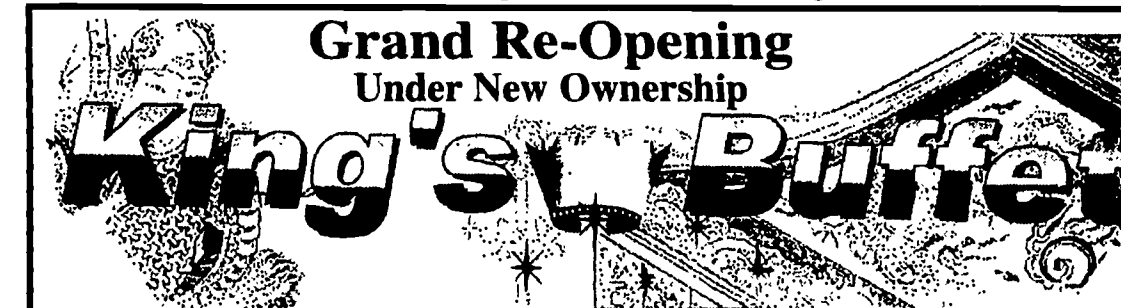
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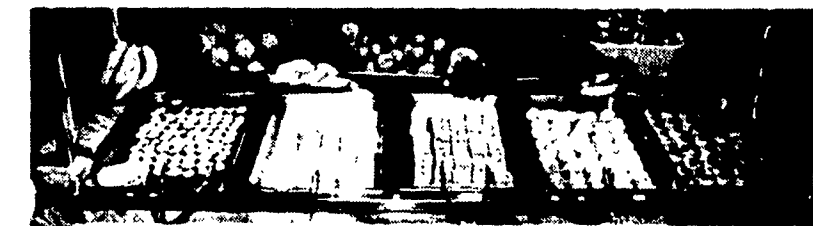
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The Niles Police Department would like to welcome three new faces to their department. On June 15, 2001, Sam Cora, Danielle Helma, and Roy Balsamo (pictured left to right), graduated from Cook County Sheriffs' Police Law Enforcement Academy and are now currently enrolled in Niles Police Departments' Field Training Officer Program.



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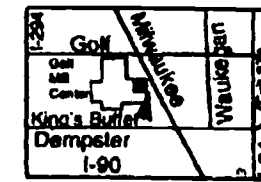
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Forest Preserve District of Cook County

FOREST PRESERVE DISTRICT of COOK COUNTY



Bob Rubin, CEO of CMI, Inc. in Skokie (left) presents a Globe Strobe safety product to Lauren Burda of LaGrange Park, as Cook County Forest Preserve Police Sergeant Chuck Pila (rear, second left) and Cook County Forest Preserve Police Chief Charles Coleman, Jr. look on during the Forest Preserve District's recent "Heads Up For Safety" events, held at two forest preserve locations. CMI manufactures the Globe Strobe, which applies strobe light technology to keep the wearer visible for up to half a mile. Over 200 Globe Strobes were given away at the event as part of the launch of the Strobe Patrol, a locally-based safety program in which police distribute the innovative product free of charge to children and adults. In addition, CMI donated 150 Globe Strobes to the Cook County Forest Preserve Police to assist patrolling officers and "search and rescue" operations. Those interested in starting their own Strobe Patrol are invited to contact Bob Rubin at (847) 933-8500 for more information.

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—Albert Einstein

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Now is the time to prevent bone loss

(NU) -- Did you know that in the United States, every 20 seconds there is a fracture caused by thinning and brittle bones? According to the National Osteoporosis Foundation, 10 million Americans suffer from osteoporosis, 8 million of whom are women. In fact, women are four times as likely to suffer from the debilitating disease.

Vitality: Health and Wellness for Midlife and Beyond, a menopause education campaign, urges all women to take steps now to protect themselves against bone loss and prevent the onset of osteoporosis.

Bone loss, a natural part of aging, can begin in your 30s when the body begins to produce less estrogen, a bone-preserving hormone. When women enter menopause and no longer produce estrogen, their bone density may decrease leaving them more susceptible to fractures.

Recent studies report that most of the bone loss that women experience in their lifetime occurs in the first five years after menopause. According to the National Osteoporosis Foundation, one in two women over age 50 will suffer an osteoporosis-related fracture in her lifetime.

Fortunately, simple lifestyle changes can be highly effective in preventing osteoporosis. For post-menopausal women, replacing the hormone estrogen is the most effective means of slowing bone loss.

Today, more than 17 million women use hormone replacement therapy to relieve the symptoms of estrogen loss and protect against bone loss. Other measures that can prevent and treat osteoporosis include eating a diet rich in calcium and vitamin D; not smoking; reducing caffeine intake; and doing exercises that require weight-bearing techniques.

"Osteoporosis often has no early symptoms, so women may not know they have the disease until they experience their first fracture," said reproductive endocrinologist Dr. Valerie Montgomery Rice. "If you are reaching the age of menopause, have a discussion with your doctor about your risk factors for osteoporosis to determine if you need to schedule a bone mineral density test, which measures bone mass and is the only way to test for osteoporosis before the disease progresses."

Fractures, such as wrist and hip fractures, are the most common health threat associated with osteoporosis; others include severe back pain, loss of height and stooped vertebrae.

For more information, speak to a health care provider or log onto Vitality's Web site at: www.menopausehealth.com.

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pictured: Grilled Vegetable Terrine

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CHURCH & TEMPLE NEWS

MTJC accepting applications

Maine Township Jewish Congregation Shaare Emet (MTJC) is now accepting applications for membership and religious school for the new year, 5762 (2001-2002). MTJC is a traditional-conservative congregation, a member of United Synagogue for Conservative Judaism, and offers full life-cycle services to its membership. Located at 8800 Ballard Road, in unincorporated Maine Township, the congregation membership includes families from the unincorporated area and Niles, Des Plaines, Glenview, Park Ridge, Morton Grove, Northbrook, as well as other areas.

Religious services are held daily, seven days each week. MTJC is the only synagogue in the area that can boast offering religious

services with that frequency. Rabbi Edmund Winter, spiritual leader of the congregation, offers a series of weekly adult education classes throughout the year.

Activities include Chanukah and spring concerts and an auction for goods and services. Members celebrate the Purim holiday each year with the Feed-A-Family project, distributing food packages to needy families referred by the Ark.

MTJC has a reasonable dues structure that is designed to take into account the needs of families and individuals at different stages of the life cycle, so that all can participate. Memberships and High Holiday tickets are available. For more information, contact the synagogue office, (847) 297-2006.

Vacation Bible School

St. Matthew's Lutheran Church in Niles will be hosting Vacation Bible School, July 30-Aug. 3 at the Church, 9081 Maryland Ave., just south of Golf Mill Shopping Center. Children age four through 7th grade are invited. Pre-registration is appreciated.

The theme of the Vacation

Bible School is "StarTracks" and includes topics: "The Very First Star," "A Promise in the Stars," "A Star is Born," "The Day the Sun Stopped Shining," "Shine Like Stars."

For further information, call Elaine Powell at (847) 470-9627.

Eddy's Science and Health sells its 10 millionth copy

Spurred by a resurgence of interest in spirituality and healing, the book *Science and Health with Key to the Scriptures* by Mary Baker Eddy (1821-1910) sold its 10 millionth copy this year.

First published on October 30, 1875, sales of the book reached this landmark figure just after its 125th anniversary of being in print. In the last five years alone, more than one million copies have been sold.

"This is a monumental moment if one considers the humble beginnings of this book and its author," said Virginia S. Harris, Publisher of The Writings of Mary Baker Eddy, which publishes *Science and Health*. "Mary Baker Eddy wrote this book from an attic room in Lynn, Massachusetts, and now it is read by millions around the world." Annual sales of *Science and Health* have exceeded 100,000 for the past seven years. In the last two years, annual sales have been more than 200,000 representing the highest sale years in the history of the book's publication.

"Men and women are searching for a practical spirituality - a spirituality that can improve their

health, family life and relationships, finances and careers," Harris said. "That's exactly what Eddy, a pioneer in the mind-body connection, set out to provide in *Science and Health*."

There is ample evidence that interest in spirituality is growing. A recent Gallup survey found that 78 percent of Americans feel the need to experience spiritual growth and that 91 percent believe a higher power helps them get through each day. According to the American Booksellers Association, sales of spiritual and religious books increased 173 percent between 1991 and 1998, by far the fastest growing book category.

People responding to polls may make themselves sound more religious than their actual practice would suggest, but when someone goes into a bookstore and spends \$20 on a book, that person has made a statement about what really matters to him or her," said Phyllis Tickle. Tickle is the author of *The Shaping of a Life: A Spiritual Landscape, The Divine Hours*, and one of America's most respected authorities on religion, and a Contribut-

ing Editor in Religion for *Publishers Weekly*.

Science and Health has readers in more than 130 countries and has been sold in 70 countries, including more than 3,000 bookstores, 2,000 Christian Science Reading Rooms worldwide, and by Internet bookstores. *Science and Health* is published in 16 languages, and is available in English Braille.

In addition to her authorship of *Science and Health*, Mary Baker Eddy also established *The Christian Science Monitor* in 1908 when she was 87 years old. These achievements have not gone unnoticed. She was inducted into the Women's National Hall of Fame in 1995 and was named one of the 25 religious figures who have most influenced Americans in the 20th century by *Religion & Ethics Newsweekly* (PBS).

Science and Health with Key to the Scriptures is available locally at the Christian Science Reading Room at 13 N. Prospect Ave., Park Ridge, 847-823-4647, as well as at the following bookstores: Park Ridge Library and Border's & most bookstores.

Wellness on Wheels van rolls into suburbs

The Cook County Department of Public Health's (CCDPH) Wellness on Wheels (WOW) van provides health services throughout suburban Cook County and will be in the Glenview area on Friday, August 10 at the Northfield Township, 3801 W. Lake Ave.

Services include health counseling, tests for anemia and diabetes, blood pressure and cholesterol screening, tuberculosis (TB) testing, immunizations, urinalyses, breast self-exam instruction, pelvic pap smears for women and testicular exams for men. If a health problem is found, the client will be referred to available services.

Suburban Cook County residents who qualify financially (i.e., school lunch program; Women, Infants and Children (WIC)) are eligible for WOW services. At the time an appointment is scheduled, financial screening will be done and accommodations will be made for persons with a disability.

Appointments are necessary and may be scheduled by contacting the CCDPH district office between 8:45 a.m. - 4:15 p.m., Monday through Friday at (847) 818-2860; TDD for speech/hearing impaired, (847) 818-2023.

Glenview—Friday, August 10 at Northfield Township, 3801 W. Lake Avenue.

New Lease On Life

by Jeanine Kromer

Cystic Fibrosis rings bells of horrors for most parents. Even if a parent who doesn't know anything about the disease knows to be afraid. Cystic Fibrosis (CF) is the result of an inherited genetic defect. A gene in human DNA is encoded to manufacture a special protein known as CFTR (cystic fibrosis transmembrane conductance regulator). This protein is responsible for controlling the movement of sodium and chloride ions across the membrane of tissues that line the surfaces of the body. Doesn't sound like much but this defect has vast repercussions across a spectrum of systems.

People with Cystic Fibrosis suffer from chronic lung problems caused by thick mucus build up that is difficult to remove and is the ideal environment for bacteria to breed. The thick mucus destroys lung tissue and impedes gas exchange. Severe gastrointestinal problems like life threatening blockages are another health risk for people with Cystic Fibrosis. Many with Cystic Fibrosis develop diabetes because the pancreas ducts are blocked (mucus) and cannot release digestive enzymes. The mucus also prevents the small intestines from absorbing the proper nutrition from food. About 95 percent of men with Cystic Fibrosis are sterile.

A courageous example of living with CF comes in the form of an 18-year-old Niles North senior by the name of Annette Michelle Palmer. Palmer uses the time she spends at Lutheran General to write poems about her illness and other issues any 18 year old would be interested in. Palmer's Mom wrote poetry and Annette became interested in the art when she was about 9 years old. She wrote her first poem "My Love For You" about a crush after listening to a popular song and realizing the value and power of words.

Palmer won the Editors Choice Award for the poem "Does God Love Me" which she penned after having a particularly bad day health-wise. A little boy with cancer inspired Palmer to write "In God's Hands Now," which won her one of ten publishing contracts at an international poetry convention. Watermark Press of Owens Mills will publish 100 copies of Palmer's book *Breath*. She says that finding poetry has helped to cope with her illness. She usually spends three to four months in the hospital where she is confined to her room and has lots of time to think. Palmer will be attending DePaul University in the fall to pursue her dream of being a star.

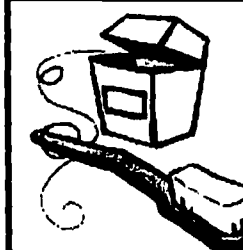
Cystic Fibrosis is the most

common fatal hereditary disease in the United States. Around 30,000 Americans have CF. Cystic Fibrosis was once considered a children's disease, but with modern medical advances, the life expectancy of people with CF have increased dramatically. Thirty years ago, the median survival age was eight years, but now patients of CF can live an average of 30 years or more. The gift of time has brought in a whole new set of problems like going to college, getting a job, health insurance and building permanent relationships, while living with a time consuming and restrictive disease.

Most people with CF need to undergo extensive physical therapy, as well as maintain a strict diet and medication regimen. CF sufferers are often hospitalized for chronic lung infections and digestive disorders. Many take antibiotics to counter the lung infections. Supplemental enzymes are necessary to properly digest food for 85 percent of Cystic Fibrosis patients. Vitamins are extremely important to maintain general good health. Aerosols to open restricted airways are key for some people with CF.

The sweat test has been a reliable diagnostic tool for over 40

Continued on Page 8



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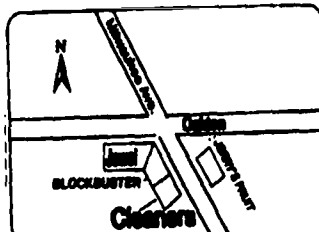
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Health News

Life ...

Continued from Page 7

years. The test determines the amount of sodium and chloride in a person's sweat. The sweat test is a simple and painless procedure that can be performed on people of any age. A colorless, odorless chemical known to cause sweating is put on a small area of skin on the arm or leg. An electrode is used to stimulate sweating. Gauze is placed over the area to collect the sweat for analysis. The amount of sodium

and chloride will be abnormal beginning at birth if a person has CF. If a person has CF it is important to follow medical advice, become educated about CF, attend support groups and not get discouraged. At present there is no cure for CF, but many recent developments have extended life expectancy and increased the quality of life for those with CF.

Taming stress day by day

(NAPS)—Though we all have stress in our lives, this is one area where we can learn from those who have a chronic illness and have to handle even more stress than the rest of us. Here, form experts at the National Multiple Sclerosis Society, are some strategies for taming stress day by day.

- Simplify your life. Relax a few of your standards. In other words, let the grass grow.
- Plan ahead in situations that could cause stress. For example, if you expect to be in a situation in which you'll have to be waiting, take a book with you.

- Make plans for extra sleep before family gatherings or important events.
- Learn to say no.
- If old interests and activities become more difficult or too time consuming, replace them with new ones that fit your current needs.

- Do the unpleasant things early in the day so that you don't

have to worry about them.

- Schedule rest periods. Knowing that you are going to rest on a regular basis can stop you from feeling guilty about not completing a task.

- Learn to revise time schedules. If you told a friend you would meet at noon, and are running late, is there any reason the appointment can't be changed to one? Finally, work toward the award for "Has the Best Sense of Humor." It never hurts to be able to laugh at yourself.

Multiple sclerosis (MS) is a chronic, unpredictable disease of the central nervous system, usually diagnosed during the early adult years. A free copy of *Taming Stress in Multiple Sclerosis* is available from your local chapter of the National Multiple Sclerosis Society. To find out more about the programs of the National MS Society or to find the chapter nearest you call 1-800-FIGHT MS or log on to www.nationalmssociety.org.

The older I grow the more I distrust the familiar doctrine that age brings wisdom.

—HL Mencken

Get the facts before trying to lose weight

(NU)—From skipping meals to eating grapefruit, Americans are bombarded with information about how they can lose weight. Despite the plethora of information, nearly half of American adults are overweight or obese and the percentage of overweight children continues to climb.

In an effort to dispel some of the myths about dieting and eating regimens, the National Institutes of Health has published a new, free consumer fact sheet.

"Weight-loss and Nutrition Myths" addresses some common myths and offers factual information to help clear up the confusion about healthy eating and safe weight loss. Some myths highlighted in the fact sheet include:

MYTH: Eating after 8 p.m. causes weight gain.

FACT: If you like to dine by candlelight, don't worry. It doesn't matter what time of day you eat—it's how much you eat during the whole day and how much exercise you get that determines if you gain or lose weight.

MYTH: Fast foods are an unhealthy choice you should avoid when dieting.

FACT: Fast food can be a part of a healthy weight-loss program with a little know-how. Choose salads and grilled foods instead of fried foods which are high in fat and calories, and only use high-fat, high-calorie toppings in small amounts. If you order fried foods like french fries, try to split an order with a friend or order a small portion.

MYTH: Starches are fattening and should be limited when trying to lose weight.

FACT: Potatoes, rice, pasta, bread, beans and some vegetables like yams, turnips, beets and carrots are rich in complex carbohydrates, or starch, which is an important source of energy for your body. Just limit the use of high-fat toppings on them, like butter, sour cream, mayonnaise or Alfredo sauce.

MYTH: Nuts are fattening and can lead to weight gain.

FACT: Nuts are high in calories and fat, but the fat they contain will not increase your risk of heart disease. Plus, they offer protein and fiber. In small amounts, nuts can be part of a healthy weight-loss program.

The fact sheet, provided by the federally funded Weight Control Information Network is free and can be obtained by calling WIN's toll-free number, 1-877-946-4627, or by visiting its Web site, www.niddk.nih.gov/health/nutrit/nutrit.htm.

READ THE BUGLE

The 11th Annual North Shore Art Festival

On Saturday and Sunday, July 28 and 29, the Skokie Chamber of Commerce will once again bring its highly regarded North Shore Art Festival to the parking fields of Niles North High School. The event will be held from 10 a.m. to 5 p.m. each day. Admission is free.

For more than a decade, this popular annual art event, ranked in the top 100 of its kind by *Sunshine Artists* magazine, has drawn more than 80,000 locals and tourists each year. Attracted by the diversity, quality and quantity of artwork on display, fairgoers have the opportunity to meet and chat with 250 award-winning artists. In addition to over 425 million in artwork on display, attendees will enjoy live musical entertainment and feast of gourmet food.

A benefit for the Skokie Chamber of Commerce, the show features artists from as near as Chicago and as far away as New York, Florida and California, hundreds of artists com-

pete each year for a spot in this prestigious art festival. Mediums include oil and acrylic paintings, hand-made jewelry, stained glass, Art Deco, woodworking, sculptures, photography, mosaic and more. In addition to fabulous artwork, festival-goers will enjoy live musical entertainment provided by Jeffrey Michael on piano, Stephen Mikes playing Indian sitar and vocalist Kayte Wolf on keyboards.

That's the 11th Annual North Shore Art Festival to be held in Skokie, in the parking fields of Niles North High School. Ample free parking will be provided at Old Orchard Mall. To attend, take the Edens Expressway (I-94) to Old Orchard Road and head east. At the first light, go right on Lawler Avenue. Niles North High School will be on the right-hand side. For more information, call the Skokie Chamber of Commerce at (847) 673-0240, Howard Alan Events at (954) 472-3755 or log onto www.artfestival.com.

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General Adoption Information Meeting

Unsure where to begin the adoption process? Sunny Ridge Family Center in Wheaton, Illinois, will hold a General Adoption Orientation Meeting on Tuesday, August 7th, at 7 p.m. The free presentation will offer introductory information on various adoption programs, including domestic and international adoptions. Information on the home study process, foster care licensing, and cultural considerations will also be given.

Sunny Ridge Family Center is a child welfare agency licensed by the state of Illinois and Indiana to assist families with adoption. Sunny Ridge Family Center is located at 2 South 426 Orchard Road, Wheaton, Illinois, 60187. For more information or to make a reservation for the meeting, call (630) 668-5117 extension 211, or visit the Sunny Ridge Family Center web site at www.sunnyridge.org.

Ballroom dance party

July 28, 2001—Ballroom Dance Record Party: Taped Music. 8:30 - 11:30 p.m. Des Plaines Park District Leisure Center. \$10 per couple.

August 25, 2001—Ballroom Dance Record Party: Taped Music. 8:30 - 11:30 p.m. Des Plaines Park District Leisure Center. \$10 per couple.

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Bulls Basketball Schools provide free clinics

For the second summer in a row, Chicago Bulls Basketball Schools and Dunkin' Donuts is sponsoring free basketball clinics for kids ages 6 to 14 at select Dunkin' Donuts store locations. The last of the five clinics will be held Saturday, August 11, at the new Dunkin' Donuts/Baskin-Robbins/Togo's store at 7039 W. Dempster in Niles. Chicago Bulls Basketball Schools are the official youth summer camp of the Chicago Bulls.

The Saturday morning clinics have been developed by former

Chicago Bulls guard Bobby Hansen and focus on learning the fundamentals of the game, including passing, shooting, dribbling, rebounding and defensive drills. Hansen, who is currently executive director of the Bulls Basketball Schools, and two other Bulls Basketball Schools coaches will conduct each of the clinics.

The clinic on August 11 will be held from 9:30 a.m. - noon in the parking lot of the Dunkin' Donuts store. Each child who participates will receive a free t-

shirt. No pre-registration is required.

The Chicago Bulls Basketball Schools are dedicated to providing the finest youth basketball camps in the country. With over 100 summer camps throughout Chicago and the surrounding suburbs, the Bulls Basketball Schools have graduated more than 10,000 young athletes. Through an organized and professional learning environment of encouragement and positive reinforcement, the Chicago Bulls Basketball Schools help each child improve, regardless of skill level. For more information, call (630) 314-1111, or visit www.BullsSoxAcademy.com.



Tom Flores was the first person to earn Super Bowl rings as a player, assistant coach and head coach. He was a backup quarterback for the Kansas City Chiefs in Super Bowl IV, an assistant with the Oakland Raiders in Super Bowl XI and as head coach led Oakland to titles in Super Bowls XV and XVIII.

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8th Annual Pet & Bike Parade in Norwood Park

Children through age 14 are encouraged to enter their decorated bicycles or pets in the 8th Annual Pet & Bike Parade on Sat., July 21, in Norwood Park. This event will be held at the corner of Northcott and Nina Avenues. Registration will begin at 9 a.m. and judging will take place at 9:30 a.m. The event is being sponsored and coordinated by Norwood Park Home in conjunction with the Norwood Park Chamber of Commerce & Industry.

There will be five entry categories each for bicycles and pets. First, second and third place awards will be given for each category. First place winners will receive a trophy and second and third place winners will receive medals.

"Last year, we had 45 entrants, and we hope to surpass that amount this year," said Rev. Marilyn Hendricks, pastor of Norwood Park Home and coordinator of the Pet & Bike Parade. "After the judging, all entrants will parade on the sidewalk around the perimeter of Norwood Park School. It will be a fun morning for all so be sure to register early. There is no fee to enter."

Entry forms can be obtained in the lobby of Norwood Park Home, 6016-20 N. Nina Ave., or at Norwood Health Mart, 6165

Northwest Highway, both in Chicago. Children are encouraged to complete their entry form and return it to the lobby of Norwood Park Home before July 21.

Children who pre-register will not have to wait to sign-up on Saturday morning. Judges for the contest will include residents from Norwood Park Home. For more information, call Rev. Marilyn Hendricks at (773) 631-4856.

Res High School hosts Alumnae softball game

The Resurrection High School Alumnae Association will be hosting an Alumnae Softball Game on Sunday, August 26 at 1 p.m. at the school's 3rd Annual Back to School Picnic.

All former Resurrection High School athletes are welcome to join the Resurrection High School Alumnae Team and afterwards, stay and enjoy the picnic festivities.

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

Suburban actors bowl to provide AIDS relief

S.T.A.G.E.S. (the Western Suburbs theatre members who raise funds for Season of Concern) will be presenting their 5th annual BOWL*O*RAMA on Saturday, Aug. 11 at Espo's County Lanes located 3 miles west of Route 59 on Route 19 (11 Woodview Drive) in Elgin. The event will begin at 7 p.m. and is open to the public. The cost of the evening's entertainment is \$25 per person, which includes 3 games of bowling, ball & shoe rental, a buffet dinner, and a donation to Season of Concern. Novely bowling games will add to the fun. If you're not a bowler, but want to join in the fun, tickets are available for the buffet for only \$15.

There will also be a cash bar, with all tips going to Season of Concern. Besides the bowling, part of the evening will be dedicated to a raffle of items donated by theatres, merchants, and friends of Season of Concern. Bowlers can also collect pledges that will be turned over to Season of Concern.

As you may know, Season of Concern is the Chicago and theatre community's fund raising effort in the fight against AIDS. BOWL*O*RAMA was begun as an effort to raise funds, but also to promote social interaction between theatre groups and their neighboring communities. Many theater groups are forming teams from the casts of past shows. Other teams are being made up of theater board members, patrons, or just family and friends. It is also an opportunity for the public to meet actors whose performances they have enjoyed during the past season. According to Keith Cornell, West Suburban Coordinator for Season of Concern, "This special event has gotten RAVE review in the past. Don't miss this opportunity to have a great time and raise funds for a very important cause."

The funds are desperately needed. At the recent UN summit on AIDS, United Nations Secretary-General Kofi Annan called the AIDS pandemic an "unprecedented crisis".

"Although drugs are available that offer hope for some quality of life with HIV, the fight is far from over," said Brian-Mark Conover, Executive Director of Season of Concern. "Money is still needed to give to agencies which provide direct care to persons living with AIDS or who are HIV infected. In many cases, our funds are helping these people live a longer and healthier life than any of us thought possible just a few years ago. But as the

number of those affected grows, so does the demand on programs providing medicine, health care, and day-to-day living expenses."

For more information, pledge sheets, directions, or to sign up a team, call (630) 922-8164.

Season of Concern was launched in 1988 by the Actor's Equity Association and the League of Chicago Theatres to give money directly to persons living with AIDS and HIV in need of health care and day-to-day living expenses.

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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.

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Chicago Master Singers auditions

Chicago Master Singers (CMS) and Music Director Alan Heatherington will conduct annual auditions for the upcoming concert season August 7, 9, 14 and 16 at Fremd High School in Palatine.

Chicago Master Singers is an internationally acclaimed chorus which performs three series of concerts annually and takes biennial tours to Europe; the next tour is to four Italian cities in the summer of 2002.

Those auditioning are asked to sing a familiar piece sightread and perform pitchmatching exercises. If you bring a piece of

your own to sing, it should be no longer than three minutes. Please make sure you have a copy for Maestro Heatherington and one for the accompanist.

During the 2001-2002 season, Chicago Master Singers will perform (all concerts are at Divine Word Chapel, Techny, Illinois):

Nov. 16 and Nov. 18: Bruckner's *Mass No. 3* in f minor and *Psalm 150*, plus Haydn's *Te Deum*, with Ars Viva Orchestra.
 Dec. 14, 15 and 16: Carols of the season with Ars Viva brass.
 April 19 and 21: Pizzetti's *Requiem* and Verdi's *Ave Maria*.

The spring repertoire becomes the core for the summer 2002 tour.

Within CMS there is the Choral, approximately 40 members chosen from the main chorus. Among the concerts the Chorale gives will be a Christmas concert Dec. 7 at a new site: St. Anne Church in Barrington, Illinois.

To make an appointment and for further audition information, please contact Carole Roberts (847) 604-1067.

Miss Saigon at Marriott Theatre in Lincolnshire

Terry James, Executive Producer of the award-winning Marriott Theatre in Lincolnshire is proud to present *Miss Saigon*. *Miss Saigon* opens August 1 and runs through November 4, 2001.

In a war ravaged country, where a land and its people have been torn apart, an American G.I. and a Vietnamese girl fight for a love to survive surrounded by the echoes of war.

The Marriott Theatre, by special arrangement with Cameron Makintosh and Music Theatre International, presents the searing saga, *Miss Saigon*. With a raw power and passion seldom felt on stage or screen, the intimate 'in the round' setting of The Marriott Theatre brings you closer than ever to one of the most memorable musicals of our time.

The extraordinary cast assembled for *Miss Saigon* includes Ms. Emy Baysic and Ms. Kristine Remigio sharing the role of Kim. Ms. Baysic and Ms. Remigio have both starred on Broadway as Kim in *Miss Saigon* and make their Marriott Theatre debut with this production.

For performance times and ticket prices call the box office at (847) 634-0200 or go on-line to www.MarriottTheatre.com.

Tasty Chicken Dinners

(NAPS)—With the busy schedules of today, it is easy to understand how time spent in the kitchen has dramatically decreased over the last ten years. Today, more and more people are searching to prepare meals for the family that are easy and taste great. Because of this trend, Tyson Foods, Inc., America's largest fresh chicken producer, has a new product that will save you valuable time - Premium Selections.

Tyson Premium Selections transform an ordinary dinner into a gourmet meal in minutes. The finest cuts of poultry are selected and an enhanced chicken broth marinade is used to produce an extra juicy, flavorful piece of chicken no matter how it is cooked - on the stove, in the oven,

Smart food safety for your summer cookout

(NAPS)—Food naturally contains bacteria, which can cause spoilage or even worse, food poisoning. If you're like most Americans, you'll be "cooking out" a lot this summer. And, given the recent publicity regarding E-coli outbreaks, when preparing food outdoors you need to be extra careful and practice "smart" food safety.

Getting started
 Before you dash onion salt and garlic on the burgers or slice the carrots, clean your hands. Simply cleaning your hands closes a bacterium's favorite route to food. Wash thoroughly between fingers, under nails and on the backs of the hands with soap and water. No sink nearby? Keep an alcohol-free hand sanitizer handy for long lasting safety.

Preparing raw foods
 Raw meat must be cooked completely. For optimum grilling, pre-heat the grill for 20 to 30 minutes until charcoal is gray. Cook all meat at 160°F to destroy bacteria. Check for

"doneness" with a meat thermometer or do the "cut check." Slice into the center of the meat, allowing the natural juices to run out and look for signs of pink. Never partially cook meat; this encourages bacteria to multiply rapidly. If you must precook hamburgers or chicken, grill until done and warm it up later. Don't forget, wash fruit and veggies in clean water. Unwashed, they can host dirt, insects, bacteria and chemicals.

Serving the goodies
 Don't even think about taking meat off the grill and putting it back on the same plate where it sat in its raw state. Remember - raw food contains bacteria and harmful microorganisms could transfer from the plate into the cooked food. Always separate raw and ready-to-eat food using different utensils and serving dishes.

King's Buffet



Both kids and adults will be pleased with the variety at King's Buffet.

Eighteen years of Polish cuisine

With more Polish restaurants than New York and Los Angeles combined, Chicago and suburbs rate as a paradise for people partial to "pierogi."

Right up here with the best culinary art is Polo in Niles, bridging the gap between Old World and new generation with style that might be called polished Polish, with continental and American versatility.

Now in its 18th year, Polo continues to serve robust specialties at bargain prices. The items check out favorably especially beef goulash with fine version of potato pancakes, roast pork with apples, lamb shank and sauerkraut, duck, chicken breast with peaches, fresh trout "jardinaire", veal cutlet with ham and cheese and many more exciting dishes. The Polish diet is well represented in the combination plate offering pierogis, gotabki, polish sausage, potato pancake and naleśnik (crepe), vegetable and a stack of crunchy sauerkraut.

Join us daily for our already famous lunch buffet, all you can eat for only \$5.95, featuring salads, lox & bagels, different meats, seafood, pastas, starches, blintzes, pancakes, dumplings, vegetables, fresh fruit and dessert table.

At Polo in Niles, customers' health is taken seriously into consideration by using fresh ingredients, high quality products and individual attention.

Sample Polo's fine food at Sunday's Buffet Brunch of 50 items. Everything is homemade, served from 11 a.m. to 5 p.m.

For more information, call (847) 470-8822. Polo Restaurant is located at the corner of Milwaukee and Dempster.

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While the oven's on, roast a few extra ears to make a richly flavored corn salsa to serve with everything from tacos to roast chicken. Or, following the same method, you can grill the corn.

The season for Southern Supersweet Corn runs from October to July. Because its sugar converts to starch at a slower pace than other kinds of corn, this variety will stay fresh a week or more in the refrigerator. Remove husks and wrap the ears in plastic before chilling; store traypacked corn in the package.

For a free leaflet filled with luscious recipes and serving ideas for fresh corn, send a self-addressed, stamped envelope to:

Southern Supersweet Corn Council, 49 East 21 St., 8th Floor, Dept. C, New York, NY 10010.

Garlic-Roasted Supersweet Corn

1/4 cup olive oil
4 large cloves garlic, crushed
8 ears fresh Supersweet Corn, husked

Preheat oven to 500°F or prepare a medium-hot fire on a grill. In a small skillet, over medium heat, heat oil. Add garlic; cook and stir until garlic is lightly

browned, about 5 minutes. Remove from heat; remove garlic with a fork. Place ears in a shallow roasting pan or on a grill rack; brush with garlic-flavored oil. Roast or grill until corn is tender and kernels begin to turn golden brown, about 7 minutes, turning once.

Yield: 8 ears corn

Roasted Corn Salsa

4 ears Garlic-Roasted Supersweet Corn, kernels removed (about 2 cups)
1 can (16 ounces) black beans, drained and rinsed

1 cup chopped red bell pepper
1/3 cup chopped fresh cilantro
1/3 cup fresh lime juice
1/4 cup olive oil
1 teaspoon hot pepper sauce
1 teaspoon salt

In a large bowl, combine corn, black beans, bell pepper, cilantro, lime juice, oil, hot pepper sauce and salt until blended. Chill or serve at room temperature.

Yield: 5 cups

Chicken ...

Continued from Page 12

or on the grill. Even a novice can prepare Tyson's "goof proof" chicken and dinner seems as if a professional chef made it. Premium Selections feature boneless skinless breasts, tenders and split breast. In addition, boneless skinless breasts are available in a variety of seasonings including Chile-Lime, Lemon Herb, Italian and Teriyaki - each is 99 percent fat free.

"We are excited about our new Premium Selections products because they offer consumers what they really need - a tasty meal without a long time commitment," said Sue Quillin, director of marketing. Tyson retail fresh. "Tyson is proud to provide consumers a product they can serve their families with confidence - knowing they are eating the highest quality chicken available."

Baked Chicken With Creamy Dijon Sauce

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

4 Tyson Premium Selections

Fresh Boneless, Skinless Chicken Breasts with Chicken broth

1 egg

1 tablespoon plus 2 teaspoons

Dijon mustard

1/2 cup garlic-and-herb seasoned bread crumbs

4 tablespoons flour

2 tablespoons half-and-half

1/2 teaspoon sugar

2 teaspoons chopped fresh parsley.

Prep: Preheat oven to 400°F.

Clean: Wash hands. Spray 8-inch square baking pan with non-stick cooking spray. In shallow bowl or pie plate, blend egg and 1 tablespoon mustard. Place bread crumbs on plate. Coat chicken with flour. Dip in egg mixture, then dip in bread crumbs to coat. Clean: Wash hands.

Cook: Place coated chicken in baking pan. Spray lightly with nonstick cooking spray. Bake at 400°F 18 to 20 minutes until internal juices of chicken run clear. (Or, insert instant-read meat thermometer in thickest part of chicken. Temperature should read 170°F.) Meanwhile, in small bowl, blend remaining 2 teaspoons mustard, half-and-half and sugar.

Serve: Drizzle mustard sauce over chicken. Top with parsley if desired.

Chill: Refrigerate leftovers immediately.

Premium Selections packaging, like all fresh Tyson products, includes "Cooking Smart" information, for successful chicken preparation and care. The guidelines remind consumers about the important "3 C's" for safe chicken handling.

• Chill chicken at 40°F

• Clean hands and utensils

• Cook chicken to recommended temperatures.

For recipes using Premium Selections, nutritional information and tips visit www.tyson.com.

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Park & Library News

Niles Public Library

Teen Movie Day at the Library. Teens, ages 13-18, take a break from the summer heat and come to the Niles Public Library District for the movie "The Waterboy" on Friday, July 20 at 2 p.m. In this silly comedy, Adam Sandler plays a 31-year-old from the swamps of Louisiana who works as a lowly water boy, although he loves dispensing water to dehydrated athletes and truly believes it's life's greatest calling. This movie is 90 minutes long and rated PG-13. Please register at the Library Information Desk or call 847/663-1234.

Sue the dinosaur: Up Close and Personal. Discover Sue, the 67-million-year-old Tyrannosaurus Rex fossil now on exhibit at the Field Museum, during Sue: Up Close and Personal on Tuesday, July 24 at 7 p.m. at the Niles Public Library District. Dr. Darin Croft, a geology post-doctoral research scientist at the Field Museum, will present this informative slide lecture and share some interesting facts about this amazing creature as well as the long process that a fossil must go through before being exhibited at a world class museum. This lecture is intended for adults and school-age children. Registration is required. Please register at the Library Information Desk or call 847/663-1234. Plan to attend this lecture before seeing the Field Museum exhibit!

Storytime Extravaganza. Kids - get ready for one of Niles Public Library District's biggest storytimes during Storytime Extravaganza on Wednesday, July 25 at 7 p.m. Children, ages 3-7, and their families are invited to this hour-long program packed with lively tales, interactive songs, action rhymes and a short video. Registration is required. Please register in the Children's

"Clown around" at Pioneer Park

Everyone is invited to the Niles Park District's annual "Clown Nite" at Pioneer Park, 7135 Harlem Ave. This well-known event happens Tuesday, July 24 at 7 p.m. (rain date July 31).

Adults and children who come "dressed for the occasion" (wearing a costume) will receive a prize! So come and play a round of Mini Golf or hit a few balls in the batting cages - IT'S ALL FREE! This one-hour event is filled with laughter, fun and smiles for everyone. Don't miss out!

Be sure to watch for other upcoming events: Car Show, Crazy Hat Night, and our Mini-Golf Tournament.

For more information on any of these events, contact Julie at (847)647-9092.

Department or call 847/663-6623.

Teens Get the Scoop on Ice Cream During Library Program. We all scream for ice cream, but do you really know how to make a good sundae? Treat yourself to an afternoon of fun during Ice Cream Art on Monday, July 30 at 3 p.m. at the Niles Public Library District. Using exciting flavors and an assortment of goodies, toppings and sauces, teens, ages 11-18, will discover some creative ways to make their favorite frozen dessert during this hands-on workshop. The Library will provide all supplies. Space is limited, and registration is required. Please register at the Library Information Desk or call 847/663-1234.

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

The Hastey Pudding Puppet Company

Come and be entertained at the Morton Grove Public Library by The Hastey Pudding Puppet Company on Saturday, August 11 at 2 p.m. Our 2001 Summer Reading Program for children will be concluded with this special production of an original puppet play, *You Can't Judge a Book by its Cover*. "This gripping drama pits good against evil, mind against the mindless and the ridiculous against the sub-slime. The audience acts as referee in this brou-

haha among bozos and eventually brings order out of chaos....almost." Raffle drawings for Summer Reading Program prizes will take place after the performance.

The Hastey Pudding Puppet Company is known for their original interactive plays, with a comedic flair, designed for entertaining young folk, as well as adults.

To attend this special event, register with a valid library card by phone or in person beginning

July 9. Priority will be given to Morton Grove residents. Non-residents may register on a waiting list; they will be notified if there is space available. The program is free and open to the public.

Children under the age of eight must be accompanied by an adult. For more information, or for mobility and communication access assistance, please call (847) 965-4220. TDD (847) 965-4236.

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Letters to the Editor

Dear Editor:

I feel compelled to write to you. On Wed., July 12, 2001, my family and I went to Dunkin' Baskin ToGo's on Dempster in Niles. It was a celebration so to speak for I had been in the hospital for 3 days and had just been released on Wednesday. When we got up to leave I inadvertently left my purse hanging on the back of the chair. I had just cashed a paycheck and had my credit cards in there too. I did not realize that my purse was missing until Thursday morning. I searched everywhere. I called the bank, the police and the grocery store. nothing. My oldest son & his friend were going to ride their bikes to the record store on Dempster, I asked him to check at the ice cream place about my purse. He called home, an employee had found my purse and gave it to Geno the restaurant's manager who put it aside for safe keeping.

When my husband and I went to get the purse the employees were very glad that I got it back. Nothing had been touched inside.

The manager & employees would not accept a reward, so I would like to commend them on their honesty and virtuosity. Kudos ToGo's, you have my vote. They also have great sandwiches. Thank you.

Gayle McAuliffe

"Golf-Mill is starting to look like a ghost mall"

Dear Editor:

As a life long Golf and Milwaukee Area resident, I have seen a lot of changes in the Golf-Mill area. In 1939 this was an area filled with farms. I can remember when Golf-Mill was a swamp and the only two stores around here were Vince's Grocery Store and Karnatz/Pesche farm stand. I live on Western Ave. near Golf. Fifty years ago my mother would put teh coffee when she saw my father driving home down Milwaukee Ave. The coffee would be ready by the time he arrived at home.

As a realtor in the area for many years, I have seen a lot of commercial development. Some that seems successful others that seem ill advised. When Golf-Mill was enclosed, the enclosed mall was "in style." That seemed to work well at the time. Lately Golf-Mill is starting to look like a ghost mall. The new style for

shopping malls seems to be the centers accessible from the outside. Busy people often don't want to walk through the mall to their destination. They want to park their car and go directly into the store. The most successful stores at Golf Mill like Kohls, Venture, Penneys and Butera all have direct access. Why not provide exterior access to the stores that are located on the exterior part of the mall? What would really be nice would be some outside eating areas. An outdoor garden by the food court would be really nice. This would also give the center an inviting appearance.

Another benefit of this idea would be to provide suitable commercial space for new stores rather than developing residential areas for that purpose.

Sincerely,
Robert (Bud) Phillips

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Orchard Village thanks people of Skokie

Dear Editor:

I would like to express our thanks to the people of Skokie for their generous support of Orchard Village's 2001 Tag Days which took place on June 22 & 23. Nearly 100 volunteers were on medians, in front of stores, and dodging traffic to benefit individuals with developmental disabilities.

Orchard Village has been a proud member of the Skokie community for 27 years, providing supports and services to hundreds of individuals who live, work and play in Skokie and in 15 other local communities.

Carole Chepulis, Concerned Citizen

Dear Editor,

It's very sad that Larry Arft, our Village Administrator, and the mayor and board of trustees who wholeheartedly support his actions, are trying to reduce the Village's huge financial debt of over \$32 million by charging our senior citizens for use of their own senior services, including transportation and wa-

I am pleased to report that we have collected over \$5,000 as a result of our volunteers' efforts, and the generosity of our neighbors. We also wish to thank WFLD-TV Fox 32 for sponsoring our t-shirts, Nestle for donating candy, and Punchline for donating giveaways for the volunteers. Anyone wishing to learn more about Orchard Village and the work we do is encouraged to call (847) 967-1800 or visit our website at www.OrchardVillage.org.

Sincerely,
Kenneth O. Honderich
Executive Director

I suggest that the board of trustees cut their own wasteful government spending before they start financially attacking the citizens of our community, especially seniors who live on a fixed income.

I believe the most obvious place to cut wasteful spending would be to curtail the personal use of Village-owned vehicles which are taken home by Village officials and department heads, some of whom live great distances from Morton Grove. Some of these vehicles are expensive, gas-guzzling SUVs. The cost of gasoline alone must be astronomical and we citizens are paying for it daily. In the past these Village-owned vehicles were taken home by employees who lived in Morton Grove or were on 24 hour call. Now that is not the case. I think that Village-owned vehicles should not leave the Village at the end of the work day. I would rather see the money spent on providing free transportation for our senior citizens.

I encourage the citizens of Morton Grove to write letters to the editor with their suggestions on how the Village could cut wasteful spending. Maybe if the mayor and board of trustees see these suggestions in print they might be more willing to act upon them. Talking to the mayor and board of trustees doesn't seem to make much difference. Recently they proposed big fee increases in water fees, alarm fees, vehicle stickers fees and senior fees and then 2 weeks later at the next board meeting they voted on the fee increases before any comments or objections from residents could be heard. It's time for citizens to change this unacceptable practice. Citizens should be heard before the meeting and not at the end of the meeting after all the voting is done.

Carole Chepulis,
Concerned Citizen

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SPECIAL SUPPLEMENT The Bugle Newspapers

July 19, 2001

SENIOR SEASONS

• AREA ACTIVITIES • SENIOR DISCOUNTS
SPECIAL SERVICES • SENIOR NEWS



The Bugle's Senior Guide

Senior Seasons

Senior drug program changes

Seniors ages 65 and older or those who are disabled may now get prescription drug assistance for osteoporosis. Drugs for this disease were recently added to the list of medications covered by the Circuit Breaker/Pharmaceutical Assistance Program administered by Maine Township, 1700 Ballard Road, Park Ridge.

Governor George Ryan recently signed the program change. Other changes include an increase in support for professionals who work with the elderly and a new plan to help family caregivers. Forms are available at Township offices for financial assistance for prescription medication expenses to those who meet income qualifications and certain other criteria.

"We are proud to assist in this wonderful program for seniors and the disabled," says Bob Dudydz, Township Supervisor. "The Township was founded on providing general assistance to our residents. We have continued this tradition for over 150 years."

The state program is administered by Main Township and others and provides assistance for those who need prescriptions for heart disease, blood pressure

problems, diabetes, arthritis, cancer, Alzheimer's disease, Parkinson's disease, glaucoma, lung disease, smoking related illness, and now osteoporosis.

Individuals must also have an annual income of \$21,218 or less (\$28,480 for a couple, or \$35,740 for a three-person household) to be qualified. Seniors can apply for a Pharmaceutical Assistance Card after they receive their W-2s, earnings statements, or other financial information in January each year. Cards cost \$5 for individuals below the poverty level and \$25 for those above it.

With that card, a Senior can obtain prescription medication for covered diseases with a \$3 co-pay for those with a \$25 card and no co-payment for those with a \$5 card.

After cardholders reaches a \$2,000 annual cap, they must pay 20 percent of costs.

Forms may be picked up at Township offices Monday through Friday from 9 a.m. to 5 p.m. For further information, call the General Assistance Office of Maine Township at (847) 297-2510, ext. 236. More information is also available via the Illinois Department on Aging website www.state.il.us/aging/.

Russell Athletic's formula to optimal health

(NAPS)—According to the "For the Long Run" survey, the number one reason men and women stay active is to live a healthy life. However, experts believe that to ensure optimal health, men and women must also get an adequate amount of sleep and eat a balanced diet.

Sleep
If you hit the snooze button every morning or feel drowsy anytime during the day, you probably haven't had enough to sleep. Studies suggest that one out of every two people suffers from sleeplessness at some point.

Our bodies need sleep, just as they need water, food and air. The high amount of sleep helps us feel refreshed and alert. On average, most adults require seven to eight hours of sleep each night. That's why it is important to maintain a consistent sleep schedule—waking up and going to bed at the same time, every day of the week.

Having trouble getting to sleep? New research shows that people who exercise regularly tend to fall asleep faster and longer. However, be sure to time your exercise at least five hours before bedtime because lower body temperature aids in sound

sleep.

Balanced Diet
Together with rest, a well-balanced diet will ensure a healthy lifestyle. The *Food Guide Pyramid* recommends eating each of the following every day:

•**Bread, cereal, rice and pasta (6-11 servings)**—These foods are made of complex carbohydrates, a key source of energy. These foods are also high in fiber, which aids in digestion. They help protect against colon and other cancers and heart disease.

•**Vegetables (3-5 servings)**—Excellent sources of carotenoids, vitamin C and folate—a B vitamin that can reduce the risk of certain serious and common birth defects. Researchers have found that eating five servings of vegetables per day is related to a 30 percent lower risk of ischemic stroke in men and women.

•**Fruits (2-4 servings)**—Rich sources of vitamins, especially vitamin C, which helps produce collagen. Collagen is a protein that protects blood vessels, joints, organs and muscles, teeth, bones and a lot more.

Avoid fruits processed with heavy syrups and sugar-sweetened juices.

•**Milk, yogurt and cheese (2-3 servings)**—These foods are filled with calcium, protein and vitamin B12. Calcium strengthens bones and teeth; without it, your body begins taking the calcium you need from your bones. This results in weak bones, commonly called osteoporosis.

•**Meat, poultry, fish, eggs and nuts (2-3 servings)**—High in protein, iron, zinc and B vitamins. Proteins are important for building muscle tissue and aiding the immune system. High in protein, nuts have been linked to lowering the risk of clogged arteries and heart attacks.

•**Fats, sweets and oils (eat sparingly)**—These foods add nothing but calories to your diet. Limit your intake. Use vegetable oil because it is a rich source of vitamin E. Unsaturated fat is good because it helps reduce cholesterol levels. Saturated fat leads to heart disease.

Optimizing your health is as easy as 1-2-3. Feel great every day with a combination of sleep, a balanced diet and regular exercise.

MS program

"Moving Forward," a program for people recently diagnosed with MS, their family members and friends will be presented by the Greater Illinois Chapter, National Multiple Sclerosis Society from 9 a.m. to 2 p.m. Saturday, July 21 at the Hyatt Regency O'Hare, 9300 W. Bryn Mawr Ave., Rosemont. The program is co-sponsored through an educational grant from Teva Neuroscience.

Following registration and a continental breakfast from 9 to 9:30 a.m., Randall Schapiro, M.D., director of the Fairview MS Center at the University of Minnesota, will present a "Medical Overview & MS Management." From 11 a.m. to noon, James Stewart, Ph.D., clinical

psychologist at Rush-Presbyterian-St. Luke's MS Center, Chicago, will discuss "How to Cope with the Emotional Aspects of MS."

After lunch, the afternoon session will focus on "Employment Issues and MS." The speaker will be Barbara Unick, of the Great Lakes Disability and Business Technical Assistance Center at the University of Illinois at Chicago.

The program is free of charge and includes the continental breakfast and lunch. To register, call (800) 922-0484, ext. 116. For more information, call Barbara Dermody, associate director for MS chapter programs, at (312) 421-4500, ext. 127.

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Discount books

All new books at Second Editions bookstore are discounted at least 10 percent. Book group selections, either from the shop's own discussion group, or Oprah's book group, are discounted 25 percent.

Second Editions, located at 4923 Oakton St., Skokie, (847) 677-0680, has always discounted new books. "When we started carrying new books, years ago, all of the chains were discounting like mad. We followed suit and haven't changed our policies since," said co-owner Hope Saidel. Second Editions specializes in used paperbacks, but Saidel said the inventory expanded into new books shortly after opening. "We realized that we kept recommending wonderful books that we didn't have in stock because people keep their favorites. Which everyone should. As a matter of fact," she laughs. "We always say you should have two copies of your favorites - one to keep and one to lend. And keep replenishing your supply of 'loans'."

Second Editions is open from 9:30 a.m. to 6 p.m. Monday through Friday, Thursdays 'til 8 p.m., and Saturdays 9:30 a.m. to 5 p.m. For more information, call (847) 677-0680.

NIA Releases Alzheimer's Progress Report

While 25 years ago, relatively little was known about the processes in the brain that lead to Alzheimer's disease (AD), major advances are moving researchers ever closer to solving the puzzle of AD. *Progress Report on Alzheimer's Disease, 2000* presents important scientific advances and information about four pieces of the puzzle that are falling into place: the main characteristics of AD, its causes, how to diagnose AD, and how to treat it.

Progress Report on Alzheimer's Disease, 2000 spotlights recent research conducted and supported by the National Institute on Aging (NIA) and eight other Institutes at the National Institutes of Health (NIH). It describes new findings and the next steps in several important areas: etiology of AD; improving early diagnosis; developing drug treatments; improving support for caregivers; and building the AD research infrastructure.

This report offers a brief outlook on future AD research, including a description of the NIH Alzheimer's Disease Prevention Initiative, and lists more than 100 references.

Single printed copies of the report are available free by calling the ADEAR Center, toll-free, at 800-438-4380.

The underground stem of a plant is called a rhizome.

More seniors are volunteering

(NAPS)—More older Americans are volunteering to help others in their community than ever before, studies report.

Statistics from Volunteers of America show that almost a third of its more than 40,000 volunteers in 2000 were seniors, about double that of five years ago.

Research by the International Longevity Center reveals that Americans are living longer, working longer and volunteering more often.

Charles Gould, president of Volunteers of America, explained. "Older Americans are making a growing contribution as volunteers. Many seniors who volunteer in schools, social service programs, community projects, and church-based activities take great pride in making a meaningful contribution to society."

"Seniors are a wonderful resource to tap to help people in need. Volunteers of America is making a special effort in 2001 to

expand its volunteer programs, particularly among seniors. America is celebrating the International Year of Volunteers in conjunction with the United Nations and this provides an excellent opportunity for seniors and others to offer some of their time to help others," Gould added.

In many communities across the nation, Volunteers of America offers volunteer opportunities for seniors including serving as foster grandparents, as senior companions, as mentors to young people, and in other community-based volunteer efforts.

Volunteers of America is a national, nonprofit, spiritually based organization providing local human service programs, and opportunities for individual and community involvement.

For more information about senior volunteer programs, call Volunteers of America at 800-899-0089 or visit the Web site, www.volunteersofamerica.org.

CJE Honors Outstanding Volunteers



Nine individuals were awarded the special title of Outstanding Volunteer at a recent Council for Jewish Elderly luncheon attended by 250 agency volunteers. Outstanding Volunteer awards are presented to individuals who demonstrate exceptional commitment to CJE clients and programs.

This year's Outstanding Volunteers are (seated l-r) Mildred Bronstein, Chicago; Julius Dapin, Chicago; and Sophie Trubitt, Skokie.

(Standing l-r) Irving Millstein, Chicago; Alice Kalver, Skokie; Leo Swig, Skokie; and Betty Hainsfurther, Highland Park. Not pictured are Ira Gilbert, Highland Park; and Sue Lewis, Northbrook. More than 2,300 agency volunteers logged over 40,000 hours last year visiting the homebound, leading activities at CJE sites, delivering meals and performing other mitzvahs. For information on volunteering, call 773-508-1000, or visit www.cje.net.

USE THE BUGLE



Bethany Terrace Nursing Centre

Theresa has only worked at Bethany Terrace for six months as a Certified Nursing Assistant, but that's how she feels about her job, the residents and all the families.

Bethany Terrace has four secure living units for the three levels of Alzheimer and dementia care. "I really like working with older people, especially the dementia residents" says Theresa, formerly a nurse from Poland, who works in Bethany Terrace's Alzheimer Unit. "They need us to take care of them and to love them when their family is not here." Theresa is only one of many dedicated and attentive staff who encourage the residents to stay active by

participating in the seven day-a-week program which includes cooking classes, exercise, gardening, music, recreation and pet therapy.

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

Since 1984, Bethany Terrace has been a recognized leader in treating residents with Alzheimer and related problems. The latest technologies and programs, in addition to community, spousal and family support groups, are used to enhance each resident's quality of life.



Bethany Terrace Nursing Centre, 8425 North Waukegan Road, Morton Grove, Illinois 60053
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Senior Seasons

Little City Smiles seeking volunteers

Volunteers are needed for Little City Foundation's 27th annual SMILES Tag Days, which will be held this year on Thursday, Friday and Saturday, October 4, 5 and 6.

Approximately 1000 volunteers will be needed to staff more than 50 Chicagoland communities.

SMILES taggers ask for donations and in return give donors a sheet of Little City Foundation's famous yellow SMILES stickers.

"In the interest of safety, we have arranged to have a lot of our tagging spots in shopping malls, stores and plazas," says Bonnie Wolinski, Director of Family Giving. "We want to get as many taggers as possible out of the intersections."

She goes on to say, "If you can't tag, there are many other volunteer jobs available. We need people to distribute tagging kits, pick up donations and help with mailings. We can always find you a job if you want to

give us a hand."

Accredited by the prestigious CARF (Council on Accreditation for Rehabilitation Facilities), Little City provides services for children and adults with developmental challenges such as mental retardation, cerebral palsy, autism, Down syndrome, epilepsy and emotional disturbances.

Services include housing, employment, recreation, foster care, adoption, home-based support, service coordination, media

and studio art, advocacy and public education.

To volunteer or to receive further information, call Bonnie Wolinski at Little City Foundation, (847) 221-7808.

Free things to send for

(NAPS)-For information the Arthritis Foundation's Message in a Bottle Campaign, write to the foundation at 4455 Connecticut Ave., NY Suite 305, Washington, DC, visit the web site at

www.arthritis.org or call them at 1-800-283-7800.

For a free leaflet filled with luscious recipes and serving ideas for fresh corn, send a self-addressed, stamped envelope to: Southern Supersweet Corn Council, 49 East 21st St., 8th Floor, Dept. C, New York, NY 10010.



For information about career opportunities in custom electronics, visit www.cedia.org or call 1-800-669-5329.

For information on why many Americans are questioning whether the U.S. should deploy the entire missile defense system after only three tests, write the Council for a Livable World Education Fund at 110 Maryland Avenue, NE Suite 201, Washington, DC 20002, call 1-202-546-0795 (X-127), or visit www.clw.org.

For information about lawn care or reel mowers, call American Lawn Mower Co./Great States Corp. at 1-800-633-1501 or visit the company's website at www.reelin.com.

For a free diabetes risk test, available in both English and Spanish, call 1-800-DIABETES (342-2383), the test is also available online at www.diabetes.org.

For a free trial offer of Focus Dailies, one-day disposable contact lenses, call 1-888-DAILIES or visit www.focuscontacts.com.

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THE NEWSPAPERS
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COLAs: Costing You?

(NAPS)-Many experts feel that Social Security recipients continue to experience serious erosion of benefits due to a government index that does not accurately reflect their true cost-of-living. The annual Cost-of-Living Adjustment (COLA) for 2000 will be just 2.4 percent despite continuing annual increases in spending on prescription drugs and other out-of-pocket health care costs.

COLAs are determined by the annual rate of change in the Consumer Price Index (CPI). The CPI measures the changes of prices in a fixed market basket of goods and services over a period of time.

"But whose market basket is the government looking at?" asks Michael J. Zabko, Executive Director of TREASenior Citizens League (TSCL). Currently, the CPI to which the Social Security COLA is tied, the CPI-W, surveys the market basket of urban wage earners and clerical workers. It specifically excludes the market basket of those who receive pension income like Social Security," Zabko points out.

If the government were to index COLAs to the CPI-E, seniors would receive a COLA OF 2.6 percent this year instead of 2.4 percent. The CPI-E gives greater weight to health care costs.

For more information, send a self-addressed business-size envelope and \$1 for shipping and handling to TREASenior Citizens League, Dept. N925, 909 N. Washington St. Suite 300 Alexandria, VA 22314.



Czar Peter the Great of Russia put a tax on men's beards and a clerk at the gate of every town to collect it.

Check Out These Web Sites:

Here are a few Web sites to watch for:
R.C. Precision atomic watches at www.rcprecision.com.
Banana Boat at www.bananaboat.com.
The Seeing Eye at www.seeingeye.org.
DriversSeat.com at www.driversseat.com.
The Better Vision Institute at www.vision.org.
The Road Information Program (TRIP) at www.tripnet.org.
Fleischmann's Yeast at www.breadworld.com.
KOA Kampgrounds at www.koa.com.
The Static Back Endurance Test at www.totalgym.com.

Senior Seasons

Long Term Care: What You Should Know

sisted living.
Q. Nationally, what is the average cost for long term care?

A. Home health care involving assisted daily living averages almost \$44,000 a year, while nursing home care averages about \$50,000. However, added costs for physical therapy and a registered nurse, and home health care can quickly surpass nursing home expenses.

Q. How much of a person's assets must be spent to qualify for long term care Medicaid benefits?

A. Nearly all of the assets must be exhausted to qualify for Medicaid which is a state and federal welfare program. In most states, a person must spend down assets to \$2,000 or less (excluding home and car) before Medicaid begins

(NAPS)-A Growing number of older Americans are avoiding devastating financial expenses by doing some prudent planning. these commonly asked questions may help you understand and avoid the long-term care problems faced by many seniors.

Q. What is the chance that today's adult American will require extended care at home or in a nursing home?

A. One in two, or 50 percent will require long-term care. By comparison, Nationwide Insurance says the odds are one in 200 that a policy-holder will suffer a house fire loss.

Q. How much long term care is provided in nursing homes?

A. Less than 15 percent. The vast majority takes place through home care, adult day care, or as-

pay.
For most Americans with assets between \$50,000 and \$2 million some form of long term care insurance is an important part of a complete financial plan.

According to a spokesman for Nationwide, the perceived problem with traditional long term care policies is that they are "use it or lose it," meaning a customer must use the policy or risk losing the money spent on payments.

A better solution may be a re-

tirement planning product, such as one issued by Nationwide Life Insurance Company, Columbus, Ohio, which can potentially provide long term care coverage for a lifetime. (The general distributor for the product is Nationwide Advisory Services, Inc., member NASD.)

For more information about long term care planning, call Nationwide at 1-888-242-3073 or visit www.nationwidefinancial.com.

Eliminate junk mail

Junk mail becoming a problem? To ease the amount of unsolicited mail, the U.S. Postal Service recommends writing to the address below. The letter should ask that your name not be sold and distributed to com-

panies providing mailing lists to other companies.

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Direct Marketing Association
P.O. Box 9008
Farmington, NY 11735-9008

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Senior Seasons

Substance abuse among the elderly

Older adults are often overlooked when it comes to addressing the misuse and abuse of alcohol and other drugs. Even when adult children suspect that a parent is drinking a bit too much, the attitude tends to be either "Why bother to change things now?" or "A little alcohol won't hurt, and it may make the days a little kinder for mom or dad." Denying or dismissing this problem is an unfortunate response to an otherwise treatable problem.

"The truth is alcohol and other drug abuse among older people leads to great physical and emotional deterioration and deprives them of the chance to enjoy their later years," said Carol Collier, director of Older Adult Services at Hanley-Hazelden Center at St. Mary's in West Palm Beach, Fla.

Determining the incidence of older adults who abuse alcohol or other drugs, particularly prescribed medications, is difficult. Given that about 10 percent of the general population has a substance abuse problem and that older adults have numerous factors that put them at risk for alcohol and other drug abuse/misuse, it's probably safe to say that about 10 percent of the elderly population experience a substance abuse

problem. Some estimates suggest that the majority of older adult problem drinkers go undiagnosed.

The number of older adults who abuse alcohol and other drugs today is no match for what's ahead. By the middle of this century it is estimated that one-quarter of the population in the United States will be over 65. In seven years, the leading edge of the baby boomers will be eligible for social security, so an unprecedented number of individuals will face health problems related to substance abuse and addiction.

What factors contribute to older adult abuse of alcohol and other drugs? Older adults are more prone to unintentionally misusing prescription drugs because of memory loss, impaired thinking, or not understanding dosage instructions. Older adults also suffer from higher rates of depression, grief and loss, physical pain, reduced mobility, poor social support, and boredom. These factors contribute to alcohol and other drug dependency, because older adults may seek chemicals to help cope with physical and emotional problems.

Age-related changes, though perfectly normal, make older adults more susceptible to chemical dependency and other negative consequences. One example is the change in body mass and lowered efficiency in processing alcohol or prescription drugs. The result: Older adults may drink less but feel a greater effect. Drugs can build to a toxic level in bodies that function more slowly.

When older adults increase alcohol consumption, negative consequences result much more quickly. Chronic illnesses and use of medications complicate the picture for older adults. Combining prescription drugs with alcohol can be extremely dangerous, because alcohol can quadruple the effect of a prescription drug.

Barriers to getting good care are plentiful for older adults. Physicians often do not have time to ask the questions necessary to identify older adults who are experiencing substance abuse problems. Family members often don't want to confront elderly parents. Friends and neighbors don't want to interfere. What's more, older adults may well view their own drinking with shame and guilt, they can be sensitive about confrontation and what they might view as invasions of privacy. In addition, few treatment centers offer elder-specific services that address the unique issues of older adults.

However, when treatment is provided older adults tend to do very well, at least as well or better than their younger cohorts. Older adults tend to comply with requests to go to treatment, and they finish treatment at a greater rate than younger adults. And, because more people are living far longer lives, the flawed argument that someone is too old to change or too old for treatment is even

more flawed.

It's never too late to get help. Physicians, treatment centers, and other helping professionals can provide resources for getting help. To get a free copy of a

pamphlet, "How to Talk to an Older Adult Who Has a Problem with Alcohol or Medications," call 1-800-1-DO-CARE or link to it online at www.hazelden.org/newsletter_detail.dbm?id=174

SJB Golden-Agers join holiday fanfare

Flags are aflutter, sparklers aspark, fireworks boom or asputter, and stars are reflecting the shimmer of the colorful night -- and everyone is glad-handing and back-slapping everyone else, including, of course, members of St. John Brebeuf's Golden-Agers Club, the fireballs of the senior citizenry in the community!

While members started off the month of July with a bangup celebration, the rest of the month will be subdued, for Flanagan Hall is being renovated and all July meetings canceled.

Even though they may not be meeting, members will still be enjoying two club outings during July. On July 11, the group travels to the old Empress Casino in Hammond, Indiana, where they will try their luck. Please, cross all fingers!

And on July 18, the crew will take a trip to Nikko's restaurant on South Harlem Avenue, to enjoy a delectable lunch and take delight in a special Hawaiian show. All certainly will have a "Don-Ho" of a time!

Following are members who celebrated anniversaries in June: Mario and Kay Arquilla, Bob and Marge Berles, Walter and Mary Bialka, George and Mary Grote, Richard and Gene Zaprzalka. And July wedding anniversary celebrants include:

Bill and Eleanor Britt, Sam and Frances Bruno, William and Elaine Chase, Nick and Rose Costantino, Roger and Mildred Kells.

Stanley and Emily Klosowski. Congratulations and continued happiness to all!

Tracy Mroz, granddaughter of Chester and Veronica Bonk, recently graduated from Oregon City High School with many honors. Tracy served as president of the National Honor Society, received the National Student Athletic Award and held the record for discus throwing in her school. She was also commissioner of the Link Crew and captain of the Science Bowl team. Whew! In addition, Tracy, who maintained a 4.0 grade-point average for the past seven years, was valedictorian of her graduating class. Looks like a brilliant future lies ahead. Congratulations, Tracy, and good luck!

Speaking of "grand" granddaughters, Emma Lesniak is very proud of both Cathy and Karen Basrak, her granddaughters. Cathy, who plays violin for the Boston Symphony, will spend five weeks in August performing in Japan and Europe. Her sister, Karen, who graduated from the University of Southern California, will play cello with the Fort Worth, Texas, Symphony Orchestra. Cathy and Karen are daughters of Roger and Julie Basrak of Arlington Heights. And both ladies, obviously, are quite tuned in!

Once restorations on Flanagan Hall are completed, hopefully by August, club members will be able to pick up their fun-loving pace for the rest of the summer!



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Senior Seasons

Pet institute offers tips for pet-friendly travel

(NAPS)—More and more Americans are taking an additional family member on trips — their pet.

According to a recent State of the American Pet Survey, conducted by the Purina Pet Institute, almost one-third of pet owners (31 percent) have taken their pet on vacation. Although dogs travel more often with their owners (45 percent), 16 percent of cat owners have also been accompanied by their pets.

Traveling with a pet does require special considerations. To ensure a safe and comfortable trip, the Purina Pet Institute offers a few pet-friendly pointers:

Before the Trip

- Make sure your pet's vaccinations are up-to-date.
- Be sure your pet wears an identification tag.
- Take pictures of your pet and write a description to bring along, in case your pet gets lost.
- If mosquito season begins earlier or ends later in your destination, be sure to administer heartworm medication.
- Don't feed your pet for at least three hours before leaving on your trip.
- Exercise your pet before you depart.

Pack your pet's water and food bowls, grooming equipment, food, health and rabies certificates and any heartworm or other medicine he may need. Make sure your pet is accustomed to riding in your car. Begin with short rides and increase the length of each ride before the big trip.

On the Road

- For safety reasons, place your pet in a carrier. Don't put the carrier on the sunny side of the car. If a carrier is not feasible for your dog, use a restraining harness.

- Provide fresh drinking water and snacks.

- If the drive is eight hours or longer, give your cat the opportunity to use a litter pan three or four times or stop to walk your dog.

- Do not leave your pet alone in a closed car on a hot day.

- Always put your dog on a leash (and harness and leash for a cat) before letting him out of the car. If you walk your pet on highway at night, both of you should wear reflective strips.

- Feed your pet shortly after you arrive at your destination or when you stop for the day.

In the Air

- Try to avoid peak travel periods.

- When making reservations ask about policies regarding pets. Some airlines let cats and small dogs travel with their owner if the carrier fits under the passenger seat.

- Provide your pet with some exercise before leaving for the airport.

- Put a cushion or blanket on the crate floor. Make sure your pet has access to water in his crate.

- Pick up your pet promptly at the end of the flight.

- If traveling overseas, ask about quarantines.

Your Destination

- When making hotel reservations, ask about their policies regarding pets. Once at your destination, observe all regulations regarding pets.

- Confine your pet to a carrier or restricted space when leaving him alone.

- Be considerate of others. Your consideration will help keep pets welcome guests and allow all pet owners the opportunity to continue to bring their entire family on vacation.

Notch Reform Bill introduced in Senate

(NAPS)—A group of retirees who receive lower Social Security Benefits than other retirees with similar work and earnings records may get a \$5,000 Lump Sum or improved monthly Social Security benefits under legislation recently introduced by Senator Harry Reid (D-NV).

Reid is battling for the compensation of retirees touched by the Social Security "Notch" which affects approximately nine million seniors who were born from 1917 through 1926.

The plight of many Notch babies is growing grim says Virginia Torch, Director of Legislative Affairs for TREA Senior Citizens League (TSLC), an organization that lobbies for Notch reform. "Notch babies who have little

other financial income than Social Security may be hovering near the poverty line — about \$8,600 for an individual in 2001. A Notch baby who retired with an average benefit in 1984 will only receive about \$9,300 this year," says Torch.

Costs for Notch babies are climbing fast. Ages 75 through 84, they are likely to fill more than 28 prescriptions annually and spend an average of \$3,142 on health care costs.

For more information, send \$1 for shipping and handling to: TREA Senior Citizens League, Dept. N10601, 909 N. Washington, St. Suite 300, Alexandria, VA 22314, or visit the Web site at www.tslc.org.

Insider travel tips

(NAPS)—The peak travel season is upon us. To make your travels easier and more enjoyable, the globe-trotting editors at Fodors.com (www.fodors.com), a full-service online travel site, have developed the following tips:

Planning Your Trip

- Use a full-service Web site. The best sites allow you to research, plan and book your vacation without surfing from one site to the next. Use sites that offer a wireless service (for PDAs and cell phones) so that you can access travel content on the go—from wherever you are.

- Participate in travel discussion groups. Savvy travelers swap stories and advice on Web discussion groups. You can get lodging, restaurant and sightseeing recommendations, discover what's new in a destination, or ask locals for directions.

- Pack light and use plastic. Before you travel, lay out everything you think you'll need for your trip. Then pack half the items. Spread dry-cleaning plas-

tic bags over your clothes as you fill the suitcase. Using bags helps to prevent major creases and helps to protect items from spills.

Making Your Reservations

- Read the fine print. Some online booking services add charges or taxes to your fare or offer alternative airports "near" a destination that are hours away.

- Book the back. If you travel in coach with carry-on items only and know your flight will be crowded, book a seat toward the rear of the plane to ensure that you're among the first to board. That way you won't be stuck having to check one of your bags because there's no place to put it.

- Check that rate one last time. Shortly before you arrive at your hotel, call the front desk (not the 800 number) and ask what the best rate is. If the place isn't full the rate might be better than your original one.

- Enjoying Your Trip
- Feel special. Vegetarian, so-

dium-free, kosher and other special meals are usually better than the fare airlines serve the economy-class masses—and they're often delivered before the other meals.

- Hit the (side) streets. Explore restaurants away from a city's main square, where you might pay too much for subpar tourist-trap cuisine. Walking even a couple of blocks can increase your enjoyment—and reduce your bill.

- Find out what the locals are up to. Search local newspapers and magazines to see what events locals are attending.

- Keep those bags in sight. Never let your bags out of your sight, not even for an instant. Many people make this mistake and never see their bags again.

- Do the twistie. Use garbage-bag ties to secure the zips (as well as locks) on your luggage. This measure annoys and may deter a potential thief.

- For more travel tips, visit Fodors.com (www.fodors.com).

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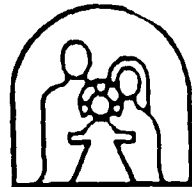
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Protect yourself from medication errors

(NAPS) -- Did you know that almost half of Americans take at least one prescription medication each day? And that more than a quarter take multiple prescription medications daily? A new study by the American Society of HealthSystem Pharmacists (ASHP) offers a tantalizing look at how many prescription and non-prescription drugs consumers take each week.

Taking multiple medications can be problematic because it raises the risk of drug interactions and exposes patients to the possibility of medication error. Drug dispensing mistakes can occur for a variety of reasons including:

- Illegible handwriting by the prescriber,
- Misinterpreted abbreviations, or
- Confusion caused by drug products that look alike or sound alike.

Fortunately, there is a Web site that makes it easy to find comprehensive, easy-to-understand information on more than 700 drugs. Safemedication.com offers information on why medications are prescribed, how they should be used, potential side ef-

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

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

NILES - ONLINE

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

FOR YOUR HEALTH - JULY/AUGUST JULY 25

MANAGING YOUR MEDICATION

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

We are looking for volunteer registered nurses for our monthly blood pressure program. second Wednesday of the month, 1 to 3:30 p.m. Call Terry Dalla Valle, RN, BSN, at 588-8420.

AUGUST 8

BLOOD PRESSURE SCREENING

Blood Pressure Screening is Wednesday, August 8, 1 p.m. to 3:30 p.m., Rm. 127. No appointment is necessary.

LOOK FOR UPCOMING EVENTS

- August 17 - Health & Wellness Fair
- August 30 - Do Not Resuscitate (DNR)

YARN NEEDED

The Senior Center is requesting left over yarn or scraps of material for veterans and senior crafters. Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are also needed. Please call us.

TUESDAY EVENINGS IN JULY AT THE CENTER First Time Offered!

Pool Room, Card Rooms, and Arts & Crafts Room open to Niles Seniors every Tuesday evening in July, at 5 to 8 p.m. Feel free to drop in - join in a game or just stop by for a visit.

LOCAL SPELLING BEE

The Niles Senior Center's Local Spelling Bee is Thursday, July 19, at 10 a.m. Word lists may be picked up at the front desk. Winners will represent us in the Regional Competition at 10:30 a.m. here at the Center on August 2. See Jaymi or Mary Ann.

ANNUAL PICNIC

The Annual Picnic is Friday, July 20, 11 a.m. to 3 p.m. Join us for our annual picnic at Oak Park (Main St. and Oak). Lunch (12 to 1 p.m.) includes Bratwurst & Hamburgers, Pasta Salad, and more. Then enjoy an afternoon in the sun with games & prizes. Cost: \$6.

SING-A-LONG AND LUNCHEON

Sing-A-Long and Luncheon is Wednesday, July 25, 11:30 a.m. to 2:30 p.m. Enjoy a lunch of Boneless Breast of Chicken Sandwich, Fruit Salad, Chips, and Dessert. Then join the sing-along with Larry Nestor. Cost: \$6.

FLOWER AND GARDEN SHOW

Sunday, July 29

Annual Flower and Garden Show (Sunday, July 29, 11 a.m. to 3 p.m.) includes a raffle, demonstration, and plant sale in addition to the exhibition and judging of our local garden entries. Hot Dog lunch is \$2. Registration Packets are now available at the Center.

DOOR COUNTY EXTENDED TRIP

NEW PROGRAM FOR THE SENIOR CENTER

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

GENERAL TICKET SALES

Please Call For Ticket Availability

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

Tempel Lippizans/Country Squire Restaurant, Wednesday, Aug. 1, 9 a.m. to 5:30 p.m. We're off to Wadsworth for a 10 a.m. performance of the Lippizans followed by lunch of Chicken Wellington or Beef Tenderloin Tips at the Country Squire Restaurant. Cost: \$33.

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

Hooked on Fishing - Chain O'Lakes State Park - Friday, Aug. 3, 7:30 a.m. to 2:30 p.m. Fish from boat or shore: lunch fresh off the grill. Cost: \$10, covers bait, lunch, prizes.

Medieval Times Trip - Sunday, Aug. 5, 2 to 7 p.m. See Tournament, Knights & Horses, and Medieval Times Feast. Bus leaves from the Niles Senior Center at 2:15 p.m. and arrives back at the Center around 7 p.m. Cost: \$42.

Evening at the Center - Salute to the Comedienne - Friday, Aug. 10, 6 to 8:30 p.m. Join us as *The Pretenders* perform scenes from *My Favorite Husband*, *Baby Snooks*, *2nd Hand Rose*, and more. Lite meal served (at 6 p.m.) prior to performance. Cost: \$5.

Saturday at the Center - Saturday, Aug. 11 - Repeat performance, 5 to 7:30 p.m. This is a repeat performance of the Friday, Aug. 10 show. Lite meal at 5 p.m. Cost: \$5.

Evening at the Center - "Let's Start the Family Feud" - Tuesday, Aug. 14, 5 to 8 p.m. Join us for an evening of fun and excitement. Dinner is a submarine sandwich, chips, and dessert. Then LET THE FEUD BEGIN! Cost: \$6 includes meal & prizes.

Hooked on Fishing - McHenry Dam - Friday, Aug. 24, 7:30 a.m. to 2:30 p.m. It's back to McHenry Dam for another day of fishing. Cost: \$8 includes bait, lunch & prizes.

Men's Club Fall Bar-B-Q with Frank Pisani - Friday, Sept. 7, 11 a.m. to 2 p.m. Hamburgers and Brats fresh off the grill with all the trimmings and then it's entertainment by Frank Pisani. Cost: \$8, includes lunch, entertainment, prizes.

VanGogh and Gauguin - Art Institute - Tuesday, Sept. 25, 10 a.m. to 5 p.m. Join us for the only American showing of this exhibition. We will enjoy a buffet lunch at The French Quarter Restaurant in the Palmer House prior to the exhibit. Cost: \$33.50.

IN MEMORIAM

Luella Rausch

If you know of a member who is ill, or has passed away please contact the Senior Department at 297-2510.

Morton Grove Senior Citizens 470-5223

CAREGIVERS SUPPORT GROUP

The Morton Grove Department of Family and Senior Services is offering a Caregivers Support Group to individuals who provide care to a family member or friend as a result of debilitating illness or aging. The purpose of the group is to provide an opportunity for sharing and mutual support among caregivers, to learn about caregiving resources and referrals and to acknowledge and address the needs of the caregiver.

Village social worker, Jackie Walker-O'Keefe, will facilitate the group that will meet on the 2nd and 4th Thursdays of each month from 1 to 2 p.m. In the Morton Grove Village Hall. If interested in attending the group or for more information, please feel free to contact Jackie at 470-5219.

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.

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 Islands, 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 twilight trip.

"FUNERAL AND CEMETERY CARE PROTECTION"

The Morton Grove Village Hall Senior Center will be the site of this seminar presented by Ryan G. Mouw of the Illinois Office of the State Comptroller starting at 11 a.m. on Friday, July 27. Lunch will be served following the program at 11:45 a.m. for information on this program or to make a lunch reservation, call the Morton Grove Senior Hot Line at 470-5223.

HOME AND YARD CHORES

Morton Grove's home and yard "Chore Program" links senior homeowners with youth and young adult workers. Seniors who need help cutting grass can have a neighborhood worker come by to assist. There also are individuals who can perform minor odd jobs. Seniors must provide equipment and negotiate the fee to be paid to the worker. Call the Morton Grove Village Hall Senior Center at 965-4100, ext. 6110 for more details.

60+ WOMEN'S SUPPORT GROUP

The Morton Grove Department of Family and Senior Services is offering women age 60 and older an opportunity to participate in an eight-member support group on Wednesday afternoons from 1 to 2:30 p.m. in the Morton Grove Village Hall. This group will provide the chance to give and receive emotional support as you deal with such issues as:

- depression,
- widowhood,
- strained relationships,
- feelings of isolation or aloneness, or
- health problems.

Jackie Walker-O'Keefe, the Village of Morton Grove's social worker, leads weekly sessions. Mini-lectures given at the beginning of some sessions will address topics including coping skills, self-esteem, stress reduction techniques, and overcoming depression. Qualifications for joining are women:

- 1) age 60 and over who face one of the issues listed above.
- 2) who want to both give and receive emotional support.
- 3) who are willing to learn about themselves and develop goals.

For more information about the group or about the issues individuals may be experiencing, contact Jackie at the Village Hall, 470-5219.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200.

The challenges of Elder Care

There are more than 25 million family caregivers in America, according to the National Family Caregivers Association (NFCA). American Demographics reports that women make up 73 percent of these caregivers. If you are a woman, you can expect to spend 18 years of your life helping an aging parent and 17 years caring for children. Approximately 90 percent of all women over age 18 will be caregivers of children or parents or both in their lives.

Most of these women toil without respite. They struggle to cope with the exhaustion, loneliness, mental and physical demands, and the heartbreak of watching loved ones grow weaker. In a survey conducted in 1997 by the National Family Caregivers Association, 61 percent of the members questioned described more depression as a negative outcome of caregiving. The top caregiving emotion cited by 67 percent of caregivers was frustration.

A sense of isolation and lack of understanding by others were among the top caregiving difficulties listed by 43 percent of members. Help is now available for women who struggle to cope with the mental and physical demands of caregiving. Many are now drawing upon a new community-based service called Home Instead Senior Care. "We represent an important support resource that provides respite care for often stressed and over-

worked family caregivers," said Jackie and Michael Melinger, owners of the Home Instead Senior Care business located in Skokie serving Northern Chicago and the Northern Suburbs of Cook County.

Home Instead Senior Care provides an affordable solution for older individuals or couples capable of managing their physical needs, but who require companionship, meal preparation, incidental transportation, light housework, errands and shopping, and other non-medical assistance to remain at home.

As the population ages, and as more women continue to enter the workforce, the immense need for elder care will only grow more urgent. In 1997, about 22 million U.S. households had at least one person caring for a relative or friend, triple the number that was reported in 1988, according to "Family Caregiving in the U.S.," a report released by the National Alliance for Caregiving and the American Association of Retired Persons (NAC/AARP).

Furthermore, 52 percent of all family caregivers work full-time while 12 percent work part-time, according to *Juggling the Demands of Dependent Care*, a report by the Conference Board, a non-partisan business research organization in New York.

These statistics, combined with U.S. Census Bureau projections, foretell an increased future


need for elderly care well into the new millennium. According to the U.S. Census Bureau's 1996 report, the number of Americans over age 65 will grow from 33.9 million in 1996 to 70 million in the year 2030. Americans age 80 or older are the fastest-growing group of people in the U.S., increasing at a rate of more than 16,000 persons per month.

But the future needs of the elderly no doubt will continue to vary as much as they do today. That's what makes Home Instead Senior Care a viable option. Home Instead Senior Care's services can be arranged for a few hours a week and up to 24 hours a day. Short-term assistance and longer-term care is available seven days a week, including holidays.

When a potential client contacts the company, Melinger will arrange a meeting with the client and his or her family to discuss their needs. "Cost is on an hourly basis," Melinger said, "so hours can be decreased or increased based on changing needs."

Clients' homes are furnished with a log book in which the Home Instead Senior CareGivers document the service they perform on each visit. "This process not only informs other CareGivers who may be working with the client, but enables family members to monitor the care and broad array of day-to-day companion

Continued on Page 33



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Hartwell House is an assisted living residence located at 5520 N. Paulina, just minutes from Lake Shore Drive on Chicago's north side. Hartwell House is a division of United Methodist Homes & Services, a non-profit, non-sectarian provider of supportive services for older adults for more than 100 years.

Senior Seasons



The Glenbridge Nursing Home, 8333 Golf Rd., hosted a party Friday to honor and thank the Niles Police Fridaye departments.

Facts on Aging*

1. About 12.7% (34.5 million) of Americans are age 65 or older.
2. In 2011, the "baby boom" generation will begin to turn 65, and by 2030, 20% (70 million) of Americans will be age 65 or older.
3. The 85+ age category is the fastest growing segment of the older American population, and is expected to grow from 4.3 million persons in 2000 to 8.9 million persons in 2030.
4. In 1900, life expectancy at birth was age 49 and it has increased to age 76 in 1997. Today, persons who reach 65 can expect to live an average of almost 18 more years.
5. The median net worth in households headed by seniors increased by 69% between 1984 and 1999.
6. The proportion of seniors living in poverty declined from 35% in 1959 to 11% in 1998.

*Source: U.S. Census Bureau

Niles Human Services benefits from CJE grant

by Barbara A. Mendelsohn

The Niles Human Services Department will participate in a \$150,000 grant awarded to the Council for Jewish Elderly. The purpose of the grant is to identify at-risk seniors and offer helpful intervention, said Bev Wessels, social worker with the village agency.

This one-year federal planning grant to the CJE was announced recently.

Grant coordinator, Audrey Cantor, with CJE, explains that the program will function using "gatekeepers," a term she defines as community members like policemen and firefighters, meter readers, postal workers, bank tellers, and beauticians--those who interact with older adults during the normal course of their work. "We will train them to recognize at-risk adults and refer them to our program for help and support," said Cantor.

"There are many elderly people living at home who may need assistance but are unaware of available services," Cantor adds.

Both Cantor and Wessels attended a seminar on mental health in April, where they heard a speaker from Washing-

ton State describe a model that has worked very well there for three years. Following the seminar, Cantor applied to the U.S. Health and Human Services Department for a grant to bring the program here.

The goals of this one-year grant are to establish coalitions with appropriate agencies, to develop a referral and response system, and to develop a mechanism for recruiting gatekeepers.

"Gatekeeper training will require about one hour, says Cantor, and trainers will travel to their site: we don't expect them to come to us." Gatekeepers will be trained to recognize health problems of the elderly and

signs of depression.

The CJE, which is based in Rogers Park, has invited six suburban communities to join their program. Besides Niles, the communities of Evanston, Lincolnwood, Morton Grove, Skokie and Wilmette--all communities with a higher concentration of older adults--will participate.

The response system will include agencies such as the Illinois Department on Aging, Alzheimers Association, and groups addressing mental health and social issues.

Wessels will hold a gatekeepers' training session in August for Niles firefighters.

AARP Skokie Chapter #3470

A.A.R.P. Skokie Chapter will hold its next meeting on Tuesday, August 7, 2001 at 1 p.m. at the Skokie Library, Petty Auditorium, 5215 Oakton St., Skokie, IL.

Ms. Ann Pearlman, Certified Graphoanalyst, will discuss bringing character and personality traits into focus by Graphoanalysis--the science that reveals the individual through his or her handwriting.

Old glasses and hearing aids are being collected for the Lions Club.

Refreshments will be served after the meeting.

Favors will be given to the first 50 guests and members in attendance.

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

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Senior Seasons

Six-County Senior Olympics

We are looking for active seniors who are age 55 and older to accept the challenge and participate in the Twentieth Annual Six-County Senior Olympics the week of July 23. The Senior Olympics will be held at Maine East High School in Park Ridge with all the good sports from a six-county area of Cook, DuPage, Kane, Lake, McHenry and Will counties. Registration forms are available at your Park District Offices or call Park Ridge Park District, (847) 692-3597, for the entry form. Deadline for signing up is Wednesday July 18. The cost is only \$8 for one-day and \$10 for 2 or more days. Some events have additional facility fees.

The action begins with shuffleboard and nine holes of golf at Tam Golf Course on Monday, July 23 and Tuesday, July 24. The competition will be in tennis doubles, table tennis and horseshoes. The events on Wednesday will be 18 holes at Whispering Creek Golf Course in Huntley's Del Webb complex, trap shooting, tennis singles, and a new event, bocce. Thursday, all the track and field events, swimming, and power and recreational volleyball will be held at the Maine East High School. On the final day, Friday, July 27, events include bike racing, bowling, archery, a basketball free-throw, softball throw, and billiards.

All events have separate categories for men and women, who will then compete in their respective age groups. There were nearly 700 fun-loving athletes who competed last year for the gold, silver and bronze medals. A closing ceremony and party is given at the conclusion on Friday evening at 5:30 p.m.

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UMH&S open house

United Methodist Homes & Services has been serving older adults for over 100 years. UMH&S had its beginnings in the Methodist Episcopal Old People's Home, a nursing care facility now known as The Methodist Home. In recent years, UMH&S has expanded to include an assisted living facility, low-income senior apartments, and a homecare service. Such expansive services provide a continuum of care for seniors in the area. On Saturday, August 11, UMH&S will be featuring all of these services at an open house at Hartwell House.

Hartwell House, located at 5520 N. Paulina, is the organization's assisted living facility. Nestled in the tree-lined neighborhood of West Andersonville, Hartwell House occupies a former convent of St. Gregory's Church, which is located just across the street. The vintage brick exterior of the building remains untouched, while the interior has undergone extensive remodeling to transform it into an elegant and modern facility. A full service-kitchen serves restaurant style meals three times a day, and cozy lounges are located on each floor. With only twenty-nine suites, Hartwell House offers a vibrant, intimate living community that is rarely found in assisted living residences.

Operating since 1898, The Methodist Home offers several levels of nursing care for older adults, including Sheltered Care, Intermediate Care, and Skilled Nursing. There is also a special Alzheimer's floor. Because of the many levels of care, The Methodist Home is able to accommodate the changing needs

of its residents.

Also featured at the open house will be Winwood and Glenwood Apartments, UMH&S' two low-income senior apartment buildings. Winwood Apartments is a HUD-subsidized building that opened in 1990. Glenwood opened several years later to provide affordable housing for low-income seniors that did not meet HUD requirements. Both buildings offer comfortable, affordable housing, as well as easy access to the services offered on The Methodist Home's campus.

Among these services is the White Crane Wellness Center. White Crane provides a number of social, educational, and recreational services, including Tai Chi, gentle yoga, nutrition, and support groups. White Crane also features an adult daycare program.

For older adults who prefer living at home, UMH&S offers United Methodist Community Support Services. UMSSS is a homecare program in which a caregiver provides help with various activities of daily living, such as grocery shopping, cooking, cleaning, personal care, and medication reminders. This program enables older adults to remain independent and safe in the comfort of their own homes.

If you are interested in learning more about any of these services, an open house on Saturday, August 11th will allow you to get a closer look. The open house will run from 1 to 4 p.m. at Hartwell House, 5522 N. Paulina. Free valet parking will be available and refreshments will be served. For more information, please call Rosalie at (773) 275-2400.



Cold cream is so-called because when the water in it evaporates, it leaves a cool feeling on the skin.

St. Matthew Lutheran Home observes birthdays

Every month a local church volunteers to host the Birthday Bash at St. Matthew Lutheran Home. While each resident's birthday is celebrated with a card and balloons from the St. Matthew staff, the monthly celebration is a time for the whole community to gather together for the festivities. The church that is hosting the party for the month coordinates the entertainment, food and gifts. Entertainment ranges from a sing-along to bingo. Gifts for each birthday resident vary from plants, toiletries, or picture frames to stuffed animals. Birthday cake is provided for all residents.

On July 10, Zion Lutheran Church provided a variety show, showcasing the musical talents of several youths, birthday cake and gifts for all those residents with July birthdays. Currently the following churches sponsor one birthday party per year: Edgebrook Lutheran Church.

Martin Lutheran Church, St. Timothy Church, Edison Park Lutheran Church, Grace Lutheran Church, Gloria Dei, Lutheran Church of the Cross, Zion Lutheran Church, Trinity Lutheran Church and Good Shepherd.

We at the St. Matthew Lutheran Home would like to extend our gratitude to these churches for their overwhelming generosity. Thanks to you for making our birthdays so special.

If any church is interested in learning more about sponsoring a birthday party at St. Matthew Lutheran Home, please contact Stacy Ladra, Director of Activities. St. Matthew Lutheran Home is located at 1601 N. Western Avenue in Park Ridge. Please stop by for a visit or call 847/825-5531 for more information. St. Matthew Lutheran Home is dedicated to offering quality care and services tailored to the needs of individuals.

ARK senior enrollment

The ARK provides a stimulating and entertaining senior citizen program every Tuesday and Thursday from 10:30 a.m. till 2 p.m. as part of The Miriam Katz Senior Citizen Program.

Various local Rabbis visit with members of the program and provide informative and interesting lectures pertaining to upcoming holidays, current events, and many other topics of interest. The program includes other activities and entertainment such as bingo, art class, and various other fascinating projects. Special outings such as "A Day at The Theatre," or luncheons at area synagogues, are also planned.

For further information, please contact Agi DeCanniere at (773) 973-1000, ext. 246.

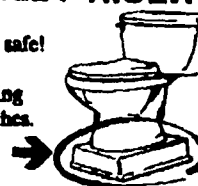
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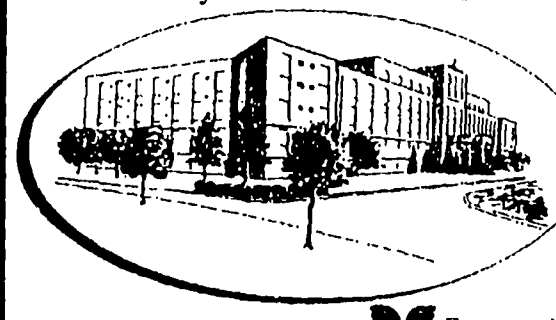
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Obituaries

FLORENCE G. JUERN

Florence G. Juern, 88, of Morton Grove, died July 7 at Lutheran General Hospital, Park Ridge. She was born October 7, 1912 in Coffeyville, Kansas. Beloved wife of the late Arthur. Beloved mother of Ronald (Betty) and John (Norma). Grandmother of Christy (Rick) Krier, Cathy (Tom) Troope, Alice (Jim) Lennox, Christopher (Elizabeth), Jeremy, Tamara, and the late Jennifer. Great-grandmother of 8. Sister-in-law of Evelynne Dilg. Services were held Wednesday, July 11 at Jerusalem Evangelical Lutheran Church. Interment was in Ridgewood Cemetery, Des Plaines. Memorials to: Jerusalem Evangelical Lutheran Church, 6218 Capulina Ave., Morton Grove, IL 60053.

ROBERT KREEGIER

Robert Kreegier, 88, of Morton Grove (formerly of Skokie), died June 30 at Bethany Terrace Healthcare Center, Morton Grove. He was born May 28, 1913 in Chicago. Beloved husband of Barbara (nee Kalmes). Beloved father of Kathleen (David) Brusky, Robert Jr. and Richard (Darlene) Kreegier. Grandfather of Lora, Brian (Rachel), Krista Brusky and Robert, Melissa, Belinda and Neal Kreegier. Brother of Lucille (Norman) Lange, Joan (Robert) Kuhn, the late Irene, Clarence and Henry Kreegier. Uncle of many nieces and nephews. Arrangements handled by DuPage Cremations, Ltd.

ANGELINE DeGROFF

Angeline DeGross, 90, of Morton Grove, died July 10 at Lutheran General Hospital, Park Ridge. She was born February 14, 1911 in Chicago. Beloved wife of the late Alex Duerr and the late Willard DeGross. Beloved mother of Arlene (Bernard) Brady. Grandmother of Steve (Julie) Brady, Bernie Brady, and Michelle (Steve) Helton. Great-grandmother of 5. Sister-in-law of Celia Bucaro and Joan Bucaro. Services were held Friday, July 13 at Our Lady of Perpetual Help Catholic Church. Interment was in Ridgewood Cemetery, Des Plaines.

Facts on Family Caregiving

1. Nearly 54 million American adults provide care for an elderly, disabled, or chronically ill relative or friend. (Source: NFCA)
2. 85% of all home care is provided by family members and friends. (Source: GAO Office)
3. 73% of American caregivers are women. (Source: AARP/NAC)
4. 41% of American caregivers are caring for children under age 18 at the same time as elderly friends or relatives. (Source: AARP/NAC)
5. 75% of all caregivers help with grocery shopping, transportation, and housework, and about 66% manage finances or prepare meals. (Source: AARP)

ARVELLA B. TISETH

Arvela B. Tiseth, 93, of Morton Grove, died July 5 at St. Matthew Lutheran Home, Park Ridge. She was born August 9, 1907 in Waldorf, MN. Beloved wife of Oscar Tiseth. Beloved mother of Gwen Rosario and Lucy Laurent. Grandmother of 9. Great-grandmother of 2. Sister of Leona Kjer, Bernita Rian and the late Wilber Bluhm. Services were held Tuesday, July 10 at Morton Grove Community Church. Memorials to: Morton Grove Community Church, 8944 Austin Avenue, Morton Grove, IL 60053.

FRANK FORTUNA

Frank Fortuna, 71, of Morton Grove, died July 8. Beloved husband of the late Stella. Beloved father of Frank V., Angela Brownlee and Nicole. Grandfather of 1. Service mass was held Thursday, July 12 at Our Lady of Perpetual Help, Glenview. Interment was in All Saints Cemetery, Des Plaines.

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(NAPS) -- Here's good news for do-it-yourselfers who want to improve the appearance of their driveway, patio or sidewalk: working with concrete does not have to be hard. Homeowners now have access to products that can make concrete repair jobs quick, easy and economical. For example, the product Quikrete Concrete Resurfacer can help add value to a home and make repair-

ing or resurfacing concrete features a relatively simple and inexpensive process (it is estimated that home owners who use the product can save more than \$4 per square foot). The resurfacer is a blend of portland cement, sand, polymer modifiers and other additives that can renew aged and cracked concrete -- both indoors and out. To resurface concrete in your home using the Quikrete Concrete Resurfacer mix, follow these simple steps:

Surface Preparation. Clean the surface (preferably with a pressure washer at 3500 psi). Then level uneven areas and repair surface cracks with a 1:7 water to Quikrete Concrete Resurfacer mix.

Mixing. In a five-gallon bucket with a 1/2 inch drill and paddle mixer, combine 6 to 7 pints of water per 40 pound bag of resurfacer mix.

er. Mix until product is of a lump free, pourable consistency.

Application. Pour the mixture onto the prepared work surface and use a long handled squeegee to scrub the mix in.

Finishes. For a professional finish, go over the surface with a broom or masonry brush. For a decorative effect, products such as Quikrete Liquid Cement Color can be added to the water during the mixing process.

Drying Times. Allow six hours before permitting foot traffic and 24 hours for vehicle traffic. In addition, protect the surface from rain or moisture for the first six hours. After 28 days, the new surface will reach 4500 psi.

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For lush, healthy plants — Just add water

(NAPS)—It seems simple enough, but watering too little or too much is one of the biggest mistakes that gardeners make.

Monrovia, one of the leading growers of ornamental plants, offers helpful advice in a brochure entitled "All About Watering." The company suggests that gardeners start by taking a look at their watering habits.

What am I doing wrong?

First, it's important to determine if you're watering enough. Even if the topsoil looks damp, dig down a few inches and see if it's dry underneath. Sprinkler systems apply water to the surface, but they may not saturate the soil down deep where the roots are.

Are we shallow? When you only sprinkle the soil, plants tend to develop shallow root systems. This makes them very needy, so if you miss a watering or two, they can go into distress.

Think deep. Drought-adapted plants grow deep root systems that are able to access moisture far underground after surface water has dried out. You can encourage this in a plant by watering slow and deep from day one.

Glub, glub. If your soil is

black and plant roots smell rotten, you're watering too much or you may have poor drainage. Ease up a bit.

Make better choices. Even if you don't live in a dry climate, water is a vital resource that should never be wasted. Select plants that are drought-tolerant, like California Lilac, Bougainvillea or Royal Cape Plumbago for warmer climates. If you're in a colder climate, select conifers; they tend to do well with minimal water—especially junipers like the colorful Mint Julep and Icee Blue. Yucca and Westmont Arborvitae are more good choices.

Conserve! Water early in the morning when water pressure is higher. Avoid watering during the heat of the day or when windy to avoid evaporation and drift. Add mulch around your plants to hold moisture in the soil.

Surf. Read more tips about watering on Monrovia's Web site, www.monrovia.com. Or, for a free brochure, send a self-addressed envelope with 34 cents postage to: All About Watering, Monrovia Marketing, P.O. Box 1385, Azusa, CA 91702.

Common sense ideas about laundry

(NAPS) -- Using a little common sense in the laundry room can lead to some big timesavers. Here are some helpful suggestions from experts:

• Like everything else in life, laundry works best with a little preparation. Remember to separate dark colors and whites. Sort delicate fabrics from heavier ones and keep lint-producing fabrics separate.

• A good rule to follow when doing laundry is to turn on the washer before you add the dirty clothes. Then add detergent. When the basket is about 1/4 full with water, start adding dirty clothes. (Remember not to over-

load or cram the washer!)

• A new way to do laundry has been introduced by the leading brand in the laundry category. Called Tide Rapid Action Tablets, they are reported to be the first laundry detergent tablets to release a burst of effervescent energy as soon as they hit the water. The tablets have a unique water activated coating that enables them to begin dissolving when they enter into water to get right to work cleaning your clothes.

• Remember, wash water temperature directly affects cleaning and wrinkling. Proper choice of water temperature can also minimize dye transfer from

unstable colors. Check your garment care labels for recommended wash temperature. If care label advice isn't available a good guide to follow is: hot water for whites, warm water for permanent press and all colorfast dark or bright colors, and cold water for bright red and orange clothes.

• Here's a final tip and a little known fact: It helps to take your clothes out of the washing machine as soon as the cycle is over to avoid wrinkling.

Read the Bugle
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Electrical safety in the kitchen and bath

(NAPS) -- The National Electrical Safety Foundation suggests that you take a few minutes to check the electrical safety of your kitchen and bath. Answer the following questions and correct anything that is not safe:

• Do you have Ground Fault Circuit Interrupters (GFCIs) installed in both the kitchen and bath? Do you test your GFCI devices monthly or follow manufacturer's instructions? A non-functioning device is useless.

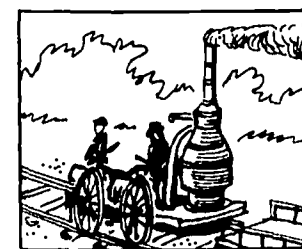
• Do you dry your hands before operating an electrical appliance? Do you keep all appliances and their cords out of reach of children and away from the sink? Remember, water and electricity do not mix.

• Do your electrical appliances have a mark of a certified testing organization? These marks show that the organizations have tested the appliances for safety.

• Do you unplug small electrical appliances, such as hair dryers, shavers, curling irons, toasters, can openers, etc. when you are not using them? Even an appliance that is not turned on can be hazardous. If it falls into water in a sink or bathtub, it can cause a fatal shock.

• Do you have a portable electric heater in the bath? Most electric heaters do not have protection should the appliance come in contact with water.

Electricity makes our lives more comfortable and convenient if we use it safely. For more information, visit the NESF website at: www.nesf.org or write to: NESF, 1300 N. 17th St., Rosslyn, VA 22209.



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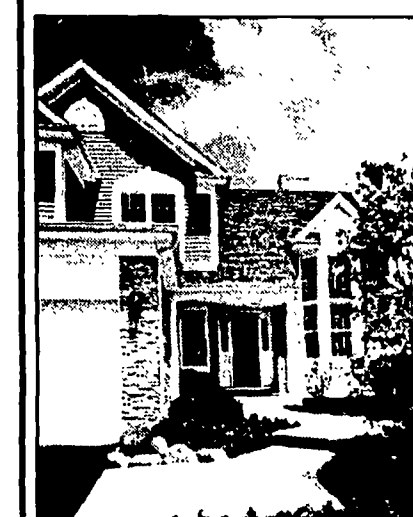
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Women's News

Like to dance, but "partnerless"?

by Barbara A. Mendelsohn

If you live in the Niles area, you have options. Like the Spares Sunday Evening Club, a social club for ages 50 and up. This "spares" is not about bowling, nor is this "Sunday Evening Club" about sermons and hymns. Mostly, it's about dancing, since they hold dance events regularly--once or twice per month--to the strains of a live orchestra.

Founded in 1969, this group has a membership of 250 adults--divorced, widowed or single--culled from Chicago's North Side and from the north and northwest suburbs.

Says Niles resident and 10-year member Helen Kasuga, "I've always loved dancing, and since I've become widowed, these dances are my outlet. They're an occasion to get dressed up, to wear high heels, something sparkly, and have some fun dancing."

Member Helen Donovan points out that the group's activities extend beyond dancing. "There's bowling, hiking and bridge; sometimes outings to Ravinia Park or to local theater events, plus picnics and pot-lucks, even casually-arranged,

mid-week dinners," Donovan says.

In August, the Spares Sunday Evening Club will hold two dances, a Hawaiian Luau theme on Sunday, Aug. 12, and a general ballroom theme on Sunday, Aug. 26. Both events will be held at Eagles Hall, 5844 N. Milwaukee Ave., Chicago. For general or membership information, call Tom Farina, 773/794-9770.

Another local group is similar in name and concept, but different in focus. The "Spare Squares," which meets in Park Ridge, offers square and round dancing, as well as classes for the uninitiated, and has a large membership of singles from Niles and nearby communities.


Nicewick--who says she never danced much in the past--finds the club's classes to her liking. "Everyone gets some dance time with a partner, and it's really great exercise," she enthuses.

The club takes a hiatus during the summer months and resumes in September. Class schedules should be available soon, Faxel says. For information on the "Spare Squares" call her at 773/775-9427.

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Good fences make good sense

(NAPS) -- Fence me in. That's what a growing number of homeowners are saying because today's fences easily provide security, privacy and beauty to yards. There are not only more material choices than ever before, many fence materials are maintenance-free. Here are some of the choices:

Wood Fence
Versatile wood fence offers a

range of styles from the rustic feel of a split rail to the charm of a white picket. Among the most popular wood fence choices are Western Red Cedar, Eastern White Cedar and pressure treated Southern Yellow Pine, according to Carol Ann Berry, of FLW Wood Products. "Cedar is popular because it's naturally resistant to rot without being treated, and it's attractive."

Chain-Link
Whether you want to fence in a

swimming area, protect children and pets or keep intruders at bay, chain-link provides an inexpensive, effective safety barrier. Now chain link fences are available color-coated in black, green and brown, or in rust resistant materials such as galvanized steel, aluminum-coated steel and aluminum.

Ornamental Steel and Ornamental Aluminum
Attractive ornamental steel and aluminum fences are long-

lasting, less-expensive alternatives to the wrought iron-style of fencing.

Secure, strong and aesthetically pleasing, ornamental steel picket fences require little upkeep," Jim Sheide, of Merchants Metals commented.

Vinyl
Maintenance-free vinyl fencing is available in many of the same styles as wood and ornamental picket, including privacy (board fence), split rail and pick-

et. "Although the initial cost of vinyl is more than wood, vinyl fencing upkeep costs are minimal," Ralph Palmieri, of Bufftech said. Relatively new, the popularity of vinyl fencing is growing fast because it is maintenance-free, durable and good looking.

For more information visit www.americanfenceassociation.com or call (800) 822-4342.

The official title of the Statue of Liberty is Liberty Enlightening The World.

Challenges . . .

Continued from Page 25

and home care services we provide," Melinger added.

The company's Caregivers are actually selected individuals who are screened, bonded, insured and who have successfully cleared criminal background checks. "Special attention is given to matching CareGivers with clients to achieve utmost compatibility," Melinger said. "Home Instead Senior Care's mission is to form a partnership with family."

For more information about Home Instead Senior Care, or for other local human interest stories, call (847) 673-1250. Or, visit the company's Web site at www.Homeinstead.com.

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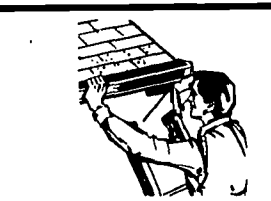
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Sealed bids will be accepted at the Village Hall, Office of the Director of Finance, 6101 Capulina Avenue, Morton Grove, Illinois, 60053, until 9:00 A.M., Wednesday, August 1, 2001 for Replacement of roof copings at the Public Works Building, 7840 Nagle Avenue, Morton Grove, Illinois, 60053. Copies of specifications and bid documents are available at the Office of the Director of Finance, Morton Grove Village Hall. A mandatory Pre-bid meeting will be held in the Public Works conference room at 7840 Nagle Avenue, Morton Grove, Illinois, 60053, at 9:00 A.M. on July 23, 2001. Contract specifications will be reviewed and a tour of the project site will be given. Bidding questions should be directed to Mr. Ed Hildebrandt, Building Commissioner at (847) 470-5214. The Village Board reserves the right to review and study any and all bids and to waive any informalities or irregularities in the bidding. The Village Board further reserves the right to review and study any and all bids and to make a contract award within thirty days after bids have been opened and publicly read.

David O. Erb
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BY JEFFREY CARDELLA
Special to The Bugle
Edward Jones:
Can You Lower Your Tax Bill for Next Year?
Although the official tax season ended just twelve weeks ago for most of us, it's not too early to think about next year's taxes. If you feel you paid too much, can you do anything to change the outcome next April?
Yes, there are definitely steps you can take. Here are a few possibilities:
• **"Max out" your 401(k) contributions** -- If you have a 401(k) or other tax-qualified plan where you work, consider yourself fortunate. Your earnings grow on a tax-deferred basis, which means you will have more money working for you than you would in an investment on which you paid taxes every year. And, if you're lucky, your employer will even match some of your contributions. Furthermore, your 401(k) contributions are typically made with pretax dollars -- so the more you put in, the lower your taxable income for the year.
• **Most people don't contribute as much as they can to their 401(k) plans.** But, if you can afford it, consider "making out" your contributions. You'll be building additional savings for retirement -- and, at the same time, you'll be cutting your annual income tax bill.
• **Consider "tax-smart" investments** -- You may be able to lower your taxes through tax-deferred and tax-free investments. Let's take a quick look at both of them:
• **Tax-deferred** -- In one sense, your stocks can be considered "tax-deferred" investments, because, until you sell them, you pay no capital gains taxes. If you subscribe to the "buy-and-hold" philosophy, your investment could grow in value considerably before you were taxed on the earnings. You also can gain the advantages of tax deferral through a "traditional" IRA, an annuity and cash-value life insurance.
• **Tax-free** -- If you are in one of the higher tax brackets, you may be able to benefit significantly from investments in tax-free municipal bonds. Some of these bonds offer freedom from federal, state and local taxes. Your earnings also can grow tax-free in a Roth IRA, provided you meet certain conditions.
• **Review your asset mix** -- If you think you paid too much in taxes on your investments last year, you may want to review the mix of assets in your portfolio. Remember, you pay no capital gains taxes on "growth" vehicles, such as stocks, until you sell them. But if you have a lot of income-producing vehicles, such as corporate bonds, then you also may be generating a lot of taxes. Consequently, you may want to consider the possibility of moving some of your investment dollars out of taxable, income-producing bonds into tax-free municipal bonds or high-quality stocks. If you do move money into stocks, however, remember that they are generally more volatile than bonds. Before you make any changes, keep in mind your tolerance for risk, along with your time horizon and the need for proper diversification.
Your tax adviser and investment representative can help you determine which, if any, of these moves may benefit you. But whatever actions you make, don't delay. The year is almost half over, and, before you know it, it will be tax season again.
Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.

The Bugle Newspapers' Area Employment News

Green grocer

by Jeanine Kromer

Tired of dragging the kids to the grocery store and bribing them with candy to behave? Had enough of the lady in the checkout line who is surprised she has to actually pay for her groceries and is fumbling in her purse for the checkbook? How about lugging two weeks' worth of family groceries from the car into the house?

Peapod's 24-hour, on-line grocery service may be the answer.

Brothers Andrew and Thomas Parkinson started Peapod in 1989 with the dream of improving people's lives by providing interactive grocery shopping. Aiming to amaze and delight customers, Peapod continues to grow in a cutting-edge industry, particularly now that competitor Webvan has ended its on-line service and filed for Chapter 11 Bankruptcy protection.

Peapod spokeswoman Paula Wheeler said Monday, that since Webvan's July 9 announcement, Peapod's Chicago area business has increased fifty percent.

In addition, Ahold NV, the Dutch supermarket group that owns the majority of Peapod's shares, has decided to pay \$2.15 each for the company's remaining 42 shares (the NASDAQ currently values the shares at \$1.25). Wheeler said that Peapod's board has approved the acquisition, which would take the company off the public stock market, and she expects the deal to go through by the next fiscal quarter.

In addition, with the demise of its competitor and a fifty percent business boom almost overnight, Peapod has hired 70 new food selectors and drivers. Wheeler said that some of the drivers came from Webvan.

Jobs found toll-free

(NAPS) - Here are some commonly asked questions about a toll-free help line and Web-based directory for job seekers.

Q. If I am unemployed or want to upgrade my skills, where do I call for local service and programs in my area?

A. Call the America's Workforce Network (AWN) Toll-Free Help Line (TFHL) at 1-877-US-2JOBS. The TFHL allows everyone with access to a telephone to obtain assistance from professional customer service representatives who can guide callers through appropriate federal, state and local Web sites and provide local telephone numbers.

Q. Can I find state and local resources on the Internet?

A. Yes. Go to America's

Peapod is always on the lookout for innovative, energetic, and customer-service oriented people. The company takes a tolerant attitude toward mistakes in order to enable its employees to develop and reach their full potential. Forging the way into the future, it seeks talented and bright individuals who push their own limits. Peapod aspires to keep the momentum going, and views opportunities with open, yet careful minds, aiming to improve performance and expand its capabilities.

The service itself is simple to use. Go to peapod.com, enter in your name and zip code, and start shopping.

Peapod prides itself on providing top quality products, including fresh meat, deli, produce, and bakery goods. All food items are handpicked by trained shoppers (a.k.a. "selectors"). Name-brand packaged foods, household items, health and beauty products are available. The online grocer offers competitive prices, weekly specials and accepts manufacturer's coupons.

Customer Gary Kozemczak, gave a thumbs up to one feature that allows users to look up their previous grocery lists.

Peapod can be a lifesaver for harried moms, high-rise dwellers, and people without cars. Drivers deliver groceries to the door at the customer's chosen time, and will even deliver items to a pre-arranged location, should the customer be unavailable at delivery delivery time.

For more information, call Peapod in Skokie at 583-9400, or check out the website peapod.com.

Service Locator (ASL) at www.servicelocator.org, enter your zip code, and the ASL Web-based resource, directory can generate detailed information about nearby offices, including telephone numbers, and in many instances, maps that get users to the physical locations where services are provided.

Q. What is America's Workforce Network?

A. AWN is a partnership among federal, state and local governments, the private sector, labor organizations, educational institutions and community- and faith-based organizations to provide information and services to help Americans find jobs, manage their careers and help employers train and find skilled workers.

True Partner in Asset Recovery

Jeanine Kromer

Robert Lavin founded Arrow Service Bureau in Lincolnwood in 1960. Arrow Financial (as it is known today) at 7301 N. Lincoln Ave., Lincolnwood, is basically a collection agency that utilizes a twofold method to maintain its position as a leader in the industry. Arrow Financial works on a contingency basis and through acquisitions, the company was ranked as an Above Average loan collector by Standard and Poor's Servicer Ratings Group.

Contingency is when a third party credit grantor retains ownership of the bad debt, but hires Arrow Financial on a percentage-fee basis to recover money due for items like a credit card payment, consumer/car loan or utility bill. Arrow Financial handles both first party contact and multiple agency accounts. First party contact accounts are when no other agency has attempted to recover a debt. A higher fee is charged

for multiple agency accounts because other companies have been unsuccessful in recovering payment, therefore the account will most likely require extra effort. The goal at Arrow Financial is to maximize recoveries within the constraints set by the client. Arrow Financial is one of the top contingency companies in part because it promotes a balanced approach to work.

Arrow financial is able to expand its client base by purchasing charged-off consumer receivables in different product types from credit grantors. Companies that are stretched financially find it viable to sell off debt for some-one else to recover. Arrow Financial owns the accounts, and if it is successful in recovering payments it simply keeps the money. Arrow Financial is well equipped to handle acquisition recovery through its efficiency.

Arrow Financial employs over 700 people with outbound calling stations in Wisconsin, California, Maryland and Illinois. Arrow Financial employs highly motivated and enthusiastic account representatives and assistants. The company generally promotes from within, provides comprehensive training/mentoring programs and offers an excellent incentive compensation structure. As a result, Arrow Financial has one of the lowest turnover rates in the industry.

Arrow Financial recognizes

the importance of remaining current in the technology that will keep it heads above its competition. The most important item to insure success at Arrow Financial is to identify and contact the accounts most likely to pay. Arrow Financial utilizes collection systems, proprietary models, power and predictive dialers, online databases and integrated outsourcing.

Arrow Financial employs an asset management system developed and supported by Ontario Systems that pools recommendations by Ontario users. Proprietary models include systems and reports that manage daily business values. The power and predictive dialers are machines that continuously dial numbers until they get a valid dial tone thus eliminating valuable time spent calling wrong numbers, answering machines and busy signals. The valid numbers are then passed onto collection personnel for recovery. The online databases provide background information on accounts such as bankruptcy filings and credit bureau reports that validate contact information and help to determine recoverability. Arrow remains a top performer through experience. To be as efficient and cost-effective as possible items like customer letters and legal collections are sometimes outsourced.

For more information call Arrow Financial 847-557-1100.

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The next workshop will be held on July 25, 2001 from 9:30 a.m. to 2:30 p.m. at the One Stop Capital Shop which is located at 3333 West Arthington Street, Suite 220 in Chicago.

Registration is required. If you need additional information or want to register, call Morgan Wise at (312) 886-0705 or (312) 746-6727.

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Plan, prepare and practice for severe storms

(NAPS)—After many months of winter snow showers, thunderstorms, tornadoes and floods come rumbling into town. While these annual weather events

should not be a surprise, families are often caught unprepared. You cannot control Mother Nature, but you can increase your family's safety and ability

to survive by planning ahead. Take some time and follow these simple tips from Rubbermaid to create a disaster plan:

1. Learn your community's warning signals and evacuation plans.
2. Create a plan for your family. Pick two places to meet—one spot inside your home and another located away from your neighborhood.
3. Implement your plan. Steps to complete include posting emergency numbers by phones, installing safety features in your house, and teaching children how and when to call 911.
4. Create a disaster survival kit. This inexpensive and simple step can prepare your family for any hazard that comes its way.

A Disaster Survival Kit should be housed in a durable plastic container with a secure lid. The Rubbermaid Action Packer® storage container is ideal for this job and will prevent water and other elements from ruining the items you will

need to make it through the storm. Your survival kit should include:

- Candles and matches
- A first aid kit, including prescription medications
- A copy of your health and insurance information
- Emergency tools, including a battery-powered portable radio and lantern, flashlight and plenty of extra batteries
- Battery-powered clock or watch
- A list of emergency numbers including public utility companies and family members (remember to grab your wireless phone when bad weather strikes)
- Special items for infants, elderly or disabled family members
- Toilet paper
- High-calorie, non-perishable snacks stored in Seal'n Saver™ food storage containers
- Towels
- Garbage bags
- Rubber boots and gloves

- One blanket or sleeping bag per person
- An extra set of car keys, cash and a credit card

It's also wise to keep a Rubbermaid cooler stocked with a three-day supply of water (one gallon per person per day). When you are preparing for the storm's arrival, grab several Blue Ice packets out of your freezer to keep your water cold. Store the tote and cooler in an easily accessible area such as the closet nearest the door you exit most often or in the garage. Remember to replace the food, water and batteries every six months.

5. Practice and maintain your plan. Conduct drills to ensure family members remember meeting places, phone numbers and safety rules.

Taking a few minutes today may save your life as storms come into town. For more information on how to survive severe storms, visit www.survivethestorm.com.

Protect yourself from the 5 most common scams

Office of the Attorney General, Jim Ryan

Telemarketing

What To Look For
• You receive an unsolicited call from someone you don't know.

- Telemarketer offers you a "great" deal for a "free" prize.
- Solicitor offers you a travel package, get-rich-quick scheme with no risk, recovery of previously scammed money, or a change of your long distance phone carrier.
- Telemarketer asks you to make a decision and send money quickly, giving you no time to check out their business or their offer.

Beware If...

- You won a "free" gift, vacation, or prize but must pay for postage and handling or other charges.
- You must send money, give a credit card or bank account number, or have a check picked up by courier before you've had a chance to carefully consider the offer.
- Telemarketer insists that "You don't need to check out our company, get written information or references."
- Telemarketer says "Don't miss this high-profit, no-risk offer!"

What To Do

- Ask to be put on a do-not-call list.
- Hang up the phone.
- Ask for written information.
- Contact the Office of the IL Attorney General, the Better Business Bureau, or the Federal Trade Commission for more information or to report a scam.
- Send your name and telephone number, including area code to: Telephone Preference Service, Direct Marketing Association, P.O. Box 9014, Farmdale, NY 11735-9014.

Home Repair

What To Look For

- Door-to-door salespersons with no local connections offer to do home repair work for much less than the market price.
- You receive solicitations for repair work from a company that lists only a telephone number or post office box number to contact.
- Salesperson or contractor offers to inspect your home for free.
- Contractor asks you to sign a contract that still has blank spaces.

Beware of...

- Contractor demands cash payment or full payment before work is completed.
- Contractor requests that you make a check payable to a person other than the owner or company name.
- Contractor offers to drive you to the bank to withdraw money to pay for the work.
- Contractor refuses to provide references or proof of insurance when requested.

- Contractor offers "discount" prices that seem too good to be true.

What To Do

- Do not open your door to contractors or salespeople unless you initiated the call.
- Always get at least three written estimates.
- Check the contractor's background, references, and prior work.
- Never sign a contract you do not fully understand or a contract with blank spaces.
- Contact the Office of the Illinois Attorney General, the Better Business Bureau, or your local Chamber of Commerce for more information or to report a scam.

Charities

What To Look For

- You get solicitations from a phony charity with a name that sounds like a better-known, reputable organization.
- Fund-raisers enclose "gifts" in mailing to persuade you to donate.
- You get solicitations from paid fund-raisers who may receive a percentage of your contribution as a fee.
- You receive solicitations from charities with unfamiliar names and no programs in Illinois.

Beware If...

- Solicitor cannot or will not answer basic questions about the charity.
- Solicitor high-pressure tactics to obtain donation.
- Solicitor insists on payment by cash rather than check.
- Solicitor insists on sending someone to pick up your donation rather than letting you mail it.

What To Do

- Ask for the charity's length of operation, exact name and addresses of local and national offices.
- Ask what percentage of the money raised by the charity actually goes to the cause, and request a current financial statement.
- Find out if the charity is registered with the Office of the Illinois Attorney General by calling (312) 814-2595.
- If you feel a solicitation is suspicious, do not donate money and report it to the Office of the Attorney General.

Health Care

What To Look For

- Promoter markets a health care product as a quick, effective cure-all that remedies many diverse ailments.
- Health product is advertised with impressive, but undocumented, case histories.
- Promotions are written in medical jargon that you don't understand to hide the deficiencies of their claims.
- Health clinic requires you to travel and stay far from home during treatment.
- Beware If...
 - Health product is advertised as being a scientific break-

through, miraculous cure, exclusive product, ancient remedy or as containing a secret ingredient.

- Promotion claims there is a conspiracy to suppress the product.
- Up-front payment is required.
- You are promised a no-risk, money-back guarantee.

What To Do

- Ask a pharmacist, doctor, or health professional about the product or service before purchasing or using it.
- Contact the Office of the Illinois Attorney General, the Department of Health, the Federal Trade Commission, or the Consumer Protection Agency to report a scam.

Sweepstakes

What To Look For

- Magazine sellers or clearinghouses offer you prizes to get you to make other purchases.
- Promoters offer you "valuable" prizes or awards in return for purchasing "less expensive" merchandise.
- Promoters contact you by phone or mail to let you know that it is easy to enter and no purchase is necessary.
- Beware If...
 - Promoters make statements similar to the following: "You may be our next ten million dollar winner - just enter our sweepstakes!"

Promoters give you the idea that you will get closer to winning the grand prize as you purchase more and more magazines.

- After entering sweepstakes, you are billed for magazines you never ordered.
- Promoters tell you that you won't be on the list for future sweepstakes if you don't order.

What To Do

- Find out your odds of winning.
- If you do participate in sweepstakes, keep good records and don't let promoters intimidate you into making a purchase.
- Remember - law requires that you have an equal chance of winning, even if you do not make any purchases.
- Contact the Consumer Fraud Bureau of the Office of the Attorney General for help or additional information.



Terriers were originally bred to drive game out of holes in the ground. Terrier comes from terra, the Latin word for earth.

Park Ridge

THEFT FROM AUTO

The morning of July 3 a Panasonic CD player, CDs and \$40 were taken from an unlocked Cavalier parked at the 1400 block of Lahan.

On July 2 the passenger window of a Dodge Caravan in the parking lot of 2800 Oakton was broken. A purse with \$150 and credit cards were taken.

On June 30 CDs and \$10 were taken from an unlocked GMC Jimmy in a driveway at the 700 block of Prospect.

In a business parking lot at the 100 block of Washington on June 30 the rear passenger side window of a 1998 Mitsubishi was broken and a wallet containing \$40 was taken.

In the alley at 100 Third \$7 was taken from an unlocked Dodge Stratus and \$15 was taken from a Ford Mustang the evening of June 29.

USE THE BUGLE

Caregiving

by Jeanine Kromer

As the baby boomers age, many individuals find themselves caring for not only their children and spouses but their aging parents as well. Dealing with the responsibilities and stress of caring for a parent changes the dimensions of every family. Whether a family ops for long-term residential care or at home care, the changes and emotional turbulence are difficult to manage. When choosing a type of care for an aging relative it is important to discuss available options with the individual. Evaluating the individual's needs and taking into account their interests is vital.

In the past, care for aging relatives was shared by extended family living under the same roof. Today very few people live in an extended family household and many do not live near relatives at all. Throw in that most families have both adults working full-time, and there is a recipe for stress and guilt. Taking on the care of an aging parent is an added stress but the guilt accompanying a move to residential care is overwhelming. Many people find themselves in a pressure cooker situation where both choices are unacceptable. At this point being realistic is a lifesaver.

Any change is difficult. As a progressive illness goes on, the person experiencing the illness endures physical and emotional turmoil from loss of control. Previously held family positions and responsibilities, loss of independence, and the ability to work and play as formerly. Self-image suffers and often depression is at bay. For family members watching a loved one deteriorate brings a whole different and equally painful set of changes as roles become reversed. Understanding and patience help families to mitigate changes as smoothly as possible. Acknowledging and respecting each person's grief and sense of loss are important coping skills.

To make the situation easier there is plenty of information available about caring for aging relatives. Contact your local senior center for resources, or go Online. Two sites to explore are www.seniorresource.com and www.wellweb.com.

Excellent home care is available. Negotiating the right match

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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 EEO	NURSING Looking For A Career In Caring For The Elderly, Then Apply At Norwood Park Home 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 EOE	RE SCHOOL - Lincolnwood Enrollment clerk to take enrollments on phone & general office. Computer keyboard skills & ability to interact with public required. RE License A Plus! RE Institute-(847) 329-1650	RESTAURANTS/FOOD SERVICE •WAITERS •WAITRESSES Part-Time / Full-Time Evenings Call Vince At: (708) 867-7770 VINCE'S RESTAURANT Harlem & Lawrence	
INVENTORY COUNTERS NEEDED! Interesting/challenging position counting inventory in retail stores throughout Northwest suburbs/Northwest Chicago. No experience necessary/\$8.00 hour. Early morning/late night hours available. Must have access to reliable transportation and communication. To schedule an interview call: 847/296-3036 Park Ridge Office Equal Opportunity Employer	HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	PROFESSIONAL OPPORTUNITIES 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	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 resume to: 847-647-7549 Attn: Deena Or apply in person at: Cigarette Depot 7227 N. Harlem Ave., Niles	
NURSES RN's AND LPN's For Home Health Full-Time / Part-Time - All Shifts Flexible Scheduling Benefits For Full-Time AMERICAN HOME HEALTH 1-800-872-4427	RECEPTIONIST Multi-tasked full-time position for high-profile loop dental practice. Experience preferred but will train right person. Must have good people skills and be able to work some Saturdays. Fax resume to: 312-443-1156 Attn: JoAnne	RETIREMENT FACILITY WAITSTAFF WANTED Northbrook Retirement Facility 15 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	All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com	
THE BUGLE CLASSIFIEDS are worth more than just a quick glance. Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! Call us today for details. Beverly (847) 588-1900 We're always available for your convenience.	READ THE BUGLE FOR SUBSCRIPTIONS CALL (847) 588-1900			

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
RETIREMENT FACILITY FRONT DESK RECEPTION/SECURITY Full-Time - Midnight-8 AM Position Available At A Senior Retirement Community Great Benefits-Glenview Area Experience Helpful, But Will Train Must Have Reliable Transportation Call Jessie At: (847) 803-7100 Or Fax Resume: (847) 803-7101	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	TRADES MAINTENANCE ENGINEER Looking for a rewarding career in a comfortable, friendly atmosphere. We are seeking to fill a full-time engineering position at our North Chicago nursing home. Applicant should have strong mechanical skills; plumbing, electrical HVAC, pneumatics, carpentry or certified in a technical field. If interested, please contact Tony Schmidt at United Methodist Homes & Services 1415 W. Foster, Chicago, IL 60640 Or By Phone At: 773-769-5500 ext. 310	TELEMARKETING \$5555555555555555 Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806	TRADES JANITOR 2nd Shift MPC Products Corp. is seeking a dedicated professional to perform general janitorial duties, including cleaning, washing and maintaining partitions, windows, carpets, washrooms, and cafeteria. Candidates must take pride in their work and be able to work with various cleaners, vapors, solvents, etc. Honesty and solid attendance record is a must. For consideration, please send a letter of interest to: MPC Products Corp. 7426 N. Linder Ave. Skokie, IL 60077 Fax: 847-647-0923 E-mail: human_resources@mpcproducts.com www.mpcproducts.com EOE M/F/D/V
SALES SALES: WOMEN / MEN YOU SELL WHAT? Before you say no to family service cemetery sales, take 10 minutes to learn more about this unique opportunity. If you have sales experience & enjoy helping people, then earn realistic 1st. year commissions of \$40K +. Great benefits plus 401(k) plan. Paid training. Call Bob At: (708) 453-0273 Or Fax Resume: (773) 625-1061	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	CHOOSE YOUR OWN HOURS! Put Your Computer To Work! \$1,500 - \$4,500 Part-Time / Full-Time *Free Information (262) 812-5485 www.freedomforevr.com	TRADES Be your own Boss! Process medical claims from home on your computer. 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.	MASSAGE THERAPIST Full or Part-Time For Ballys Clinic (847) 663-0610
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	THE WORLD AT THEIR FINGERTIPS! READ THE CLASSIFIEDS and you're guaranteed a spin around the world of buying and selling... jobs and homes, choice business opportunities and sometimes just a friend... CALL (847) 588-1900	TURNKEY HOME BASED BUSINESS... International Company Experiencing Explosive Growth. Free Information: (262) 812-5633 www.awesomemanager.com	PAINTER Year Round Work Up To \$16 - Benefits Minimum 5 Years Experience (847) 358-0300	Part-Time Bartender Wanted Morton Grove Moose Lodge Ask For Hank 847-965-2928
BUILDING TRADES Manufacturer of nationally renowned line of blown-in/spray insulation equipment and HVAC source removal vacuums seeks experienced service oriented person with construction/contractor based sales background. Salary & performance bonus, fully paid medical, dental & profit sharing plan. Excellent career opportunity with room for advancement. Send resume in the strictest of confidence to: Wm. W. Meyer III WM. W. MEYER & SONS, INC. PO BOX 105-SKOKIE, IL 60077 FAX: 847-673-5564 e-mail: billy@wmwmeier.com	STYLISTS * \$200 Sign On Bonus * Quality conscious haircare business in Pointe Plaza, Touhy & Central, Niles is seeking both experienced and new stylists for full and part-time positions. If interested call Great Clips: 847-647-7544	PAINTER Year Round Work Up To \$16 - Benefits Minimum 5 Years Experience (847) 358-0300	PAINTER Year Round Work Up To \$16 - Benefits Minimum 5 Years Experience (847) 358-0300	Part-Time Bartender Wanted Morton Grove Moose Lodge Ask For Hank 847-965-2928
READ THE BUGLE For Subscriptions Call (847) 588-1900	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.	Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-8490.	PAINTER Year Round Work Up To \$16 - Benefits Minimum 5 Years Experience (847) 358-0300	Part-Time Bartender Wanted Morton Grove Moose Lodge Ask For Hank 847-965-2928

FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	
Come In And Place Your Garage Sale Ad Today! Pick Up Your FREE Garage Sale Sign Appearing in all 5 editions THE BUGLE NEWSPAPERS 7400 Waukegan - Niles (847) 588-1900	APT. FOR RENT Dempster & Harlem. 1-bd. garden apt., in 3 flat. Garage avail. \$630 + utilities - 847-477-0649 Niles - 4 rooms, 2 bedrooms, 2nd floor. Heated w/appliances & laundry. \$850/month + security. 847-318-0698 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 1620 Waukegan Road, Glenview (847) 729-8900 Classic 1978 Chevy El Camino 350 Engine-Many Extras Call After 4 PM - (847) 823-0343 COMPANION Needed - Mature Woman - 4 days per week (live in). Light housekeeping & Some Cooking - Call - 847-673-4002 TRAILER 4 SALE 1986 Starcraft SLE-21 Pop-Up Camper Trailer \$2,000 obo - Call 847-470-8158 FURNITURE FOR SALE Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524 GARAGE SALES NILES 7805 N. Neva Fri. 7/20 & Sat. 7/21 • 9-2 Niles - 7308 W. Breen - Friday 7/20, Saturday 7/21 & Sunday 7/22 - 9-5. A Little Bit Of Everything!!! Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-8490.	MORTON GROVE 6140 W. Dempster Ave. July 21 & 22 - 9AM-5PM American Legion Post #134 50 Year Garage Sale Everything Must Go!!! Members Are Invited To Sell Bring Your Own Tables	PERSONALS Most miraculous Lord, You have granted so many of my prayers but now I must place this petition in your hands. (name petition). This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O miraculous Lord. Amen. (Say this prayer 3X a day for 3 days and your petition will be granted. Publish) B.D. POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D. St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. 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. C.D.	LOST Key & Door Opener For Toyota Car Lost While Marching In Niles 4th of July Parade! Please Call Beverly At: (847) 588-1900 KEYS LOST Between Area Of Harlem/Dempster And Golf/River Road Has Dog Leash Style Clip Call Beverly At: (847) 588-1900 LOST & FOUND Morton Grove Found White Pet Dove With Clipped Wings Call 847-965-1232 MOVING TO FL. SALE Niles - 6900 W. Keeney St. Fri. 7/20 & 7/21. 8-4 Everything from dishes to collectibles to appliances & tools. EVERYTHING MUST GO! MOVING SALE Church Moving Sale Sat. 7/21 10-4 & Sun. 7/22 1-4 Huge moving sale (including 15 passenger van w/75,000 miles) Good Shepherd U.M.C. 2000 W. Sibley, Park Ridge	TANNING WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial Home units from \$199 Low Monthly Payments FREE Color Catalog www.np.estan.com Call TODAY: 1-800-711-0158 WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181 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

From the Left Hand

Continued from Page 1

In a pet shop last week we came across birdfood products under the product name Lafeber which are manufactured in Cornell, Illinois. The late Ted Lafeber, a Niles veterinarian for 50 years, was a specialist in caring for birds, and we would guess the product line was created by Ted.

You will be hearing and reading about many Nilesites who will be rumored to be interested in running for Mayor in 2005. Joe LoVerde, Jr., Niles park district director is moving back to Niles, building a home just east of Sherman Road. The rumor birds told us the move suggests LoVerde may have his eye on the Mayoral prize in the coming years. Certainly, a couple of the present trustees must also be thinking of running for the top office in Niles. While Niles 40-year Mayor, Nick Blase, would be influential as to whom will succeed him, the big prize points to a rousing election in 2005.

The intrusion of cell phones into our daily lives is becoming an increasing irritant which requires some etiquette and rules for their usage. Last week we were shopping in an office supply store when one caller was loudly making a personal call in the center of the store. When we were at the check-out counter another cell phone user was behind me in line batting the breeze with a friend about much ado about nothing. Some time back we were at lunch in a local restaurant when a state representa-

tive from Chicago made seven or eight calls during lunchtime, conducting business as usual while invading our private space.

We've created our own paranoia over drivers who make one-handed turns at intersections while gabbing away on their phones. We think New York's banning hand-held phones from being used in cars is a good first step. Restaurants need to post restrictions on phone usage and Ann Landers has to post some rules of etiquette for cell phone users who are oblivious to our privacy. (This reads like it's written by a crotchety old guy whose not keeping up with the 21st century.)

One regret we've had through the years is we lacked news coverage of what goes on in Illinois state politics. Governor Ryan's replacing commissioners on the committee who opposed granting Rosemont a license for a gambling casino should place a spotlight on the political antics that go on down in Springfield. It was a blatant disregard for the courageous stand these opponents took in opposing forces who had relationships with questionable characters whose ties with Rosemont officials and investors placed a cloud over the license application. Interestingly, Democrat Mayor Daley spoke well of the Republican governor indicating he might not actively support a Ryan opponent in the upcoming governor's election. Investors in the Rosemont casino includes close friends of Daley.



District Chief Ron Derbes (center), pictured above with Mayor Nicholas B. Blase (left) and Trustee Bart Murphy (right), was presented with a retirement plaque at the June Board Meeting.

Ron served in every position in the Niles Fire Department during his career 34 years of dedicated service and contributed much to the success of the Department.

Joins Zoning Board.....

continued from page 1

tives from the community, the school system, law enforcement and elected officials from the park district, township and highway department. There will also be information about services available for community health.

Prizes will be awarded in the poster contest held for students from township schools based on the theme "Keeping Our Community Safe from Crime." For the adults, numerous door prizes will be awarded. The evening will conclude with a flashlight walk through a community that National Night Out Against Crime promises to make a little stronger and safer.

For further information, contact Maine Township at (847) 297-2510.

Night out.....

continued from page 1

ness. Kappy's has occupied the corner of Harlem Avenue and Dempster Street in Morton Grove for those same 22 years.

Alpogianis, 34, was born and raised in Chicago and lived on the city's Northwest Side before moving his family to Niles in Sept. 2000.

During his Chicago residency he worked toward the election of Alderman Brian Doherty.

Alpogianis and his wife Stephanie have three children---a daughter Evangeline, 6, who attends Culver School; a son, Costa, 4, who attends St. Harabambas School, and the youngest---a daughter, Kiki, 2.

Jazzing Up Your Life

(NAPS)-For the last 100 years, like baseball and apple pie, jazz music has been an integral part of American culture. It crosses age, gender and racial boundaries. In the past decade, we've seen an explosion in the popularity of the music - with jazz record sales reaching a staggering \$260 million in 1998 alone.

As the genre grows, it is becoming broader and more difficult to define, but the appeal of jazz music is obvious. Many people are initially attracted to jazz because they find it spontaneous and lively or romantic and playful.

So how do music lovers learn more about this exciting art form?

"Newcomers often ask me for recommendations on how to learn more about jazz, how to identify their favorite style," said Zoe Ashby, manager of the legendary Philadelphia jazz club, Zanibar Blue.

There is a wealth of information available out there about jazz music. Ashby recommends following a few simple steps to get started:

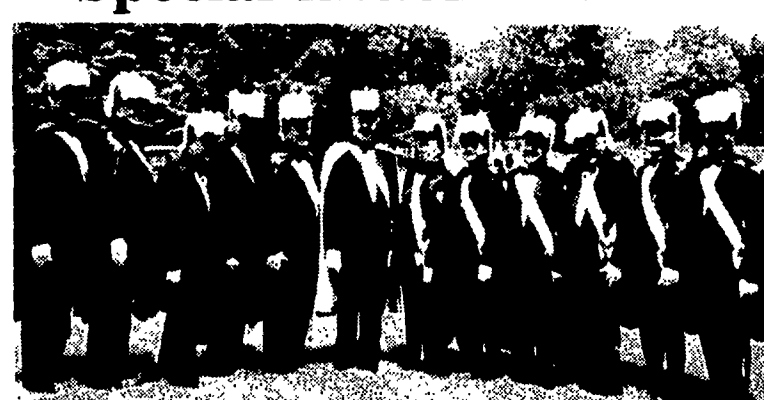
• **Tune In** - Tune into a local

radio station to determine a favorite style, but don't stop there - most jazz radio stations only play the "Top 40" jazz songs. Understand that there is plenty more to be heard.

• **Search the Web** - In addition to providing free listening opportunities, the Internet is a great resource to obtain information on the jazz community. For example, 'Baileys Jazz Date' - a web page found on JazzCorner.com - provides the latest jazz news and an updated schedule of live jazz events in your city.

• **Sample** - Take a trip to a record store and purchase a copy of a jazz compilation CD. The compilations will usually contain selected artists from different genres of jazz. Before purchasing any CDs, listen to assess if the artists' styles match yours.

• **The Whole Experience** - Jazz music is more than musical notes and lyrics - it's about the passion of the musicians who play and sing the music. The only way to truly understand the heart and soul of the music and embrace it as an art form is to see jazz artists performing live. Check



Past Faithful Navigator of Hillinger Assembly, IL, Gil Redelman and the Sir Knights of the Special Honor Guard - members of the North American Martyrs Council 4338, Niles, IL, Knights of Columbus.

Knights of Columbus new officers installed

The Brother Knights of North American Martyrs Council 4338, Knights of Columbus offer their congratulations to the newly installed officers for 2001-2002:

Grand Knight - Joe Tatkowski
Deputy Grand Knight - Ray Restarski

Treasurer - Ted Szewc
Advocate - Adrian Galassi
Chancellor - Andy Wiechec
Warden - Larry Hageman
**Recording Secretary - Scott Sergot

Inside Guard - Don Kaderabek
Outside Guard - Ron Shulga
3 year Trustee - Rich Zaprzal-ka

2 year Trustee - Bob Galassi
1 year Trustee - Chester Bonk
The entire Council family offer

their best wishes for another great Council year.

**Mistakenly omitted Recording Secretary - Scott Sergot in previous announcements. Sorry Scott!

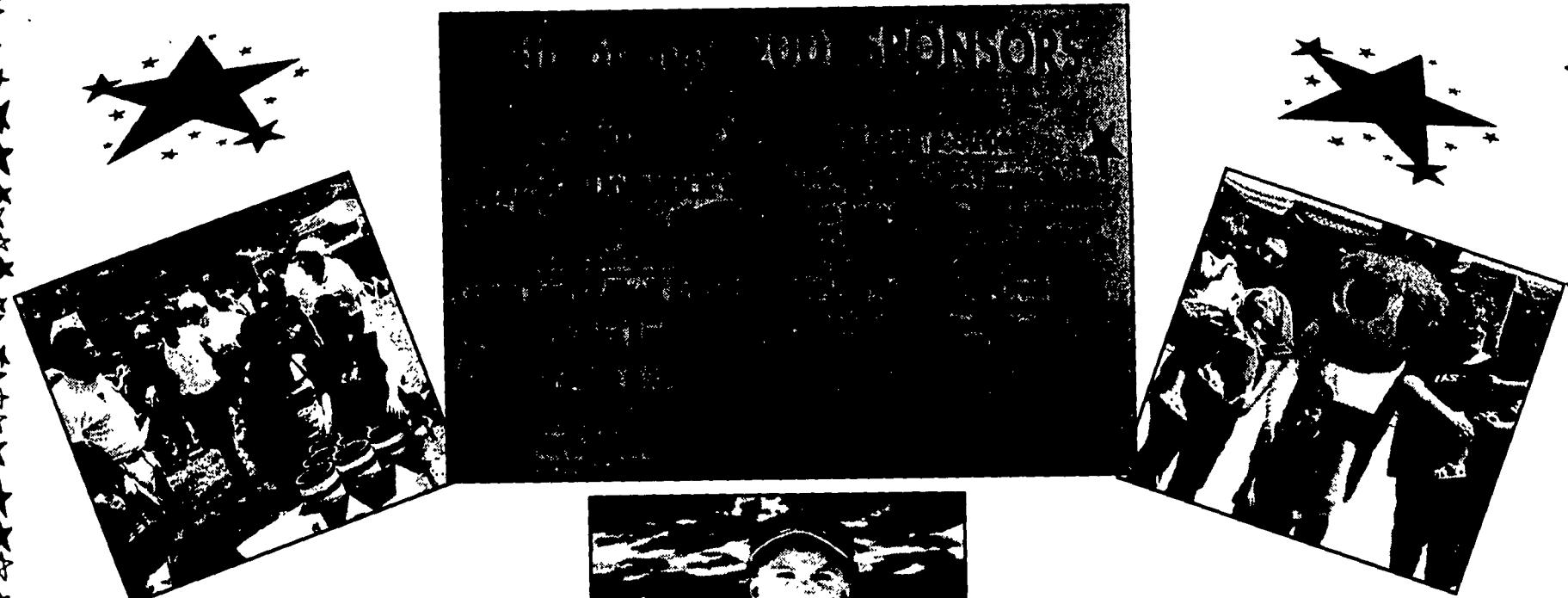
A huge thank you to past Grand Knight Rich & Jean Zaprzalka for coordinating the Council's Installation Dinner last Saturday. Thanks for the special touches that made that night very special for our new Grand Knight - Joe Tatkowski.

Special thanks to Joe Tatkowski for a very inspiring speech. We're sure Joe will provide the Council with good leadership, and the Council Brothers and Officers will offer their full support to Joe, assuring another outstanding year!!

Knights of Columbus Special Honor Guard

NILES PARK DISTRICT

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



Experience The Rewards!

Your support means a lot to us!

rates from \$1.17 per one thousand gallons to \$1.21.

The Chicago Water Department's five-year, \$620 million capital improvement budget targets system upgrades, including a \$22 million roof replacement project and \$25 million to replace the South plant's chlorine and fluoride operations. Additionally, the city has built 50 miles of new water mains for three years in a row.

The water department purifies more than one billion gallons of water per day and distributes it to over 5 million people in the outlying suburbs.

HIGHLAND HOME IMPROVEMENTS

(773) 283-5700

SHOWROOM: 4962 N. Milwaukee Avenue, Chicago, Illinois 60630



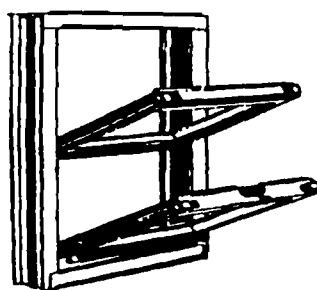
SEIZING

SUMMER

SALE

WINDOWS

- Replacement Windows
- Thermal Panes
- Tilt-To Clean



SIDING

- Soffit
- Fascia
- Gutters
- Trim



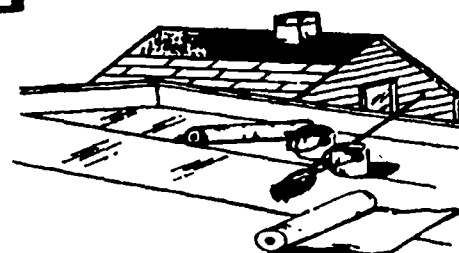
PORCHES & DECKS

- Porches Rebuilt and Enclosed



ROOFING

- Shingle
- Hot Tar
- Rubber
- Roll



KITCHENS & BATHS



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