



The Niles Bugle

50 CENTS
PER COPY

7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, JULY 26, 2001

VOL. 45, NO. 5

Students new to District 207 urged to register

If you hate delays and missing out on valuable instruction time, register now for classes at Maine Township High School District 207. Students who have moved into the district over the summer

and who have not yet enrolled in school are urged to contact their school immediately. By starting the registration process now, students can avoid delays caused

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Residents protest O'Hare expansion at meeting

Outside the Park Ridge village hall July 17, roaring jet engines punctuated the air as a panel of state and local representatives

heard testimony and recommendations from the shell-shocked residents living in communities

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Local resident rode 500 miles in AIDS Ride

Kent Hay of Niles completed Tanqueray's® Heartland AIDS Ride® on July 14. 1,530 bicyclists participated in the seven-

day, 500-mile bike Ride from Minneapolis through Wisconsin to Chicago. The event raised

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Lutheran General Hospital among top 100

by Lisa Ashkenaz Croke

Twice this month, Lutheran General Hospital in Park Ridge has been recognized as a top American medical facility.

On July 2, the hospital announced that it had been selected for the second time one of the top 100 cardiovascular hospitals in the country according to a study of 6,000 hospitals by industry insider, Solucient. Two weeks later, Lutheran General was rated as one of the top 50 hospitals by U.S.

News & World Report's study of America's best hospitals.

Public Relations Director Marcia Opal said the hospital distinguished itself as a top cardiac care facility because of its state-of-the-art Cardio Risk Reduction Center, and its willingness to employ the latest methods and technology for cardiac treatments.

Just this spring, the hospital was one of the first in the country

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Summertime - Bees aren't the only thing that sting!

With the coming of the warm weather a number of people have changed their mode of transportation from the car to the bicycle. As a result of the increase in bicycle use that is the increase in bicycle theft that usually occurs during this time. However, this summer in addition to the patrol officers watching for a possible bike theft or a citizen to call one in, the Detective Bureau of the Niles Police Department has taken a proactive approach to this warm weather crime of opportunity. They are doing a sting operation.

The sting is simple, they put out a bicycle in a random well traveled area at various days and times and then just sit back and watch the target bicycle. Yes simple and effective. To date they have made five (5) arrests, 3 adults and 2 juveniles as a result of this operation. The detectives will continue this operation for the remainder of the warm weather. So if you are a thief and considering stealing someone's summer time transportation, be careful, it just might belong to the Detectives of the Niles Police Dept.

Multimillion dollar project includes updated retail appearance, improved traffic access to stores

Morton Grove OK's Dempster St. renewal

by Barbara A. Mendelsohn

Morton Grove trustees approved an initiative July 9 intended to bring what is described as "dramatic improvement" to a one-mile stretch of Dempster Street. Called the Dempster Street Corridor Plan, the project targets the area from Edens Expressway west to the North Branch of the Chicago River, which passes under Dempster Street between Lincoln and Lehigh Avenues.

The plan's key players are The Lakota Group, as master planner and landscape architect, McDonough Associates, as consulting engineers; and an ad-hoc community group, the Dempster Street Advisory Committee, which is comprised of elected and appointed village officials, property and business owners, and residents.

Committee members have spent time with both groups developing and refining the plan, which has already gone through

a series of reviews and approvals since April.

The Plan includes a compre-

hensive parking system, reconstructed roadway and street-

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Summer watering restrictions

by Barbara A. Mendelsohn

Restrictions are placed on Niles gardeners again, with the familiar request to avoid watering between the hours of 12:00 noon and 6:00 p.m., from May 15 to September 15.

With the restriction comes the village's admonition that mid-day watering is an ineffective use of resource due to faster evaporation rates at this time of day.

This national mandate to conserve water---in this case Lake Michigan water---passes from the Federal Water Administration to the Illinois Department of

Transportation's Division of Water Resources. From that level the mandate passes along to municipalities who enact sprinkling restrictions, explains a bulletin issued by the Niles Public Services Department.

This restriction does not indicate a shortage as such, but rather the need to keep water pressures at a level that fire protection systems can operate effectively.

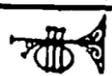
In March 2001, Niles pumped 194 million gallons, while in August 2000 village water con-

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Little Shop of Horrors at Niles West



Area actors and actresses are continuing to present the musical "Little Shop of Horrors" at Niles West High School. The musical runs through this weekend.



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



District 207 Free Milk and Free Lunch program

Maine Township High School District 207 today announced its policy for free meals and free milk for those students unable to pay the price of meals served under the lunch program at Maine Township High School South, 1111 South Dee Road, Park Ridge. The following household size and income criteria will be used for determining eligibility.

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

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free milk/meal benefits, households must complete the application as soon as possible, sign it and return it to the school. Additional copies of the

application form are available at the principal's office in the school. Households should answer all applicable questions on the form. An application which does not contain all the required information cannot be processed and approved by the school. The required information is as follows:

Food Stamp/TANF Households: Households that currently receive food stamps or "Temporary Assistance for Needy Families" (TANF) for their child (ren), only have to list the child (ren)'s name and food stamp or TANF case number and sign the application. Link card number cannot be used.

All Other Households: If a household's income is at or below the level shown on the in-

come scale, children are eligible for free meals/milk. Households must provide the following information: (1) the names of all household members; (2) the Social Security number of the adult household member signing the application, or the word "none" if the adult does not have a Social Security number; (3) the amount of income each household member received last month and where it comes from (wages, child support, etc.); (4) the signature of an adult household member.

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

If income information is provided and children are approved for free milk/meal benefits,

households must tell the school when their household income increases by \$50 or more per month (\$600 per year) or when their household size decreases. If a food stamp or TANF case number was listed, the household must tell the school when they no longer receive food stamps or TANF for their child (ren).

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

In certain cases, foster children are eligible for free milk/meal benefits regardless of the household income. Households that have foster children living with them and wish to apply for free meal/milk benefits for their child should complete the application.

Under provisions of the policy, Dr. Thomas J. Cachur, Principal of Maine Township High School South, will review applications and determine eligibility. Households dissatisfied with the ruling have the right to a fair hearing. This can be done by calling or writing Dr. C. Steven Snider, Superintendent, Ralph J. Frost Administration Center, 1131 South Dee Road, Park Ridge, IL 60068. (847) 696-

3600.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Bradley to host reception for prospective students

The Bradley University Admissions Office will host a reception on August 5 for area high school students interested in attending Bradley.

The reception will be held from 7 to 9 p.m. at the Holiday Inn North Shore on Touhy Avenue in Skokie. Reservations are necessary and may be made by calling the Bradley Admissions Office at (800) 447-6460. Information on summer reception may be found on the Bradley website at www.bradley.edu/admissions/students.

The reception will include a formal program with information about admissions, financial assistance and scholarships.

Early childhood program

Gan Yeladim, the early childhood program at Ezra Habonim, the Niles Township Jewish Congregation, in Skokie, is accepting enrollment for their fall Parent-Toddler classes. Classes meet on Tuesday and/or Thursday from 10 to 11:45 a.m. The classes are for children between the ages of 2 and 3, together with a parent or caretaker. For information, or to enroll, call Betsy Rotberg at (847) 675-4152.

LAN stands for Local Area Network, a computer network that spans a relatively small area such as an office.

Triangle Printers win a "Benny"

Triangle Printers, Inc., a full-service custom printing company located at 3737 Chase Avenue in Skokie, IL, was awarded a Certificate of Merit at the 2001 Premier Print Awards—known within the print industry as "The Bennys"—the largest and most prestigious worldwide printing competition in the graphic arts. Triangle received the Certificate of Merit in the Posters and Art Prints category for Thomas D. Mangelsen's "Bad Boys of the Arctic" part of his Images of Nature series. The Premier Print Awards are hosted by the Printing Industries of America (PIA), the world's largest graphic arts organization.

"We're very pleased and

proud to have received this Certificate of Merit," said Harvey Saltzman, president of Triangle Printers. "Our goal has always been to satisfy our customers. It's gratifying to know that by doing that, we've also been able to satisfy our colleagues in the printing industry."

The Premier Print Awards is the printing industry's oldest and largest worldwide graphic arts competition. Now in its 51st year, the Awards promote excellence in print communications and rewards companies and individuals who produce the best in print media. The Printing Association of America is the world's largest graphic arts trade associ-

ation, whose members are responsible for \$163 billion in annual sales.

Founded in 1955 by Harvey Saltzman, Triangle Printers Inc. is consistently in the forefront of printing innovation, developing new techniques to provide clients with maximum quality at an affordable price. Using today's largest sheet-fed technology and environmentally safe soybean-oil based inks, the full service printer designs and prints a wide range of jobs, from postcards to annual reports, at its 50,000-square-foot facility.

Clients can choose custom printing for high-profile, full-color presentations. Triangle Printers Inc. also offers customers a value printing option, which through efficiencies produces high quality printing at about half the cost of custom printing. Additionally, the company's Creative Services Department provides graphic design, copywriting, logo development and photography, both in their studio and on location. For more information about Triangle Printers Inc. please call Bonnie Dayan at (847) 675-3700.

America's Promise

America's Promise is helping the American public act on what it believes. With Colin L. Powell as its founding chairman, America's Promise is mobilizing people from every sector of American life to build the character and competence of youth by fulfilling Five Promises: caring adults, safe places, a healthy start, marketable skills and opportunities to serve. For information about America's Promise or how to become involved in your community visit www.americaspromise.org. AOL Keyword: America's Promise or call 1-888-55-YOUTH.

INCOME GUIDELINES

FAMILY SIZE	YEARLY INCOME	MONTHLY INCOME	WEEKLY INCOME
1.....	\$11,167	\$ 931	\$ 215
2.....	15,093	1,258	291
3.....	19,019	1,585	366
4.....	22,945	1,913	442
5.....	26,871	2,240	517
6.....	30,797	2,567	593
7.....	34,723	2,894	668
8.....	38,649	3,221	744
Each Additional Family Member Add	+ 3,926	+ 328	+ 76



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Henry Hyde to speak at Des Plaines Chamber luncheon

The Des Plaines Chamber of Commerce & Industry will host a special Legislative Luncheon on Thursday, August 9, 2001 (11:30 a.m. to 1:30 p.m.) at Casa Royale Banquets, 783 Lee Street in Des Plaines. The featured speaker will be U.S. Congressman Henry Hyde (R-6th).

Hyde has represented Des Plaines as part of the 6th District for 24 years, and upcoming redistricting will result in Des Plaines shifting from the 6th to the 9th District. A respected constitutional scholar and stimulating speaker, Hyde is presently Chairman of the House Committee on International Relations, and a key figure in many national and local issues. "We expect a lively and informative talk from Congressman Hyde, and look forward to a great turnout," said 2001 Chamber President Roger

Hull. "Many of our local companies in Des Plaines are involved in international trade, and this is a great opportunity to hear straight from the top of a very important congressional committee."

Cost of the luncheon event is \$20 for Chamber members and \$25 for non-members. Reservations are required and may be made by calling the Chamber office at 824-4200 no later than Monday, August 6th.

The Des Plaines Chamber of Commerce & Industry is a not-for-profit organization whose mission is to promote, support, and assist the Des Plaines business community through effective communications and quality service. For more information on becoming a Chamber member call 824-4200.

Maine Township shows its green thumb

Maine Township is proud to announce a tree-planting program for residents of the unincorporated area. The program offers residents the chance to plant trees in the parkway for half the normal cost.

"The program was designed to help reduce the costs of purchase and installing trees in the parkway throughout incorporated Maine Township," says Township Supervisor Bob Dudycz. "It allows residents to pay half the total cost of the tree including labor. We cover the rest."

The trees are available through Maine Township at the following prices through November 30, 2001:

Red Sunset Maple, 1-1/2"—\$264; Green Mountain Maple, 1-1/2"—\$242; Armstrong Maple, 1-1/2"—\$242.

All trees come with a one-year guarantee and labor is extra

on the replacements. Trees are available for planting in the parkway on township-owned streets only. The Maine Township staff will assist residents in determining if the site they choose will be appropriate. The availability of trees is limited so resident requests will be honored on a first-come, first-served basis.

If you are interested in having a tree installed, please contact Diane Franzen at Maine Township Town Hall at (847) 297-2510. Town Hall is open Monday through Friday from 9 a.m. to 5 p.m.



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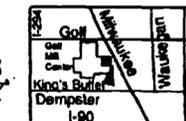
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SEAFOOD \$6.95 PER LB.



Police News

Park Ridge

THEFT

Rash of bike thefts this week in Park Ridge. On July 9 a \$300 locked Volare bike was stolen from the train station rack at 10 Summit. On the same day an unlocked \$150 Sears FS bike was taken from a driveway at the 900 block of Delphia. Between June 15 and July 1 a \$300 Dyno GT bike was stolen from the back porch of a house at the 1000 block of Delphia. Another Dyno bike valued at \$150 was stolen from a backyard

at the 1800 block of Stewart sometime between June 30 and July 12.

A barbecue grill (\$200) and a propane tank (\$35) were stolen from a backyard at the 700 block of Cumberland the evening of July 11.

MOTOR VEHICLE THEFT

In the early morning hours of July 8 a Mercedes was taken from a driveway at the 100 block of Lincoln.

An unlocked Audi was taken from a garage at the 1200 block of Canfield on July 5.

On July 4 a 1999 Freight Liner truck was stolen from a business at the 700 block of Higgins.

BURGLARY

On July 10 the back door of a home at the 1900 block of Newton was kicked in and entry gained.

Entry was gained through the front door of a home at the 1600 block of Cumberland and unknown items taken on July 6.

On July 6 unknown person/persons entered the side or rear patio door of a home at the 1500 block of Crescent.

BURGLARY AUTO

On July 12 a Panasonic radio (\$120) and CDs (\$40) were taken from a Mazda in a parking lot at the 1300 block of Higgins.

A locked Honda Civic at the 400 block of Thames Parkway was broken into and a CD player as well as several CDs were taken on July 8.

Money and cigarettes were taken from an Infiniti at the 1400 block of Clifton on June 27.

Niles

BATTERY

On July 15 a man was arrested for battery after he brushed up against a juvenile's buttocks at a department store. The victim's Mom reported the incident to the police who viewed the incident on store surveillance tape. Another officer recognized the suspected as being arrested for a similar incident in the past.

DUI

On July 14 a car was observed weaving in and out of traffic going east on Touhy as a passenger yelled out the window to another car. The car crossed the yellow lines and hit another car head-on. Police questioned the driver whose eyes were bloodshot and his breath smelled of alcohol. The man was arrested for DUI and reckless driving after he was released from the hospital.

STOLEN AUTO

A 1992 black Probe with the keys in the ignition was stolen on July 19 from a parking lot at the 8200 block of Harrison.

While a man was at work his 1988 white Mustang was stolen on July 18 from a parking lot at the 5900 block of Howard.

CRIMINAL DAMAGE TO AUTO

A rear tire of a Buick was

slashed on July 19 in a parking lot at the 5900 block of Touhy.

At the 5900 block of Touhy the rear window of an Infiniti was shattered on July 17. Damage estimated at \$500.

On July 16 the rear window of a Voyager was broken in an alley at the 7800 block of Nordica.

Both rear windows of a Caravan in a parking lot at the 7300 block of Waukegan were broken on July 15.

On July 14 the hood of a Pontiac was keyed and the spoiler busted at a bowling alley at the 7300 block of Milwaukee.

A Blazer parked in the driveway at the 8000 block of Washington was egged on July 13.

BURGLARY AUTO

On July 18 a bankbook and sunglasses (\$140) were taken from the glove compartment of a Jeep in the parking lot after the rear plastic window was slashed at the 9000 block of Golf.

On July 16 a Sony radio (\$150), case of oil (\$25), baseballs (\$150) and a Wilson glove (\$180) were taken from an unlocked Dodge in an apartment lot at the 8500 block of Milwaukee.

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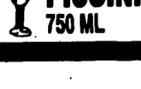
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<p>~ PRODUCE ~</p> <p>IDAHO BAKING POTATOES</p>  <p>49¢ LB.</p>	<p>~ GROCERY ~</p> <p>SUPREME TAMALES</p>  <p>\$2.49 5 PK</p>	
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PERSONAL CHECKS ACCEPTED

Tam opens for business

by Heidi Stadler

The Niles Park District reopened Tam Fitness under park ownership on July 16. During this month's park finance committee meeting, the Board of Commissioners approved a motion maintaining the same initiation fees as when the facility was privately owned, with twenty percent off for Niles residents and a ten percent discount for park patrons who live outside of Niles.

"Once we complete the renovation of this facility, the community of Niles and all our customers will have one of the premier tennis facilities in the Chicago-Land area at their disposal," said board president James Hynes.

The commissioners also discussed continuing renovation work at Chesterfield and Pioneer Park. Installation of the new Chesterfield playground has begun. All walks have been laid out (though concrete has not yet been poured) on the playground's west side, and a block retaining wall will be built on the east side. Meanwhile, 53 Poplar trees will be planted at the east side of Pioneer Park's fifth diamond to serve as a sound barrier between the ball field and the adjacent Renaissance condominium complex.

Finally, the park announced that a trophy case will be built and displayed at the main entrance of

IceLand on Ballard Road. It will be named in memory of Michael Mersch, a former Niles Shark and Notre Dame High School ice hockey player, who succumbed to cancer this past October. Upon completion of the work, the Mersch family will attend a dedication ceremony. The park hopes to have the case finished in time for the 2001-2002 hockey season.

In other news, the park's summer concert series at Oak Park will run August 3 through August 24 from 6:30 p.m. to 9 p.m. Fall registration for on-going camp programs will begin August 8.

'Summer Sizzler' at McFetridge Sports Center

The Chicago Park District's McFetridge Sports Center, located at 3843 N. California invites families and sports enthusiasts to experience a free, full day of fun at its 4th annual "Summer Sizzler" open house on Saturday, July 28th from 10 a.m. to 1 p.m.

All ages and skill levels are encouraged to participate in free tennis games, contests and skill tests. The Chicago Park District's only indoor ice rink, as

well as the fitness center, will be open as part of the festivities. Summer Sizzler attendees can refuel with food straight off the grill at a free cookout.

An outdoor concert, featuring The Bill Porter Orchestra, will follow the house event.

Sign up at McFetridge Sports Center or call the park at (312) 742-7585. McFetridge is accessible via public transportation; call the CTA at (312) 836-7000 for travel information.

85% fail safety seat check

by Lisa Ashkenaz Croke

Only 11 out of 72 child safety seats inspected July 14 at the Niles Police Department's free safety seat clinic were installed properly.

Public Information Officers Sgt. James Zimmerman said most mistakes were due to folks improperly reading instructions. "Some people used bungee cord to secure seats," said Sgt. Zimmerman, who added that others used seat belts to hold down the seats as instructed, but failed to make sure that the belts were hooked or looped through child seat bases before they were fastened.

According to a department press release, four out of 16 infant seats failed to meet safety requirements, as did one booster seat out of 10, and six forward facing seats of 46 were installed incorrectly.

The department also extended its thanks to clinic volunteers, the certified technicians who came from local agencies to inspect seats. Clinic host Toys R Us, along with Landmark Ford and Coca-Cola of Niles, Sgt. Zimmerman said they will hold another free clinic for parents to check on the installation of child safety seats in August.

In other news, the Niles Police Department is advising bicycle owners to lock their bikes. Sgt. Zimmerman warned that bicycle thefts increase during the summer, and several bikes have already been reported stolen.



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Niles Public Library District

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 desserts 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.

Recipes for Outdoor Eating
Discover some savory recipes for the perfect portable feast during Picnic: Tempting Foods to enjoy Outdoors on Tuesday, July 31 at 7 p.m. at the Niles Public Library District. Using a variety of ingredients, chef and former radio talk show host Jonathan Bean will demonstrate how to prepare soups, entrees and salads that are a cut above the ordinary. Receive some great recipes, and sample favorites such as Asian gazpacho with shrimp, Pacific Northwest pea salad and eggplant with mayonnaise, just to name a few. Space is limited and registration is required. Please register at the Library Information Desk or call (847) 663-1234. Learn to bring more taste, fun and flavor to your next picnic, plan to attend.

Movie Madness on Thursdays for Kids
Kids—take a break from the hot summer weather and come to Niles Public Library District's Movie Madness Thursdays at 1:30 p.m. through August 23. Children's movies for the month of August include: *Space Jam* on August 2; *Wizard of Oz* on August 9; and *Air Bud: World Pup* on August 23. There will be no movie on August 16. Films for this series are rated G or PG, and a schedule is available at the Library. Tickets are required and can be picked up in the Children's Department the day of each show. For more information, please call the Library at (847) 663-6623.

Teen Magic Workshop
Teens—learn a variety of amazing magic tricks that will leave your friends and family spellbound on Monday, August 6 at 11 a.m. at the Niles Public Library District. Demonstrating easy-to-learn rope, card and coin tricks, professional magician Dennis DeBondt will dazzle you with classic magic stunts you can master in minutes during this hands-on workshop. The Library will provide all materials, and participants will receive magic tricks to take home. 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 card to Niles Public Library District, 6960 Oakton Street, Niles, IL 60714. We look forward to hearing from you!

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Res & Notre Dame to host back to school mass & picnic

On Sunday, August 26, the Resurrection High School Parents' Club and the Notre Dame High School Parents' Association will host a "Back to School" Mass and Picnic on the grounds of Resurrection High School, 7500 West Talcott. The outdoor mass will begin at 11 a.m. and the picnic will follow from 12 - 5 p.m.

The picnic will include activities for all ages, including current students, alumnae and families from both schools. Scheduled activities include kiddie games, a Jumping Jack, co-ed softball, alumnae softball, volleyball, tug-o-war, egg tosses, balloon tosses, bingo, raffles, games and more.

Burgers, Hotdogs, Sausages, Chips, Corn, Pop, Ice Cream and Desserts will be available to purchase.

For more information regarding the picnic, please call (773) 775-6616.

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Park Ridge Catholic Woman's Club says thanks

Dear Editor:
The Park Ridge Catholic Woman's Club wishes to thank you for your support in publishing notices of our meetings and luncheons. Because of your kindness in allowing us space in your publications our Spring Luncheon was a huge success and as a result we were able to contribute to the following charitable organizations:
Avenues to Independence; Carmelite Monastery; Center of Concern; Catholic Guild for the Blind; Catholic Extension Society; Kolbe House; Little Sisters of the Poor; Mercy Home for Boys and Girls; Mundelein Seminary; The Women's Center.

Our activities will resume in fall at which time we will welcome all who wish to become new members. Residency in Park Ridge is not required. Please contact Marion Berger at (847) 825-3312 for further information.

Thank you again for your kindness and support, it is greatly appreciated.

Ashley Louise Liljeberg

Proud parents Susan and Glen Liljeberg of Niles welcomed their daughter, Ashley Louise, into the world on July 8, 2001. Happy grandparents are Niles residents Louise and Konstany Smorzewski and Gail and Ron Liljeberg, formerly of Morton Grove.

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SWIFT HARM SALAMI \$3.59 LB.	DILL HAVARTI (8 OZ.) \$1.59 EACH	MICKELBERRY'S HICKORY SMOKED HAM \$2.99 LB.
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Norwood Park Home receives Illinois First Grant

Norwood Park Home (NPH), 6016-20 N. Nina Ave., Chicago, expanded its in-house Strength Training Center with the purchase of additional exercise equipment obtained with a \$50,000 Illinois First Grant. State Rep. Ralph C. Capparelli and State Sen. Walter Dudydz secured the funds for NPH. The money was used to purchase senior friendly Nautilus equipment that will enable older adults to improve their balance and remain independent. Norwood Park Home offers residents a 12-week Get Fit exercise program that is monitored by an exercise physiologist. To date, 15 residents, including Andersen, have graduated from the customized fitness program. Plans are underway to make the 12-week Get Fit exercise program available to the residents of the community over age 60. A grand opening will be held soon.



It is illegal to hunt camels in the state of Arizona.

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 - AUGUST
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 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 Room, and Arts & Crafts Room open to Niles Seniors every Tuesday evening in July, at 5 to 8 p.m. Drop in - join in a game - or just stop by for a visit.

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.

Seniors - Stay cool in the heat

Seniors more than anyone else need to protect themselves in the intense heat of Chicago summers. Special precautions are needed because older adults have often lost layers of fat from their bodies that act like insulation against heat. They may also lose the ability to perspire - nature's way of cooling the exterior of the body. Heat exhaustion or heat stroke can occur in a very short period of time, and can be life-threatening. Some of the following tips are from the Illinois Department on Aging:

- Avoid prolonged exposure to the sun. Drink plenty of water, and avoid alcohol and caffeine. Don't use salt tablets unless prescribed by your physician. Perform necessary activities in the early morning or evening when temperatures are lower.

- Use air conditioning. If you do not have air conditioning, many communities offer cooling centers where you can spend the hottest part of the day. Go to the library, mall, senior center or movie theater where it is cool.

- Do not use fans in a closed area. They simply distribute the hot air without cooling. Avoid using the oven, and close blinds to keep direct sunlight out of the house or apartment.

- Wear light, loose-fitting clothing, and take cool baths or showers if you are overheated.

Morton Grove Senior Citizens 470-5223

HOUSE ON THE ROCK

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

55 ALIVE DRIVER SAFETY PROGRAM
AARP's "55 Alive Driver Safety Program" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, Aug. 16 and Saturday, Aug. 18. The cost of the course is \$10. Call the Senior Hot line at 470-5223 to sign up.

EMPRESS CASINO

This is truly a sizzling end-of-summer special. Join the Prairie View Travel Club on Tuesday, Aug. 21 as they head to Hammond, Indiana for some gambling at the Empress Casino. An all-you-can-eat buffet lunch is included as well as deluxe motorcoach transportation. Also receive \$10 cash back. The bus leaves the Prairie View Community Center at 9:15 a.m. and returns at approximately 5 p.m. The cost is \$23 for residents and \$26 for non-residents. Register at Prairie View by Aug. 1.

"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.

GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 31 should call today to reserve a seat on the Seniortran. Home Pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the Seniortran returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost.

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 are also 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.

"LET'S DO LUNCH"

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

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

LEGAL NOTICE

PLEASE TAKE NOTICE - THE MORTON GROVE PLAN COMMISSION will hold a public hearing on MONDAY, AUGUST 20, 2001, at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following case:

CASE PC01-01 (Continued from June 18, 2001)

Requesting a text amendment to the *Village of Morton Grove Zoning Ordinance* to merge the C-1 "Retail Commercial" and the C-2 "Service Commercial" zoning districts, and to amend the list of Permitted/Special/Not Allowed uses in the combined district.

CASE PC01-08

Requesting an amendment to the annexation agreement regarding the rezoning of the property at the southeast corner of Golf Road and Washington Street (Washington Commons Shopping Center) to allow for restaurants and retail food sales per the Z-2 Service Commercial Zoning District. The applicant is Howard Built, Method K. Partners, Inc., 2400 East Oakton, #200, Arlington Heights, Illinois 60006.

All interested parties are invited to attend and be heard.

teven L. Blonz
Chairman



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Free concert at Glenview Public Library

The Community Players, founded and directed by Philip Simmons, will perform a free concert at the Glenview Public Library, 1930 Glenview Rd. (parking available across the street in the library's parking lot) on Saturday, July 28 at 3 p.m.

The twenty-two piece string ensemble will perform music of Handel, Tchaikovsky, Herbert, Dvorak and Grieg, featuring cellist Dennis Conner. This concert is presented by the newly formed Glenview Symphony Society. For more information please telephone (847) 498-3634.

Niles Public Library District

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 desserts 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.

Recipes for Outdoor Eating

Discover some savory recipes for the perfect portable feast during Picnic: Tempting Foods to enjoy Outdoors on Tuesday, July 31 at 7 p.m. at the Niles Public Library District. Using a variety of ingredients, chef and former radio talk show host Jonathan Bean will demonstrate how to prepare soups, entrees and salads that are a cut above the ordinary. Receive some great recipes, and sample favorites such as Asian gazpacho with shrimp, Pacific Northwest pea salad and eggplant with mayonnaise, just to name a few. Space is limited and registration is required. Please register at the Library Information Desk or call (847) 663-1234. Learn to bring more taste, fun and flavor to your next picnic, plan to attend.

Ballroom Dancing

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

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sortment of goodies, toppings and sauces, teens, ages 11-18, will discover some creative ways to make their favorite frozen desserts 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.

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Seymour, realizing that this one-of-a-kind plant grows immensely when fed blood, uses the plant to garnish publicity for the failing flower shop. As word about this amazing plant spreads, the shop's business flourishes and Seymour finds

Saving is the key to riches

(NAPS)—If you believe that becoming a millionaire is out of your reach, think again. All it takes is discipline, patience and two powerful investment partners: time and compounding.

An individual who can scrounge up \$4,000 a year, or \$335 a month, to invest can become a millionaire in 34 years, assuming a 10 percent annual return after taxes. A 30-year-old who starts tomorrow can be a millionaire before age 65.

And a 10 percent annual return is not unrealistic because, although past performance is no guarantee of future results, the Dow Jones Industrial Average has produced an average annual return of approximately 11 percent since the 1920s.

What if you don't have \$4,000 to invest all at once? "Not a problem," says Phyllis Berman, President of BUYandHOLD Securities Corporation, which allows investors to open an account and buy stocks with as little as \$20.

"Just a little more than \$10 a day adds up to \$4,000 in a year. Skip the trendy coffee bars, brown bag your lunch, rent a video instead of going to the movies, borrow books from the library instead of buying them, and see how quickly your money can grow."

Even with \$1,000 a year (less than \$3 per day), the numbers are still impressive. At 10 percent annually \$1,000 will grow to nearly \$300,000 in 35 years—not a million dollars, but not too puny either. If a married couple saves \$10,000 a year and earns 10 percent, they will have \$1 million in 25 years.

To find out more, check out the savings calculators at www.buyandhold.com.

Theatre 219 presents Little Shop of Horrors

Theatre 219, Niles Township's Community Theatre, will perform *Little Shop of Horrors* at 7:30 p.m. on July 27, 28 and August 2, 3 and 4 at 2 p.m. (matinee) on July 29 at Niles West High School, 5701 Oakton Street in Skokie. Tickets are \$15 for adults, \$12 for seniors over 60, and \$10 for children under 12. Tickets can be purchased by calling Theatre 219 at (847) 966-8280 or by stopping by the Niles West Auditorium Box Office on Monday, Wednesday or Friday from noon - 4 p.m. All seating is reserved and Visa/MasterCard is accepted.

Stuck in a dead end job as an assistant in a floral shop on Skid Row, Seymour Kreibourn stumbles upon a very unique plant that he calls Audrey II, named after the girl of his dreams who also happens to work at the flower shop. While watering Audrey II, Seymour accidentally pricks his finger on a thorn and a drop of blood falls onto the plant, causing it to come to life and begin growing.

The Ensemble includes: Scott Seymour of Northfield; Chelly Brodsky of Lincolnwood; Annie DiMaria of Morton Grove; Dale

the confidence to woo Audrey. Ultimately, the plant's insatiable appetite for blood grows completely out of control and Seymour must find a way to tell Audrey the truth about what he has been feeding Audrey II.

Little Shop of Horrors is an upbeat musical comedy set in the early 60's. Musical numbers, in the tradition of Motown and Doo-Wop, include favorites such as *Little Shop of Horrors*, *Suddenly Seymour*, *Feed Me!* and *Dentist*.

The cast is as follows: Paige Lindsey Erlman of Mt. Prospect as Chiffon; Collette Simon Gregory of Gary, Indiana as Crystal; Vallea Woodbury of New York, NY as Ronette; J. R. Rose of Park Ridge as Mushroom; Lauren Wolf of Northbrook as Audrey; Oron Stenesh of Kalamazoo, Michigan as Seymour; Robert Daniel Ertel of Chicago as Orin; Darrin Stephens of Clarksville, Indiana as Orin; Ron Ben Joseph of Highland Park as Bernstein/Ship; Amanda Cohen of Chicago as Mrs. Luce/Martin; Jonathan Dunmore of Evanston as Audrey II; and Carlos Panizo of Skokie as Audrey II.

The Ensemble includes: Scott Seymour of Northfield; Chelly Brodsky of Lincolnwood; Annie DiMaria of Morton Grove; Dale

Mackey of Lincolnwood; and Mallory Portnoy of Lincolnwood.

Director Kevin Wall, Vocal Director Les Stahl, Orchestral Director Steve Katz, Technical Director Kevin Katz, Costume Designer Francine Schulman, Lighting Designer Karen Petratos, Asst. Director/Stage Manager Sarah Borucki, Producer Gail Stone, and Associate Producer Nancy Maloney.

For more information, contact the box office at (847) 966-8280.

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Highwood Days

Highwood is preparing for the annual Highwood Festival Days which will be held on July 26, 27, 28, 29 at the downtown commuter lot at the Metra Station. The event will feature great rides by the Windy City Amusement Group plus games, great food prepared by Highwood restaurants, refreshments, nightly entertainment and a 5-K run on Sunday, July 29.

Highwood Festival Days is sponsored by the Highwood Chamber of Commerce in cooperation with the City of Highwood. For Festival information call the Chamber office at (847) 433-2100. Admission to the Festival is free.

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(*Valid through 7-31-01. Not Valid with other offers or discounts, for Brunch, Holidays, or Specials. Does not include Tax or Gratuity.)

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

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Yes Symphonic tour

Legendary Rock band Yes, featuring Jon Anderson, Steve Howe, Chris Squire and Alan White, will re-define the term "Classic Rock" by combining their unrivaled signature sound with symphonies nationwide. The YesSymphonic Tour stop sat the Arie Crown Theatre in Chicago, IL on Wednesday, August 8. Ticket prices are \$35, \$50 and \$70. Tickets are available at any ticket master location, ticketmaster.com or by calling (312) 791-6190.

"We always dreamed of performing with an orchestra in a tour setting," said lead singer Jon Anderson. "Our upcoming album was written with an orchestra so we wanted the tour to reflect that." Orchestration for the songs were created by well-known film composer Larry Groupe, who will also conduct the orchestra at several shows.

Yes will showcase songs from their upcoming album (set for release later this year) in addition to featuring fan favorites from their vast repertoire. Mainstream audiences first took notice of the group with *Owner of a Lonely Heart*, while die-hard fans were hooked on other, more complex anthems. Notable albums include *Fragile*, *Close to the Edge*, *90125*, *Tales From Topographic Oceans*, and *Yes-Songs*, which became a model for progressive rock live albums.

Pioneers of progressive rock — a mix of classical music and arty pop-rock — Yes has endured for over 30 years by showcasing amazing talent and musicianship that consistently produced music of quality and distinction. One of the most influential rock bands of all time, the members of Yes link rock with more complex, classical-sounding arrangements by using classical and jazz traditions to create a modern classical pop.

No one can make you feel inferior without your consent.
—Anna Eleanor Roosevelt

Crossroads To Health

IN THIS ISSUE

Maintaining healthy hearing



Flu alert posted for area children



Steps you can take to stay young



Learn the latest news on detecting thyroid cancer



Instructions on keeping children safe at the pool



Hip surgery, not only for Seniors

by Jeanine Kromer

As people get older they resign themselves to decreasing physical activity because of the severity of pain accompanying daily activities but painful hip joints are not the property of seniors anymore. Many younger people these days are experiencing the painful eroding of cartilage in their hip joints.

The progressively painful arthritis in the hip joint that many people young and old experience may be alleviated by hip replacement surgery or arthroplasty, but before undergoing hip replacement surgery other options should be considered. Doctors suggest medications like aspirin and ibuprofen to reduce inflammation in the hip joint.

In addition exercises that strengthen the hip joint may improve positioning of the hip and thereby reduce pain.

In rare cases doctors prescribe corticosteroids if aspirin and ibuprofen do not ease the pain. Corticosteroids can be dangerous because they may cause further damage to the bones. Corticosteroids alter the body's hormone production and patients should not start or stop taking the medication without consulting a doctor first.

Another option is osteotomy, a less invasive surgery that corrects the position of the hip joint and

helps to distribute weight more evenly hopefully reducing pain.

The hip joint is a ball and socket joint. The head of the thigh bone (femur) is the ball and the cup shaped pocket of the pelvis (acetabulum) serves as the socket. The ball and socket arrangement allows for full range of motion including sitting, standing and walking. Hip replacement surgery involves removing the diseased portions of cartilage and bone in the hip joint and replacing them with new artificial parts while leaving the healthy parts intact. The new artificial ball and stem (prosthesis) are inserted directly into the center of the femur.

The cemented procedure developed over 40 years ago involved utilizing special glue or cement to adhere the new parts to the existing healthy bone, and is used primarily on older, less active patients. A newer cementless procedure uses porous materials for the artificial parts, allowing the patient's bone to grow into the prosthesis and secure it in a more natural fashion. The advantages to cementless are reduction in loosening parts and breakage, resulting in free-floating particles and longer duration. On the downside, there is an extended recovery time for the cementless procedure because it takes longer for the body to grow its own adherent than for the surgeon to

place one. The patient may also experience a more painful recovery with the cementless procedure as the bone grows in.

Hip replacement surgery used to be for people over 60-years-old who were less active and would put less stress and strain on a replacement joint. New technology has improved has improved parts making them stronger and better suited for younger people in pain.

Risks involved with hip replacement surgery include blood clots to the lower extremities that may travel to the lungs resulting in pulmonary embolism. Although severe cases of pulmonary embolism are rare, they can cause respiratory failure and shock. A patient may experience difficulty urinating, skin or joint infection, bone fracture during or after surgery, scarring and limited motion of the hip. The prosthesis may loosen causing it to fall entirely.

Before having hip replacement surgery patients should educate themselves about the procedure and recovery. Arranging for help in the house after surgery is key. To ease the transition, setting up a recovery station at home with the telephone, medications, tissues, wastebasket, water and the all important TV remote control at your fingertips is a good idea. Putting every day items at arm level reduces unnecessary and potential-

ly harmful straining. Don't forget to stock up the kitchen with all your favorite goodies. Treat yourself right. You're recovering, remember?

Recovery from surgery requires physical therapists to teach patients exercises that involve contracting and relaxing the muscles so as to strengthen the hip. Some patients can sit, stand and even walk with assistance a day or two after surgery. Impact activities such as basketball, running and tennis should not be done. Full recovery takes from 3 to 6 months depending on the patient's overall health before surgery.

Doctors at Rush-Presbyterian are currently working with a less invasive hip replacement surgery that reduces time in hospital, pain and expense. The new approach involved utilizing smaller holes to perform the surgery. According to Dr. Richard Berger, the bulky instruments used in the surgery were modified to be long and slender. Newly designed retractors (hold open skin and muscle around incision) allow the surgeon to clearly view the hip through the smaller incision. The patients recover more quickly than with traditional hip replacement surgery because there is less cutting of the muscle, tendon and ligament. The same prosthesis parts are used with the cementless

procedure. To date, seven people ranging from 35 to 61 years old have undergone hip replacement surgery with the new approach at Rush-Presbyterian St Luke's Medical Center.

You are not alone. Approximately 200,000 hip replacement surgeries are performed every year. Only 10% require future surgery (revision). The revision is more complicated than the original surgery so it's important to get it right the first time.

Athletes promote cancer awareness

(NAPS)—Three Football Hall-of-Famers have joined a new team—as part of a national prostate health awareness campaign.

Team Prostatonin, whose debut coincides with the release of the "What Do Sports-Minded Men Know About Prostate Health?" survey, features former Rams defensive end Jack Youngblood, Steelers defensive back Mel Blount and Bengals offensive tackle Anthony Muñoz. The team and survey are sponsored by Pharmaton Natural Health Products, the maker of a dietary supplement clinically proven to help maintain prostate health.

Health News

Hearing Health

by Sofia Ahmad, M.A., CCCA
Staff Audiologist, Miracle-Ear®, Chicago.

Time for Hearing Aids. Only after you have had your hearing completely evaluated by a licensed hearing healthcare professional can you determine whether or not hearing aids are appropriate for you. If your hearing evaluation indicates that your hearing loss cannot be medically or surgically correctable, it may be time for hearing aids. Based on your

type of hearing loss, your listening and physical needs, as well as your lifestyle and personal preferences, your hearing healthcare professional will recommend the appropriate hearing aid models and circuitry to meet your communication needs.

Different Hearing Aids. Different models of hearing aids include:

In-The-Canal and Complete-in-The-Canal hearing aids: These sizes of hearing aids are the smallest aids available. They fit partially or completely in-the-canal. A majority of hearing aids sold today are the canal size hearing aids.

In-The-Ear hearing aids: This size of hearing aid fills the outer part of the ear. These aids are larger and may be easier for some people to handle than smaller aids.

Behind-The Ear hearing aids: This size of hearing aid rests behind the ear. The hearing aid case is connected by tubing to an earmold which fits in the ear.

Differences also exist among hearing aid technologies, they include:

Conventional Analog hearing aids: These hearing aids are designed with a specific frequency response based on your test results. Although there is some adjustment capability, these hearing aids essentially amplify all sounds.

Analog Programmable hearing aids: These hearing aids allow for different settings to be programmed for different listen-

ing environments and personal needs. These adjustments are made right in the office and allow for more flexibility in meeting your listening preferences.

Digital Programmable hearing aids: These hearing aids use digital signal processing to analyze sound. Digital hearing aids are usually self-adjusting, with a more clear, distortion-free signal. These hearing aids are also programmed in the office and allow for the most flexibility in meeting your listening needs and preferences.

One or Two Hearing Aids. The need for one or two hearing aids is determined by your hearing healthcare professional. In most cases, if your hearing loss exists in both ears, wearing two hearing aids will help in localizing the direction of sound and provide better overall hearing in quiet and noisy situations.

Hearing Aids - Myths and Facts. (Courtesy of the American Speech-Language-Hearing Association (ASHA))

Myth: Hearing aids restore hearing to normal just as an eyeglass prescription can restore vision to "20/20".

Fact: Hearing aids do not re-

store hearing to "normal." Just as eyeglasses do not "cure" your vision problem, hearing aids do not "cure" your hearing loss. Like eyeglasses, hearing aids provide benefit and improvement. They can improve your hearing and listening abilities and they can substantially improve your quality of life.

Myth: Your hearing loss is not bad enough for a hearing aid.

Fact: Everyone's hearing loss and listening needs are different. By working with your hearing healthcare professional, you can determine how much a hearing aid will improve your hearing.

Please contact your nearest Miracle-Ear® Center at 1-800-445-4563 to schedule a FREE comprehensive hearing evaluation with one of our licensed hearing healthcare professionals.

Do you have any questions about your hearing or hearing aids? Please forward them to:

Sofia Ahmad, M.A., CCCA
c/o Miracle-Ear Center
597 North York Road
Elmhurst, IL 60126.

We will try to answer your questions as best as we can in the next Hearing Health column. Thank you.

When help is needed - how do you find a counselor?

There are times when all of us need help. Sometimes simply talking to a friend, turning to a spouse or even reading an article with appropriate advice, is enough to get us back on track.

But there are also times when we realize that our problems are more deep rooted, when we know that we would truly benefit from the experience and training of someone specialized in the counseling field. Recognizing such a need can be a difficult thing. Making a decision to act on that recognition - to turn to someone for professional help - is equally difficult. And sometimes that most challenging part is actually finding someone to help. How do you choose a professional counselor?

Choosing a counselor to help you with important personal issues is a critically important process, yet there are fewer guides available for making this significant decision than there are for buying a car or a home appliance. It's pretty easy to find consumer ratings for new cars, TVs or refrigerators. Friends always have advice about car dealers or local stores. But there are no rating services for counselors, and friends are often reluctant to talk about their own problems and the places they may have turned to for help.

To complicate matters, at the time when many people decide to work with a counselor, they may be at a point in their lives when any decision is difficult. When a person is depressed, in the midst of a relationship crisis, having trouble with an addiction, or struggling with a career decision, they often feel personally vulnerable and less capable about being in charge of their own life. They may find that approaching the important decision of selecting a counselor is simply another overwhelming task.

So how do people get matched up with good counselors? If you have been referred to a counselor by a health care professional or a court or social service agency, you will usually find that a specific counselor or agency, or perhaps a choice among several, has been specified. But if you are

seeking a counselor based on a suggestion, request or demand from a family member, employer or close friend, or if the decision is simply one you've made on your own, you will find that the selection process requires more work.

One starting place can be any close friends who have experience with a counselor. Ask for a recommendation. Seeking professional help is not an admission of weakness, but rather a sign of strength - a sign that you are taking action for a better life. Those close to you should, and most likely will, respect you for your decision and do all they can to help.

If you know no one who has personally worked with a counseling professional, there are still places you can turn for advice. A call to your family physician may yield one or more helpful suggestions. Your minister, priest or rabbi may have knowledge of local counselors that he or she can share with you. Local social service agencies can also be good sources for referrals when you are seeking help in an area related to their specific field. You will usually find that you need not share any personal information, but simply the nature of your problem and the type of help you're seeking in order to get some suggestions on places to look. Another possibility is simply to open the yellow pages and look for a licensed counseling professional listed in the area for which you are seeking help.

Keep in mind that making an initial contact with a counselor is only the first step. In the final analysis, you must select a counselor who fits your needs. Regardless of how you found a counselor, it is essential that you interview the counselor and only make a decision to work with someone with whom you feel comfortable and in whom you feel confident. Making that first phone call will always be a difficult task, but it is an important step toward getting the help you need.

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Saturday, August 11
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Wednesday, August 15
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Thursday, August 23
North Shore Senior Center, Northfield

Wednesday, August 29
Park Ridge Senior Center, Park Ridge

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Artistry at Work

by Jeanine Kromer

Dr. Julie Lee recently opened her solo dental practice Pointe Plaza Dental, 5622 Touhy in Niles. Dr. Lee chose dentistry because she enjoys working with her hands, helping people and the artistry cosmetic dental work entails.

Most people know healthy home dental care requires daily brushing and flossing. Dr. Lee said it is best to brush each tooth in a gentle circular or up and down vibrating motion twice a day — morning and night. Brushing too vigorously erodes and injures the gums. The biggest mistake people make while brushing is not being thorough enough. If one brushes correctly it should take about 2 minutes. People can over-brush but they cannot over-floss. Flossing daily is an integral part of proper dental hygiene. Mouthwash may be used in addition to brushing and flossing but not as a substitute.

Kids present a unique opportunity to further proper dental health. They are impressionable and Dr. Lee strives to educate them about correct dental hygiene. It is important to reinforce good brushing and flossing habits at a young age so kids will be on the right path their entire lives.

The elderly also require special attention. They should visit the dentist 2 - 4 times a year and be especially attentive to their dental regimen. As the teeth, gums and bones age they become weaker and more susceptible to periodontal disease and decay. Periodontal disease has been linked to heart disease and chronic pulmonary obstruction disease as well. Any infection in the body is unhealthy and if present for a while has an opportunity to travel to other parts of the body.

The majority of people visit their dentist twice a year but the remainder wait until they are in so much pain they cannot stand it.

Decay does not equal pain. Decay may be present in teeth, which can result in an abscess if untreated. Ultimately the patient may need root canal treatment or possibly lose the tooth. Another major dental problem is chronic gum disease. There isn't usually pain involved so many people do not even realize they have diseased gums. Approximately 95 percent of the population have beginning to advanced stages of gum disease. The mouth is the ideal breeding ground for bacteria. It is warm, moist and dark. Oral bacteria is always present and necessary for proper digestion but too much bacteria may lead to infection of the gums and to cavities. High bacteria count is also the cause of halitosis, chronic bad breath. Quite a bit of money and work could be avoided by regular dental visits to help prevent decay and gum disease.

For an appointment call Dr. Julie Lee at (847) 647-9211.

Candy's Not the Only Cavity Culprit

"Don't eat too many sweets" used to be the main advice for preventing dental cavities. But research in recent years indicates that the goal of healthy teeth is actually affected by more complex interactions of what, when and how we eat.

Bacteria in our mouth ferment carbohydrate and produce acid, which encourages "demineralization" (loss of minerals) in teeth. Mouth bacteria produce acid from not only refined sugar, but also from the natural sugar in fruit and from starch (from foods like pasta and potatoes). Cavities result over time when this acid causes greater loss of minerals from teeth than can be deposited.

One basic step to protect our teeth, then, is to limit the amount of time each day our mouth bacteria are fermenting carbohydrate. Surveys indicate that most Americans eat five or six times a day. Eating more often - especially in a pattern of continuous nibbling or sipping of carbohydrate-containing drinks - means that just about the time our bodies would be able to neutralize the

Karen Collins, MS, RD, CDN acid produced from the last batch of carbohydrate, more acid is being formed. Researchers recommend drinking water between meals, and saving sweet or acidic beverages for drinking with foods that can buffer the acids produced.

Protein from dairy products, meat and beans decreases the total amount of acid produced from a meal, and thus tends to allow less "demineralization" of teeth. Fat and water both increase the clearance of food from the mouth and thus limit exposure to carbohydrate. So sweets eaten alone between meals have a different (and more damaging) effect than when they are eaten with a meal, followed by water or, what some researchers say is even better, by a protein like milk to counterbalance acid production.

The strength of tooth enamel also affects the development of cavities. Fluoride in drinking water, toothpaste, and fortified mouthwashes strengthens enamel, though fluoride alone cannot make up for poor overall care. Teeth are damaged not only by

bacteria-produced acid, but by erosion of tooth enamel from excessive exposure to other acids. This includes frequent exposure to stomach acid (seen in eating disorders in which people make themselves vomit) and large amounts of citrus fruit or juice or frequent use of carbonated drinks.

Another influence on cavity protection involves the protective effect of saliva, which not only helps to clear carbohydrate from the mouth, but also buffers acid levels and is concentrated in minerals that can be deposited in teeth if there is not too much acid present. Some experts recommend chewing sugarless gum after meals or snacks: not chewing it increases saliva flow. People who take medicines that decrease saliva production (such as certain antidepressants and diuretics) are thus more vulnerable to tooth damage, so drinking extra water or chewing sugarless gum are especially recommended.

Avoiding too many sweets is still good advice for preventing cavities.

Your best protection over there...begins right here...

Travel related diseases can be a real threat when you are not properly vaccinated. The Hepatitis A virus is rampant in many areas of the world, including Mexico, Central & South America, parts of the Caribbean, Africa, Asia, Eastern Europe, Mediterranean Basin, and Middle East.

You pick up the virus very easily from contaminated food, water, or an infected waiter or chef, even at the best hotels and resorts.

Hepatitis A, a highly contagious liver disease, can be prevented.

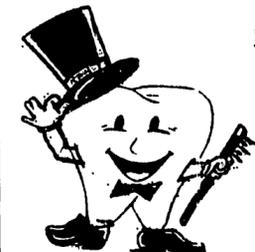
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Thyroid Cancer

by Jeanine Kromer

Just below the Adams' apple is a small butterfly shaped gland better known as the thyroid. The thyroid produces and stores hormones that regulate heart rate, blood pressure, body temperature and metabolism. The thyroid also affects the nervous system, muscles and other organs. Thyroid hormones are especially important to childhood development and growth.

Of all cancers, thyroid cancer has an excellent prognosis for the majority of patients. Thyroid cancer is usually easily curable through surgery, involves little pain or disability, and benefits from effective diagnosis and treatment. Approximately 16,000 people in the U.S. are diagnosed with thyroid cancer each year making it the most common type of endocrine cancer. There are no known causes of thyroid cancer, but it does occur in women more than men and among whites more than blacks. The risk of developing thyroid cancer increases as you get older, but it can be found in people of all ages. One known risk factor is exposure to x-ray therapy in childhood. (Annual visits to the dentist do not fall under this category.)

Thyroid cancer is usually detected by a lump or nodule in the neck, though ninety percent of thyroid nodules are benign. Occasionally people experience a tight or full feeling in the neck,

difficulty breathing or swallowing, hoarseness or swollen lymph nodes. Pain is seldom a symptom of thyroid cancer.

Doctors utilize blood tests to determine the level of thyroid function. Ultrasonography takes a picture of the thyroid by using sound waves. From the picture doctors can decide if a nodule is a fluid filled cyst (usually benign) or solid lumps that may be malignant. A radioactive scan will show abnormal areas in the thyroid. A biopsy of the lump/nodule is the most definitive way to determine if it is benign or malignant. A tissue sample may be obtained by withdrawing cells through a needle or removing the nodule surgically. The thyroid cells are examined under a microscope to determine if they are cancerous.

Papillary cancer accounts for about 70% of thyroid cancers. These growths tend to be slow-growing and do not usually evolve into serious malignant tumors. They may spread to other parts of the body through the lymph system, but prognosis for patients with papillary thyroid cancer is based largely on the extent of the original disease. If the cancer has spread through the thyroid into surrounding tissue, the outlook isn't as positive.

Follicular thyroid cancer is when the cancer cells contain the sphere shape structures that are

found in normal thyroid cells. Follicular cancer amounts to approximately 15% of thyroid cancers and is considered more aggressive than papillary cancer. Follicular cancer may spread into the blood and reach distant parts of the body like the lungs and bones.

Surgery is the most common way to treat thyroid cancer that has not spread to distant parts of the body. Usually the entire thyroid and other affected tissues such as lymph nodes are removed during surgery. After surgery, most doctors elect to have patients undergo I-131 treatment, where the patient ingests radioactive form of iodine to destroy whatever is left of the cancerous cells. Some doctors opt to use the I-131 treatment as opposed to surgery if the cancer has spread through the blood to different sites. For the I-131 treatment, the patient receives large doses of radioactive iodine and must stay for several days at the hospital with minimal contact with others. If the thyroid was removed, hormone therapy is necessary to replace hormones normally manufactured by the thyroid.

Lutheran General Hospital offers a support group for thyroid cancer patients in Illinois. ThyCa Illinois meets the third Thursday of each month at Lutheran General's Cancer Care Center located at

Continued on Page 28

Health News

Health and Wellness Fair

The Health and Wellness Fair is Friday, August 17th from 7 a.m. - 12 noon at the Niles Senior Center, 999 Civic Center Drive. This Fair is for Niles residents, 18 years and older. Myhealthlink will provide comprehensive blood screenings and bone mineral density testing.

Health Profile

• The blood chemistry: 24 individual tests help detect diabetes, kidney disease, liver disease, bone and muscle disease, and more. The test also analyzes total cholesterol, HDL, LDL, cholesterol/HDL computed ratio.

• Complete Blood Count: 9 individual tests help detect anemia, leukemia, bleeding abnormalities, infection, and more.

• Coronary risk profile: summarizes your risk for coronary artery disease, blood pressure analysis, medical history, medical report, coronary risk trend analysis and unlimited access to myhealthlink web site.

Note: When calling for an appointment, listen for special fasting instructions.

All this for only \$45.

Other Screenings

• PSA-Prostate Cancer Screening—\$44.
• Colon/Rectal Cancer Screening—\$11.
• Vitamin Deficiency Anemia—\$38.
• Arthritic Profile—\$44.
• Ulcer/Gastritis—\$43.
• Menopause Profile—\$73.
• TSH-Thyroid Stimulating

Hormone—\$45.

• Bone Density Test-Screening for Osteoporosis—\$35.
• Cardio C-reactive Protein—\$65.

Blood Screening and Bone Density test must be scheduled in advance. To schedule your appointment, please call Myhealthlink at (847) 590-0200.

Complimentary Screenings

During the Health and Wellness Fair, the Senior Center will have hearing, blood pressure, flexibility, dental and foot screenings. Massage will also be available. Most of these screenings will be available from 9 a.m. - 12 noon. No appointment is needed. Watch for information at the Senior Center.

Three U.S. Olympic Medalists battle waves for cancer

8th Annual swim Across America to Benefit Loyola's Cardinal Bernardin Cancer Center.

Rowdy Gaines, three-time gold medal winner in the 1984 Olympic Games and national broadcast commentator; Chris Jacobs, two-time gold medal winner in the 1988 Olympic Games; and Janel Jorgensen, a silver medal winner in the 1988 Olym-

pic Games, will join more than 150 participants in a six-mile relay swim at Lake Michigan Saturday, August 4, 2001, 8 a.m. to 11 a.m. at Chicago's Ohio Street Beach to raise funds for the Cardinal Bernardin Cancer Center of Loyola University Medical Center, Maywood, IL. The top individual and team swimmers will be awarded prizes following the

race. Funds raised from the event will support pilot studies by young investigators to develop new and innovative cancer treatments at the Cardinal Bernardin Cancer Center of Loyola University Medical Center.

To register or for more information, call 888-SWIM-USA or visit <http://swimacrossamerica.org>.

Summer donors needed at M.G. blood drive

During the summer months Lifesource Blood Services is urging people to donate blood to save lives. "We are trying to prevent a serious shortage," states Dr. Joseph Kiss, Lifesource's medical director. Blood has a limited shelf life; so additional donors will be needed throughout the summer.

Donate on Friday, August 3 from 2 to 7 p.m. at the Morton Grove Village Hall, 6101 Capulina. Appointments can be made at 470-5246. Walk-ins are also welcome. Don't let the summer get by without giving the gift of life. The next person to need blood could be yourself or someone you love.

FAMILY DENTAL CARE

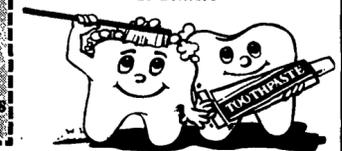
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Hartwell House is an assisted living residence located at 5520 N. Paulina, just minutes from Lake Shore Drive on Chicago's north side. Hartwell House is a division of United Methodist Homes & Services, a non-profit, non-sectarian provider of supportive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



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Health News

Kids Flu Alert: Chronically ill children not getting annual flu shot

(NAPS)—Special alert to parents: If your child has a chronic illness, like asthma or diabetes, it's very likely he or she is not getting an annual flu shot, even though health officials recommend high-risk kids get vaccinated each year.

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend an annual flu shot for all children with chronic diseases. That's why the Visiting Nurse Association of America (VNAA) is alerting parents to get their chronically ill children vaccinated against influenza this and every flu season.

"The vast majority of chronically ill children are not getting vaccinated against influenza, which puts them at risk for life-threatening complications from this infectious disease," said Jerome O. Klein, MD, pediatrician and pediatric infectious diseases specialist. Boston University school of Medicine. "Physicians and parents must help ensure high-risk children get an annual flu shot, which is the best protection available against the potential harm of influenza.

Only 25 percent of children with moderate to severe asthma—the ones who make up the largest group of children at risk for influenza complications—get vaccinated against influenza each year. Further, children with chronic medical conditions are up to 21 times more likely to be hospitalized for acute respiratory disease during the flu season than children who do not have a chronic medical condition.

Many children with chronic medical conditions see their physician throughout the year, which is the perfect time to get vaccinated against influenza. However, these children are not getting an annual flu shot when they are in the doctor's office. Published studies recommend that health care professionals and parents more effectively target high-risk children for annual influenza immunization. VNAA advises that parents of chronically ill children check with their pediatrician about influenza vaccination.

Flu Shots for Children

CDC and AAP strongly recommend influenza vaccine for:
• Children aged six months or older who have an underlying

medical condition that can put them at increased risk for complications of influenza.

• Children and teenagers aged 6 months to 18 years and receiving long-term aspirin therapy might also be at risk for developing Reye syndrome after influenza infection.

• Health care workers and other individuals (including household members) in close contact with high-risk children should be vaccinated to decrease the risk of transmitting influenza to them.

Along with chronic lung disorders like asthma, other chronic medical conditions that place children at high risk for complications from influenza include heart or kidney disease, diabetes and anemia.

CDC recommends kids with chronic diseases get a flu shot beginning in September, or as vaccine becomes available, during their regular doctor or hospital visits. Remember that children, or anyone else, can still get a flu shot after November and even after the influenza season begins.

Flu season, which hits in all areas of the country regardless

of climate, generally begins in December and continues through March, with peaks in January and February. It takes about two weeks for the vaccine to become effective.

The most common reaction to vaccination is soreness at the injection site. Some people may have mild fever or feel tired for a day or two after being vaccinated. Influenza vaccine is made from killed strains of the viruses predicted to be the main causes of influenza in the coming season. Because the viruses are killed, it is not possible to get influenza from the vaccine.

The vaccine changes every year to match the prevalent strains—the reason an annual immunization is necessary. Last year's influenza vaccine will not offer protection for this year's influenza season. As with all vaccines, influenza vaccination may not provide 100 percent protection for all susceptible individuals.

The only people who should avoid influenza immunization are those who have had previous reactions to the vaccine and people allergic to eggs (the viruses used in the vaccine are grown in

eggs). Influenza vaccines may be given in the presence of minor illnesses with or without fever, particularly among children with mild respiratory tract infections or allergic rhinitis.

For more information on influenza vaccination for high-risk children, VNAA encourages parents to contact their physician or local public health department. You can also visit the CDC Web site at www.cdc.gov or the AAP Web site at www.aap.org.

How to keep your kids safe at the pool

(NU) -- This summer, many people will beat the heat by enjoying recreational waters. When it comes to water safety, most people are aware of drowning, diving injuries and sunburn, but few think about getting sick from swimming.

Chlorine is the most common pool disinfectant, but it doesn't kill all germs. Cryptosporidium germs can survive in chlorinated water. E. coli 0157:H7 germs are killed only if the chlorine is at proper levels. These germs can cause stomach aches, diarrhea, and for some kids, can be deadly. Swimming is essentially community bathing. Invisible germs that make people sick can be found in recreational water when someone has a fecal accident.

Follow these healthy swimming tips to protect yourself, your child and others.

• **DO NOT enter the water if you have diarrhea.** People can spread germs even without having an "accident."

• **DO NOT swallow the water!** Remember, it's everybody's bath water and chlorine does not kill all germs.

• **DO wash your hands and bottom with soap after a bowel movement or diaper change.** Germs on hands end up everywhere, including the water.

• **DO notify the lifeguard if you see fecal matter in the water.** Also notify the lifeguard if you see people changing diapers by the pool.

• **DO take your child to the toilet for bathroom breaks often.** Waiting to hear "I have to go" may mean it's too late.

• **DO change diapers in a bathroom.** Germs can contaminate surfaces and objects around the water.

• **DO keep an eye on your child at all times.** Remember, kids can drown in silence.

Visit the following CDC Web sites for more information on sunburn, diving and drowning: www.cdc.gov/ncidod/dpdp/parasiticpathways/swimming.htm.

How Can Our Family Help Yours?



Any family caring for a loved one living with Alzheimer's has at some time been in need of help or advice.

Now, that help is within reach.

Bethany Terrace Nursing Centre's A.D.A.P.T. (Alzheimer and Dementia Assistance Program of the Terrace) helps you, the *at-home caregiver*, to explore the available home-care options for your loved one with Alzheimer's, to enable them to remain at home as long as possible.

To learn more about A.D.A.P.T., at no cost or obligation, or to receive a brochure, please call (847)965-8100.

Homeowners find safety and savings with propane

(NAPS) -- When it comes to selecting a home energy source, homebuyers, homebuilders and remodelers all look for the same qualities -- a fuel that's reliable, safe, clean and economical.

Increasingly, whether for heating water, fueling a furnace or powering a clothes dryer, the energy source they select is gas, and for many homeowners, that means propane gas.

"More and more homeowners are becoming aware that they have different energy options, and they trust propane because it provides their families with a feeling of warmth, comfort and safety," according to Roy Willis, president of the Propane Education & Research Council.

Used by an estimated 60 million Americans, propane-fueled appliances can save consumers both time and money. And with the demand for second homes at a record high (up 9.3 percent from 1997, according to a recent National Association of Realtors Survey), propane gas offers these homebuyers more value for their energy dollar.

A propane-fueled dryer completes drying tasks in approximately three-quarters of the time it takes a comparable electric unit.

Propane gas fireplaces usually cost between 30 and 60 percent less per hour to operate than

wood-burning units, and they produce 40 times fewer emissions.

Propane gas water heaters have the ability to heat more than twice as much water in an hour as a comparable electric model, and over the life span of the unit, often save homeowners as much as \$2,000.

The Propane Education & Research Council (the Council) and the National Propane Gas Association (NPGA) offer homeowners the following tips for the safe, efficient use of propane:

- Residential heating sys-

tems need regular tune-ups. Contact your local propane supplier about an inspection program.

- Change your furnace filter regularly.
- Drain your water tank periodically to get rid of any sediment.

• Get a propane leak detector from your supplier. If you smell a leak, immediately evacuate the premises, and get to a nearby phone to call your supplier or the local fire department.

To learn more, visit the Council's Web site at: www.propanecouncil.org.

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Safety Sense

Testing Home GFCIs (NAPS)-Ground fault circuit interrupters, or GFCIs, are becoming a hot-button issue among homeowners. To prevent electric shock, these two small buttons are installed in electrical outlets where appliances may come into contact with water, such as the bathroom, kitchen and laundry. However, GFCIs need to be routinely tested to make sure they're working properly.

According to the National Electrical Safety Foundation (NESF), testing a GFCI is easy:

1. Push the "Reset" button of the GFCI.
2. Plug in an ordinary night-light and turn it on. The light should now be on.
3. Push the "Test" button of the GFCI. The nightlight should go off.
4. Push the Reset button again. The nightlight should now go on again.

If the Reset button pops out during the test but the light does not go out, immediately contact a qualified electrician to check the GFCI and correct the problem.

The NESF recommends testing GFCIs at least once a month and after major electrical storms. Ten seconds a month is all it takes to protect your home and family.

For more information and an interactive GFCI demo online, visit www.nesf.org.

Maine Township Disabled invited To Enjoy Movie

Disabled persons who are looking to get out of the house for a little entertainment are invited by Maine Township to come and bring a friend for the Movie and Popcorn event August 14 at Town Hall, 1700 Ballard Rd., from noon to 3 p.m. This month's movie is *What Women Want*, the story of an "average guy" who gains the ability to read women's minds.

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

Adoption and Foster Care information meetings

Catholic Charities is searching for loving foster homes. If you'd consider opening your home, your heart, and your love to someone in need of a home, you might plan on attending one of our foster parenting classes. Everyone is welcome regardless of race, religion, ethnicity or economic circumstances.

Interested persons are also invited to learn more about the adoption process and programs available through the Catholic Charities Adoption Department. To register to attend an Adoption Information Meeting, please call Laurie at (312) 655-7086. Persons of all religious, racial or ethnic backgrounds are welcome to attend.

Adoption meeting dates:
August 9, 2001 at 6:30 p.m.: Catholic Charities—1717 Rand Road; Des Plaines, IL. August 16, 2001 at 6:30 p.m.: St. Joseph Hospital—2900 N. Lake Shore Drive; Chicago, IL. August 23, 2001 at 6:30 p.m.: Catholic Charities—651 W. Lake Street; Chicago, IL.

Foster Care meeting dates:
August 6, at 7 p.m.: Catholic Charities—651 W. Lake Street; Chicago, IL. August 15, at 7 p.m.: Catholic Charities—651 W. Lake Street; Chicago, IL. August 16, at 7 p.m.: Catholic Charities—9038 S. Stony Island; Chicago, IL.

For more information on how to become a foster parent, call (312) 655-7200, English; (312) 655-7205, Spanish.

2001-2002 'Incredibull' Auditions!

The Chicago Bulls and Sports Magic Team are looking to hire team players, ages 21 and older who are athletic, energetic, sports-minded, extremely outgoing, able to interact with fans of all ages—gymnastic and movement ability is also a plus! (Please note — these auditions are not for the LuvaBulls dance team, they have already been selected for the 2001-2002 season).

Open interviews are Friday, August 3, from 6 p.m. – 9 p.m. at United Center (Gate 4), 1901 West Madison Street, Chicago, IL. Finalists will be invited back for interactive auditions on Saturday, August 4 at 11 a.m. (Some individuals may be invited to a separate gymnastic/tumbling call back prior to the regular call backs).

Bahá'í discussion on the unity of the races

The Bahá'ís of unincorporated Maine Township will host a video and discussion on the Bahá'í beliefs that there is just one human race. The participants will explore how the barriers between people of different colors, ethnic groups and religions can be dissolved. Join them on Friday July 27 at 7:30 p.m. at the North Maine Fire Station community room, 9301 Potter Road, Des Plaines. The program is free and is open to the public.

Bahá'ís believe in One God, the progressive revelation of His one religion and that there is just one race, the human race. Donations are never solicited or accepted. For information call (847) 604-2448.

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The Bugle Newspapers' Area Employment News

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Or, Camp Out overnight at the OfficeMax at 1829 W. Fullerton Avenue, between Clybourne Avenue and Elston Avenue, in Chicago on Monday, July 30 at 4 p.m.

Each activity might afford you tuition money toward a college education, but the Camp Out is the easiest and most direct route toward achieving your dream. Plus, it's far and away the most fun!

One lucky camper will walk away with a one-year college scholarship for up to \$20,000 when the Fullerton Plaza OfficeMax opens its doors at 8 a.m. Tuesday, July 31. The instant award is part of a kick-off celebration for the OfficeMax Charitable Foundation \$1 Million Max To School Sweepstakes.

Other door prizes for the Max To School campers will include ten, \$500 OfficeMax gift certificates for the first 10 customers in line; ten, \$250 gift certificates for the next 10 customers; ten, \$100 certificates for the third 10 customers; and 50, back-to-school backpacks filled with school supplies (\$50 value each) for the next 50 customers.

Funded by OfficeMax Charitable Foundation, the one-of-a-kind sweepstakes will award 15 four-year college scholarships for up to \$20,000 a year in tuition for four years to any public or private accredited school or education institution.

"This sweepstakes is like nothing we've ever seen before and it offers a chance to really make a difference in people's lives," said Michael Feuer, chairman and chief executive officer of OfficeMax. "Nowhere else can you win a college scholarship just by standing in line, or win a four-year scholarship just by filling out a sweepstakes entry form. We're thrilled to be helping make people's dreams come true."

Greeting campers and offering her own endorsement of higher education will be Miss America 2001 Angela Perez Baraquio. A teacher herself with an education platform, Baraquio will speak about the importance of education in today's society and help kick off the sweepstakes.

Local dignitaries, community leaders and OfficeMax Chairman and Chief Executive Officer Michael Feuer also will be present to offer commencement addresses.

Following the Camp Out and prior to awarding the day's college tuition prize, campers will graduate to the OfficeMax store where they'll enjoy special savings on an array of back-to-school merchandise. OfficeMax offers guaranteed low prices on back-to-school supplies at its nearly 1,000 stores in 49 states, the U.S. Caribbean, Brazil and Mexico.

The OfficeMax Charitable Foundation \$1 Million Max To School Sweepstakes runs from July 29 to September 8, 2001. Legal residents of the United States and Puerto Rico who are 18 years or older are eligible to enter. No purchase is necessary, and winners may transfer tuition prizes to any immediate family member.

The sweepstakes can be entered at OfficeMax stores, on the

Internet at OfficeMax.com or via U.S. mail, anytime between July 29 and September 8, 2001. All mail entries are to be sent to OfficeMax Charitable Foundation Max To School Sweepstakes, P.O. Box 2200, Maple Plain, MN, 55993-2200, and must be post-marked by September 8, 2001, and received by September 14, 2001. See Official Rules in-store or at OfficeMax.com for details.

OfficeMax is promoting the \$1 Million Max To School Sweepstakes through newspaper, network TV and radio advertising; on the Internet at OfficeMax.com; and through in-store OfficeMax point-of-purchase displays.

OfficeMax, based in Cleveland, operates nearly 1,000 full-size superstores in 49 states, Puerto Rico and the U.S. Virgin Islands. In addition to offering office products, business machines and related items, OfficeMax superstores also features CopyMax and FurnitureMax, store-within-a-store modules devoted exclusively to "print-for-pay" services and office furniture. Additionally, the Company reaches customers with an offering of over 30,000 items through its award winning eCommerce site, OfficeMax.com, its direct-mail catalogs and its outside sales force, all of which are serviced by its 19 delivery centers and two national call centers. Through joint venture partnerships OfficeMax also operates stores internationally in Mexico and Brazil. OfficeMax also is a major supplier for many school systems throughout the United States.

Headquartered in Wheeling, the North Suburban Library System is an organization of over 650 academic, public, school and special libraries in the north suburban area of Cook County and communities in Kane, Lake and McHenry counties. It is one of 12 library systems in Illinois, funded through the Illinois State Library, a division of the Office of the Secretary of State, Jesse White.

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Real estate exam course

The Real Estate Institute now offers "Real Estate Transactions #101," the 45-credit hour pre-licensing course required prior to being able to sit for the Illinois Real Estate Salesperson Licensing Examination.

For those wishing to obtain the Illinois sales license, this course is available in a convenient self-study format which includes registration, textbook, audio cassettes, and a computer tutorial. Self-study tuition is \$195. Most students complete this course in 4 to 5 weeks.

For more information or to register, visit us on the Web at www.instituteonline.com, or call the Real Estate Institute at (800) 995-1700.

Area libraries launch Online Reference service

It's cutting-edge and collaborative. It's live online. It's staffed by leading experts in the field. It's going to change the way area residents obtain vital information. Sound like a new partnership between NASA, Microsoft and Hollywood? Scheduled for a launch on August 1st, *Answers Unlimited—Ask a Librarian Live Online*, a new service offered by area libraries, allows patrons and librarians to conduct a search for information on real time via the Internet.

Answers Unlimited, which can be accessed at www.answersunlimited.org, is staffed by reference librarians from the following libraries in the North Suburban Library System: Arlington Heights Memorial Library, Barrington Area Library, Cook Memorial Public Library District, Crystal Lake Public Library, Des Plaines Public Library, Elmhurst Public Library, Evanston Public Library, Gail Borden Public Library District, Glenview Public Library, Prospect Heights Public Library District, Schaumburg Township District Library, Skokie Public Library and Night Owl reference service. More area libraries are expected to join the service in the coming year.

"People may be thinking, 'I can get the information I need by just phoning the library,'" says Sarah Long, director of the North Suburban Library System. "True, but *Answers Unlimited* enhances that experience by allowing the librarian to escort you to the best Internet sites. This is a great opportunity to have an expert show you how to navigate the Web and find information that is credible, reliable, and up to date. The library should be the first place people look for information."

Libraries are in the information business. *Answers Unlimited* is a shining example of the diverse, and sometimes, revolutionary services that libraries provide their communities—both within and beyond the building walls.

Answers Unlimited should prove highly attractive to people who don't like using libraries, or wouldn't think to call a library. The service will also be extremely helpful for homebound library patrons.

DP MAACO Center under new management

The MAACO Auto Painting & Bodyworks Center at 1001 Northwest Highway in Des Plaines is now being operated by Joey and Susan Liongson.

The MAACO Center is part of a national chain that has grown to more than 530 facilities in the United States, Canada, Mexico and Puerto Rico since its inception in 1972.

"Many motorists are choosing to keep and maintain their vehicles longer than ever before, and the average vehicle on the road is now more than eight years old," Liongson pointed out. "When the time comes for repainting, we have a paint service to fit every budget."

Prior to opening their MAACO Center, Joey Liongson earned his Bachelor of Science degree in Electrical Engineering and worked as a machinist and mechanic over the last 14 years.

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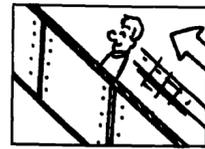
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DP MAACO Center under new management

Susan Liongson holds a Bachelor of Arts degree in Business Administration and was employed by Unilever HPC in Rolling Meadows for nine years. The Liongsons have three children.

The public is encouraged to visit the MAACO Center for a no-obligation estimate. Headquartered in King of Prussia, PA., the chain has repaired and painted more than 12 million vehicles, including more than one-half million vehicles last year alone.



The escalator was invented by Jesse Reno in 1894.

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One of the most unique entrants in this year's parade was a float designed by Acorn Landscaping of Niles. Acorn dressed up their float with a brick retaining wall, a

Unilock brick patio and a brilliant display of bushes, perennials, annuals and sod to highlight the variety of services that they provide.

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When a friend needs help

We human beings are social creatures. We all have relationships with many other people in our busy lives. Sometimes they're relationships that, while pleasant, we consider casual in nature. Other times they may be relationships that are extremely important to us, especially when we see the other person having problems.

The relationships that matter most are those we have because we want to have them. These are relationships with close friends, family members and other relatives whom we choose to be around. These are people about whom we truly care, and it is that very act of caring that can sometimes pose relationship problems.

No matter how much we think of, or care about, someone close to us, there may be times when we find something troubling or disturbing about that person. Often we struggle over whether we should share our opinion with this friend, knowing that it could jeopardize the relationship. We face that struggle even when the "friend" is a spouse or other close relative.

Some would say that if confronting a friend might damage the relationship, perhaps there was not much of a friendship to begin with. However, in the real world, most of us do not want to be careless, risking something as valued as friendship. Part of being a good friend is being sensitive to the other person and not intentionally causing him or her pain.

So, when a friend behaves in a manner that is out of character, or risky to himself or his reputation, or consistently annoying to others, how do we approach that person with our concern that he or she may need help? Can it be done to at least minimize the risk of losing a friend?

One way is to use what might be called the "caring confrontation," a "one-two" approach. It begins by ensuring that you are in a private place and that the conversation is only between the two of you.

The first part of this type of confrontation is to describe the behavior that concerns you. The key here is simply to describe, not to interpret. You want to be objective and "scientific," describing facts rather than simply offering personal opinion. You might say something like, "I noticed you seem short-tempered at work lately," rather than "You sure are getting crabby and I don't like it."

It also helps to make your description positive, rather than negative and accusatory. Rather than saying "You sure are depressed these days," it's just as easy to say, "You don't seem to be quite as happy now." Your objective is to state the facts in a manner that would be agreed to by other friends if their opinions were asked.

Central Baptist Village brings families together

Your grandmother was always a special part of your life... quick with a fresh cookie after school, a regular at your band concerts and the world's best babysitter. You would like your children to share some of her special magic, but it's harder now, grandma is entering the early stages of Alzheimer's.

Experts from the Special Care Unit at Central Baptist Village, located at 4747 N. Canfield Ave. in Norridge, specialize in caring for people with all stages of Alzheimer's and dementia and their families. They have developed a list of activities that can help families make the most of their time visiting elderly relatives.

"Families really want to spend time with their elderly relatives but it is sometimes difficult to know what to do," said Karen Walther of Central Baptist Village. "We created a 'Visitors Box' full of fun activities that can bring families together. What we've found is that providing some engaging ideas helps alleviate stress in the visit and really enhances the experience."

According to Walther, one great project to share with an elderly relative is to make a family photo album. Everyone can participate in choosing special photos, writing captions and putting the book together. For seniors with memory loss, often photos will serve as a reminder and both adults and children can share stories.

"Activities that offer sensory stimulation are really beneficial for seniors and enjoyable for families," suggests Walther. "A special manicure, hand lotion or make-up application makes the seniors feel great and can be a

really nice way to connect with teenage grandchildren."

Another recommendation is to bring in music from the senior's era to play or even sing along. "Pets are wonderful too!" says Walther. "You should see how a visit with a dog or cat brightens our residents' day. One family even brought their seven-year-old's new fish in a Mason jar, because they wanted to introduce the new fish to grandma."

Some other activity suggestions include:

- Bring hugs and kisses; share them freely.
- Select five family photos from different decades to reminisce.
- Bring a favorite book to read.
- Take a stroll outside and reminisce about activities that were enjoyed.
- Put together a simple puzzle.
- Clip coupons for someone who uses them.
- Write a letter to a common friend or family member.
- Paint, draw or color a picture together.

Central Baptist Village is a continuing care facility offering nursing care, specialized dementia care and independent community living. Founded in 1896, CBV nurtures residents' physical, mental and spiritual health in a home-like setting by a wide variety of programs and services. CBV is a not-for-profit, faith-based community that welcomes people from all backgrounds and walks of life. For more information about Central Baptist Village, please call Pamela Yoelin, director of community relations, at (708) 583-8500.

Resurrection honors faculty and staff

Recently, Resurrection High School, 7500 West Talcott, hosted their Annual Appreciation Dinner for the school's faculty, staff and volunteer leaders.

Before the dinner, Principal Jo Marie Yonkus, and Assistant Principal Carol Beimer distributed the awards to this year's recipients.

Service Awards

The following faculty and staff received service award pins: Mary Stenson, Mathematics Department Chairperson and Technology Coordinator, 20 years of service; Vicky Giusti, Science Department Chairperson, 15 years of service; Gale Accardo, Cafeteria staff, 10 years of service; Joann Drzych, Technology Teacher, 10 years of service; Bernice Fortini, Librarian, 10 years of service; Lorraine Kape-la, Cafeteria staff, 10 years of service; Kristine Kroll, Cafeteria staff, 10 years of service; Paula Nicolau, Science Teacher, 10 years of service; Mary Sanders, Cafeteria staff, 10 years of service; Carol Scrima, Cafeteria staff, 10 years of service; Teresa Adamski, Support staff, 5 years of service; Carrie Buol, Science Teacher, 5 years of service; Barbara Candella, Support staff, 5 years of service; Barbara Elliott, Assistant Dean of Students, 5 years of service; Carol Kozak, Support staff, 5 years of service; Paula Mitchell, Cafeteria Manager, 5 years of service; Jennifer Salermo, Art Teacher, 5 years of service; and Elfie Smith, Guidance Counselor, 5 years of service.

Special Awards

This year's Staff Award was presented to Kathy Bearden, the Principal's Secretary. First year Spanish teacher, Elfie J. Smith received the Newcomer Award.

The Res Educator Award, recognizing faculty members who model the mission of Resurrection High School while engaging students in learning life lessons, was presented to Patricia Lawrence, Guidance Department Chairperson and Paula Nicolau, Science Teacher.

The Respected Colleague Award, voted upon by the faculty to recognize a teacher who mentors students as well as faculty and is recognized for talent, attitude, and grace as an educator, was awarded to Mathematics Teacher and Assistant Orchestral Moderator, Cathy Blondin.

The Christian Witness Award, presented to the member of the Resurrection High School administration, faculty or staff that best embodies and lives the mission of Resurrection and who defines what it means to be an educator in a Catholic school, was presented to the school's President, Sister Stephanie Blaszczyński, C.R.

Finally, the Prism Award, presented to the person whose involvement reaches into all aspects of the Res educational community - classroom, home-room, extra-curriculars, and committees, was awarded to mathematics teacher, Cathy Blondin.

Resurrection High School is very proud of their accomplished faculty members. Over half of the faculty members have Master's degrees.

LEGAL NOTICE

PLEASE TAKE NOTICE - THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on MONDAY, AUGUST 20, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following cases:

CASE 1353

Requesting a variation from Sections 6.2.7.3, 6.2.10.1 and 6.2.7.4 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to demolish the existing carport and replace it with a 1-1/2 car garage

Side Yard - West	Required	5 feet 00 inches
	Requested	3 feet 01 inches
	Variation necessary	1 foot 11 inches
Rear Yard	Required	30.00 feet
	Requested	26.91 feet
	Variation necessary	3.09 feet (after the fact)
Off-street Parking Spaces	Required	2 off-street parking spaces
	Requested	1 off-street parking space
	Variation necessary	1 off-street parking space

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 7111 Emerson Street, Morton Grove, Illinois. The petitioner is Alicja Skibicki.

All interested parties are invited to attend and be heard.

Steven Blonz
Chairman

Thyroid . . .

Continued from Page 20

1700 Luther Lane in Park Ridge. ThyCa was started by Allison Hoffman of Gurnee who was diagnosed with thyroid cancer after having her second child. Hoffman had a lump in her neck that was initially treated as an infected lymph node. Once doctors discovered it was a malignant tumor Hoffman endured eight hours of surgery to remove it and surrounding lymph nodes. Hoffman said she found the whole experience extremely frightening and lonely.

Surgery proved to be the easy part in comparison to the follow up. Before a patient may receive hormone replacement therapy doctors have to make sure the cancer is gone. Without the hormones produced by the thyroid, a person feels sluggish, exhausted, cold and depressed. The person may gain weight, have dry skin and feel lousy in general. Six weeks after surgery and feeling awful, Hoffman underwent the I-131 treatment. She could not have contact with others, including

housekeeping and food service for 48 hours. Hoffman missed her family terribly. She waited nearly a week after the I-131 treatment to have physical contact with her two young children so as to minimize their radiation exposure. During the entire experience Hoffman wanted to share her feelings with someone who would understand but there weren't any support groups to bring people together who had thyroid cancer. Now there are.



The wood stork, also known as the wood ibis, is the only true stork native to the United States.

Quickwash is Back in Town

by Jeanine Kromer

The newly remodeled Quickwash in Morton Grove is ready for action. The neighborhood laundry has been around for nearly 20 years but was abandoned by previous owners. Quickwash's new management updated the tiling, paneling and ceiling to provide a more pleasant atmosphere. The centrally located laundry is convenient for local residents and has received a warm welcome upon reopening.

Quickwash has modern equip-

Oakton to offer Museum Studies course

The results of a survey published this spring by Museums in the Park showed that attendance at Chicago museums exceeded the attendance for all the city's professional sports teams combined. This news confirms what many in the industry have noted in the past few years—the public's interest in museums is red hot and shows no signs of letting up. For those interested in learning about this exciting

ment including 12 Maytag top-loaders for regular laundry. The laundry boasts a total 14 powerful Continental front-loading washers with capacities of medium, large and super for heavier items such as comforters and rugs. Quickwash also features 13 top quality very hot dryers. In addition to the facility and equipment upgrades, Quickwash offers competitive prices and ample free parking.

Drop-off laundry service is available at Quickwash Monday

through Friday. Patrons may drop-off laundry between 11 a.m. - 1 p.m. to be picked up or delivered the next day in most cases. Individuals as well as businesses like hotels, beauty parlors, restaurants and health clubs utilize the drop-off service.

Quickwash is open every day for self service from 7 a.m. to last wash at 8:15 p.m. For more information call 470-0004.

field, Oakton Community College is offering a new course. Introduction to Museum Studies (ART 120, Touch-Tone 13303) from 9 - 10:15 a.m. on Tuesdays and Thursdays, beginning Aug. 28 at the Des Plaines campus, 1600 E. Golf Rd.

The three-credit-hour course emphasizes the role of the curator as it applies to the philosophy and ideology of the museum. Oakton is the only community college in the Chicago area to offer such a pioneering program, which is designed to stimulate interest in museum studies as well as in the College's vast collection of paintings, sculptures and other art works. Students will be taught the basic principles of collection management and exhibit preparation as they apply to art, history, science or nature museums.

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
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<p>Banking TAKE YOUR CAREER TO THE NEXT LEVEL! TELLER POSITION AVAILABLE! GLENVIEW LOCATION At Oak Brook Bank you will be able to expand your career! If you have at least 6 mo. Teller experience, provide superior service to customers, and possess excellent communication skills, you are the ideal candidate for our Glenview location. You will receive cross-training as a Personal Banker! On-the-job training will enhance your current skills as you learn how to determine customer needs and offer banking products to our customers. Come work for a bank that offers short Saturday hours and an outstanding benefits package, including vacation, 401K, medical and dental benefits. Qualified candidates should send/fax/e-mail their resumes and salary requirements to: Human Resources Department Oak Brook Bank 1400 16th St., Oak Brook, IL 60523. FAX: 630-571-0519 E-mail: hr@obb.com EOE m/f/v/d</p> <p>OAK BROOK BANK</p>	<p>Customer Service Opportunity With an established Morton Grove manufacturer. Responsibilities include telephone customer service, detail oriented order entry, typesetting, invoicing, running credit cards, and tracking orders. Account is a large national real estate company. Friendly, casual work environment and good medical benefits. Some experience preferred. Please fax resume to: 847-966-5440 Or Email To: billj@oakleysign.com</p>		<p>Instructors Needed Oakton Community College's Alliance for Lifelong Learning - Adult Education is seeking instructors to teach Fall semester in the following areas: • French - must be fluent in spoken and written French, teach grammar, vocabulary and pronunciation. Meets 1 night/week for 8 weeks. • Basic Home Repairs - meets once for 3 hours. • Electrical Home Wiring (Intro and Workshop) - meets once a week for 6 weeks. • Astrology - meets once a week for 8 weeks. • Guitar If interested, Email to: jhinton@oakton.edu Fax: 847-635-1448 Or Send Resume To: ALL/Oakton Community College 7701 N. Lincoln Ave. Skokie, IL 60077 EOE M/F</p>	
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<p>BEST WESTERN AT O'HARE We are accepting applications for Resident (Assistant) Manager for our 144-room Hotel located at O'Hare Airport. Ideal Candidate will be sales oriented, enjoy serving guests, have some Front Office/Desk management experience, have a 5-star mentality, and be computer literate. Position requires living on property in fully furnished, single bedroom apartment. Please Fax or E-mail Resume To: Best Western At O'Hare 10300 West Higgins Road Rosemont, IL 60018 (847) 296-4958 e-mail: info@bestwesternohare.com</p>	<p>LITTLE TESTERS WANTED Even 3 to 14 Year-Olds Can Turn Their Opinions Into CASH! We are a leading product research testing company. We pay people of all ages to try various products, but we need more tots & young children. The products are safe, we check for allergies & children's testing is never done during school hours. Parents/Guardians, call today. Let the little ones start earning summer spending money. Call (773) 774-3155 Ask For Frank PERYAM & KROLL 6323 N. Avondale (6300 N./7200 W.)</p>	<p>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</p>		
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<p>\$ 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</p>	<p>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</p>	<p>Earn \$\$\$ helping MD's! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC.</p>		
HELP WANTED PART TIME	YOUR CREDIT IS GOOD WITH US!	THE BUGLE CLASSIFIEDS		
<p>Looking for outgoing person for a HOSTESS position. Must be available evenings. Flexible! Call Betty At: 847-827-9840</p>	<p>Your credit is good with us! We accept Visa & MasterCard.</p>	<p>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!</p>		
MEDICAL ASSISTANT	PARK DISTRICT	THE BUGLE CLASSIFIEDS		
<p>Part-Time 14-18 Hours Per Week Please Page: (847) 569-6464</p>	<p>The Morton Grove Park District is seeking enthusiastic and talented fitness instructors to teach morning and evening classes. Instructor must be certified ACE, AFPA, or have the ability to earn certification within 6 months. Should have experience instructing low/high impact, cardio kick, step, and resistance training. The park district provides competitive pay and offers childcare during most classes. If interested, please call Morton Grove Park District Aerobic Coordinator At: (847) 965-1200</p>	<p>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!</p>		
CANCELLATIONS	CANCELLATIONS			
<p>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.</p>				



District 207 registration

by the large number of students who wait until the first day of school to register.

Students may call the director of student personnel services at their respective school to arrange for an appointment. At Maine East, contact Mr. Vic DiPrizio at (847) 692-8526; at Maine South, Ms. Maryanne Kelly, (847) 692-8213; and at Maine West, Mr. John Rauch, at (847) 803-5757.

In order to register, the student's original birth certificate.

Lutheran General . . .

to offer a radiation treatment called brachytherapy for patients with a history of repeat coronary artery blockage. In a recent press release, Dr. Nagui Sabri, medical director of Lutheran General's cardiac care lab, stated that brachytherapy has been "highly successful in the treatment of re-blockages and reduces the chance of recurrence from 50 percent to less than 15 percent." The doctor also cited gamma radiation's 40-year history of "proven effectiveness and safety..." and affirmed that there have been no side effects reported by brachy-

three proofs of residency, and a copy of the student's grades or transcript are required. Entering freshmen and transfer students who do not have a physical on record must also have a physical exam. Physical forms are available in the Student Personnel Services offices at the three schools. Other items may be required depending on individual circumstances. The first day of classes for the 2001-2002 school year is Monday, August 27.

Continued from Page 1

therapy patients.

Lutheran General Hospital's widespread use of the off-pump coronary artery bypass method also helped distinguish the facility.

Ninety percent of coronary bypass surgeries at LGH now utilize this procedure, where a device is employed to stabilize a beating heart during surgery, eliminating the need for a heart-lung machine, as the heart is enabled to pump on its own. Without the need to attach a patient to a heart-lung machine, a 7-way bypass could be performed without ever

O'Hare Protest

near O'Hare International Airport.

State Rep. Rosemary Mulligan (who co-chaired the panel with Rep. Caroline Krausse) told the filled room that they decided to hold the hearing after being denied the opportunity to speak at Congressional hearings on O'Hare.

"I hope you realize and appreciate the courageousness of our representatives," said Park Ridge mayor Ron Wietchek, adding that their willingness to talk about the

stopping the heart.

Lutheran General counts over 355 off-pump procedures performed since 1999.

Opal said that Solucient's benchmark 100 Top Hospitals list does not rank the institutions; there is no number first or second place. Rather the hospitals are recognized for their effectiveness in meeting certain criteria related to cardiac care. The U.S. News study recognized Lutheran General for its work in cancer care, cardiology and heart surgery, orthopedics, gynecology, geriatrics, digestive disorders, ear/nose/throat disorders, and hormonal disorders.

Resident rode 500 miles.....

continued from page 1

\$5.7 million for AIDS Events Minnesota, Inc., a consortium of seven AIDS service organizations throughout the Twin Cities, AIDS Network, Inc. and other AIDS service organizations across Wisconsin, and AIDS Cycle, Inc. in Chicago, a consortium of six AIDS service organizations in Illinois.

Kent Hay participated in Tanqueray's® Heartland AIDS Ride® because he has a number of clients and friends who have succumbed to AIDS or are currently HIV positive. Also, his son, Jason, did volunteer work at a Chicago Home, a beneficiary of the Heartland AIDS Ride donations.

Kent would like to thank Danielle, Beau, Jackie, and Dorothy who are Spinning instructors at the Niles Family Fitness Center. Without their training he would not have been able to successfully complete the ride.

To participate in Tanqueray's® Heartland AIDS Ride® each participant raised a minimum of \$2,500. Many raised much more. Kent Hay raised \$7,000+.

For more information about Tanqueray's AIDS Ride USA® or to pledge in support of a rider please call (866) 648-0747 or visit www.aidsride.org.

Stop Crime!

David O. Erb
Finance Director
Village of Morton Grove

.....continued from page 1

issue in public was "unique."

Wietchek emphasized that the O'Hare expansion proposal was not yet a done deal.

Gov. George H. Ryan's IDOT briefing to area lawmakers only days before demonstrated the state's willingness to work with Chicago on O'Hare's expansion, but Ryan said that he seeks to fully understand all costs and benefits before continuing further.

"I said I would take this proposal seriously and to do that, I need as much information as possible. This takes time, but a plan of this scale merits a detailed review," stated Ryan in a press release made available by the panel.

Mulligan said that it was important for residents to be heard, and both verbal and written testimony would be recorded and sent to Gov. Ryan.

For over three hours the panel listened and spoke with residents concerned about their health, and the impact of increased pollution and noise on their quality of life. One man who suggested that quieter, cleaner fuel burning aircraft would do the trick, was assailed with shouts of "Traffic!" from the crowds.

Patricia Nelson, a 31-year resident from the southwest Des Plaines area raised the issue of diminished property values that could come with expansion, and said she was shocked when she discovered the environmental impact of airport pollution on children.

Dempster Street

scape, and signage. Additionally, says Tim Angell, the village's economic development officer, "(The Plan) contains both short- and long-range components, and its long-range view offers conceptual suggestions of what (future) redevelopment might occur, based on market conditions and realities," Angell said.

Trustee Ronnee Brenner summarized the planning process by saying, "We knew there would be many problems. The corridor, although long, has little depth and not much space for modernization and reconfiguration without encroaching on private residential properties. (The task was) to come up with creative planning that would be viable, and at the same time, relatively affordable," said Brenner.

Land use along the corridor breaks down to 82 percent offices/services and retail, with 14 percent restaurant properties. About two percent is open space, such as the forest preserves and Morton Grove Park District property. Residential

Summer watering

.....continued from page 1

sumption was 244 million gallons, reports Bob Pilat with Niles Public Services.

That 50-million-gallon difference indicates that about 20 percent of the August 2000 total can be attributed to outdoor landscape watering.

"This is happening to me. It is happening to my neighbors who are afraid...that they can't do anything," said Nelson, who criticized the lack of funds allocated for soundproofing (only ten percent of homes) and urged residents to write their representatives, vote in the referendums and "read the reports."

Alderman Frank DePaul of Park Ridge's sixth ward asserted that the city was attempting to reconfigure the almost fifty year old airport into something it was never meant to be. DePaul suggested that utilizing the airport in Peotone to meet increased capacity would provide needed economic development to the south.

Retired engineer and private pilot Alan Huskie of Park Ridge, also made recommendations to put off expansions at O'Hare for now by spreading capacity to airports in Waukegan, Kenosha and Gary. Like O'Hare, each has towers, is near highways, and has enough land around to connect them to each other with a high-speed monorail carrying passengers or cargo.

Huskie said these existing airports should be utilized to create an airport hub system that could include a long-range plan for expanding to smaller airports, such as Peotone's.

There are now 930,000 flights out of O'Hare each year. Long-term expansion proposals seek to add four new runways and extend flight capacity to 1.6 million.

continued from page 1

use is under one percent.

As next steps, a review will be scheduled at Illinois Department of Transportation (IDOT) and implementation teams will be chosen from within the committee.

It's too soon to know when this program will actually hit the street, Angell would not estimate how long the review phase with IDOT will take nor would he comment about cost. "We will apply for state and federal funding," he said, explaining why he could not estimate a total cost at this time.

Niles Toastmasters

The Niles Township Toastmasters meet at 7:15 p.m. on the second and fourth Wednesday of every month at the Morton Grove Library, 6150 Lincoln Avenue. On July 25 the speakers will be Mike Holowaty and Sam Russell. Learn how to enjoy speaking and feel comfortable before an audience.

Join the Super Seniors at the Mayer Kaplan Jewish Community Center, 5050 Church Street in Skokie on the first and third Sunday of every month. Coffee and cake are served at 6:30 p.m. and the meeting starts at 7 p.m. On August 5 the seniors will enjoy a video on the immigrant experience in the U.S. Come and meet new friends and share your experiences.

Knightly News & Views

Special thanks to all Brother Knights that attended & participated in the annual Niles Independence Day Parade, July 4.

Brothers, please note that due to construction work in the school, all meetings for the month of July will be held at alternative sites within St. John's campus.

Remember to place your reservations for the special Formartyrs Club Annual Steak-Fry, Saturday, August 11, Flanagan Hall. Festivities start at 6 p.m. A full, fantastic steak dinner for only \$15/person. Reservations and payment must be made in advance. Contact Joe Tatkowski at (847) 966-6913.

The 2001 MR/LD Program needs a Chairman(men). Anyone interested should contact Joe Tatkowski.

Please pray for our sick and distressed members of our family and especially for Frank Knapp, Carl Ferina, Bob & Myrtle Seitz, Ted Lenart, Ed Reilly, Paul Dahlgren, Leona Galassi and all those fighting illnesses. Also pray for the health of all

members of the K of C family.

We need to continue to add members to keep going and growing. There are so many good Catholic gentlemen in our community capable of joining. Do you know someone that could join? Have you asked a Catholic gentleman to consider joining the Knights? This is a great way to meet nice people who care. For more information on membership, call Ray Restarski at (773) 763-6832.

Want to see what's new in the Council? Why not check our website? We now have a council web page: www.northstarnet.org/prkhome/kofc4338. Try it; you'll be pleasantly surprised on how good it is and it'll get better!

Dates to Remember:
Formartyrs Meeting cancelled for month of July: Aug. 11—Annual Steak-Fry, Flanagan Hall, 6 p.m.; Aug. 15—Monthly Business Meeting, Flanagan Hall, 7:30 p.m.; Aug. 22—Formartyrs Meeting/Nominating Com. Report, St. John Faculty Lounge, 7:30 p.m.

Travelers are making a change for the better

(NAPS)—Whether they've been to Sao Paulo, Stockholm or Santiago, it's common for tourists to find unspent foreign currency in their pockets while on the way home.

Usually, these kroner and pesos just become colorful momentos of a grand time, ending up in a drawer at home.

However, the U.S. Fund for UNICEF is offering travelers an opportunity to convert the estimated \$72 million worth of currency brought home each year into good works that can benefit children the world over.

The program, called Change for Good®, is a partnership between the United Nations Children's Fund—better known to many as UNICEF—and the international airline industry.

MG Lions Club wins July 4 trophy

On the Fourth of July, The Morton Grove Chamber of Commerce awarded the Presidents Trophy for outstanding parade float to the Morton Grove Lions Club. The Presidents award is a traveling trophy which for the past 13 years is given to participants in the Morton Grove Fourth of July Parade.

The Lions Club was one of approximately 60 parade entries and was judged best based on originality and creativity.

The Lions Club float featured 3 generations of club members and their families colorfully dressed red, white and blue, lead by motor scooters and a superb float.

ternational airline industry.

Currently carried out on 13 different carriers, including American Airlines and TWA, the program has raised over \$31 million dollars since 1991.

Here's how it works. Airline personnel on international flights collect spare coins and paper currency from passengers. Inflight videos featuring individuals supportive of UNICEF inform passengers of the program and invite them to contribute money that might otherwise go unused.

One flight attendant noted, "Passengers are glad to participate in such a simple process. Plus, they feel good about being part of a program that really does make a difference in the lives of children."

The funds collected are then turned over to UNICEF where they are converted into lifesaving materials and services.

For example, the average international passenger returns home to the U.S. carrying \$2 worth of foreign change. Those \$2 could buy 30 oral rehydration packets, 25 immunization needles or enough high-dose vitamin A to protect 30 toddlers from blindness caused by vitamin A deficiency for one year.

To learn more about the program and how you can help children around the world, visit www.unicefusa.org/donation.

Send your unused foreign currency directly to the program at the following address:

Travelers America—Attn: Jessica Lynch, Change for Good® for UNICEF, JFK Airport, Terminal 4 IAT, Jamaica, NY 11430.

Swedish Soprano and Marimba Concert

Marimba music — that melodious sound and singing by soprano Sandra Ohlson from Sandwich, IL who studied voice at the prestigious Royal Swedish Academy of Music in Stockholm was part of the Jupiter Lodge No. 3, a branch of the International Org. of Good Templar, program. It took place on Saturday, July 21st at 7 p.m. in the Good Templar Camp Community Center, 628 East Side Drive, Geneva, Illinois. The event ended with refreshments served by Eleonor Holmberg of Bridgview and other ladies of Jupiter from Evanston and Chicago.

At 4 p.m. a meeting took place with initiation of new members in the IOGT Community Center — to which the general public was also welcome. A bus transported a large group of new members in exile from Sudan who are planning a new entity of our Good Templar organization. The initiative has been taken by Per-Hugo Kristensson who previously has started branches in Kenya and Tanzania by welcoming the first nationale

of those nations to join and they became missionaries for our IOGT principles of Brotherhood, Temperance and Peace. It is a positive beginning during a 16-year tragedy of war in Sudan. The Muslims and Christians could learn from the Sweden-Norway and Czech-Slovakia examples—that nations can indeed split in two peacefully—and without war.

The "Lost Boys of Sudan" contributed songs on the program, World Relief, Ridda Barren (Save the Children) of Sweden, the Lions org. and other groups in the U.S. are aiding the U.S. Government in resettling 3,800 of these fine young people with work clothes, and furniture etc. An old tradition has left some with missing teeth—which Kristensson has asked Dr. Ronald Oakdale of Park Ridge to help alleviate, as well as other dentists. Anyone interested in helping can call World Relief at (773) 583-9191. Those wanting to join a total abstinence group from alcohol can call Per-Hugo Krisensson at (847) 825-8408.

For more information about the program or to nominate someone, visit www.angelsoft.com or write to Angels in Action Rules, P.O. Box 5325, Unionville, CT 06087-5325. All nominations must be post marked by Aug. 31, 2001.

Host Families Wanted

Pacific Intercultural Exchange is looking for 13 caring Illinois families to host high school students from Brazil, Germany, Italy, Venezuela, Mexico, Thailand, Albania, Switzerland, Hungary, South Korea, Argentina, Belgium, Vietnam, Yugoslavia, Slovenia, Croatia, and China for the coming semester or school year with a caring host family while attending the local high school.

income tax.

Call PIE today at (888) PIE-USA or Regional Coordinator Karen Shell at (800) 422-9940.



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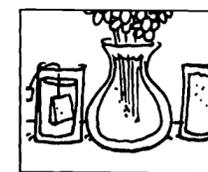
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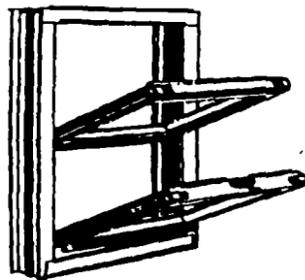
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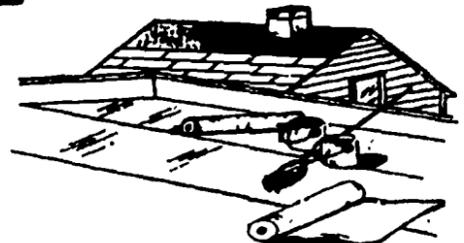
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