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Bugle News

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Morton Grove, Com Ed partner for industry

by Barbara A. Mendelsohn

Two Morton Grove agencies have joined ComEd in a three-member partnership aimed at nurturing the village's manufacturing and industrial base and attracting new businesses to its community.

The partnership sits down with larger industries within the village and discusses their business needs. Resulting information will be processed into various reports using sophisticated, economic-research software developed by Blane, Canada, Ltd. of Wheaton and made available to Morton Grove's project by ComEd.

According to Tim Angell, Economic Development Director for the village, the program em-

plays both pre-interview background questionnaires and personal interviews conducted on-site. The on-site visits are considered the "cornerstone" of the program and help identify challenges and opportunities that face the village's manufacturing and industrial sector.

Twelve of the larger businesses (in terms of persons employed) will be interviewed during the program's first year. The interview process began in June, and seven companies have participated so far.

The idea took shape after Angell was approached by ComEd District Representative, Irma Zaragoza, who mentioned in an

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Triennial assessment explained

by Lisa Ashkenaz Croke

Following Niles Township's announcement that it would hold workshop Saturday, Sept. 8 for property owners wishing to appeal their property assessment, Township assessor Scott Bagnall tried to explain the complexities of the Cook County triennial assessment.

Bagnall said that unlike the rest of the state where the market value of a home is divided by a third to determine its assessed value and subsequent property taxes owed, Cook County's property taxes are determined according to a variety of levies set by municipalities, schools, libraries, and parks

within a block or cluster of like property.

In addition, Cook County assessments are not based on the actual value of a home per se, but rather the assessment is based on sales prices recorded in an area over the last three years. As a result, neighboring homes in Niles may be assessed this year at values ranging from four to 25 percent.

Bagnall said the danger of this method is that it could potentially result in a disproportionate tax burden on owners of valuable property, should the value of some homes decrease, while oth-

Continued on Page 34

Advocate to drop Medicare coverage

by Lisa Ashkenaz Croke

Seniors and their families who are on Medicare HMO-Humana Gold Plus through Advocate Lutheran General Hospital in Park Ridge have been notified that the time has come to find new options for their Medicare coverage, as the Advocate affiliate has decided not to renew its contract with Humana effective December 31.

"Advocate determined that the Medicare HMO model presented by Humana was not realized,"

said system-wide Public Relations Director Sue Reimbold. "Under this managed care contract, we were losing large amounts of operating revenue."

Reimbold said that Advocate decided it would be more economically viable to move patients to alternate programs, and sent a letter announcing the move to users in May.

Other HMO plans are still available or patients could enroll

Continued on Page 34

Area code 224 coming to area on November 1;
residents will need to dial 11 numbers to complete calls

Phone anarchy worsens with another area code

by George Pontikis

As early as November 1, 2001, telephone users in the 847 area will have another code overlaid into their existing region. This change will require new 847 residents to dial 11 digits when calling out of their area code, and the Citizens' Utility Board (CUB) finds the new revisions unnecessary. The nonprofit state consumer organization has filed a petition in federal court to prevent any irritation for telephone customers.

The new area code blanketing the existing area (224) is an effort by the telephone industry hoping to make more blocks of telephone numbers available to customers. Their claim is that the ameriCAD Increase of cellular phones, pagers, fax machines and other telecommunication services over the past years has led to the near-depletion of 847 numbers. They recently presented this dilemma and their plan of introducing the new area code to the Illinois Commerce Commission (ICC), a

request not obstructed by the commission.

On July 20, the ICC was even contacted by NeuStar ameriCAD Inc, the North American Numbering Plan administrator, a private company that contracts with the FCC, and notified them that all available 847 numbers would be exhausted within 30 days.

A study conducted by CUB in February showed that are still many numbers left in 847. They presented their report to the ICC and found that only half of the 7.9 million phone numbers available were actually in use by customers.

"We're not willing to throw in

Continued on Page 34

Second traffic lane opened on Edens spur

The Illinois State Toll Highway Authority opened a second lane Tuesday, July 31, on the westbound Edens Spur where it joins with the Tri-State Tollway in Deerfield. The westbound Edens Spur had been reduced to one lane at Lake-Cook Road for the last two years to permit construction of the new underpass exit ramp taking westbound Edens Spur traffic to Deerfield

Road. The lane was opened at 3 p.m., in time for the evening rush hour.

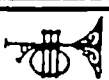
Work is continuing on the underpass exit ramp. A concrete pavement pour took place on the covered section of the underpass at 6 a.m. on Wednesday, August 1. The underpass exit ramp is scheduled to be open to traffic by the end of August.

All work is weather dependent.

Niles celebrates Edward Dettloff's 90th birthday



Edward Dettloff and his wife Dorothy celebrated Mr. Dettloff's 90th birthday last week at the Niles Senior Center. Niles Mayor Nicholas Blase attended the event. The Dettloff family continued the festivities on August 5th with a large party for family and friends at the Chateau Rand. The Dettloff's have lived in Niles since 1956.



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



"Notch Babies" may see a return of benefits

by Daryl Dee Moir

Are you one of the estimated nine-million "Notch Babies" born during the years of 1917 through 1926? If so, you receive less in Social Security benefits than those with similar work/earnings records, but who were born before or after these years.

The 'notch' was created 24 years ago in an attempt to correct a formulaic error that resulted in Social Security benefits increasing higher than the rate of inflation and threatened to deplete Social Security's solvency in an estimated four years. One of the many amendments Congress passed as part of the Social Security Act of 1977 was legislation changing the way benefits were calculated, starting with workers set to retire in 1979. Although the 1977 legislation saved the Social Security Trust Fund, lower benefits were anticipated as a result. Under Constitutional equal protection laws, the decrease in benefits for retirees born in 1917 were designed to level out, and did so about 10 years later.

Notch Babies receive anywhere from \$100 to \$200 less per month than other Social Security recipients.

While the Notch issue may not be familiar, both houses have bills before this year, addressing Notch reform this year, six in Congress and one in the Senate.

Niles Notch seniors know who

they are. One man brought up the question of providing equal protection of Social Security benefits to people who lived through the Great Depression and fought in world War II when Vice-President Al Gore campaigned at the Niles Senior Center last year.

Gore said he was aware of the Notch problem and supported reform (the Notch reform bill currently before the Senate was introduced by Gore's former running mate, Sen. Joseph J. Lieberman).

According to figures from last year's Census, around 2,000 Niles residents could be eligible for Notch reform benefits.

Another Niles resident contacted *The Bugle* after reading an announcement about Notch placed by TREA Senior Citizens League (TSCL), a senior activist group. He was skeptical of TSCL and wanted to know if the government was really looking at reform legislation.

"I would like to have this followed up to make sure that the TREA Senior Citizens League is not a scam," said Wally Filippek more recently. "About six months ago, I sent TREA \$1 for information, and to this day I've received nothing back from them."

Filipek and his wife, Helen are both Notch Babies, born in 1923 and 1925, respectively.

"What is the Notch reform," he asked "and are my wife and I en-

titled to additional benefits?"

Supporters of the issue hope President George W. Bush will make the issue part of his plans to reform Social Security.

The advocate group in question, TSCL, describes itself as a grassroots organization comprised of politically active seniors concerned about the protection of their earned Social Security, Medicare, Military and other retirement benefits.

It's also the largest Notch reform lobbying group in the country. Boasting over 1 million members and supporters, TSCL is closely monitoring the bills before the House and Senate.

"The Notch Fairness Act of 2001," is co-sponsored by Representatives Ralph Hall (D-TX) and Robert Wexler (D-FL). The bills are almost identical, and would provide the option of an improved monthly benefit or a lump-sum of \$5,000 paid in four annual installments. Rep. Hall's bill will take funds made available from cuts and savings from discretionary spending accounts, while Rep. Wexler's bill would make the funds available from the budget surplus. TSCL estimates the cost of lump-sum legislation at \$45 billion, or slightly less than \$11.25 billion per year over a four-year period.

A bill introduced by Rep. JoAnn Emerson (D-MO) calls for credit against the tax amount

equal to premium paid by Notch Babies under the Social Security Act. Emerson also supports legislation that would see a five-year transition for benefits, while other bills call for a 10-year transition.

For the government fiscal year ending September 20, 2000, the Congressional Budget Office (CBO) reported a total budget surplus of \$236 billion, the non-Social Security portion of which reached \$86 billion. The surplus is expected to continue into the future. The CBO economic report released on January 31, 2001 estimated that, the non-Social Security portion of the budget surplus may total more than \$3 trillion between 2002 and 2011.

Cook County releases post election report

by Lisa Ashkenaz Croke

While federal and state representatives debate electoral reforms prompted by the circumstances of the 2000 presidential election, the Cook County Clerk's Office released its annual post-election report showing a commitment to providing voters with access to and information on candidates and issues.

High percentages of area voters came out for the presidential election; DesPlaines saw a turn-

out of 80 percent of registered voters. Glenview 95 percent, Lincolnwood 76 percent, Morton Grove 78 percent, Niles 73 percent and Park Ridge 81 percent.

Niles also had the second largest margin of victory in the April 3 mayoral contest when resident Leonard Rinebach ran against incumbent mayor Nicholas Blase. Blase won by a 71.5 percent margin in the municipal election, which saw participation by 30 percent of registered voters (two percent above the county's average).

In its annual report, the Clerk's Office announced its advancement of legislation for a state bill promoting use of "second-chance technology" to alert voters of a mistake or error in their ballot before their vote is cast.

Legislative proposals include ballot page reform designed to make ballots easier to read, downloadable voting registration applications, voter guides containing "unfiltered factual data" on candidates, and senior citizen absentee voting reform to extend absentee voting privileges to those over 65 years old.

Ensuring a supply of quality election judges is also a priority.

"This \$45 billion could be financed without taking money from the Social Security Trust Fund," said Senator John McCain (R-AZ) in 1999, estimating that "pork-barrel" spending for the fiscal 2001 budget would be as high as \$50 billion.

Despite adequate support in Congress, TSCL is concerned that at least three of the 14 members of the Social Security Reform Subcommittee are on the record opposing Notch reform, and both the SSA and AARP (American Association of Retired Persons) are on record as saying, "that 'fixing' the Notch would be a costly mistake that would drain dollars from the Social Security Trust Fund reserve."

Women's News

European Beauty

by Lisa Ashkenaz Croke



Raisa Egenburg, owner of Nail Graphics at 8526 Golf Rd. in Niles prides herself on the high-quality European products and methods employed at her salon, soon to enter its second decade of business.

That means no electric files, buffers or drills are used for nail work. "It's all done by hand," said Egenburg who asserts the method gives acrylics a more natural look.

While Nail Graphics' techniques may be old-fashioned, the salon is anything but antiquated. Fiberglass and gel acrylics are used for stronger and longer lasting nails, and feet are softened in a heated whirlpool foot-spa before pedicures.

The salon seeks to provide the quality and luxuries of a high-priced salon, but for competitive

rates that make its services accessible to people in the community.

Much more than nails. Nail Graphics also offers waxes from Belgium for hair removal, all natural, hypo-allergenic skin care products from Europe, and one-hour facials applied with mittens in private rooms where soothing music plays in the background and warming blankets are provided.

Skin-care analysis is available to cleanse, open pores, exfoliate, moisturize firm and restore nutrients and vitamins to depleted skin. The salon also sells a full range of cosmetics and has a licensed cosmetologist on staff (the entire staff is licensed).

For a full list of services or to schedule an appointment, call (847) 581-0088.

Natural menopause management

A recent medical journal article may offer women a new direction in the management of menopause.

According to The Journal of the British Menopause Society, many women would prefer an effective alternative to hormone replacement therapy (HRT) when it comes to relieving menopausal symptoms.

The dramatic fluctuations in estrogen production associated with the onset of menopause results in uncomfortable but not life-threatening symptoms such as hot flashes, mood swings and insomnia. It also is implicated in such serious problems as osteoporosis and heart problems. Despite the apparent benefits of HRT, researchers estimate that only 10 to 35 percent of women use it. Half of those discontinue therapy within a year because of side effects and concern about long-term use.

"There are a number of herbal and nutritional alternatives proposed for the management of symptoms and reductions of health risks among menopausal women," said Dr. Lila E. Nachigall, professor of obstetrics and

gynecology, New York University School of Medicine. "Plant estrogens called isoflavones are very promising."

Studies have shown that women who consume a higher level of isoflavone-rich plants, such as beans, experience fewer menopausal symptoms. However, a supplement may be the most reliable source of isoflavones.

"Red clover is a valuable source of four important isoflavones and clinical data are now accumulating to indicate that standardized extracts may provide a range of health benefits for women," said Nachigall.

One study showed that a red clover-derived isoflavone preparation called promensil, given at a dose of 40 mg per day, produced a 75 percent reduction in hot flashes after 16 weeks. Isoflavones derived from red clover have also been shown to have a positive impact on bone density, cholesterol profiles and arterial health.

Over 1,000 women have been through trials with Promensil with no related product side effects reported.

Research focuses on women's health issues

(NAPS) - Women's health has emerged as a medical specialty in its own right and is no longer considered an offshoot of general medicine. Recent research has made great progress in finding treatments and cures for uniquely female problems such as breast cancer and endometriosis.

For example, one of the most promising new cancer-preventing agents may be retinoids, which include vitamin A and related compounds. Studies have shown that mice whose diets are deficient in vitamin A may be at a greater risk for developing cancer.

Scientists have also developed a vaccine that protects dogs from infection with a canine papillomavirus. They believe a similar virus may one day prevent the human viral infections that lead to cervical cancer.

Researchers have studied rats and pigs to find out if eating disorders have a biochemical basis and found that there may be both a genetic and behavioral component.

For more information visit www.fbresearch.org.

Crafters

St. John Lutheran, Niles, (Milwaukee & Harlem Avenues) is looking for crafters to participate in their 2001 Holiday Craft Show on Saturday, October 20 from 10 a.m. to 4 p.m. Only handmade or hand-crafted items, please. No consignment or used items will be accepted. Please contact the Church Office (847) 647-9867 for an application and Show details. The Show is sponsored by St. John Ladies' Circle and Aid Association for Lutherans Branch 3088.

Deadline is August 31.

Low Vision Book Discussion Group at MG Public Library

A book discussion group for adults with low-vision meets the second Wednesday of each month, at 1 p.m., at the Morton Grove Public Library, 6140 Lincoln Ave. If you enjoy talking about books, or just listening to a discussion, join us for an hour once a month! On August 8, the group will be discussing a mystery, *The Weight of Water*, by Anita Shreve. For more information, or for mobility and communication access assistance, please call (847) 965-4220, TDD 965-4236, or www.webary.org.



Expectant moms, watch for mercury in fish

(NAPSI) - While seafood can be an important part of a balanced diet for pregnant women or women who may become pregnant, some fish contain high levels of methylmercury, a form of mercury that can harm an unborn child's developing nervous system. Here, the U.S. Food and Drug Administration (FDA) answers some common questions about fish so that expectant mothers can prevent harm to their unborn children and still enjoy the health benefits of eating seafood.

How does mercury get into fish?

Mercury occurs naturally in the environment and is released into the air through industrial pollution. It falls from the air and can get into surface water, accumulating in streams and oceans. Bacteria in the water cause chemical changes that transform mercury into methylmercury, which can be toxic. Fish absorb methylmercury from water as they feed on aquatic organisms.

How can I avoid levels of mercury that could harm my unborn child?

Nearly all fish contain trace amounts of methylmercury, which is not harmful to humans. However, long-lived larger fish that feed on other fish accumulate the highest levels of methylmercury and pose the greatest risk to people who eat them regularly. These include shark, swordfish, king mackerel and tilefish. Although the primary danger is to unborn children, it is prudent for nursing mothers and young children not to eat these fish as well.

Is it all right to eat other fish?

Yes. As long as you select a variety of other kinds of fish while you are pregnant or may become pregnant, you can safely enjoy eating them - up to 12 oz. per week - as part of a healthy diet. You can choose shellfish, canned fish, smaller ocean fish or farm-raised fish - just pick a variety of different species. If you eat more than 12 oz. of fish in a given week, it's a good idea to balance it out by eating less the following week.

What about the fish caught in fresh water lakes and streams?

There can be a risk of contamination from mercury in fresh waters from either natural or industrial causes that would make the fish unsafe for you or your family to eat. The Environmental Protection Agency provides current advice on fish consumption from fresh water lakes and streams.

For more information about the risks of mercury in seafood, call toll-free 1-888-SAFEFOOD or visit the FDA's Food Safety Web site at www.cfsan.fda.gov. Additional information is also available at www.epa.gov/ost/fish.

Professional women's club

The Skokie Valley Business & Professional Women's Club (BPW) will meet on Monday, Aug. 20 at Don's Fishmarket in the Howard Johnson Hotel, 9333 Skokie Blvd., Skokie. Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$20 for members and guests. Please call Dr. Yemima Lipschultz at (847) 677-9110 by noon Friday, Aug. 17 for reservations.

All working woman, regardless of where they live or work are invited to attend this meeting and learn more about BPW, the oldest and largest group in the world dedicated to the concerns of working women.

Antique & Estate Auction Monday Night, August 13

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Park & Library News

Niles Park District

Birthday Party Packages. Let the Niles Park District help you plan an extra-special birthday party for your child. Choose from a variety of birthday themes including ceramics, crafts, games, and sports. All parties include 25 invitations, a party leader, cake, ice cream, juice, candles, birthday tableware, balloons, and a special gift for the birthday child. All of the wonderful birthday parties will be held at the Howard Leisure Center, 6676 W. Howard Street. The times



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available for parties are Friday 6:30-8 p.m. and Saturdays 10:30-noon and 1-2:30 p.m. The fee for Niles Park District Residents is \$135, and the Non-resident fee is \$150. For more information please contact the Howard Leisure Center at (847) 967-6633.
Last Blast of Summer. The summer is not over yet! Join

Niles Park district for an extra special two weeks of camp. Our mini session will include swimming, sports, games, crafts, and a field trip each week. Camp dates are 8/6-8/10, and 8/13-8/17. The fee for Niles Park district Residents is \$95, and the Non-Resident fee is \$105. Sign up today and enjoy these last few

weeks of summer with some Niles park District Summertime FUN! For more information call the Howard Leisure Center at (847) 967-6633.

Tot Classes. Niles Park District offers a wide variety of fun-filled classes for tots to enjoy this summer. The wonderful classes offered are *On My Own, Moms &*

Munchkins, Parents Morning Out, and Budding Picasso's. Sign up today for one of these great classes and "Experience the Rewards" of Niles Park District. For more information call the Howard Leisure Center at (847) 967-6633.

Bright Beginnings Preschool. Bright Beginnings Preschool has several openings in the four-year-old Preschool Classes. Bright Beginnings Preschool is a high quality early childhood program that provides a safe and nurturing environment. It accomplishes this by fostering the physical, social, emotional, and cognitive development of young children. Bright Beginnings Preschool is truly "An opportunity for a child to learn, grow, and develop through play." For more information call Howard Leisure Center at (847) 967-6633.

If all my friends were to jump off a bridge, I wouldn't jump with them. I'd be at the bottom to catch them.
—Anonymous

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Park & Library News

Morton Grove Public Library news

Paintings by Piotr Antonow on exhibit. The unique and dramatic paintings of Morton Grove resident Piotr Antonow are exhibited in the Baxter Room at the Morton Grove Public Library during the month of August. Antonow came to the U.S. in 1986, from Krakow, Poland, where he studied art. Be sure to see Antonow's creative use of color and abstract forms in his still-lives, landscapes, and portraiture. The

Morton Grove Public Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call 847-965-4220. www.webrary.org.

Sign up for MatchBook! The latest additions to the Library's collection can be sent directly to your home through a personalized service called MATCHBOOK available only at the Morton Grove Public Library. Stop at

the Reference Services Desk to fill out a patron profile, checking up to 15 categories of new books, CDs, videos, DVDs, audiobooks or CD-ROMs that you would be interested in seeing.

Each month you'll receive a list of new titles in those categories plus reviews, a preview of upcoming bestsellers, reminders of programs and more! Printed MATCHBOOK lists can be mailed directly to your home, or

pick your copy up when you stop by the library. For non-residents of Morton Grove, there is a small charge for having the list mailed to your home.

For further information, call 847-965-4220; TDD: 847-965-4236; www.webrary.org.

Low vision book discussion group. A book discussion group for adults with low-vision meets the second Wednesday of each month. At 1 p.m., at the Morton Grove Public Library, 6140 Lincoln Ave. If you enjoy talking about books, or just listening to a discussion, join us for an hour once a month! On August 8, the group will be discussing a mystery, *The Weight of Water*, by Anita Shreve. For more information or for mobility and communication access assistance, please call 847-965-4220. TDD 965-4236. www.webrary.org.

Can you take the heat? The 2001 Adult Summer Reading Program at the Morton Grove Public Library features several lists of hot reading, biweekly drawings for prizes, and three Grand Prizes provided by the Morton Grove Park District. Prizes for the biweekly drawings include generous donations from the Morton Grove Theatre, Kappy's Restaurant and Pancake House, Giordano's Pizza and the Illinois Railway Museum. Check out a minimum of one book from the Morton Grove Public Library and fill out a review form which will double as your entry for the biweekly drawings: the August drawings will take place on the 10th and 24th. Winners need not be present to win; they will be notified by phone. Pick up a flyer or call the Library for more details at 965-4220. The Library is located at 6140 Lincoln Avenue in Morton Grove. For mobility and communications access assistance, please call (847) 965-4220, TDD (847) 965-4236. www.webrary.org.

Enjoy the comforts of home and good books. Join the free Online Book Clubs at the Morton Grove Public Library and read selections from popular books in your daily e-mail! Monday through Friday, you will receive an excerpt of a chapter that takes only 5 minutes to read and each week a new book starts in each of five online book clubs. Sign up by clicking on the Chapter-a-Day Online Book Club icon on the Library's home page: www.webrary.org, and choose from: the Original Book Club, Teen Book Club, Good News Book Club, Business Book Club, and Audio Book Club. Titles of past and upcoming selections are listed on the Library's website. Examples of books for August in the Original Book Club include: *Ice Bound* by Jerry Nielsen; *Hold Me Close, Let Me Go* by Adair Lara; *Trust Us, We're Experts* by Sheldon Rampton and John Stauber; and *Alva's Man* by Rick Bragg. The Library is located at 6140 Lincoln Avenue. For further information, or for communication and mobility access assistance, please call 847-965-4220. TDD 965-4236. www.webrary.org.

Lunchtime videos. Beat the heat and chill out with the Lunchtime Video series offered every Tuesday at 11:30 a.m. at the Morton Grove Public Library, 6140 Lincoln Ave. Travelogues, documentaries, biographies and other educational videos are shown. A raffle drawing for three prizes is held once a month as part of a special celebration for those having birthdays that month. The coffee is on us. Just bring your lunch and enjoy the show. This program is free and open to everyone. For more information, or for mobility and communication access assistance, please call 847-965-4220. For TDD, call 847-965-4236. www.webrary.org.

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***Meet Clifford!**—Meet Clifford the Big Red Dog on Sunday, August 12, 2 - 3:30 p.m. Bring your camera!

***Back to School Poetry Party!**—Get psyched for school at our poetry party! We'll write poems, read them aloud, act them out, and do other zany stuff with words! Grades 3-5. Thursday, August 16, 1 - 2 p.m. Please register, (847) 324-3149.

***Book 'Lympics!**—Kids can test their knowledge of *The Best (Worst) School Year Ever*, *Dave at Night*, *The Egypt Game*, and *The Junior's Boy* at this month's edition of our popular book game show. Grades 3-8. Wednesday, August 22, 7 - 8:30 p.m. Please register, (847) 324-3149.

Library Classes and Events

***What We've Learned from NEAR So Far!**—Paul Guntz, a NASA Solar System Ambassador, will give a talk on the recent Near Earth Asteroid Rendezvous. What has NASA learned from this first spacecraft to land on an asteroid? His talk will be illustrated by video and

Special Olympics athletes triumph

More than 475 Special Olympics athletes from six counties in suburban Chicago competed in the District B Softball Tournament at Westbrook Park in Glenview on July 14.

Competing in the Special Olympics Illinois District B Softball Tournament were athletes from Northeastern/Area 2 (DuPage, Kane, Lake and McHenry counties), Suburban Cook/Area 5 (Suburban Cook County), South Cook-Will/Area 7 (Southern Cook and Will counties) and Northwest Suburban/Area 18 (Northwest Cook County).

Gold medal winners at the five district softball tournaments held this summer are eligible to compete in the Special Olympics Illinois State Softball Tournament Aug. 17-18 at Decatur's Borg Warner Sport Complex. Approximately 400 athletes are expected to compete in slow-pitch softball, tee ball or individual skills competition at the state tournament.

images captured by NASA during the mission. Space enthusiasts of all ages welcome to attend Monday, August 20, 7 p.m. Please register (847) 324-3127.

***Read Through the Year!**—Adults are invited to join the Library's summer reading club between June 1 and August 31. Read six books or listen to six audiobooks inspired by events through the year, and receive a 2002 Book Lovers Calendar. Registration takes place all summer long at the Readers Services Desk. Enjoy a good book this summer.

Teens

***Summer Reading Club!**—Teens can enjoy 2001: A Reading Odyssey between June 1 and August 31. Read six books and receive a prize. Sign up at the Readers Services Desk all summer long.

***Teen Book Discussion!**—10 Things I Hate About You and The Taming of the Shrew will be discussed on Monday, August 27 at 7 p.m. Pick up a copy of the books at the Readers Services Desk.

Open basketball tournament

Come to the first annual Shoot the Wood three-on-three basketball tournament 11 a.m. Sunday, Aug. 15 at the Proesel Park Basketball Courts. Each team will be given a free tee-

Performance

***Jeff & Janis!**—Singers Janis Fine and Jeff Winter perform Jewish, Israeli and American popular songs. Sunday, August 5, 3 p.m.

***One Woman Play!**—Zinaida Liberchuk presents a one-woman play in Russian. Saturday, August 11, 3 p.m.

***Mark Valenti, piano!**—Mark Valenti presents a classical program on Sunday, August 12, 3 p.m.

***Classical Chamber Music Ensemble!**—Fumi Nishikiori and Chitaka Nishikiori perform Chopin, Brahms, and others on the piano and trumpet. Sunday, August 26 at 3 p.m.

The Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. - call 673-7774 with questions. Access many of our resources 24 hours a day, seven days a week at www.skokieli.org.

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Lutheran school registration

Jerusalem Lutheran School at 6218 Capulina Ave. in Morton Grove will hold its student registration for pre-Kindergarten through eighth-grade on Tuesday, August 14 from 3 to 7 p.m. For more information, contact Principal Mike Naumann at 965-4750. The Precious Child Early Learning Center will also hold registration and an open house during those hours, so pre-schoolers can visit their classroom. Parents are invited to come and meet the teachers and

visit the classrooms.

Precious Child offers morning and afternoon pre-school classes beginning at age three. Registration taken on a first-come, first-served basis. For more information, contact Vicki Pforisch at 965-4750 ext. 12.

The school is located two blocks west of the Morton Grove Village Hall. For over 90 years, Jerusalem Lutheran has offered elementary education in a caring Christian atmosphere.

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Working homeless families face challenges

(NAPSI) -- A recent study provides valuable insight into the causes of homelessness. The study, conducted at homeless shelters in four states, concluded the strong American economy of the past decade has helped create a new category of homeless people: working homeless families.

Working homeless families are families with one member who has a job, but does not generate a sufficient income to provide housing for the family.

According to Charles Gould, president of Volunteers of America, a nonprofit human service organization, the study confirms the experience of the organization. "The problem of homelessness is growing nationwide, particularly for working poor families."

The median income for homeless families in the survey was about \$250 a week. The families would need to spend 20 percent more than the total of what they earn just to provide for basic needs such as food, according to the study. As a result, many be-

come homeless even though they have jobs.

Experts say the growing trend of homeless families may have the most devastating effect on children. The educational barriers, emotional distress and untreated health problems faced by homeless kids can leave a permanent scar on a child's future.

Volunteers of America is urging Congress to recognize the devastating national effects of homelessness, as well as urging full funding for programs meant to help end homelessness.

"This trend of working poor families becoming homeless needs the attention of government at all levels," said Gould. "Affordable housing, a living wage, childcare subsidies, food stamps and programs that help families rebuild their lives will not only help families living in poverty, but will help build stronger communities and a better future for all Americans."

For more information, visit: www.volunteersofamerica.org.

Annual Fish Boil

Annual Fish Boil at Our Lady of Ransom, 8624 Normal, Niles, Friday, August 17, 2001. Dinner served 6:30 p.m. Proceeds to benefit Father Lin-

den Council Activities of the Knights of Columbus. For information call Al Motz, 847-827-7489 or Ely Guiao, 847-298-2875.

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New Web site highlights infant welfare

The Oak Park River Forest Infant Welfare Society launched its new Web site designed to share information about programs and services offered by the 85 year old community agency that provides health care to children whose families are unable to afford the cost of private medical care. The Web site, found at www.infantwelfareoakpark.org was developed by local multimedia producer Paul Sutcliffe who works out of his office in Oak Park.

The Web site development was donated by Sutcliffe after his wife, Elizabeth, toured the 2000 Showcase House and was interested in learning more about the Oak Park-River Forest Infant Welfare Clinic located at 320 N. Lake Street in Oak Park. "This was a wonderful opportunity for me to give back to the community. The Infant Welfare Society offers great programs and services and a Web site is one of the best ways to share this information with the community," says Sutcliffe. "The project was bigger than we anticipated but it provides terrific information for the community."

The Web site provides information regarding services offered at the Clinic including health links to other sites. The site also provides historical, current and membership information about the Infant Welfare Society which, as a non-profit organization, relies on volunteer members to raise funds to support the Clinic. The site features a calendar of events and a "how can you help" page.

Information on the 30th Annual Showcase House is also available on the site. The Showcase House is the Society's largest fundraiser and it is co-sponsored by the Illinois chapter of A.S.I.D. This year's home is a Tudor style located at 1123 Ashland Ave. in River Forest. The house will be open for tours from October 7 to October 28. A Pre-décor Party, hosted by Circle 41 will be held on Sunday, August 26 from 5 to 8 p.m. to allow people to view the home prior to its transformation by various interior designers. The Preview Party which includes dinner, a silent auction and an exclusive tour of the house before it is open to the public, is scheduled for Friday, October 5 from 6:30 to 10:30 p.m.

For more information regarding the Oak Park-River Forest Infant Welfare Society visit the Web site at www.infantwelfareoakpark.org or call the Infant Welfare Clinic at (708) 848-0528.

Coco Chanel began her designing career when she was working as a groom and put on a man's polo sweater to keep warm. She decided to make jersey pullovers for women—a new idea at the time.

Poems sought from area poets

The International Library of Poetry has announced that \$58,000.00 in prizes will be awarded this year in the International Open Poetry Contest. Poets from the Niles area, particularly beginners, are welcome to try to win their share of over 250 prizes. The deadline for the contest is October 31, 2001. The contest is open to everyone and entry is FREE.

"Any poet, whether previously published or not, can be a winner," stated Christina Babylon, Contest Director. "When people learn about our free poetry contest, they suddenly realize that their own poetic works of art can win cash prizes, as well as gain national recognition," continued Babylon.

To enter, send ONE original poem, any subject and any style to: The International Library of Poetry, Suite 19912, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by October 31, 2001. You may also enter online at: www.poetry.com.

The International Library of Poetry, founded in 1982, is the largest poetry organization in the world.

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Money and standards key to education reform

and standards-based reform, the findings show that Americans:

- rank education as the most important issue facing our nation.

- want to spend real money hiring more teachers, reducing classroom size, paying teachers more, and building new schools or repairing old ones.

- want to know what they're getting for the tax dollars spent through recognized achievement standards, state tests to determine whether those standards are being met and a nationally standardized test to confirm the comparability of those state tests.

- support federal funding, but prefer to give state and local government more control over how they spend federal money, and trust state government to set high educational standards.

"It is clear that when it comes to education reform, the common element among parents, educators and policymakers is balance," said Kurt Landgraf, President and CEO of Educational Testing Service (ETS), which commissioned the study.

"People look to the federal government to set standards for education and to serve as a resource, but they do not see the federal

government micro-managing local schools," he added.

"Americans also favor the use of testing to measure student learning against educational standards but they do not want a system that relies too heavily on testing at the expense of other broader-based school performance evaluations. The people have spoken and they are challenging their elected leaders to produce a bill that properly balances proposals to increase accountability with increases in funding," he concluded.

The survey is available online at www.ets.org.

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Health News

Give yourself an insurance checkup

Most people recognize the importance of having insurance protection and wouldn't be without health, life, homeowner, and automobile coverage. But many of those same individuals are leaving themselves and their families exposed to a number of serious gaps in insurance protection. Read through the following information, provided by the Illinois CPA Society, to determine if you need more specialized forms of insurance.

Renter's Insurance

Many apartment renters mistakenly believe that their landlord's insurance covers the contents of their apartments. This is probably not so. To protect your personal belongings from a number of perils including fire, theft, and vandalism, among others, you need to have renter's insurance. Renter's insurance is similar to homeowner's insurance but designed for renters and it also provides you with some liability protection. Look for a renter's policy that offers replacement value coverage, which means the policy pays what it actually costs to replace the damaged or stolen items. Actual cash value coverage pays only for what your property was worth at the time it was damaged or stolen.

Personal Liability Insurance

In these days of multimillion dollar lawsuits, standard homeowners and automobile policies don't always offer enough protection. Personal liability or "umbrella" insurance provides liability protection over and above what is provided by your existing homeowners and automobile insurance. Suppose someone is injured on your property and successfully sued you for one million dollars. If your homeowners' policy provides only \$300,000 of coverage, your personal liability policy would kick in where your homeowners' policy leaves off. For the amount of protection you get, personal liability insurance is not expensive. Expect to pay a few hundred dollars per year for one million dollars of coverage.

Home Office Insurance

Many homeowner's policies exclude computers, copy machines, fax machines, and similar home office equipment from coverage. If you work from home, you need to inform your insurance agent about your home-based business. You may be able to add to your homeowner's policy an "incidental business option" rider that includes office equipment and general liability coverage for your business. How-

ever, if you are incorporated, have employees who work in your home office, and run the risk of being sued, you will need a business owner's policy. Designed for small businesses, business owner's policies typically provide extended coverage for your property, equipment, and general liability.

Private Disability Insurance

Most people don't realize it, but disability insurance is, in many cases, more important than life insurance. That is because, for all but the elderly, the chance of becoming disabled is much greater than the chance of dying. If you are working and rely on your income for daily living expenses, you should protect it with disability insurance. There are a number of variables you'll need to consider carefully: the amount of monthly benefit, the company's definition of disabled, the amount of time you must be disabled before benefits kick in, and the benefit period.

Medigap

New Medicare patients are often surprised to learn that Medicare does not cover all health care costs. Patients must pay a large deductible for hospitalization, and prescription drugs are not covered at all. Some years ago,

Medigap, a private insurance program, was designed to fill in the gaps in Medicare coverage. There are now 10 basic types of Medigap plans with varying coverage options that are standard in all states. This makes it easier to shop around for the best plan to fit your circumstances and budget.

Long-Term Care Insurance

Long-term care insurance can be costly. But, with nursing home costs running anywhere from \$40,000 a year and up, it can more than pay for itself if you need to use it. Be sure that any policy you consider covers home health care in addition to skilled, intermediate and custodial nursing home care, and that the policy is guaranteed for life. There are a number of variables in coverage that can help to lower premiums, so be sure to carefully research the options available.

Valuable Items Insurance

Most homeowner's and renter's policies have limits on how much coverage they provide for high-priced belongings. If you have expensive jewelry, fine artwork, furs, or antiques, you may want to speak to your agent about purchasing a separate rider for coverage.

Insurance protects your valuables and offsets costs associated

with maintaining your health, but only if you have the right type and amount. If you're not sure what you need, consult a CPA who specializes in financial planning.

This information was brought to you by the Illinois CPA Society. The Illinois CPA Society is a state professional association representing 25,000 accounting, financial and business professionals throughout the State of Illinois and beyond. For more information, visit the Society's website at: www.icpas.org or call (312) 993-0393 or (800) 993-0393 (within Illinois).

How to sleep well

These guidelines can be used for a variety of sleep disorders. They will help most people sleep better. For more specific guidelines for your particular sleep disorder, consult your healthcare professional.

Maintain a regular wake time, even on days off work, and on weekends.

Try to go to bed only when you are drowsy.

If you are not drowsy and are unable to fall asleep for about 20 minutes, leave your bedroom and engage in a quiet activity elsewhere. Don't permit yourself to fall asleep outside the bedroom. Return to bed when, and only when, you are sleepy. Repeat this process as often as necessary throughout the night.

Use your bedroom only for sleep, sex and at times of illness. Avoid napping during the daytime. If you nap, try to do so at the same time every day and for no more than one hour. Mid-afternoon (no later than 3 p.m.) is best for most people.

Establish relaxing pre-sleep rituals such as a warm bath, light bedtime snack, or ten minutes of reading.

Exercise regularly. Confine vigorous exercise to early hours, at least six hours before bedtime and do mild exercise at least four hours prior to bedtime.

Epilepsy Foundation Award raises awareness

(NAPS)—Nominations are being sought for the "Making a Difference Award," which honors the spirit of women and raises the awareness of the unique health challenges women with epilepsy face. The following is an example of those challenges.

Lisa Zobian-Lindahl has been fired from a job, unable to get a driver's license until she was 28, and often taken to hospitals against her will. She was subjected to these injustices simply because she has epilepsy.

Lindahl, 49, inventor of the first sports bra and founder of Jogbra Sports Bras, has overcome these challenges to become a successful entrepreneur, teacher, advocate and inspiration to the more than one million women and girls in the United States with epilepsy. From changing the face of women's athletics to calling for research and better medical care for people with epilepsy, Lindahl has made a difference in the lives of women. And now she's encouraging others to do the same, by seeking nominations for the Epilepsy Foundation's Making a Difference Award.

The Making a Difference Award honors the spirit of women like Lindahl whose commitment and dedication are an inspiration to women everywhere. "It is important to acknowledge and celebrate courageous women who have dared to reach beyond their so-called 'limitations,' inspiring others with their spirit," Lindahl said.

The Making a Difference Award will be given to a woman who has contributed in a significant way to:

- Support and advance the quality of life for women with epilepsy; or
- Inspire people with epilepsy or those with other chronic illnesses; or
- Enhance public understanding of epilepsy and its impact on women.

The winner of the award will receive a \$1,500 prize and an all expense-paid trip to the Epilepsy Foundation's 2001 National Conference. The award is sponsored by a grant from GlaxoSmithKline.

Those wishing to nominate a woman with epilepsy who has used the power of one to inspire and change the lives of others need to submit a nomination form; a 300-word description of the nominee's contributions; and at least one letter of recommendation to the Epilepsy Foundation by September 10.

A recent study has shown women with epilepsy may not be getting adequate health care. A survey in the November 2000 issue of the *Journal of Women's Health and Gender-Based Medicine* documented a low level of knowledge and a high degree of uncertainty among health care professionals about best practices in caring for women with the disorder. The survey was part of the Epilepsy Foundation's Women and Epilepsy Initiative.

The Epilepsy Foundation, with national offices in metropolitan Washington, D.C., and a network of affiliates throughout the nation, is the nonprofit volunteer organization that works to improve the lives of people with seizure disorders through research for the cure, education, advocacy, and the provision of services in the community.

For additional information, call 1-800-EFA-1000 or visit www.epilepsyfoundation.org.

Crohn's and Colitis support

Chicago's Carol Fisher Chapter of the Crohn's and Colitis Foundation of America, a free support group for those who want support or information about Crohn's Disease or Ulcerative Colitis, meets on the 3rd Thursday of each month at 7 p.m. in Room 1041A, 10th Floor, Lutheran General Hospital, 1775 Dempster St., Park Ridge. The next meeting will be held on August 16, 2001. For information about the next support group call (847) 520-3456. For information about CCA call (847) 827-0404, or go online at www.ccf.org.

American Heart Walk

Walk to stomp out heart disease and stroke at the Northwest Suburban American Heart Walk on Sept. 16. Join thousands of Northwest Suburban residents as they pound the pavement to raise money for the American Heart Association. This exciting walking event takes place throughout the country at approximately 1,000 locations. All revenue generated from this event fights cardiovascular diseases and stroke, America's number one and three killers.

For more information call the American Heart Association (312) 346-4675.

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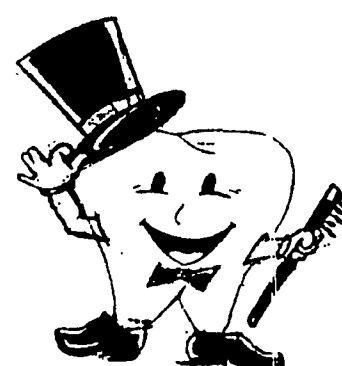
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Health News

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Little City 2002 Board of Directors



Little City Service League announces its Board of Directors for 2002. The Service League, a fund-raising organization in its 42nd year, raises \$50,000 annually with its summer card party and luncheon, sponsorship and participation in the Bloomington's benefit, and Ad Book.

Pictured (left to right) Doris Hirshman, Chicago; Rose Schelly, Northbrook; Lila Tickman, Buffalo Grove; Gwen Hoffman, Northbrook; President Phyllis Lanoff, Chicago; "Tommy" Ruby, Buffalo Grove; Delphine Keer, Glenview; Charlotte Seltzer, Glenview; Roz Handler, Northbrook. Little City provides services such as housing and employment for children and adults with developmental disabilities.

For further information, call: Esther L. Manewith at (773) 274-6215.

The ABCs of family health: Aim for fitness

Summertime is a great time to focus on your family's fitness. The days are longer, the sun is out, and it's easier than ever to go outside and play.

The NET (Nutrition Education and Training) Program has some great news for Illinois families. "Improving your family's health is much easier than most people think," says Deborah Rees, Illinois NET Program Supervisor. "Forget drastic diets and expensive exercise equipment. The basics of family fitness are to eat well, aim for a healthy weight, and be as active as possible - all year long."

According to Rees, it's simple, delicious and fun to get your family on the track to high-energy

health - no matter how hectic your schedule is. The key is to follow the simple ABC message of the new Dietary Guidelines for Americans: Aim for Fitness; Build a Healthy Base; and Choose Sensibly.

Research shows that taking small steps toward a healthy lifestyle is more successful over the long haul. For example, people who join a health club frequently stop going after a few months and regain any weight that they may have lost. On the other hand, people who fit more physical activity into their everyday schedules usually stick with the changes - and are more likely to maintain any weight loss.

Surprising news and views on CO2

(NAPSI) -- Detailed analysis by a number of scientists argues against the claim that carbon dioxide is a "pollutant," the U.S. Environmental Protection Agency was recently informed.

A thorough examination of the peer-reviewed scientific literature reveals that the overwhelming weight of scientific evidence

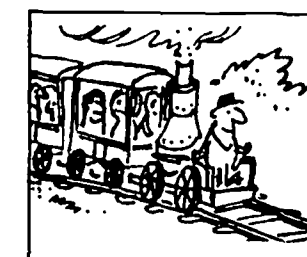
does not support the proposition that carbon dioxide can be "reasonably anticipated to cause or contribute to adverse effects on public health, welfare, or the environment," the scientists say. In fact, they contend, the balance of evidence is supportive of the opposite notion: Carbon dioxide in-

Continued on Page 13

Laughing your way to better health

Having a good laugh is the remedy that Dr. Bill Goldman prescribes for his patients when problems or stress seem to get the better of them. The noted psychologist and author is also an excellent musician and uses both to help individuals feel better and develop a more positive attitude. Goldman, who will talk about the positive benefits of laughter at 2 p.m. on Sunday, August 19 at CJE's Gidwitz Place, 1551 Lake Cook Road, Deerfield, is among the growing number of health professionals using laughter to improve health.

"Laughter is the best medicine,"



In 1825, an English locomotive builder named George Stephenson constructed the world's first public railroad. The line operated between the towns of Stockton and Darlington, a distance of about 20 miles.

even when the situation is serious," says Council for Jewish Elderly Community Health Nurse Maria Moreno who helps older adults adopt healthier habits. "It releases positive chemicals in the body that boost immunity."

In fact, studies have shown that people who enjoy regular laughter have better immune systems than those who don't. Children and pets are known for helping people release stress through laughter.

Dr. Goldman agrees, "that laughter will improve the function of the heart, muscles and lungs. You don't stop laughing when you get old," says the former Florida State University professor, "You get old when you stop laughing." Goldman describes humor and music as "soulful medicine that unlocks the happiness in your heart."

A positive attitude and good support system are vital to keeping stress minimized, and that's where laughter can help. "Be sure to take care of yourself," advises Goldman, "Get enough rest, eat well and make time for fun. Share your stress with family, friends, your doctor or social worker. don't keep it inside."

CO2...

Continued from Page 12

creases will confer a net benefit on society for several reasons.

Many experts believe there is an overwhelming body of evidence that the direct effect of carbon dioxide on food production is highly positive. It will enhance the growth of all kinds of crop plants while protecting them from pollutants, oxidants, moisture stress and low light levels. Carbon dioxide, according to one study, has increased agricultural production by about ten percent.

Meanwhile, the scientists point out, even the most sophisticated climate model cannot adequately simulate today's climate. For example, the planet has warmed several times less than the predictions indicated, based upon models that served as the background for the United Nations Framework Convention on Climate Change. Temperature variability is decreasing.

You can learn more about CO2 and what it may mean to Earth's future from the experts at the Greening Earth Society, a not-for-profit, grass roots organization of people who believe humans are a part of nature, not apart from nature. It can be found online at:

www.greeningearthsociety.org or you can call (800) 529-4503.

Dental waterlines pose no health risk to patients

The presence of a thin layer of microorganisms - called biofilm - in common devices used to transport water, including waterlines in the dental office, has recently been reported as potentially unsafe for dental patients, despite scientific proof to the contrary.

There are no known negative health effects associated with exposure to dental unit water with dental patients. "We have long known that there are microbes in dental unit waterlines," says Marvin Berman, DDS, a pediatric dentist who practices on Chicago's Northwest Side.

For years, dentists have taken precautions to assure that buildup of biofilm does not occur. "Dentists flush their lines for several minutes every morning before working on a patient," says Dr. Berman. "The reason we do this is to reduce any overnight or weekend accumulation of microbes. We also flush the lines for at least 20 to 30 seconds between each patient to eliminate patient material such as blood or tissue that may have entered the handpiece turbine, airlines or waterlines. We flush our lines at the end of the day. We also heat sterilize our handpieces after each pa-

tient." The Center for Disease Control and Prevention (CDC) joins the dental profession in assuring patients that dental waterlines pose no cause for concern about public health. In fact, microorganisms that produce biofilm are present in most municipal water systems and are common in most devices used to transport water, including shower heads, faucets, soda fountains, beer taps, and others. It forms in the presence of dental water units because of the intermittent stagnation of the water. Waterlines are the tubes that connect the high-speed handpieces (drills), air/water syringes, and ultrasonic scalers to the water supply. And while it doesn't sound very appealing, says Dr. Berman, bacteria are part of life, but they don't necessarily cause disease. "I would tell a concerned patient that microbes are normally present in many places, including their own bodies, but not in types and numbers that would cause disease," concludes Dr. Berman. "At this time, we cannot kill all bacteria to create a 100 percent sterile environment, but I can assure you, dental care is safe."

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Dining / Entertainment

Don's Fishmarket's Lobsterfest Sept. 12-30

The succulence of lobster will again be highlighted at Don's Fishmarket in Skokie when the prize-winning restaurant offers its popular Lobsterfest from Wednesday, September 12 to Sunday, September 30, 2001. Among the specialties will be Live Maine Lobster, New England Lobster Pot (Nantucket Style), Lobster Fra Diavola and Australian Lobster Tail - offered primarily for dinner but with a few selections available on the

luncheon menu as well. Don's Fishmarket is located at 9335 Skokie Blvd., Skokie.

Planned by General Manager Bob Pasko in tandem with Executive Chef Domingo Chavez, the Lobsterfest offers lobster in appetizers, soups and entrees to gratify the lover of lobster.

Lobster Bisque, Lobster Shrimp Cakes and Lobster Artichoke Dip are a few of the appetizers offered, as well as the perennially popular Don's Seafood

chowder, filled with seafood in an aromatic red chowder broth, Grilled Garlic Shrimp, Grilled Portabella Mushrooms and the famed house-smoked Salmon Gravlox, served with capers, toast points and Dijon mayonnaise.

As an entree, the Fishmarket's most requested selection is the Live Maine Lobster, prepared either steamed, broiled or grilled in sizes that range from 1-1/4 lbs., 1-1/2 lbs or up to 3 lbs - and available stuffed with Lobster Andouille Filling, if desired. Lobster entree selections include:

- New England Lobster Pot - 1-1/2 lb lobster steamed Nantucket

Style with clams, mussels, shrimp, new potatoes, corn, in a garlic butter and sherry broth;

- Lobster Thermador - Lobster Tail blended with fresh vegetables, spices and cream, baked in the shell and topped with cognac cream sauce;

- Australian Lobster Tail - 10 oz. cold water tail broiled with butter, wine and garlic;

- Grilled Fresh Lobster - Served over Fettuccine sautéed with olive oil, capers, garlic and fresh spinach;

- Lobster Fra Diavola - Steamed and split 1-1/2 lb lobster topped with spicy tomato sauce,

simmered with clams, mussels and shrimp;

- Lobster and Sea Scallops - East Coast Lobster Tail meat and sea scallops, sautéed with butter, garlic and served over julienne vegetables;

Prices range from \$4.95 for Lobster Bisque to Australian Lobster Tail at \$39.95.

Included with the entree price is a selection of soups including Don's Fishmarket Chowder, or a salad choice including the hall-mark Fishmarket Salad, topped with baby shrimp and bleu cheese, napped with don's secret vinaigrette dressing, as well as a Strawberry Walnut Salad, Caesar Salad or a Green Salad. Entrees are also served with either baked or redskin potatoes or Don's Rice, as well as the vegetable of the day.

Seafood fanciers who would prefer another fish selection may choose from such Freshline® offerings as Fresh Salmon, Striped Bass or Whitefish, depending on availability - all prepared with Chef Mingo's inventive sauces - or one of the restaurant's prime steaks including Filet Mignon, T-Bone Steak or a Rack of Lamb, plus a few vegetarian offerings.

Reservations are recommended for the Lobsterfest at Don's Fishmarket but are not accepted at Don's Tavern - its more casual adjacent cafe. For further information or to make reservations, call 847-677-3424.

Midwest Bonsai Society

On August 17, 18 and 19, 2001 the Chicago Botanic Garden in conjunction with the Midwest Bonsai Society is having its 24th Annual Bonsai Show. There will be a Judging of Bonsai on Friday, August 17 for Best of Show, and workshops held all weekend.

The Show opens at 12 noon to 5 p.m. on Friday, Saturday Aug. 18 and Sunday Aug. 19 it will open at 9 a.m. to 5 p.m. there will be over 150 trees on display and over 1,000 trees for sale. Admission is free, but parking is \$7.50 per car.

The show is at the Chicago Botanic Garden at 1000 Lake Cook Road, Glencoe.

For Workshop information, call Susan Cargill at 630-530-4050. For show information call George Walters at 847-967-7098.

Free afternoon jazz concert

Mostly Music at Northeastern Illinois University presents a free jazz concert at the Golden Dome in Garfield Park, 100 S. Central Park Ave., in Chicago on Friday August 10, noon to 1 p.m.

Speaking Ring Theatre presents two plays

Speaking Ring Theatre announces that their next two productions will be William Mastrosimone's *The Woolgatherer*, a dark comedy about two lost souls looking for meaning, and the Chicago premiere of Maxim Mazumdar's *Oscar Remembered*, a one-man play about Oscar Wilde, as told by his lover, the poet Lord Alfred "Bosie" Douglas.

The Woolgatherer is directed by Consuming Spec's co-founder, Jennifer Leavitt. It stars co-founder Mercedes Rohlf as the hypersensitive Rose and Chuck Karvelas as the vulgar truck driver Cliff. Despite their seeming incompatibility, the unlikely couple is drawn together by their mutual fear or commitment and longing for love and stability. The Woolgatherer, by William Mastrosimone will be held August 15-September 14 on Wednesdays at 8 p.m., Fridays at 10 p.m. and Sundays August 19

and September 2 at 3 p.m.

Kristine Karvelas directs Aaron Codolia in *Oscar Remembered*, a "memory play" spanning 1892 - 1903. Though traveling through familiar territory -- Wilde's success with *Dorian Gray*, *A Woman of No Importance* and *The Importance of Being Earnest*, his three trials and lonely estranged death -- Oscar Remember presents these events from a new perspective -- that of Wilde's lover. Mazumdar traces the story of the Wilde/Douglas love affair through excerpts of

Wilde's works, letters between the two men and dramatic interpretations of Douglas' infamous outbursts and rants. Oscar Remembered, by Maxim Mazumdar will be held August 16 - September 16 on Thursdays at 8 p.m., Saturdays at 3 p.m. and Sundays August 26 and September 9 and 16 at 3 p.m.

Both plays will be held at the Theatre Building, 1225 W. Belmont. Tickets are \$15 for each play or \$25 for both. Call (773) 327-5252 or TicketMaster at (312) 902-1500.

Lincolnwood Town Center August Events

Lincolnwood Town Center is pleased to present the following event during the month of August:

Radio Disney Back-to-School Party - Radio Disney AM1300 will be at Lincolnwood Town Center for a Back-to-School Party Patrol appearance Saturday, August 18, from 2-3 p.m. There will be contests, games, prizes and give-aways.

Back to School Shape Up - Bally Total Fitness will be at Lincolnwood Town Center August 17-19 to promote total fitness. Let Bally get you started on the exercise program you've been looking for. Come sample Bally's Nutritional Products. Get a free body fat analysis by personal trainers. There will also be demos of the latest Group Exercise classes. Stop by the Simon Marketplace in the Center Court through Aug. 19 for a complimentary 2-week guest pass.

Smithsonian mobile museum in Chicago

An opportunity to learn more about Gospel music and African American heritage can be seen and heard at the Smithsonian mobile museum, featuring the Smithsonian exhibition, "Wade in the Water: African American Sacred Music Traditions 1871-2001."

The Smithsonian has joined forces with Kmart to bring the 48-foot, double-expandable trailer to Chicago. The mobile exhibit will be open for public viewing, free of charge on August 11, 10 a.m. to 6 p.m. at the Bud Billiken Parade in Washington Park, Dr. Martin Luther King, Jr. drive and 51 street.

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Dining / Entertainment

5th Annual Great American Wagon Pull

Parents Care & Share, a child abuse prevention program of Children's Home and Aid Society of Illinois (CHASI) and Radio Flyer Inc.

Deloris Jordan, mother of basketball superstar Michael Jordan, is serving as Honorary Chairperson and will kick-off Chicago's 5th Annual Great American Wagon Pull: Pulling Together To Prevent Child Abuse.

Families are asked to bring a decorated wagon and join in a 1.5 mile wagon pull along Navy Pier, followed by a free lunch and entertainment on Saturday, September 15. Registration begins at 8:30 a.m. Wagon Pull begins at 10 a.m. until Noon at Navy Pier, Chicago by the world's largest wagon.

Cost is \$15 per adult/ \$5 per child in advance (\$17/\$5 day of

event).

Participants are encouraged to support the event through pledges and donations. Participants will receive a "Great American Wagon Pull" T-shirt, box lunch, goodie bag and discounts at Navy Pier attractions.

Register online by September 12 at: www.greatamericanwagonpull.com or call (312) 424-6806.



Participants pull their wagons along Navy Pier at last year's Great American Wagon Pull. This year's event is sponsored by Radio Flyer and the Children's Home & Aid Society.

Proceeds from the Great American Wagon Pull will benefit Parents Care & Share, a child abuse prevention program of Children's Home & Aid Society of Illinois, one of the largest not-for-profit child and family service agencies in the Midwest serving nearly 40,000 children and families each year.

For additional Wagon Pull information, please call (312) 424-6806.

Irish American Heritage Center August events

Throughout the summer, great Irish music continues to be an IAHC hallmark every weekend in the Fifth Province Pub. The Irish American Heritage Center is located at 4626 N. Knox Avenue in Chicago. For more information on events at the Center, call 773-282-7035 or visit us on the World Wide Web at www.irishamhc.com.

Fri., August 10, *Celtic Art - Beyond the Ninth Wave*, an American Celtic exhibit, opens in the IAHC art gallery and features the work of artists Cindy Matyi, Steve O'Loughlin, Jen Delyth, Michael Carroll and Patrick Gallagher and runs through the end of October. The gallery will be open on alternate Sundays and by arrangement through the IAHC office.

Fri., August 10: Velvet Green at 9 p.m. in the Fifth Province Pub.

Sat., August 11, Fast Eddie at 9 p.m. in the Fifth Province Pub.

Fri., August 17, The Larkin Brothers at 9 p.m. in the Fifth Province Pub.

Sat., August 18, Salt Hill Mines at 9 p.m. in the Fifth Province Pub.

Fri., August 24, Napper Tandy at 9 p.m. in the Fifth Province Pub.

Sat., August 25, The Dooley Brothers at 9 p.m. in the fifth province Pub.

Run to Mardi Gras benefit brunch

Prevent Blindness America is hosting a Mardi Gras Benefit Brunch August 19 from 11 a.m. to 3 p.m. at Crawdaddy Bayou, 412 N. Milwaukee Ave. in Wheeling. Tickets are \$35 per person (\$10 for kids under 10) and all proceeds will benefit Prevent Blindness America and Team 20/20, an endurance-training program for marathon volunteers who run to fund the sight saving programs of Prevent Blindness America.

In 2001, Team 20/20 members in 19 markets will participate in the Chicago, Columbus, Dublin, Honolulu, or Walt Disney World Marathons. Participants raise funds through individual donations and corporate sponsorships, with fundraising goals ranging from \$1,500 to \$4,500 depending on the marathon.

The event at Crawdaddy Bayou includes a New Orleans-style buffet with delectable items such as sweet potato pancakes, crawfish omelets and carved turkeys (go find out), a Bloody Mary bar, live gospel music, a Mardi Gras costume parade and raffle, including a chance to win a 1/2 carat diamond.

The brunch is expected to sell out so make your reservations early at (847) 520-4800. Reservations may be taken at the door, based on space availability.

Founded in 1908, Prevent Blindness America is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. For more information, call Terri Robertson at 1-800-331-2020 or online at www.preventblindness.org.

The Browne camera, introduced by Kodak in 1900, was named after popular cartoon characters of the time. The tie-in was intended to help get children interested in photography.

Dining / Entertainment

Brookfield Zoo's annual photo contest

Bring your camera and plenty of film to Brookfield Zoo, take your best shot, and submit it in the annual Photo Contest. Take pictures of the zoo's animals or grounds and win the opportunity to have your best photograph displayed for all to see!

Once you've selected your black and white or color photo, make an 8"x10" and send it unmounted to: Brookfield Zoo Photo Contest, 3300 Golf Road, Brookfield, IL 60513, or drop it off at the Administration Building, located near the South Gate, during regular zoo hours. On the back of the photo put the photographer's name, age, address, and phone number. All photographs must be received by September 21, 2001 and only one entry may be submitted per person. The photos become the property of Brookfield Zoo and will not be returned.

Photos will be judged in three categories: child (10 and younger), young adult (11-17), and adult (18 and older). There will be an overall grand-prize winner as well as a first, second and third place winner in each category. Photo Contest winners will be notified by phone and are invited to an awards reception on Saturday, September 29. The winning photographs will be on display in the zoo's Discovery Center through the month of October.

For questions regarding the Photo Contest, call Brookfield Zoo at (708) 485-0263, ext. 351.

Open every day of the year, Brookfield Zoo is located at First Avenue and 31st Street in Brookfield, IL, just 14 miles west of downtown Chicago. The zoo is accessible via the Stevenson (I-55) and Eisenhower (I-290) expressways, the Tri-State Tollway (I-94), Metra commuter line, and PACE bus service. For more information, visit Brookfield Zoo's Web site at www.brookfieldzoo.org.

Explore Turkey's cultural, historical landmarks

Experience the vibrant Turkish culture--from the bustling, modern city of Istanbul to the serene beauty of the Mediterranean coastline--when you join a tour sponsored by Oakton Community College's travel/study program. Trips are scheduled from Sept. 8-22, in 2001 and April 27-May 11, June 22-July 6 and Sept. 21-Oct. 5, in 2002.

In Istanbul, embark on a cruise of the Bosphorus and view old wooden villas, marble palaces and ancient fortresses along the shoreline. On the European side, visit the Topkapi Palace and see the spectacular treasures of the Ottoman Sultans. A dinner in a private home will give you a glimpse into the everyday lives and customs of the Turkish people.

Other highlights of this tour include stops in Cappadocia, where you'll visit the rock-carved churches in the Goreme and Zelve Valleys; the holy city of Konya, one of the world's most ancient cities; and Aphrodisias, dedicated to the goddess of love and once known as a center for the arts.

For a complete itinerary and more information, call Bea Cornelissen at (847) 635-1812.

Jazz Club Tour

The Jazz Institute of Chicago will once again kick off the Chicago Jazz Festival with its annual Jazz Club Tour on Wed., Aug. 29 from 6-11:30 p.m. This popular event will feature 14 clubs this year, with Old Town School joining the tour for the first time with a Latin Dance party. Button cost to gain access to all participating clubs and for the evening's bus transportation is \$20 at the time of the event, or buttons may be purchased in advance for \$15. Last year over 2,000 participants on 20 buses attended 13 clubs.

Clubs participating this year: Andy's - 11 E. Hubbard; Backroom - 1007 N. Rush; Buddy Guy's Legends - 754 S. Wabash; Club Alphonse - 1351 S. Michigan; Cotton Club - 1710 S. Michigan; Isaac Hayes' - 739 N. Clark; Green Dolphin Street - 2200 N. Ashland; Green Mill - 4802 N. Broadway; Hothouse - 31 E. Balbo; Jazz Showcase - 59 W. Grand; Joes' Bebop Cafe & Jazz Emporium - 700 E. Grand at Navy Pier; Pops for Champagne - 2934 N. Sheffield; Velvet Lounge - 2128-1/2 S. Indiana; Old Town School - 4544 N. Lincoln.

For more information, call (312) 427-1676 or the Festival Hotline at (312) 427-3400.

Second City's "Hamlet!" extends though Sept. 2

The Second City's hilarious production of *Hamlet! The Musical and Other "Great Exploitations"* has been extended two weeks and will now run through September 2.

Hamlet! The Musical and Other "Great Exploitations" opened on July 5. The show is the comedic reworking of Shakespeare's play, incorporating pop culture, original 60s-

style show tunes and the cutting-edge wit of Second City.

In addition, evening performances have been added to the current Thursday through Sunday schedule.

Performance times: Sundays at 2:30 p.m. Wednesdays - Saturdays at 7:30 p.m. Special performances at 10 p.m. Friday and Saturday.

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Dining / Entertainment

Children's Advocacy Center annual dinner dance

Fundraiser/Dinner Dance Combines Fun with Giving for Abused Children.

The Children's Advocacy Center of North and Northwest Cook County (CAC) is holding its annual dinner, dance and auction on Friday, September 14, at the Hyatt Woodfield in Schaumburg. The festivities begin at 6 p.m. Dick Johnson, reporter and anchor for ABC/7 News, will be the guest emcee, while Marsha Blagier Elliott, president and founder

of MLC homes, will be featured as the honorary chair. The Pete Fleming Orchestra will provide the music for dancing into the night. Tickets for the event are now available.

As a special feature this year, a raffle will take place, offering as grand prize a 2002 Acura RSX Type S from Acura of Woodfield, or \$20,000 in cash.

CAC, located in Hoffman Estates and Northbrook, has already helped more than 3,000 victims

of sexually and physically abused children and their families. It offers services, free of charge, to residents of the 42 municipalities comprising north and northwest Cook County. Proceeds from the 19th hole will benefit the center and the innocent victims it serves.

Don your golf duds and plan to participate in the fun-filled events of the evening, including a cash raffle, auctions, games, and other surprises that will be offered throughout the evening.

Intern diversity celebration

It's a celebration! Everyone is invited.

The Lincolnwood Public Library will celebrate its summer intern diversity program with an Indian dance performance, demonstrations of ethnic arts and refreshments representing the cultural backgrounds of three interns, Lincolnwood residents **Smitha Samuel, Roshni Amin and Anne Hsiao.**

The young women planned the program which is set for Monday evening, August 13 at 6 p.m. The celebration concludes this summer's diversity project which was established with a grant from the North Suburban Library System (NSLS). The program is designed to recruit employees who represent the racial and ethnic makeup of the community.

American Celtic Art Exhibit opens

Celtic Art - Beyond the Ninth Wave, an American Celtic exhibit, may be seen in the Irish American Heritage Center art gallery from Friday, August 10, until the end of October. The IAHC is located at 4626 N. Knox Avenue in Chicago. The gallery will be open on alternating Sundays from 1 to 6 p.m. beginning August 19, and by arrangement at other times.

This exhibit features the work of artists Cindy Matyi, Steve O'Loughlin, Jen Delyth, Michael Carroll and Patrick Gallagher, who are among the foremost illuminators of 21st century Celtic art. In *Celtic Art - Beyond the Ninth Wave*, these gifted artists express the realities and conundrums of modern life through the indirectness of symbols to "interlace" several thousand years of humanity together in an intuitive way.

Celtic Art - Beyond the Ninth Wave has already been seen at the New York Irish Arts Center; the University of Cincinnati, Ohio; Wheeling Artisan Center, Wheeling, West Virginia; the Central Library Gallery, Lexington, Kentucky; and the Irish Cultural Heritage Center in Milwaukee. Without exception, the reaction has been an unqualified acceptance and sense of wonder.

Detailed information about the individual artists whose work will be seen in this exhibit may be found on the Internet at www.mcelledesign.com/AmericanCeltic.htm.

For more information or to arrange a special viewing of this exhibit, please call the Irish American Heritage Center office at 773-282-7035.

Jewish singles

Speedy Power Dating and the Dating Game, Sheraton North Shore Hotel, 933 Skokie Blvd., one block south of Dundee, Northbrook, Aug. 19 7:30 p.m. Ages 21 to 39 (men to 45), cost \$5. Call (847) 317-1171.

Ballroom dance

Dance party with taped music at the Des Plaines Park District Leisure Center, Aug. 25 8:30-11:30 p.m. \$10 per couple

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Police News

Park Ridge

ARRESTS

On July 26 a man was stopped at Hamlin and Glenview for disobeying a stop sign. He was arrested for possession of drug paraphernalia, illegal transportation of alcohol and no insurance.

A man was stopped at Cumberland and Peterson on July 26. He was arrested for unlawful use of weapon, possession of drug paraphernalia, possession of cannabis and no insurance.

On July 25 a man was stopped at 1100 Crescent. The man's vehicle had a cracked windshield. He was arrested for having a revoked driver's license and no insurance.

A woman was stopped at Dec and Touhy on July 24. She was arrested for speeding, not having a driver's license and not having insurance.

On July 21 a man was stopped at 1100 Greenwood. The windshield on his vehicle was obstructed. He was arrested for DUI.

A man was stopped at Touhy and Cumberland. His vehicle's

windshield was cracked. He was arrested for failure to signal and driving on a suspended license.

BURGLARY TO MOTOR VEHICLE

An unlocked Mercury Capri at the 100 block of Higgins was entered on July 21. Softballs (\$60) and an unknown amount of money were taken.

CRIMINAL DAMAGE TO MOTOR VEHICLE

On July 21 the right taillight and left headlight of a 1998 Chevy Monte Carlo were broken. The car was in a business parking lot at the 2800 block of Oakton.

The soft top of a 1999 Jeep at the 600 block of Austin was ripped between July 18 and July 21. Damage estimated at \$500.

Between July 14 and 18 offenders jumped up and down on the hood of a 1993 Cadillac Eldorado at the 600 block of Forestview.

THEFT

A Giant bike parked outside a residence at the 200 block of Merrill was taken between July 22 and 25.

'Keeping latchkey kids off drugs'

(ARA) - If job responsibilities and longer work hours keep parents from being home with their children immediately after school, they can still monitor their kids' activities during this critical time.

Seven and a half million children in the United States between the ages of 5 and 14 are latchkey kids, according to the National Institute on Out-of-School-Time. Research confirms that kids are less likely to get into trouble when a responsible adult is watching them. In a study published by the American Academy of Pediatrics, researchers found that eighth-graders who are unsupervised more than 10 hours a week are about 10 percent more likely to try marijuana, and twice as likely to smoke cigarettes or drink alcohol as eighth-graders who are unsupervised zero hours per week.

For parents who can't be home with their kids after school, Dr. Phillippe Cunningham, a research scientist at the Department of Psychiatry and Behavioral Sciences, Medical University of

Make every effort to ensure that your child is spending time in constructive, adult-supervised activities such as sports, jobs, clubs, day care, after-school programs, or religious youth groups. If your kids have to be at home, make sure they are working on homework or doing chores, not

hanging out with friends.

At all times, know where your children are, who they are spending time with, and how you can reach them.

Have your kids check-in with you at regular intervals. Give them change, a phone card, or a beeper with clear rules about using it (e.g., "When I beep you, I expect a call back within five minutes").

Randomly check that your kids are where they say they are.

Take advantage of the time that you and your child spend together. Even if you don't get home from work until fairly late at night, try to spend the rest of the evening in meaningful conversation with your child.

Know what your kids are watching on television and searching for on the computer.

Establish clear rules about drug use. Tell your kids you expect them not to use drugs -- ever.

For more information on how to keep your kids from using drugs or alcohol, visit the National Youth Anti-Drug Media Campaign online parenting resource, www.theantidrug.com. This site provides tips to help parents initiate and sustain an ongoing dialogue about drugs and allows parents to download a brochure titled "Parenting Skills: 21 Tips and Ideas to Help You Make a Difference." This brochure also may be ordered by calling (800) 788-2800.

Niles

POSSESSION OF CANNABIS

On July 29 officers on patrol observed two suspects lying on the lawn at the 8700 block of Oketo. Officers stopped to lend assistance and the two men jumped up and walked quickly away. Officers requested men to stop and proceeded to pat them down. One man had a large hard object in his pocket. The object was a prescription bottle with a leafy green substance in it. The men were in possession of hypodermic needles and were arrested.

walkie-talkies were damaged. The rear window and dashboard of a Ford truck parked in back were damaged. A Sony Am/Fm CD player was stolen from the truck.

BURGLARY AUTO

A fanny pack with credit cards, checkbook, driver's license and \$50 were stolen from an unlocked Mercury Sable in an alley at the 9100 block of Golf on July 31.

THEFT

On July 30 two suspects asked to cut through a residence yard at

the 9200 block of Loras. The owner said no. When she came outside later a Dyno bike and a Schwinn bike were missing from the open garage.

CRIMINAL DAMAGE VEHICLE

A manhole cover was put on the hood of a Pontiac Grand Am at the 8600 block of Milwaukee on August 3. The cover scratched and dented the hood.

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Katz Senior Citizen Program is now open

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

Various local Rabbis visit with members of the program and provide informative and interesting lectures pertaining to upcoming holidays, current events, and many other topics of interest. The program includes

other activities and entertainment such as bingo, art class, and various other fascinating projects. Special outings such as "A Day at The Theatre" or luncheons at area synagogues are also planned. If you would like to join us or know of anyone who would be interested in the programs we offer, please contact Agi DeCanniere at (773) 973-1000, ext. 246.

COLAs don't reflect increased cost of living

(NAPSI) -- Data from an unpublished, experimental "senior" CPI, the Consumer Price Index for Elderly Consumers (CPI-E), indicates that Social Security Cost-Of-Living Adjustments (COLAs) are rising more slowly than the goods and services on which seniors spend most of their money.

In addition, according to a study by TREA Senior Citizens League (TSLC), COLAs would have been 0.2 percent higher if they had been determined by the CPI-E. Although the difference doesn't sound like much, it adds up over time.

"For an individual who retired with average benefits in 1984, the difference means about \$611 less in benefits in 2001," says Michael Zabko, Executive Director of TSLC. "That's enough to cov-

er about half the annual cost of prescription drugs for the average senior."

The CPI that is used to calculate COLAs, the Consumer Price Index for Urban Wage Earners and Clerical Workers, grows more slowly because it tracks the change in cost of goods and services purchased by younger, working people. That group is far more likely to have employer-provided insurance, to be healthier and to use fewer prescription drugs than seniors.

For more information on this and other issues involving seniors, send \$1 for shipping and handling to: TREA Senior Citizens League, Dept. N956, 909 N. Washington St., Suite 300, Alexandria, VA 22314 or visit: www.tslc.org.

Senior men's bowling

Niles Senior Men's Handicap Bowling League is looking for men interested in joining the league. Organized by Niles resident, Andy Anderson in 1985, the league meets weekly at 12:30 p.m. on Wednesdays at Brunswick Niles Bowl. Each team is sponsored by one of our local merchants.

The league is open to all senior men, regardless of handicap. The league is currently looking for men who would either like to

bowl weekly or would like to join as a substitute bowler. If you are interested in participating or would like to learn more about the league, please contact either Andy Anderson (647-7245) or Joe Kucan (966-3029). There will be a meeting at 12:30 p.m. on Wednesday, August 29 for all league members. The new bowling season will begin Wednesday, September 5 at Brunswick Niles Bowl, 7333 N. Milwaukee Avenue in Niles.

Free Tips for Keeping Cool

Council for Jewish Elderly has developed a list of suggestions and information available to help older people keep cool to prevent heat related illnesses. The list is free to the public and is available by calling 773-508-1000.

"Older people need to be very careful in hot weather because they are especially vulnerable to heat-related illnesses. They don't deal with heat as well as younger individuals," states Sherri Lopata, R.N., supervisor of community health services. Council for Jewish Elderly.

Heat exhaustion is exactly what it sounds like. Signs of heat exhaustion and dehydration include feelings of dizziness, paleness, nausea, extreme fatigue, vomiting and cool, clammy skin. Older people need to drink water and fluids even if they're not thirsty. "If you're thirsty, you're already dehydrated," advises Lopata. Medications can also interfere with the body's chemistry and cause dehydration. For example, individuals who take medication for Parkinson's disease are at greater risk, because the medication tends to inhibit perspiration.

Heat stroke, the most serious of heat-related illnesses, can cause a person's body temperature to be greater than or equal to 105F. Unlike other heat-related illnesses, heat stroke is not always caused by exercise or exertion. High temperatures, lack of body fluids and overexposure to the elements can all cause heat stroke. Individuals may become disoriented, delirious, or comatose. They may have a headache, a red, dry face, and hot skin. Immediate medical attention is necessary.

The best advice is to monitor the amount of activity one is doing during hot days. Heat stroke can occur in less than 60 minutes. If you feel yourself getting overwarm or lightheaded, it's time to get out of the sun.

For a list of helpful tips to help prevent heat-related illnesses, including a list of the City of Chicago's cooling centers, contact Council for Jewish Elderly at 773-508-1000.

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 17

HEALTH & WELLNESS FAIR

Health & Wellness Fair is Friday, Aug. 17, 7 a.m. to 12 p.m. Health Profiles is a blood test for \$45 which includes 24 tests to help detect diabetes, kidney disease, liver disease, bone and muscle disease and more. Also cholesterol, HDL, LDL, and a complete blood count to detect anemia, leukemia, and bleeding abnormalities. Other tests and screenings will be available for a nominal fee. You must call (847) 590-0200 to register with MyHealthlink. The Senior Center will offer complimentary screenings, including hearing, massage, blood pressure, and more. No appointments are needed for these complimentary screenings. Watch for further information. Volunteers needed.

AUGUST 30

DO NOT RESUSCITATE (DNR)

Do Not Resuscitate (DNR) is Thursday, Aug. 30 at 2 p.m. Mary Ann Marcotte, RN, E.M.S., Director of St. Francis Hospital, will discuss new state regulations regarding DNR's. Find out how this new law may help you meet your wishes. Registration is needed.

FALL COMPUTER CLASS REGISTRATION

Tuesday, Aug. 7

Classes include Introduction to Computers, Pre-Introduction to Computers, Excel I & II, Internet, and Microsoft Word II. Classes start Monday, Sept. 10. Call Jaymi for availability.

IMPORTANT:

NEED TO MAKE A CHANGE? INSURANCE OPTIONS!

Important informational session at 2 p.m., Thursday, Aug. 16. (repeated 11 a.m., Thursday, Sept. 6). Help sort out health insurance options. Especially important for those in Humana Gold Plus at Lutheran General Hospital which is being cancelled December 31.

AUGUST TICKET SALES

First come, first served. Enter through the East Entrance. Doors open at 8:30 a.m.

Poker Tournament - Friday, Aug. 10, 12 noon. Come & play seven-card stud & five card draw. Lunch and prizes. Cost: \$3.50. Registration required.

Pinochle Tournament - Friday, Aug. 31, 12 noon. Enjoy a three-handed tournament, includes refreshments and prizes. Cost: \$3.50. Registration required.

Evening at the Senior Center: Card Party - Wednesday, Sept. 5, 5 to 8 p.m. Enjoy a lite meal followed by an evening of Pinochle, Bridge, Poker, Uno, Billiards, and Board Games. Cost: \$6 includes meal, games, and prizes.

GENERAL TICKET SALES

Please Call For Ticket Availability

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

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

Evening at the Center - "Let's Start the Family Feud" - Tuesday, Aug. 14, 5 to 8 p.m. Dinner is a sub sandwich, chips, and dessert. Cost: \$6 includes meal & prizes.

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

Men's Club Fall Bar-B-Q with Frank Pisani - Friday, Sept. 7, 11 a.m. to 2:30 p.m. Hamburgers and Brats fresh off the grill with all the trimmings and then it's entertainment by Frank Pisani. Cost: \$8, includes lunch, entertainment, prizes.

Morton Grove Senior Citizens 470-5223

BLOOD PRESSURE SCREENING

Moderate exercise and activity can be important assets in a person reaching their blood pressure goal and staying fit. Everyone has individual differences and conditions that need to be considered when planning a healthful program of exercise. People whose health does not allow exercise can often take part in other enjoyable activities such as hobbies, social activities, volunteer work or attending classes. Periodic blood pressure measurement is helpful in determining if health is threatened by high blood pressure (hypertension). Unfortunately, hypertension usually has no symptoms so a person can feel great and not know they have it. Free screenings are offered from 9 to 11 a.m. on Tuesday, Aug. 14 in the Morton Grove Village Hall Senior Center.

AARP DRIVER SAFETY PROGRAM

Another eight-hour two-day "AARP Driver Safety Program" will be offered to older motorists on Thursday, Aug. 16 and Saturday, Aug. 18 at the Morton Grove Village Hall Senior Center. The course 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 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.

PICNIC IN THE PARK

Celebrate the closing days of summer with an old fashioned picnic on Thursday Aug. 23 from 5:30 to 7:30 p.m. Enjoy the evening breezes at the Harter Park Pavilion, or if it rains, the air conditioning at the Prairie View Community Center. There will be games, prizes, entertainment, and barbequed chicken and hamburgers with all the trimmings. The cost is \$14 for residents and \$17 for non-residents.

EXPLORE TRAVERSE CITY & GRAND RAPIDS

This fall journey will uncover hidden treasures in Michigan from Tuesday, Sept. 4 through Friday, Sept. 7. Travel to Grand Rapids to tour the Gerald R. Ford Museum, the Frederik Meijer Gardens, Traverse City the Old Mission Peninsula, the Turtle Creek Casino, the Music House, and the Cherry Republic. The cost is \$470 for double occupancy, \$600 for a single, and a \$100 deposit is due with your reservation. Register at Prairie View.

60+ WOMEN'S SUPPORT GROUP

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

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

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

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

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

Social Security Tax

(NAPSI) -- Millions of seniors may soon benefit from legislation, recently introduced in the House, which would repeal a 1993 law that subjects up to 85 percent of Social Security benefits to tax.

"Uncle Sam does not allow seniors to figure their income like other taxpayers," says George A. Smith, Chairman of The Senior Citizens League. "This legislation would provide greater tax fairness for increasing numbers of middle-income seniors."

Under current law, up to 50 percent of Social Security benefits may be taxable for individuals with annual provisional incomes between \$25,000 and \$34,000, and couples with annual provisional incomes between \$32,000 and \$44,000. Up to 85 percent of benefits are taxable for individuals or couples who bring in more.

"Making matters worse, these income levels are fixed and do not rise annually like personal exemptions or tax brackets," says Smith. "This means that as incomes and Social Security benefits gradually rise, increasing numbers of seniors must pay tax on their benefits."

The new legislation would roll the upper tax bracket back to the 50 percent level.

For more information, send \$1 for shipping and handling to TREA Senior Citizens League, Dept. N10102, 909 N. Washington St., Suite 300, Alexandria, VA 22314 or visit: www.tslc.org.

Finding services for distant relatives

(NAPSI) -- An estimated seven million Americans are separated by distance from aging parents, relatives and friends. Fortunately, a free service is available to help family members find resources so their older relatives can live as independently as possible.

The Eldercare Locator is a public service of the U.S. Administration on Aging administered by the National Association of Area Agencies on Aging. Callers are referred to the best sources of information about senior services in the community where the older person resides.

According to a recent independent evaluation of the service, the information specialists who answer the calls are courteous and prepared to provide the information that callers need in a timely fashion.

The information provided by the Eldercare Locator can help ease concerns for distant relatives -- whether they're responding to an immediate need or planning for the future. Both the call and the information provided are free. To learn more, call the Eldercare Locator at 1(800) 677-1116. For more information about services for seniors, call 1(800) 677-1116.

Norwood Park Home holds 106th annual picnic

The community is invited to participate in the oldest continuous annual event in Norwood Park--the 106th Annual Picnic at Norwood Park Home, 6016-20 N. Nina Ave., Chicago. This event was started in 1896 to celebrate the Home's dedication and has become an August tradition.

This year's picnic will be held from noon - 4 p.m. on Sun., Aug. 19, among the towering trees and rolling lawns of the Home's grounds. There will be games for children, activities for adults, a variety of food, and live entertainment. Admission is free.

"We want the community to become a part of this event and share in our celebration," said Maureen McCarthy, foundation director. "Bring the family! There is no cost to attend and enjoy a relaxing afternoon. You can bring your own lunch or purchase food and beverages on the grounds. Proceeds from the sale of food and raffle tickets provide funds for our non-profit Home to carry out its mission of high quality care for seniors on Chicago's far northwest side and nearby suburbs. Proceeds will be

used to fund its Capital Campaign. Building A Second Century of Tradition to make much needed updates and improvements to our Home."

Entertainment will feature Chuck and Friends, a three-piece band, and a demonstration by the Chicago Police Department canine unit. Chuck and Friends will play a variety of traditional and contemporary favorites from 2 - 3:30 p.m. Also, Pastor Christian Sonnefeldt will tell folk tales and stories.

Other activities will include various children's games (including the Jumping Jack), resident-affle booth, pull tabs, bingo, and the Honor Roll. Hamburgers, hot dogs, brats, corn-on-the-cob, ice cream, and Norwegian specialties of open-face sandwiches, flotegröt, krumkaker, and julekake will be available for purchase.

The raffle will feature many cash and gift prizes, including two top prizes of \$100 each. Raffle tickets are \$1 each or six for \$5, and can be purchased at the Home or during the picnic.

For more information about the picnic or Norwood Park Home, call (773) 631-4856.

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Home Style

Amenities make the difference in Evanston

Boasting features such as an evening doorman, lake and skyline views and a premium downtown location, Church Street Station brings the amenities of a luxury city high-rise to the heart of Evanston. Located at the southwest corner of Maple and Church streets, Church Street Station is a new-construction, 17-story condominium building developed by Northfield-based Focus Development.

Other building features include an indoor pool; sundeck;

fitness center; and party room. All homes come with covered, garage parking and a heated storage unit.

"Buyers enjoy a full roster of features that have been designed for a maintenance-free lifestyle," said Tim Anderson, president of Focus Development. "Church Street Station's amenities cater to buyers who expect more from a suburban condominium building, including a distinctive selection of residences."

The building offers 18 floor

plans among its 105 condominiums, including soft-loft homes, two Deluxe Tower homes and two remaining duplex penthouses.

Priced from the \$190,000s to the \$410,000s, condominiums and soft-lofts range from 789 to 1,573 square feet, with one to three bedrooms and 1 to 2½ baths. Available penthouses have 2,271 and 2,562 square feet, two bedrooms, 2½ to 3 baths and are base-priced from the \$670,000s. Deluxe Tower homes have 2,329

square feet, two bedrooms and three baths, and are base-priced at \$695,900 and \$700,900.

Homes at Church Street Station will feature floor-to-ceiling windows, balconies and roof terraces, per plan. Options include upgraded flooring, counter surfaces, cabinetry and appliances, and additional parking.

Church Street Station also includes a bicycle storage room, an intercom entry system, and video security at lobby and parking levels. The first floor of the building

will offer parking and retail space, including a bank with a drive-through facility.

Church Street Station is just one block from the new Church Street Plaza, which features an 18-screen movie theatre, plus shopping and dining, including Wolfgang Puck's latest restaurant. The Evanston Public Library, various restaurants, shops and Northwestern University are all within a five-minute walk of the condominium building. Church Street Station is also half a block from the Metra train station and one block from the CTA Davis "L" station.

Residents of Church Street Station are served by Evanston/Skokie School District 65 for elementary education and District 202, which includes Evanston Township High School.

During pre-construction, the sales center is located at 5019 Oakton Street in Skokie, less than 15 minutes from Church Street Station. To reach the sales center, take Interstate 94 to Dempster Street and head east. Take a right on Skokie Boulevard and another right on Oakton Street.

For more information or to make an appointment, call (847) 424-0800 or visit Focus Development online at: www.focusdevelopmentinc.com.



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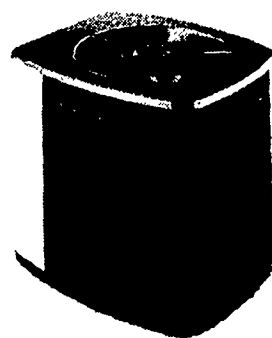
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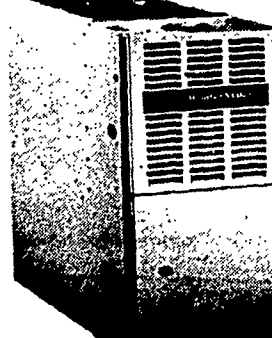
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Home Style

Need help buying or selling your home?

(NU) -- The Internet has the potential to make home buying and selling a much better experience. But there are more than a billion Web pages out there. How do you find the information you really need without wasting hours online?

Regular search engines don't help much. The word "home" gets you a mind-boggling 181 million Web pages to choose from. There are 2 million "real estate" sites. "New home" cuts it down to 310,000 sites. There is a better way to find out what you're looking for: a Web site named www.top100websites.com.

Independent rankings from computer magazines and newspapers are used to choose the Web pages on more than 120 topics that are represented on the site.

Here's a sampling of the home-oriented Internet sites you can find online at www.top100websites.com:

• Anyone who is thinking about making a move will find www.homefair.com to be a great place to start. There are a wealth of resources with a particular emphasis on making moves easier -- whether you're planning to use a professional mover or do it yourself.

• The National Association of Realtors' home page (www.realtor.com) can help you find a realtor and offers information such as access to recent home sale prices in your area and a handy glossary of real estate terms.

• A veteran real estate agent, Darren C. Ullmann, is your guide at realestate.about.com, an informative site about all aspects of home buying and home selling. Ullmann provides strategies to help pay less for a house, and links this site to more than 700 others.

• The National Association of Home Builders site (www.homebuilder.com) is a good place to start if you're thinking about building a new home.

• Interested in a home improvement project? There's plenty of helpful information at www.homestore.com, including guides to do-it-yourself projects and a free national directory of more than 1 million home service specialists.

• More and more "For Sale by Owner" signs are cropping up in front yards. If you're intrigued by the idea of selling it yourself, make your final stop at www.byowner.com. You'll get a good primer on how to sell your home without having to pay a real estate commission.

• The Federal Consumer Information Center (www.gsa.gov/staff/pa/cic/housing.html) has lots of helpful brochures on home topics.

Pear Pastry Perfect Dessert For Two

(NAPS)-With today's hectic schedules, it can be difficult for couples to find some quiet time together. Between work, kids, commutes and other commitments, couples frequently can go a whole week without any quality time to connect.

One of the best ways to reconnect after a week of mismatched schedules is to sit down to dinner together. Dinner can be takeout or homemade - what's important is sharing time and enjoying each other's company.

Whether it's a quiet dinner for two or a weekend family meal, nothing makes a dinner special like a home-baked dessert. Luckily, it's easy to create a special treat with just a few convenient ingredients. **Butterscotch Pear Tarts** start with frozen puff pastry and end with convenient canned pears and prepared ice cream topping. Using always-ripe, always-ready canned pears, this luxurious dessert can be prepared in minutes.

Butterscotch Pear Tarts are as easy to make as they are delicious. More than any other canned fruit, canned Bartlett pears from the Pacific Northwest retain their natural flavor, texture and color of the fresh fruit, making them a perfect choice for baking.

Simply cover frozen puff pastry circles with a sweetened cream cheese mixture and bake.

Butterscotch Pear Tarts

1 package (10 ounces) frozen puff pastry shells.

1 package (8 ounces) cream cheese, softened

1/3 cup sugar

2 tablespoons all-purpose flour

1 teaspoon vanilla extract

1 can (16 ounces) pear slices, drained

1/4 cup prepared butterscotch ice cream topping

Thaw pastry shells 30 minutes at room temperature. On floured surface, roll each pastry shell to 6-inch circle; arrange three circles each on two ungreased baking sheets. In small bowl, combine cream cheese, sugar, flour and vanilla; beat well. Divide filling evenly among pastry circles, spreading to within 1/2 inch of outside edge.

Bake in preheated 425°F oven 12 to 15 minutes, or until pastry is golden, switching position of pans in oven for more even baking. Cool completely on baking sheets. Divide pear slices evenly and arrange in center of each pastry. Drizzle pastries evenly with butterscotch syrup.

Makes 6 tarts.

Web Searches Made Easy

(NU) - Web-based searches have certainly made life easier when, for instance, your child asks you to name the capital of Pakistan (Islamabad) or you bet a co-worker who won the NCAA championship in 1994 (Arkansas). The information is out there. You just have to know where to get it.

One search engine has made searches even easier for you by humanizing the search process. Subjex.com is a dialogue-based search engine that helps you find the information you are looking for by carrying on a dialogue with you, asking questions to help you narrow down your search.

With Subjex, you don't have to be a technical genius to get the narrowed-down results you want. No more pluses and minuses, no more ands and ors. Just type in your question as you would if you were sending an e-mail to a friend or colleague.

To start up your own dialogue search, simply visit www.subjex.com today.

Some people believe that when a horse yawns, the weather is going to change.

Keeping your cool in hot weather

(NAPS) -- Summer heat waves can place heavy demands on public utilities and consumer's wallets. However, there are steps homeowners can take to stay comfortable and save money at the same time.

• Here are a few energy saving tips on keeping cool, courtesy of the experts at Edison Electric Institute:

• During the warm weather months, set the thermostat to 78°F when the house is occupied and the low 80s when no one's home. A programmable thermostat can do this automatically.

• Keep the thermostat fan at the "on setting." This keeps air circulating, which should make you feel cooler.

• Close off unused rooms by shutting down air vents, turning off window air conditioners and closing doors.

• Run kitchen and bath exhaust fans just long enough to rid the house of unwanted odors and humid air.

• Keep blinds, shades and drapes drawn during the hottest part of the day.

For more information on saving money and keeping cool, contact your energy company.

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The Bugle Newspapers' Area Employment News

IT Degrees Give Professionals Leg Up in Job Market

A study recently released by the Information Technology Association of America found that companies, both information technology-based and traditional bricks-and-mortar, hope to hire 900,000 workers this year. Of that, 425,000 positions will go unfilled because of a lack of qualified applicants.

To serve this need, a competitive marketplace for IT education has developed, from traditional colleges, community colleges, technical training centers and certification programs. The technical training industry alone offers more than 350 certifications, creating an industry valued at more than \$7 billion, according to Stamford, Conn.-based Simba Information.

But there lies the rub for people seeking job security in the IT industry - it is taking more than certification to get ahead. Despite the avenues for technical education, the ITAA study revealed that finding a return on investment with a certificate may be harder for job seekers today than it has been in past years, when holding a certificate and no degree still commanded relatively high salaries and easy access to jobs. While polling 685 companies representing both the IT field and the non-IT field, hiring managers said a four-year college de-

gree now is the best pre-hire means of getting needed skills and knowledge in four of eight categories: database development and administration, enterprise systems, programming/software engineering and technical writing.

Simply, it is taking more than just technical training to get an IT job. More employees are saying that they need to find employees who can contribute to the whole business process and communicate the benefits of implementing technology.

Certifications alone are not providing that type of training, leaving degrees as the best tool companies are using to evaluate how a prospective employee can contribute to the success of the business.

"Executives told us when we started to develop our school of technology programs that they need IT professionals who have problem-solving skills related to business, not just technology," said Dr. Kurt Linberg, dean of the Capella University School of Technology. "We designed courses that make IT professionals marketable to companies, not just the IT department at those companies."

As the job market softens, having a degree becomes more important for IT professionals. Ac-

cording to the ITAA, the positions that companies need to fill are down nearly 40 percent from last year, from 1.6 million to the projected 900,000. With fewer jobs available, prospective employees have to show how they can apply their skills to the growth and stability of the company. Degrees provide that distinction, often separating an engineer from a technician.

"In response to a variety of factors, companies appear ready to rein in their hiring plans and proceed cautiously," authors of the study wrote. "This trend suggests that job candidates should likewise sharpen their professional focus in building skills and seeking work."

Ranging from teamwork to communication skills, companies

now want to see how IT job candidates can contribute to the overall company.

"Our engineers have to have skills that go beyond their technical expertise," said Chris Doyle, director of product development with TIE, a global e-commerce software company with North American offices in Boston and St. Paul, Minn. "Social skills to interact with the client when they visit businesses an understanding of the business process and the way our products can meet the needs of a company - these are things that certifications don't address. Colleges and experience do."

But it will still take more than theory to get a job and advance within a company. The technical skills earned through certifications are still important, and, for

that reason, many universities are now putting a premium on education that combines theoretical concepts with practical applications.

"This is hands-on education, with every student participating," Linberg said. "Companies have told us they want more from graduates than grade-point averages. They are looking for applicable knowledge, so the company can see the fruits of the education."

Before enrolling at any university, students should verify that a third-party accrediting body recognizes the program and that the accreditation is nationally recognized. In the United States the most widely recognized form of accreditation for degree-granting programs comes from the regional accreditation commissions.

Advice to recent graduates

by John Petrik, Dean of Career Services, DeVry Institute of Technology in Addison

College graduates are facing a highly competitive job market this year, but if they have the right skills they should have no problem landing a good job. Several DeVry Institute of Technology alumni recently gathered to provide advice to current students and recent graduates about transitioning into a career, navigating in a corporate culture and being successful in a new job.

The alumni agreed that students are more likely to be successful in future careers if they treat school as they would a job. For example, class attendance re-

flects attendance on the job. A list of tips was compiled to ensure that college graduates can succeed in the workplace. Listed below are some of these tips:

- Students should utilize experiences gained from classroom presentations and group or team projects in later careers. Learning how to present their ideas to a group and how to get along with difficult coworkers and clients is key to success.

- A co-op job or an internship provides valuable experience that makes a student more desirable during an interview.

They need to talk to various people who have chosen their future careers to find out what they do as well as what they like and don't like about their jobs.

- Students should not limit their options before they begin interviewing; they have to be willing to participate in a variety of job interviews. This allows students to develop excellent interviewing skills and may lead them toward a career they might not have originally considered. Before they attend an interview, they should familiarize themselves with the company and its mission, values, culture and future growth. The students' extra work will be evident in the interview and pay off.

They need to also attend job fairs to meet recruiters and ask for business cards; do not limit searches just to the internet.

Once students begin their new jobs, they should ask questions and be honest about what they don't know.

- Once on the job, individuals should learn the corporate structure and chain of command. They should let others hear their ideas, but should not step on anyone's toes in the process.
- New employees should give coworkers the same consideration they give to their customers. Airing complaints, rumors, and negative attitudes can come back to hurt them.

A college degree is only a validation of a person's ability to learn on the job. Grades are important, but students must learn to balance their education with related experience and a solid work ethic. To be successful on the job, students must remember two basic traits - honesty and integrity.

American Dream

by Jeanine Kromer

Part of the American mystique is that anyone can open up a business and make a go of it. The independence that comes with being self-employed is an integral part of America's illustrious history. ameriCAD Inc in Niles is a prime example of such ingenuity and determination.

ameriCAD Inc was started by Alan Lux in 1991, and is proud to be celebrating its 10th anniversary in business. Since most businesses do not survive the first year and even fewer make 5 years, Lux considers the 10-year mark a major milestone. ameriCAD designs printed circuit boards (PCB) that can be found in many every day items such as TVs, VCRs, computers and telephones as well as industrial controllers. Lux conceived ameriCAD Inc as an alternative to the typical run-of-the-mill printed circuit board bureau, launching his company with \$10,000, loads of talent, heaps of hope and a solid customer base. Lux spent 25 years in the electronics industry and his experience landed some of his first customers.

ameriCAD Inc has continued to grow steadily over the years even when other larger conglom-

erates have folded. The challenge of the changing electronics industry which has caused other businesses to falter, only inspires Lux to work harder and better.

Being the sole employee of Lux has put in many late nights and weekend hours to meet the requests of his customers. Much of ameriCAD's success is attributed to Lux' solid work ethic and good old-fashioned people skills. Lux takes the time to understand the customer's needs and get the design right the first time around. Asking questions and listening to the answers is just as important to efficiently and economically complete the job as state of the art tooling.

ameriCAD's vast experience ranges a variety of projects. ameriCAD Inc has served over 45 different clients designing over 230 new PCB boards and modifying over 270 of those designs to accommodate technological advances and improve efficiency. ameriCAD offers training classes that instruct companies how to utilize a popular complex printed circuit board software program.

For more information about ameriCAD contact Alan Lux at 647-9743.

'Business After Hours' to Bethany Terrace

Meeting, mingling and networking are the order of the day - or evening - when Business After Hours convenes from 5 to 7 p.m. on Thursday, August 16, at Bethany Terrace Nursing Centre, 8425 N. Waukegan Road in Morton Grove.

Business After Hours offers local members of the Chamber of Commerce the opportunity to meet one another and develop mutually beneficial professional relationships. Sponsored by the Morton Grove Chamber of Commerce, Business After Hours utilizes each gathering to spotlight the local business hosting the event.

Among the many programs offered at Bethany Terrace to support residents of the Morton Grove community is A.D.A.P.T., which stands for Alzheimer and Dementia Assistance Program of the Terrace. The concept is designed to assist families and at-

home caregivers with support services for their loved one - at no cost or obligation.

Business After Hours is one of many events held at Bethany Terrace. Residents enjoy musical programs, arts and crafts exhibits, visiting pets and shopping excursions on a regular basis. Bethany Terrace Nursing Centre has been providing its residents with the best and most advanced care in a home-like setting for more than 35 years. This extensive experience has positioned Bethany Terrace as one of the most knowledgeable health care organizations in the greater Chicago area.

Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Rd. in Morton Grove, south of Dempster and north of Oakton. For more information about Bethany Terrace, please call 847-965-8100.

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Business News

Des Plaines Chamber August luncheon

The Des Plaines Chamber of Commerce & Industry will hold its August membership luncheon on Thursday, August 23, 2001 (11:30 a.m. to 1:30 p.m.) at Manzo's Banquets, 1571 S. Elmhurst Road, Des Plaines. The featured topic will be "4 Generations in the Workplace."

This program is the second featuring Phil Addante, whose program last year on business communication styles had members asking for more. At our August membership luncheon, he will talk about the increasing occurrences of several generations working together in the workplace and the challenge it presents as widely varied backgrounds share a common workplace environment. Of interest to

employers, managers, human resources directors and just about any employees, this program reflects one of today's unique workforce issues.

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 by Tuesday, August 21, 2001.

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 communication and quality service. For more information on becoming a Chamber member call 824-4200.

Edison Park Fest

Dear Business Owners:

Edison Park Fest will be held on Saturday and Sunday, August 18 and 19.

One of the highlights of the Fest is the Annual Raffle featuring many wonderful prizes donated by local merchants, private individuals and our corporate sponsor, American Airlines. Last year, in addition to our Annual Raffle, we held our Children's Raffle, which was a huge success and will be held again this year.

If you would like to support Edison Park Fest 2001 and, at the same time, promote your business, we are asking you to consider donating a raffle prize of \$25 or more, payable in cash, merchandise or services, for either the Annual Raffle or the Children's Raffle - or both. In return, you will receive publicity in our local newspapers and be announced

during the Fest.

For more information or to donate a prize, please contact: Mary Cossitt, Star Packing & Supply Co., 6672 North Northwest Highway, Chicago, IL 60631. Telephone: (773) 792-3877, or Cathleen Hunt, Write Works, 6630 North Northwest Highway, Chicago, IL 60631. Telephone: (773) 774-4420. Please respond no later than August 10.

Thank you for your contribution. We truly appreciate the loyal support of our Edison Park Chamber members and are looking forward to another successful Fest event.

Cordially,
Mary Cossitt,
Raffle Co-Chairperson
Cathleen M. Hunt,
Raffle Co-Chairperson.

Des Plaines Library helps find consultants

The Des Plaines Public Library has two useful resources for locating consultants. The one-volume *D&B Consultants Directory* contains more than 30,000 consulting firms in all areas, including finance, business management, marketing, and quality control. Each entry includes major business and consulting activities, clientele, geographic territory served, and when founded. Section One is arranged alphabetically while Section Two lists consultants geographically.

Consultants and Consulting Organizations Directory is a reference guide to more than 24,000 concerns and individuals engaged in consultation for business, industry, and government.

Continued on Page 29

Niles Park District 'Concerts in the Park'

Niles Park District invites you to attend our concerts in the park every Friday through August 28 at Oak Park, Lee and Ottawa. Pack up the lawn chairs or blankets and bring the whole family out to enjoy the summer sounds in the park. Please note alcoholic beverages are not allowed on park grounds.

Daily Queen of Niles will be available for ice cream treats!

The following is the schedule of the exciting live entertainment Niles Park District has planned:

Chris Fascione: Chris will entertain with children's music and storytelling on Friday, August 10 from 6:30 - 7:15 p.m.

Surfers: It's summertime fun with beach party music from the Beach Boys, Jan & Dean, Jimmy Buffet and the Surfaris. See how low you can go as you limbo and hula hoop in the summer sun on Friday, August 10 from 7:30 - 9 p.m.

Mark Nichols: For over 30 years, the Puppet Place Theater has been dedicated to bringing this unique style of theater to child and adult audiences. Accompanying musical scores of classical and contemporary music enhance the production presenting the audience with a thoroughly theatrical experience on

Friday, August 17 from 6:30 - 7:15 p.m.

The Associates: The Associates is the Midwest's premiere Motown and variety band. They pack their shows with tons of energy and exciting renditions of their crowd pleasing repertoire that gets everybody's hands a-clapping' and toes a-tappin' on Friday, August 17 from 7:30 - 9 p.m.

Kathleen Gibson: Dr. Kathleen Gibson is a creative, dynamic, and exciting family entertainer, songwriter, author and producer. She is committed to making a difference in the lives of children and adults who love them, share her joy exuberance, silliness and inspiration on Friday, August 24 from 6:30 - 7:15 p.m.

The Mr. Blues Band: The Mr. Blues Band delivers no-nonsense grooves from all corners of the blues idiom, including traditional and contemporary blues, R&B, swing, jazz, funk, and rock. Whether you are a hard core blues fan or just someone who enjoys a great show, you will love the Mr. Blues Band on Friday, August 24 from 7:30 - 9 p.m.

For more information please call the Howard Leisure Center at (847) 967-6633.

Niles Public Library District

Library District's next Teen Book Discussion and Lunch on Thursday, August 16 at noon. August's discussion will be "Girl With a Pearl Earring" by author Tracy Chevalier. Participants, ages 11-14, can register and pick up a copy of the book at the Reference Desk. For more information, please call Kate Wolicki at (847) 663-6433.

A Tribute to Mae West

Spend the evening with legendary entertainer Mae West on Tuesday, August 21 at 7 p.m. at the Niles Public Library District. Portraying one of the best known celebrities of the 20th century, artist Mary Anne Burkhalter will share West's flamboyant 80-year career and reveal her willpower and the impact of her public persona during this lively performance. Registration is required. Please register at the Library Information Desk or call (847) 663-1234.

Arthritis Management

According to the Arthritis Foundation, more than 43 million people of all ages suffer from arthritis pain. Learn about the most common forms of arthritis as well as what you can do to help yourself during Update on Arthritis Management on Tuesday, August 14 at 7 p.m. at the Niles Public Library District. Sharing the latest developments on this disease's many challenges, Dr. LaDonna Koziol, a board certified rheumatologist with the Rheumatic Disease Center at Resurrection Holy Family Medical Center, will discuss prevention, effective treatments, diagnosis and treatment trends during this informative lecture. Registration is required. Please register at the Library Information Desk or call (847) 663-1234.

August's Teen Book Discussion

Young adults who love to read won't want to miss Niles Public

Entrepreneurship Center head receives Coleman Foundation chair

Purdue University Calumet's Jamaluddin Husain, director of the university's Entrepreneurship Center, has been named the first Coleman Foundation Chair in Entrepreneurship at Purdue Calumet.

Husain, of Skokie, has headed the campus-based Entrepreneurship Center since its establishment in 1995. Since that time, the center has enjoyed an impressive track record of helping practicing entrepreneurs become more successful in their respective businesses. More than 200

entrepreneurs have completed the unique, 22-month program, which, unlike traditional Entrepreneurship training offerings, caters to individuals who have been in business at least two years. An off-site training program recently has been introduced in Chicago.

The designation of Chair is one of academia's most prestigious recognitions. Husain's Chair is accompanied by financial support from the Coleman Foundation, a not-for-profit private body that funds, among other

initiatives, Entrepreneurship education.

The Coleman Foundation has supported the Purdue Calumet Entrepreneurship Center since its beginning. According to Michael Hennessey, Coleman Foundation president, Husain is one of eight Coleman Chairs. The eight Chairs represent different universities and serve as an advisory group to the foundation.

Husain, an 11-year Purdue Calumet faculty member and associate professor of management, offers award-winning experience in management consulting and executive training, specifically relating to Entrepreneurship and management of small businesses. In 1997, he was named Ernst and Young's Illinois/Northwest Indiana Supporter Entrepreneur of the Year. He also received the Northwest Indiana Small Business Development Center's 1991 Small Business Advocate of the Year honor. Additionally, he received Purdue Calumet's Outstanding Faculty Award for Service in 1996 and is a 1994 recipient of the Purdue Alumni Association-Calumet Distinguished Corporate/Community Service Award. In 1992, he was presented the Asian American Community of Illinois Community Service Award.

Originally from Bangladesh, he holds a bachelor's degree in mechanical and industrial engineering from the Pakistan University of Engineering and Technology, a master's degree in small business consulting from the University of The Philippines and a Ph.D. in organizational theory from Northwestern (IL) University.

JA poll finds teens spend summer on the job

(NAPS) - Highlights of the results from a 2001 Junior Achievement Interprise poll conducted in March find that nearly nine out of 10 teenagers expect to spend this summer working.

Among students ages 18 to 19, 97 percent of those polled said they planned to work this summer. Sixty-seven said percent of students ages 12 to 13 said they will work this summer, while 89 percent of students ages 14 to 15 will be on the job.

Many of the results mirror finding from last year's survey, when 87 percent of students said they planned to work during the summer of 2000.

More than half of students queried - 57 percent - said the primary reason they work is to earn spending money, followed by another 15 percent of stu-

dents who say they are saving for college.

According to the survey, the vast majority of young people take retail and sales jobs. Younger students ages 12 to 13 are more likely to have babysitting jobs, followed by lawn care or landscaping jobs.

The food service arena was another significant employment sector for young people, with 23 percent of students ages 16-17 reporting they will be working in restaurants.

The figures for teen pay are still relatively high compared to the current federal minimum wage of \$5.15 per hour. The poll revealed that 85 percent of students earn more than the minimum wage. A full quarter of students said they earned more than \$7.51 per hour, and another quarter of students say they earn between \$6.01 and \$7.50 per hour.

If there is some cause for concern in the report it is that young women seem to earn less than their male counterparts. Girls are almost twice as likely to earn minimum wage than are boys. They are also less likely than boys are to earn more than \$9 per hour.

The survey is part of an ongoing series of surveys by Junior Achievement on student's views of economic issues. The organization aims to educate young people about business, economics and the free enterprise system.

Desplaines . . .

Continued from Page 28

This directory includes two volumes and one supplement. In addition to addresses and principle executives, the directory provides email addresses and more detailed activities than the D&B Directory. Consultants are divided into four groups: Business and Industry, Science and Technology, Environment and Agriculture, and Social Services and Human Welfare.

These directories are located in the reference section on the fourth floor. Call (847) 376-2841 or ask a reference librarian for assistance.

We've got Answers Unlimited live online

In the fall, the service will also be available Sunday, 5 p.m.-midnight. Hours of operation may be extended in the future.

At the start of a session, you are asked to provide a name, email address, and zip code. During the session, the librarian can send you a Web page to view or you and the librarian can view the pages together. At the end of the session, a transcript that includes "hot" links to relevant Internet sites is sent to your email address. A transcript is also sent to the library that responded so service may be improved and so the librarian may send any additional information that might be useful. Email addresses are used for no other purpose. Zip codes will be used to help expand the service and for statistical purposes. A complete privacy statement is available on the Answers Unlimited Web site.

For more information on Answers Unlimited, please phone the Reference Desk at (847) 376-2841.

Got a question? The Des Plaines Public Library now offers "Answers Unlimited," a live online reference service available from home, work, school, or anywhere that you have a computer with Internet access. Answers Unlimited provides someone who has a reference question with the opportunity for a live, personal online "chat" with an information professional - a librarian. The service is staffed by librarians from 12 participating members of the North Suburban Library System and the Night Owl reference service.

Simply visit the library Web site at www.desplaines.lib.il.us, go to Contents or Reference Services, and click on "Answers Unlimited." Or type in the Web address, www.answersunlimited.org.

Then, follow the instructions and ask your question. Current hours for Answers Unlimited are: Monday-Thursday, 11 a.m.-midnight; Friday, 9 a.m.-5 p.m.; and Saturday, 1 p.m.-midnight.

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ADVERTISING SELL CLASSIFIED ADVERTISING Full-Time - Monday Thru Friday - 9 AM-5 PM Salary Plus Commission-Based On Experience! Both Inside & Outside Sales Call Beverly: (847) 588-1900 Or Fax Resume: (847) 588-1648 BUGLE NEWSPAPERS-NILES	BOWLING ALLEY *CUSTOMER SERVICE *BARTENDERS *PORTERS *PIN CHASERS Full-Time / Part-Time Looking For Friendly Customer Oriented People To Join Our FAMILY! Call: (847) 965-5300 CLASSIC BOWL MORTON GROVE	CLERICAL/OFFICE OPPORTUNITIES RECEPTIONIST \$24,000 to \$28,000 Enjoy meeting and speaking with people while earning top \$\$ with great benefits for intl. company. Must be reliable, professional with good communication and MS Word skills. Fax resume: 630-571-8013 Or email to: pchallenge@core.com All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com Try a classified! Call today!	EDUCATION LEYDEN HIGH SCHOOLS DISTRICT 212 Leyden High Schools Are Currently Hiring SUBSTITUTE TEACHERS Please Call For Information (847) 451-3021 TEACHER With Type 10 Teaching Certificate Moving To Niles Call: (773) 604-8555 Fax Resume: (773) 604-4840 St. Bernadette's School For Special Children 3550 W. Peterson-Chicago Education, Part-Time Bs-Certified PK-5 Science Teacher. Flexible Hours, 2 to 3 Days A Week. Call 847-437-1928	FOOD SERVICE SCHOOL MEAL ASSISTANT Set-up, serve, clean-up & oversee distribution of catered meals in Byron School at 6050 N. California. Sanitation certificate and High School diploma or GED required. Part-time shift: Monday-Friday, 11 a.m.-2 p.m. Send cover letter and resume to: Anixter Center, HR Dept. 6610 N. Clark, Chicago, IL 60626 Fax: 773-973-5268 Email: specirno@anixter.org SHOCKER WORKPLACE see m/11/01 www.anixter.org
BANKING OPPORTUNITIES CUSTOMER SERVICE REPRESENTATIVE Full Time LEAD - Niles location As a Lead Customer Service Representative, you will be accountable for the performance of employees and all activity behind the Customer Service Representative line. In addition, you will perform all CSR functions (as needed), training, coaching, customer service review preparation and cross sell products and services to customers. Hours: Monday-Friday with one day off during the week and Saturday (40 hrs. per week) Qualified applicant must have 2 years of teller supervisory experience and a proven sales ability to lead the staff in cross sales of bank products and services. Must also have excellent communication skills, and strong leadership skill.	CLERICAL/OFFICE OPPORTUNITIES GENERAL OFFICE CLERK Entry level position, Monday-Friday-8 AM - 4:30 PM, various responsibilities including filing, binder mailings, telephones and customer service for a manufacturer of exterior street lighting located in Niles. Need a pleasant personality and the ability to work with computers. Please Contact Joel Perlin For An Interview At: (847) 588-3400 - Ext. 227 e.e.o.e.	TELEPHONE / DATA ENTRY CLERKS \$10 - \$12 Per Hour Niles Location Seeking Responsible Individuals With Good Communication Skills. Must Be Able To Key Data Accurately. Training Provided. Good Benefits. Pleasant Smoke-Free Environment. Call Pat Hitchcock: (847) 588-7809	DRIVERS ARE YOU READY FOR A CAREER CHANGE? 364 Student Drivers Needed! Make 36K-42K In Just 14-16 Days! No Up Front Money Required CALL TODAY 1-877-83TRAIN	HOTEL 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
CUSTOMER SERVICE REPRESENTATIVE Part-Time - Niles location As a Customer Service Representative, your responsibilities will be to service our customers efficiently and accurately by working on their transactions and recommending services or products that meet their needs. The main duties of this position will be to cover the safe deposit area and switchboard. Qualified candidates should have previous sales and cash handling experience and excellent communication skills. Candidates also need to be motivated to achieve sales goals and be customer service oriented. Current Part Time Customer Service Representative Openings Include: •Hours are flexible, either Monday-Friday 8:30am-12:30pm (Day off scheduled during the week) and Saturdays 8:45am-1:15pm OR Monday-Friday 2:30pm-6:30pm (Day off scheduled during the week) and Saturdays 8:45am-12:30am •Hours 10am-2pm Monday-Friday (Day off scheduled during the week) and Saturdays 8:45am-1:15pm When you consider the competitive pay and outstanding benefits we offer, you'll see opportunity is more than just talk at Fifth Third Bank. To be considered, please apply in person at any Fifth Third Bank location, or forward resume to 486 W. Liberty St, Wauconda, IL 60084, or fax to: (847) 526-3750.	COMPUTERS Process medical claims from home! Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission. 1-877-FTC-HELP A message from The Bugle and the FTC.	CUSTOMER SERVICE Small-upbeat design firm located in Wilmette. CUSTOMER SERVICE position available for organized person able to work on own and great with details. Computer comprehension required. 3-4 days a week from 9 to 4. \$12/hour plus profit sharing. Fax to: (847) 256-9814	EDUCATION Teacher Assistants Full Time/Part Time NAEYC Accredited Child Care Center in Lincolnwood Seeks Assistant To Work W/Infants & Preschoolers. 3-6. Mon-Fri. Call Susan or Flo: 847-676-8388 We accept Visa and Master Card! Call: 847-588-1900 Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago with 2 insertions per week. See how your money can work for you by putting your ads in both editions of The Bugle.	FOOD SERVICE SCHOOL MEAL ASSISTANT Set-up, serve, clean-up & oversee distribution of catered meals in Byron School at 6050 N. California. Sanitation certificate and High School diploma or GED required. Part-time shift: Monday-Friday, 11 a.m.-2 p.m. Send cover letter and resume to: Anixter Center, HR Dept. 6610 N. Clark, Chicago, IL 60626 Fax: 773-973-5268 Email: specirno@anixter.org SHOCKER WORKPLACE see m/11/01 www.anixter.org

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MEDICAL/HEALTHCARE HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park. Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	MEDICAL / HEALTHCARE NURSES / CNA'S • Full-Time & Part-Time Positions • Flexible Shifts Available Excellent Benefits For Full-Time Health, Emergency Days, Tuition & 401K Apply In Person Monday-Friday / 9 AM - 4 PM Or Come To Our NURSING JOB FAIR Wednesday - August 8 - 10:30 AM - 3:30 PM NORWOOD PARK HOME 6016 N. Nina Ave. - Chicago, IL 60631 (Near Northwest Highway & Harlem) (773) 631-4856 Or Fax: (773) 631-2253 EOE	RETAIL TIRED OF THE USUAL DATA ENTRY POSITIONS? Put Your 10 Key Skills To Work With RGIS Inventory Specialists Earn \$8 Per Hour Counting Inventory In Retail Stores Interesting Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates (847) 296-3031 Equal Opportunity Employer	RETIREMENT FACILITY WAITSTAFF WANTED Northbrook Retirement Facility 15 Minutes From Golf Mill Mall & Accessible From 294 & Some Public Transportation. Full And Part-Time Positions Available. Varied Shifts And Times- Flexible Schedule. Starting Pay \$8.00 Per Hour. \$500 Sign On Bonus, Reviewed Quarterly. A Great And Friendly Working Environment. Call: (847) 803-7107 - Ask For Samantha	FRONT DESK RECEPTION/SECURITY Full-Time - Midnight-8 AM Position Available At A Senior Retirement Community Great Benefits-Glenview Area Experience Helpful, But Will Train Must Have Reliable Transportation Call Jessie At: (847) 803-7100 Or Fax Resume: (847) 803-7101
RN, LPN, CNA Home Health Agency Has Shift & Supervisory Positions In Our Northwest Suburban & Chicago Area Retirement Communities. Unlimited Health Services 773-725-7881	NURSES RN's AND LPN's For Home Health Full-Time / Part-Time - All Shifts Flexible Scheduling Benefits For Full-Time AMERICAN HOME HEALTH 1-800-872-4427	PROFESSIONAL OPPORTUNITIES FIELD MANAGER FOR AT&T BROADBAND Dependability, excellent people skills, reliable vehicle and a serious desire to succeed financially are required for this long term position. Guaranteed salary and monthly wage bonuses!! For immediate consideration Call Christina at 773-202-3053 M-F 9-12 only	REAL ESTATE RE SCHOOL - Lincolnwood Enrollment clerk to take enrollments on phone & general office. Computer keyboard skills & ability to interact with public required. RE License A Plus! RE Institute-(847) 329-1650	RETAIL/OPTICAL • OPTICIAN Part-Time / Full-Time Dispensing Optician For J.C. Penney Optical / Golf Mill in Niles Some Experience Helpful But Will Train Right Person Excellent Benefits! (847) 299-1366

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SALES ADVERTISING DISPLAY SALES Part-Time Hours - Full-Time Earnings Salary Plus Commission! Prefer Outside Sales Experience With High Energy Call Sally At: (847) 588-1900		TELEPHONE TELEPHONE WORK FROM HOME Scheduling Pick-ups Of Discarded Items For A Major Charity No Selling-Flexible Hours Paid Weekly Pleasant Personality Reliability A Must! Please Call: (630) 588-0025		
TELEMARKETING SELL CLASSIFIED ADVERTISING Full-Time - Monday Thru Friday - 9 AM-5 PM Salary Plus Commission-Based On Experience! Both Inside & Outside Sales Call Beverly: (847) 588-1900 Or Fax Resume: (847) 588-1648 BUGLE NEWSPAPERS-NILES		TRADES FAMILY FITNESS CENTER Pool Managers and Lifeguards The Village of Niles Family Fitness Center is accepting applications for part time Pool Managers and Lifeguards. <ul style="list-style-type: none"> Candidates for Pool Managers must have a minimum of 3 years life guarding experience and be a Certified American Red Cross Lifeguard. Flexible hours. Salary \$10.35 per hour. Previous management experience preferred but not necessary. Certified Red Cross Lifeguards preferred but will train. Weekend and evening hours. Salary \$7.25 per hour. Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 For more information call Jay Kelly at: 847-588-8405 EOE, M/F		
TELEMARKETING No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900		PACKAGE HANDLERS Earn \$9.00 to \$9.50/Hour Plus Tuition Assistance FedEx Ground, a leader in the transportation industry is currently looking hiring loaders and unloaders to work at our Northbrook, IL. Facility. If you are dependable and responsible, then we want YOU. Package handlers enjoy \$9.00 to \$9.50 per hour to start, tuition assistance, .50 raise after 90 days, no weekends, and part-time hours. To qualify, you must be 18 or older, and able to pass a 50lbs. lift test. Apply in person: FedEx Ground 2945 Shermer Rd., Northbrook, IL		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		WELDER Small metal shop near O'Hare looking for welder. AM/PM. 20 hours/week. Call 847-678-8585		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		WORK FROM ANY LOCATION! Put Your Computer To Work! \$1,500 - \$4,500 / Month Part-Time/Full-Time *Free Information: (262) 812-5485 www.freedomforever.com		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		ATTENTION WORK FROM HOME \$500-\$2500/Mo-Part-Time \$3000-\$7000/Mo-Full-Time Free Booklet 888-304-0993 www.agreatnewlife.com		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		Veterinary Technician Full Time Experienced & Able To Work Independently, Self Motivated, Salary & Benefits Based On Experience. References Required. Call Paula: 847-432-0157		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-800-888-2742 Fax: 1-800-888-8151		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		YARD SALE CHICAGO - 7238 Osceola Saturday - 8/11 - 8 AM-3 PM Sunday - 8/12 - 8 AM-1 PM		
TELEMARKETING TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500 To \$1500 A Week Great Work Environment Bring Your Ambitions For Interview Call Bob: (773) 205-6806		YO-YO THE CLOWN Parties, Store Promotions, Company Picnics, Grand Openings, Hospital Visitation. 847-361-7001		

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REAL ESTATE APT. FOR RENT NILES - 7630-1/2 Milwaukee Ave. 1 Bedroom Apt. - Available Now! \$675 - (773) 764-0802 Niles - Nice & clean. Harlem & Dempster. 3 bd, 1-1/2 bath, 1 garage space. Non-smoking. \$1,200 plus utilities. 847-477-0649 Niles - 4 rooms, 2 bedrooms, 2nd floor. Heated w/appliances & laundry. \$850/month + security. 847-318-0698	AIR CONDITIONER FOR SALE A/C For Sale - Westinghouse Sleeve/Wall Unit 9000 BTU-\$225/ 15,000 BTU-\$295 With Warranty - (708) 788-3466 AUTO/BOATS '93 Plymouth Minivan Power/Everything-85K-\$5,500/OBO '77 Chevy Monte Carlo 17K-Original Miles-Mint-\$7,000/OBO 1950 Duracraft 14' Boat With Trailer 25HP Chrysler Outboard-\$1,500/OBO (847) 583-8682	FOR SALE Remember Watkins Products? We Have Them!! •Award winning vanilla extract •Gourmet spices; extracts; nutritional, personal & home care products Free Color Catalog 847-967-5267 "Solutions for living well since 1868"	HOUSE TO SHARE Skokie/Evanston. Female Preferred. Works Daytime. 1-Bedroom, Parking & Lite Kitchen Privileges. \$425/Mo. References and Credit Check. 847-329-0226 LOST Key & Door Opener For Toyota Car Lost While Marching In Niles 4th of July Parade! Please Call Beverly At: (847) 588-1900	PERSONALS NOVENA TO ST. CLAIRE Ask for 3 favors, 1 business, 2 impossibles, say 9 Hail Mary's with a lighted candle everyday for 9 days. Pray whether you believe or not. On the 9th day publish. Powerful novena. Thank you St. Claire. L.C. POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D.
CONDO FOR RENT Des Plaines - 2 bd, 1 bath \$1,200/mo. Ready to move in! Call - 773-463-5477 CONDO FOR SALE Niles - Renaissance Condo. 2 br, 2 bath, upgraded flrs, cbnts, crpts, appls, top floor corner unit, neutral colors. \$272K - 847-588-2799 HOUSE FOR RENT NILES - 8304 N. Oconto 2 bd, 1 bath, C/A, no pets \$1300/mo + utilities 773-631-0670 HOMES FOR SALE	AUTOS FOR SALE LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900 '90 Beretta GTZ - 63,000 Miles. \$3,000 O.B.O. '85 Riviera - Full Power, 56,000 Miles. \$1,500 O.B.O. Available 8/14 - 847-647-0739 '91 Seville G.T. custom built fully loaded w/oversize tires. 72,000 miles, red w/white leather interior \$6,800. 847-965-2361 - MUST SEE!! '90 Mercury Sable, Body Good Condition. Runs Good, A/C Works. 97,000 Miles. \$2,200 o.b.o. 847-581-9719 - Mark - After 5 p.m.	FOUND CD CASE - Found in Niles Milwaukee Ave. & Cleveland Many CD's In Case Call or Fax To Identify: (847) 965-8144	KEYS LOST Between Area Of Harlem/Dempster And Golf/River Road. Has Dog Leash Style Clip Call Beverly At: (847) 588-1900	MOVING SALE CHICAGO - 6307 W. Halbrook 9 a.m.-4 p.m. 8/10, 8/11 & 8/12. Furn., collectibles & much more! Niles - 8229 Octavia - Saturday 8/11. 9-5 & Sunday 8/12. 9-4. Furniture, Household Items, Misc. 36 YEARS OF GREAT STUFF!
ESTATE SALE ESTATE AUCTION Sat. Aug. 11 at 9 A.M. 8507 N. Overhill St., Niles, IL. Watch for Square Deal Auction Signs Chrzanowski Estate Juke Box • Vintage TV's & Radios • Toys • Jewelry • Furniture • Collectables Many more interesting items. Proper ID for buyer registration Cash or check 5% b.p. added to all sales All items sold as is and where is. Announcements made day of auction Items must be removed day of auction. Auction Conducted by SQUARE DEAL AUCTION SERVICE Col. Gene J. Warrington Hampshire, IL 60140 Phone: 847-683-4936 Sale Info. & Photos on our Web Site at: www.SQUAREDEALAUCTIONS.COM Col. Gene J. Warrington IL Lic. #040000021 Col. Susan J. Olijar IL Lic. #041000287	Garage Sales Morton Grove - 7841 Arcadia (1 blk. E. of Washington) Sat. & Sun. 8/11 & 12. 9:30-4:00. Household Items, Bike, File Cabinet & Tools. MORTON GROVE - 6538 Maple St. (Beckwith-1 Block So. on Nashville) Fri. 8/10 & Sat. 8/11 - 9 AM-4 PM & Fri. 8/17 & Sat. 8/18 - 9 AM-4 PM Luggage/Toys/Xmas Items/Much More! CHICAGO - 7458 North Oconto (Harlem between Howard & Touhy) Fri. & Sat. (8/10 & 8/11) 9-5 Kitchen Items, x-mas, books & much more! NILES - 7252 W. Greenleaf Aug. 10 & 11. 9-4. 2 tier aquarium, many baby items, kitchen, toys & misc. NILES - 8325 N. Oriole Fri. 8/10 Noon-6, Sat. 8/11 8-5, Sun. 8/12 10-5 Hshld items, appl., furn., clothes & more! MORTON GROVE - 8814 N. Oketo Fri., Sat., & Sun. - Aug. 10-11 & 12. 7-4:30 Furniture, clothes & misc. NILES - 6901 W. Cleveland St. Fri. 8/10 & Sat. 8/11 - 8:30-4:30 Two families - GREAT STUFF! Niles - 7740 N. Octavia Friday 8/10 & Saturday 8/11. 9-3 Kids' stuff, clothes, misc. & much more!!	PERSONALS St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. L.C.	PERSONALS Most miraculous Lord, You have granted so many of my prayers but now I must place this petition in your hands. (name petition)... This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O miraculous Lord. Amen. (Say this prayer 3X a day for 3 days and your petition will be granted. Publish) B.D.	TRUCK FOR SALE 1994 Ford F-150 XL Pick-Up Truck Well Maintained-77K + Mileage 2-Wheel Drive-Includes Bed-Liner New Tires - Dual Tanks - A/C \$5,500/OBO - (773) 467-1286 PUPPIES FOR SALE Beautiful 5 week old puppies (father) Golden Retriever & English Painter (mother) Call 847-581-0542 TANNING WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199 Low Monthly Payments FREE Color Catalog www.np.estan.com Call TODAY: 1-800-711-0158
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Phone anarchy

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the towel on this issue," said CUB Executive Director Martin Cohen. "We will keep fighting to protect consumers from all the unnecessary headaches of a new area code and we hope the ICC will join us."

Those who currently live in the 847 area code will not have changes to understand, they will still have the same area code and telephone number. But once the 224 code goes is implemented, new residents will see the obvious effect. According to a press release from the ICC, after January 7, 11-digit dialing will have to be used when calling into or out of 847/224, regardless of how close the other home may be (though this will not be considered a long distance call). Thus, a

resident now living within the 847 area will not have to first dial 1-224-area code-phone number, but a next-door neighbor moving to the area in February will.

Pat Clark, Associate Director of the Citizens Utility Board believes that most of the available 847 numbers are being hoarded by the phone industry.

"It may take years to get a 224 number because there are still plenty of 847 numbers left," she said. "They've all been assigned to the phone companies."

Clark also finds it odd that someday homeowners may have a new neighbor who will have a different area code than they do, and must dial eleven digits if they wish to phone next door.

MG, Com Ed

.....continued from page 1

introductory call that ComEd offers communities help with business retention through this program.

After Angell got village approval he approached the Morton Grove Chamber of Commerce to join the partnership. The Chamber's Gregory Duray, along with Angell and Zaragoza, completes the team that makes on-site calls.

Since interviews cover company marketing, industry, products and services, and workforce profiles, confidentiality is assured to participating companies.

How does Angell hope to benefit from this? "I hope to learn about business retention strategies, to help businesses reach potential while staying right here in our community."

How can this program help? "For instance, if a business needs more space, our office can serve as a conduit and offer advice on village codes and setbacks. And ComEd can advise how to save on utility spending," Angell said.

Angell has had past experience with this kind of program. He worked with similar programs during two previous posi-

tions, most recently with the community of Bartlett, and previously with Lake County.

"Such a program strengthens relationships between a municipality and its major businesses. It enables a municipal government to learn what its business community expects and wants from municipal government, and makes government aware of specific issues of a given business. It also provides opportunity for interaction between the government and the business," Angell said.

Alyce Designs, Avon Products, ITT-Bell Gossett, Morton Grove Pharmaceuticals, Shore Training Center, Sko-Die, and Schwarz Paper have participated since the interviews began in June. Other major players will be interviewed in fall. Preliminary reports are also expected in the fall.

Companies having less than 50 employees, franchises and home-based businesses will be interviewed during the second year of the program, said Angell.

In due time, ComEd will offer this service to other communities as well, according to Zaragoza.

Advocate to drop

.....continued from page 1

in the government's fee-for-service Medicare and pick up supplemental insurance to help pay for deductibles.

Patients may also stay with the Humana Gold Plus plan, but will have to select a new doctor and find a treatment site other than Lutheran General Hospital.

Information seminars to help eligible Medicare patients and their families choose the best options for health coverage are being held by Advocate and the Niles Senior Center this month.

Advocate's senior program will host an Understanding Your Health Insurance Options fair on Tuesday, Aug. 28 from 9 to 11 a.m. at the palatine Senior Center, 303 S. Quentin Rd. in Palatine. Reservations are required for the

seminar, which will be attended by representatives of various health plans and the government (call 1-8900-323-8622 for more information and to receive a copy of "Choosing a Medigap Policy" evaluation packet).

A SHIP (Senior Health Insurance Program) representative will be on hand to answer questions at the Niles Senior Center on Thursday, Aug. 16 at 2 p.m. and Thursday, Sept. 6 at 11 a.m. Call 588-8420 to reach Program Coordinator Kelly Mickle for further information or to register. Center Director Jim Stavish advised attendees to bring a family member or friend to the seminar "since this can be a confusing process."

Brookfield Zoo welcomes warthog piglets



Brookfield Zoo's family of warthogs grew recently when four warthog piglets were born on May 6. Currently, the one female and three male piglets and Zuri, the 8-year-old mother, can be seen between 1 and 5 p.m. daily outdoors in their exhibit just east of the Pachyderm House. The father, Walter, 10, is on exhibit during the morning hours. This is the parents' third litter since 1996.

Zuri last gave birth in 1997 and two of her daughters from that litter still remain at Brookfield Zoo. At birth, warthogs weigh about 4 to 5 pounds. Today, the piglets are approximately 15 pounds. And, once they reach adulthood they can weigh between 100 to 250 pounds - males weigh slightly more than females.

Warthogs are gray in color with sparse black or white bristles. The species' most prominent and distinguishing feature is its facial warts; hence the name. Males have two pairs of pronounced warts, while females only have one pair. The warts are not only for beauty, but also protect the animal's eyes and jaw from injury during a fight. Warthogs also have well-developed, up-turned canines or tusks, that are also important in defense. In the wild, warthogs may fall prey

to lions, cheetahs, wild dogs, and hyenas.

Warthogs are omnivorous and eat whatever is available, including grasses, roots, berries, and occasionally carrion. When searching for a meal, warthogs walk with their nose close to the ground, smelling out underground food sources. To feed, they drop to their padded wrists and frequently shuffle along in this position. At Brookfield Zoo, the warthogs' diet consists of grain pellets, fruits, vegetables, and hay.

In the wild, female warthogs often live in social units or sounders with other female relatives and their young. On the other hand, males may be solitary, live in bachelor groups, or in family groups. Males and females only come together to mate. Warthogs are sexually mature at about 18 months; however, males usually breed after they reach full physical maturity at about 4 years of age.

Females are seasonally polyestrous, giving birth year-round. The gestation period is 6 months. Commonly, the litter size varies between two to four infants. Although warthogs are social creatures, they leave the group to give birth alone. In the wild, warthogs

create burrows for their vulnerable newborns and do not leave the security of the burrow for up to two weeks. Newborns are the same color as adults. The piglet are usually weaned after nine weeks but may suckle for up to five months. Male offspring separate from their mother after about 15 months, while female: stay longer, sometimes permanently.

Warthogs are common in the wild, found in a wide area that spans eastern and southern Africa. They are found in either savannah woodlands or grasslands, where they like to rest in the shade or wallow in the mud in the heat of the day. Today, there are approximately 60 warthogs exhibited at 21 North American zoos.

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

Pets need special care in summer

Just as our pets are dependent upon us for care and feeding, they need our help to avoid danger during the excessive heat of the summer. The Anti-Cruelty Society provides the following tips to ensure that your pet will be healthy and happy through the summer heat.

Tax Reassessment.....

ers increase. "In the first scenario, everyone's property value goes up and it doesn't matter because the ratio of assessment is the same and the tax burden doesn't change," said Bagnall. "But say my assessment increases 30 percent while yours goes up 15, the tax burden for the area gets shifted (more heavily on) to me."

Bagnall asserted that the Cook County's property tax sys-

tem was unnecessarily complex, and praised County Assessor Jim Houlihan for his efforts to simplify the system.

All residents are urged to carefully review their reassessed property values. There are three levels of appeal should residents disagree with the county's findings.

Bagnall will host the appeal workshop. For more information contact (847)673-9300.

time outside in warm weather, he or she must have a shady area to cool down and rest. Cats should be kept inside at all times year-round.

When it's hot, try to limit exercise to the cooler hours in the morning or evening. Remember, the normal body temperature for pets is higher than ours and they cool off less effectively.

Make sure that pets have plenty of fresh, clean water at all times. During especially hot weather, you may consider putting out several bowls of water, perhaps with an ice cube in each.

Companion animals cool off by panting and perspiring through their foot pads. However, be on the lookout for excessive panting or drooling - this may be a sign of heatstroke or distress.

Financial News

Financial Update

(NU)-If you're thinking about investing for the first time, there are some things that you should know. For information on first-time investing, order the free Life Advice brochures "Investing For

the First Time," "Building Financial Freedom" and "Choosing a Financial Advisor" by calling 1-800-638-5433.

Investing in technology is on a global scale. More firms are investing in companies worldwide that are expected to benefit from the development, advancement and use of technology. For more information or a prospectus, call T.Rowe Price at 1-800-638-5660.

Creating a smart financial plan for retirement is a marathon that should begin in your 20s and 30s. Try to invest at least 10 percent of your annual income. To learn more, order a free investors kit by calling 1-877-275-6242 or visit www.better-investing.org.

There are many ways to avoid investment mistakes. One is to minimize risk through a diverse portfolio of investments made up of sound choices. To learn more investment tips, log on to www.MUTUALS.com or call 1-800-MUTUALS.

Online job banks have simplified finding employment, but it's still a daunting task for those searching the Web for that dream job. To learn more about how you can use a search engine to find a great job, click on www.subjex.com.

Prepared to work from home?

(NU) -- Working out of your home has caught hold in America. That's because people like marching to their own drummer and taking control of their own destiny. It's also because many people find working at home a boost in their productivity.

But before you quit your job and plunge into a way of life that's new to you, take time to consider the ins and outs of self-employment.

Here are some tips for successful telecommuting:

- Set up your work station away from your living area, like in a den or a spare room.
- Treat telecommuting like

regular work days.

- Get organized.
- Get a chair that's ergonomically right for you.
- Simplify your communications systems. To make the best use of your time, get a single point of access to all calls, messages and faxes through one local or toll-free phone number or Internet connection. Linx Communications, a leader in the telecommunications field, can tailor your communications systems to your needs.

To learn more about how to simplify your telecommuting communications, log on to www.linxcom.com or call toll-free 1(888) 250-4700.

Skokie attorney partners with Attorneys' Title Guaranty Fund

Ellen J. Morris, an attorney in private practice in Skokie, has become a member of Attorneys' Title Guaranty Fund, Inc. (ATG), a lawyer-based service organization whose core business is to provide residential real estate and trust services.

Morris, a resident of Evanston, is one of more than 3,500 attorney-members throughout the U.S. and Canada who belong to ATG. The company assists attorneys in servicing their clients by

ensuring that consumers have ready access to counsel for the largest financial transactions of their lives -- the purchase or sale of a home.

Title insurance protects against loss if a defect is found in the title to property.

ATG has offices in Chicago, Oak Brook Terrace, Mt. Prospect, and Lombard, Illinois; Madison, Wisconsin; and Toronto and Vancouver Canada.

New loan options

(NAPS) -- New options are making it easier for homeowners to have the security of a fixed-rate loan and still be able to take advantage of declining interest rates as they occur.

With Countrywide's eEasy Rate Reduction Plan, borrowers can lower their interest rate without completing piles of paperwork or missing out on a lower rate while a refinance is in process. The plan gives home buyers these benefits:

- Simplicity. There's no need to requalify for a loan -- no loan application, no credit report. No traditional documentation.
- Control. Borrowers can lower their interest rates, when they choose.
- Speed. Borrowers can start saving sooner than they would by refinancing. A rate reduction requested by the 25th of the month means the new rate can take effect the first day of the following month.

Flexibility. Borrowers can lower interest rates and monthly payments without extending the term of the loan.

Affordability. The plan can be less expensive than refinancing and gives borrowers several repayment options.

For more information, call Countrywide at (800) 570-9888 or visit www.countrywide.com.

2nd ANNUAL PICNIC IN THE PARK

Sunday, August 26th

PROESEL PARK

12:00pm - 4:00pm

This was such a big hit last year that we just had to plan another one! This picnic is for the entire community to come out and enjoy. Make plans now to join us!

PICNIC LUNCH AVAILABLE FOR PURCHASE

Sand Castle Building

Scavenger Hunt

MUSIC

FREE ADMISSION!

Entertainment

BINGO

Water Balloon Toss

DINOSAUR EGG ROLL

Moonwalks

For More Information Contact Lincolnwood Parks & Recreation (847) 677-9740

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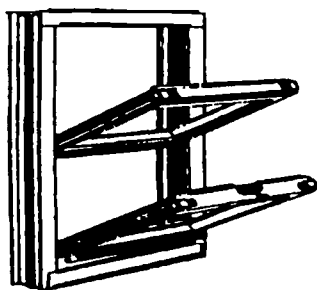
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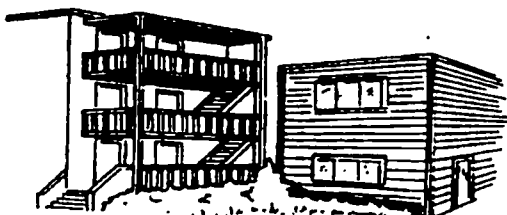
SIDING

- Soffit
- Fascia
- Gutters
- Trim



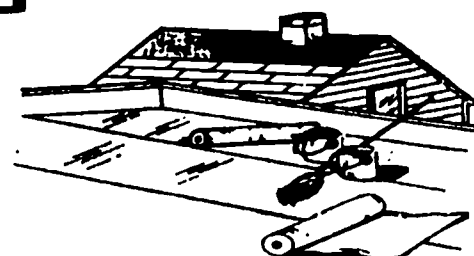
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