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Dist. 63 buys homes for \$560,000

The East Maine School District 63 closed on the purchase of two homes located on Central road near Apollo School.

Both homes were bought for a total of \$560,000 on July 31. The western home will be converted for use as maintenance offices and to store district archives. Plans are underway to make the eastern house compliant with the Americans with Disabilities Act (ADA) for use in Special Education programs.

In other news, the board of education reviewed its second draft of the 2001-2002 school year budget amendments.

As outlined in the Budget summary, expanded employee benefits are projected to increase in cost by 39 percent, while salaries will be raised 3.3 percent.

In addition, the district agreed to create two positions for English as a Second Language (ESL) teachers at Washington

Continued on Page 46

HIV/AIDS stats for **Cook County released**

New reporting guidelines on AIDS/HIV infection instituted by the Cook County Department of Public Health (CCDPH) show a 108 percent increase in the amount of HIV case reports reccived.

According to CCDPH's 2000 HIV/AIDS Surveillance Report, summarizing reported cases in suburban Cook County for the year 2000, CCDPH has seen a 108 percent increase CCDPH received 264 HIV case reports for 2000, up from 127 reports for

In 2000, CCDPH received reports on 94 newly diagnosed AIDS cases within its jurisdic-Continued on Page 46

Noise versus air debate continues for O'Hare

The noise and air pollution around O'Hare International Airport has been a target of fierce debate even before plans to expand the airport were discussed. However, a report by the O'Hare Noise Compatibility Commission shows a decine in noise pollution since 1997.

The news may be hard to believe for residents in the O'Hare

area, but the impact might soon be felt, as the commission is working with United Airlines to retire noisy aircraft, such as 727's equipped with "hushkits." The airline has already committed to eliminate these type of jets by 2003.

However, there are concerns that the quieter jet engines emit

Continued on Page 46

Ha-lo files for bankruptcy

by Barbara A. Mendelsohn

When Ha-Lo Industries announced July 30 that it had filed for Chapter 11 bankruptey protection, speculation began as to how long the Niles-based, promotional-products company would occupy Helmut Jahn's showy house of glass at 5800 W. Touhy in Niles.

The bankruptey has been attributed primarily to Ha-lo's \$128 million lease. With a 15year term, rent for the space equals \$8 million per year.

An additional cause named was the company's acquision of. business marketer starbelly.com

for \$240 million, a move which has been deemed by one official as "worthless.

The Jahn building was "built to suit for Ha-Lo," said Rhonda Mork of CenterPoint Properties. which has an eight year business relationship with Ha-Lo.

Ha-Lo took occupany last October as the building's only tenant, and the current lease commits the company to all its 267.344 square feet.

Under Chapter 11, a tenant has 60 days to assume or reject an unexpired lease. The code re-

Continued on Page 46

THURSDAY, AUGUST 16, 2001

VOL. 45, NO. 8

Size of structures to come under village code; protecting property values is main concern

Niles moves to regulate back yard sheds, gazebos

The Niles Plan Commission and Zoning Board of Appeals approved an amendment regarding accessory buildings at this

month's board meeting.
As explained by Code Enforcement Director Charles Ostman, an accessory building is a structure or a part of a building or structure that is of lesser value in the area, mass or design to the main structure, and is located on the same lot.

The changes made are as fol-

An accessory building in a back yard will be no less than three feet from any side property line and five feet from any rear property line, with the exceptions of gazebo's and sheds.

Sheds will maintain a distance of four feet from main buildings and three feet side yards, if one is provided. In residential zoning districts, sheds cannot exceed seven feet in height and 65 fcet in area.

This change was prompted after it was discovered that "people (were) putting (sheds) up without regulations." said Ost-

Gazebos will keep a distance from the primary structure, at a

sory building(s) should have more than one story and cannot exceed 700 feet combined. The

Continued on Page 46

Couple found living in storage units

by Daryl Dee Moir

The Morton Grove Police De- Weiss that he rented two side-bypartment discovered two individuals living in two side-by-side storage units on August 3 at U-Store-It. 8625 Waukegan Road in Morton Grove.

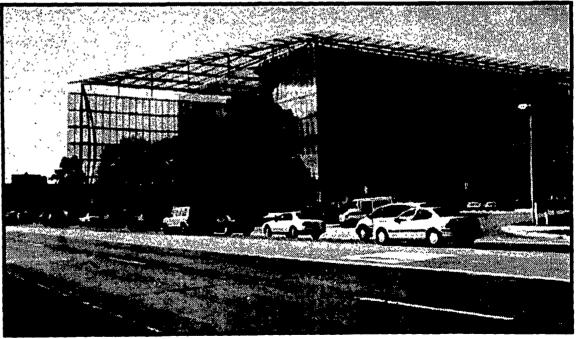
Following a routine premise check at 4 p.m., Sgt. James Weiss noticed laundry that was laid out to dry on the pavement. This was adjacent to the entry door at the northwest corner of the facility's west building. Sgt. Weiss approached the subject, a male Caucasian, age 41, no known address/ phone no.

The subject related to Sgt.

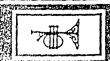
side storage units with his partner, a female Caucasian, age 43, not on the scene at the time. The subject volunteered to show one of the storage units to Sgt. Weiss. The officer observed what appeared to be furnishings set up in a manner not consistent with storage, but in a way indicating the man and woman had taken up residence. Inside one of the two storage units was a make-shift desk. black leather-like couch and a brown leather-like Lazy-Boy chair. In addition, there were cab-

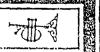
Continued on Page 46

Future of Ha-Lo building in doubt



Following the recent filing for bankruptcy protection by Ha-Lo Industries, their continued occupancy at their 5800 W. Touhy building is not certain. The award-winning building was only occupied by Ha-Lo last fall.





Park Ridge Toastmasters

Bob Roman, of Morton Grove, has been elected to the office of Vice President of Public Relations for the Park Ridge Toastmasters Club 381. Mr. Roman joined the Toastmaster group to overcome his fear of public speaking. "In my many years as a Toastmaster, I have done things like speaking before hundreds of people, putting on educational seminars and evaluating speaking styles and performances," states Roman. These are things I would have never accomplished if it wasn't "for the Park Ridge Toastmasters," Roman adds.

The Park Ridge Toastmasters

have been helping individuals overcome their fear of public speaking and gain self confidence for over 51 years. The secret to the club's success is the evaluation each Toastmaster speaker receives after his or her speech. The Toastmasters don't point out what was wrong with the speech, but how to make it better. The Park Ridge Toastmasters Club 381 meet on the second and fourth Thursday of each month in Park Ridge. For information on how Toastmaster-can help you gain self-confidence call (708)



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Pace to increase fares for handicap service

In order to combat projected budget bloat for 2002, the Pace Board of Directors approved a slight rate hike for its disabled transportation service.

"We're in a financial jam, and it causes us to do painful things, but we don't have too much choice," stated Pace Director Vernon Squires in a recent press release.

The board recently approved a preliminary budget proposal for 2002 which shows operating expenses at \$133.9 million, 4 percent higher than this year's estimated operating budget of \$128.7 million. The company said officials decided on the rate increase because it expects to be overbudget by the end of next year.

Effective September 1. the regular ADA one-way fare will change from \$2.50 to \$3. while the local ADA fare will be adjusted from \$2.20 to \$2.50. Pace ADA paratransit service is curbto-curb bus service for people with disabilities. It is provided within three-fourths of a mile of Pace's regular fixed routes. Passengers call 24 hours in advance to schedule rides, which are provided by wheelchair-accessible paratransit vehicles that are about half the size of typical Pace tran-

fixed-route fares in April. Pace says that even with the higher rates, ADA fares will continue to cover only a fraction of the service's costs, paying just 10 percent of the program's overall operating expenses, forcing Pace to secure funding for the remaining 90 percent. Overall, the Pace system is required to meet a 40 percent farebox recovery rate, which is set by the Regional Transportation Authority (RTA).

creased when the board raised

The preliminary budget will be submitted to the RTA on August

Report from Knights of **Columbus**, #4338

Grand Knight Joe Tatkowski invites all brother knights to the next regular business meeting, Wednesday, Aug. 15, at Flanagan Hall, 7:30 p.m., for a discussion on upcoming events.

President Rich Zaprzalka thanks everyone who attended the Formartyrs Club Annual Steak Fry. Our famous council chefs served a fantastic steak dinner. A special thanks to Rich Zaprzalka, Joe Tatkowski and the chefs for providing a great

Next meeting for the Formartyrs Club is scheduled for Aug. 22 in the St.John School Facul-

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 Dinner/Dance, Games, Raffles, Music/Dancing...Have a great time, heal broken hearts. o

Benefiting the Childrens Advocacy Center 0 of N & NW Cook County 0 Friday, September 14, 2001 o Hyatt Woodfield in Schaumburg

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ty Lounge. Please plan to arrive on time...for admittance. For more information, contact Joe Tatkowski, 847-966-6913.

Please pray for our sick and distressed members, as well as for the health of all members. Our congratulations to Eagle

Scout John Witting of Troop 175. John received his Eagle rank Aug. 11. We invite Catholic gentlemen

to join our Knights of Columbus North American Martyrs Council #4338. For membership informtion call Ray Restarski, 773-763-6832.

And please check out our new website, *www.northstarnet.org/ prkhome/kofc4338.

Dates to Remember: 8/15 Monthly business meet-

ing, 7:30 p.m. 8/22 Formartyrs meeting, nominating committee report, at St. John Faculty Lounge, 7:30

8/29 Officers' meeting, St. John Faculty Lounge, 7 p.m. 9/05 Monthly business meet-

ing, Flanagan Hall, 7:30 p.m. 9/19 Special Marian Hour of Prayer, St. John Church and Flanagan Hall, 7 p.m.

In the Cherokee tradition, the color red is associated with the east and success. Blue is associated with the

Immigration rights hearing

The Illinois Senate Judiciary Committee will hold a hearing on Senate Bill 36, which will require Illinois courts to inform criminal defendants who are not U.S. citizens that they could be deported as the result of a plea bargian agreement.

The hearing will be held at 10 a.m. on Friday, August 24 in Room 16-503 of the James R. Thompson Center in Chicago, and will be attended by members of the Senate Judiciary

State Senator Ira I. Silverstein (D - Chicago) said he introduced the legislation after meeting with individuals representing immigrant organizations from the Chicagoland area, and learning that easily intimidated foreign-born individuals who are legally in the United States may not understand the implication of a criminal plea bargain agree-

"I think it's important to remember that we are all immigrants or children of immigrants and at one poin t in our family's history, this very situation could have occurred," said Silverstein.

The hearing is open to the public and groups or individuals wishing to give written or oral testimony are encouraged to do so. Those wanting to participate should contact Senator Silverstein's Springfield office at (217)

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After 45 years in the Rainbo rink building at 4836 North Clark Street in Chicago, Rainbo Sports has consolidated its main store, warehouse and mail order department at 4107 West Oakton Street in Skokie. Formerly located in the Rainbo Ice Skating Arena, started by Allan and June Carvell in 1956, Rainbo is now more convenient to its many customers and supporters on the north side of Chicago as well as outlying sub-

Rainbo counts many world and Olympic figure skaters among its enthusiastic supporters because of its history of excellence, commitment to service and dedication to the skating community. Rainbo was one of the first dealers in the country to stock Roller-

blades, and continues its expertise in all areas of in-line skating. Custom fittings are Rainbo's specialty, along with a huge assortment of wheels, bearings, bags, protective padding, repair services and parts for most major brands of skates. X-games has helped to bring

aggressive in-line skating to the orefront of modern sports. Rainbo specializes in the many hardto-find products associated with aggressive skating, and caters to the specialized needs of this exciting extreme sport. In addition, Rainbo is one of

the leading suppliers of ice and in-line speed skates, with two former national champions on staff to help match skates with ability. Rainbo also sponsors "Team Rainbo," one of the country's largest and most respected racing

Rainbo has been owned and operated for the last 30 years by Cale Carvell, originally from

Evanston and a graduate of Evanston Township High School. Cale is a former state and national champion tennis player, Jr. Olympic and semi-pro hockey player, and is currently a national in-line speed skating champion in the Masters Division.

If skating is your passion or if you are just getting started, go where the pros go -- to Rainbo Sports Shop located at 4107 West Oakton Street, 2 blocks west of Crawford in beautiful, historic Skokie (847) 982-9000.

Call 1(800) 752-8370 to order Rainbo's 40-page color figure skating catalog, one of the most complete of its kind, featuring boots, blades, gifts, books, videos, training aids, collectibles, jewelry and more. New and reconditioned skates are also available for all ages and abilities. Also our Speed Skating catalog for in line and ice skating, is

Madhubuti speaks at NEIU's **Center for Inner City studies**

The Harold Washington Institute for Research and Policy Studies (HWIRPS) Writers Forum presents its fourth in a series events. The August Writers Forum welcomes Haki R. Madhubu-

Madhubuti, a poet, essayist, editor and publisher, will discuss his works at 6:30 p.m., Thursday, August 16, at Northeastern Illinois University's (NEIU) Center for Inner City Studies located at 700 East Oakwood Blvd. The event is free and open to the public. Refreshments will be served.

In addition to his writing, Madhubuti has made contributions specifically to the city of Chicago. An advocate of independent Black institutions, he founded the Third World Press in 1967, and established the Institute of Positive Education in Chicago, a school for black children, in

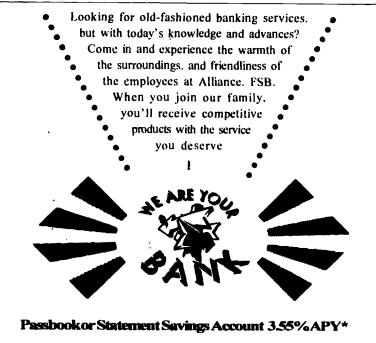
He is an author of 19 books published under his original name Don Luther Lee and under his Swahili name Haki R. Madhubuti. His work is characterized both by anger at social and economic injustice and by rejoicing in African American culture. His first six volumes of poetry were published in the 1960's. The verse collection Don't Cry, Scream (1969) includes an introduction by poet Gwendolyn Brooks.

His most recent work includes Claiming Earth: Race, Rage, Rape Redemption (1995), Heartlove: Wedding and Love Poems (1998), and editing Million Man March/Day of Absence: A Commemorative Anthology (1996).

> In some parts of the U.S. it was once believed that bringing splinters from a tree struck by lightening into a house would drive out fleas.

Madhubuti is a graduate of the University of Iowa (MFA). He is currently a professor of English and director of the Gwendolyn Brooks Center at Chicago State University.. Brooks served as a

mentor for Madhubuti since his first publication in the 1960's. He is respected internationally and conducts an international black Writers Conference each Fall at Chicago State University



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Celebrating the family



Family Matters parents, staff and board members recently celebrated the accreditation of "Family Connection," the organizations after-school learning progam located at 7731 North Marshfield. The program successfully completed an 18-month certification process and was accredited by the Naitonal School-Age Care Alliance (NSACA). It is one of only eight after-school centers in Illinois to hold this accreditation. From left to right are Mark Smith, Family Connection program coordinator; Sophie Nyanue, Family Connection director; Peggy Riehl, NSACA advisor; Yesenia Valladarez, Family Connection program coordinator; Cortney Lederer, Family Connection assistant program director; and Rev. Kim DeLong Family Matters executive director.

READ THE BUGLE For Subscriptions Call <u> (847) 588-1900</u>

LEGAL NOTICE

VILLAGE OF MORTON GROVE

2001 SEWER REPLACEMENT PROGRAM THE PIPE BURSTING METHOD

INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "2001 SEWER REPLACEMENT PROGRAM BY THE PIPE BURSTING METHOD.

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 11th day of September 2001, at the Office of the Director of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove, Illinois upon payment of the sum of Twenty and 00/100 dollars (\$20.00) which is not refundable. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue Plans, Specifications and Proposals to any person, firm, or corporation that he considers to be unqualified. All bidders must be pre-qualified with the Department of Transportation, State of Illinois, and the Certificate of Eligibility must be submitted to the Village prior to issuance of Plans and Specifications. This qualification and eligibility may be

All bids offered must be accompanied by a bid bond, cash or certified check made payable to the President and the Board of Trustees of the Village of Morton Grove in the amount of not less than five percent (5%) of the aggregate of the bid as a guarantee that if the bid is accepted, a contract will be consummated. In addition, all bidders are required to submit an "Affidavit of Availability" with their bid.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of

Dated at Morton Grove, Illinois, this 16th day of August, 2001.

David O. Erb Director of Finance Village of Morton Grove

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Women's News

Immunizations keep your baby healthy

(NU)—One of the great success stories of modern medicine has been the development of vaccines toward off infectious diseases, especially childhood

Childhood immunization coverage in the United States is at a record high while vaccinepreventable diseases are at alltime low levels. The level of vaccine-preventable diseases. such as diphtheria, measles and polio has been reduced by at least 97 percent since the introduction of vaccines.

But much remains to be done, and the need is great. Nearly 1 million children are still not fully immunized, putting them at risk for serious illness or even

Each year. National Infant Immunization Week highlights the importance of immunization of children younger than 24 months. NIIW. which will be observed April 22 to 27, 2001, is a time to remind parents that immunization is the best protection for their children.

Measles, whooping cough. diphtheria, rubella and polio diseases that just a few years ago caused tremendous suffering and death - still circulate in the United States and in many other parts of the world. They can return with devastating consequences if immunization coverage rates are allowed to fall.

Immunizations are extremely safe, thanks to advancements in medical research and ongoing review by doctors, researchers and public health officials. The Centers for Disease Control and Prevention points out that children are far more likely to be harmed by serious infectious diseases than by immunization.

Observance of what was to become NIIW initially occurred in 1993. Over a week-long period, 64 activities and special events drew attention to the need for childhood immunization. The next year, President Clinton, Vice President Gore and

prominent officials launched NIIW and established it as an annual event.

The number of special activities and observances has increased nearly tenfold since NIIW began. There are now about 500 events held around the country during the week.

The main goal of NIIW is to make parents and caregivers aware of the need to protect their babies against 11 vaccinepreventable diseases and to encourage better communication among parents, caregivers and their primary healthcare provid-

Every community can play a vital role in protecting its children from vaccine-preventable diseases. Partnerships with governmental organizations have proven especially effective.

For more information, call CDC's hotline - 1-800-232-2522 in English, 1-800-232-0233 in Spanish — or visit www.cdc.gov/nip.

The most merciful thing in the world, I think, is the inability of the human mind to correlate all its contents.

-H.P. Lovecraft

Breast cancer safeguards

Today, 2.6 million women have breast cancer - and half do not even know it. In the battle against breast cancer, a woman's chances for survival depend largely on early detection and treatment. When breast cancer is detected in its early stages, more than 90 percent of patients can be cured.

What steps can you take to safeguard your health?

First, make sure you know your family medical history for both maternal and paternal relatives. If you do have a family history of breast cancer, you may benefit from genetic counscling and testing. According to Jeffrey Weitzel, MD, director of the Department of Clinical Cancer Genetics at City of Hope Cancer Center in Los Angeles, "Women known to be at high risk of breast cancer can benefit from customized early-detection screening and prevention techniques." Discuss the findings from your health history with your physician, who can help you craft appropriate prevention and screening strategies.

Second, know your personal medical history. Medical experts cite the following potential risk factors for breast cancer:

· Being childless, or having your

· Having a long menstrual history - began your mensus at an early age and ending late in life; · Consuming, on average, two or more alcoholic drinks each day;

first child after age 30;

• Considerable exposure to radiation, particularly to the chest; · Exposure to supplemental hormones including birth control

pills, DES and hormone replace-

Women with any of these risk factors should be vigilant about their cancer screening. Finally, age itself is a woman's single most important risk factor. According to American Cancer Socicty research, among 20-yearolds, only one in 2,187 will develop breast cancer in the next ten years; among 40-year-olds, one in 67, and among 60-yearolds, one in 29. For this reason alone, women over 40 should have an annual mammogram. Your doctor can inform you

of the latest methods for managing your risk, including instruction on how to perform a monthly breast self-exam, conduct annual check-ups, and if you are over 40, give you a prescription for an annual mammogram. Your physician may also put you on a more comprehensive preveniton or screening program depending on your health histo-

You may also be told to lose weight, exercise more, and cut down on your alcohol intake all positive measures toward preventing breast cancer and many other illnesses.

To learn more about genetic screening for breast cancer, breast self-examination, or other cancer concerns, call City of Hope at 800-826-HOPE.

Pace student passes

Pace offers a monthly Student Haul Pass for all junior high and high school students throughout the suburbs. The Student Haul Pass can be used to take advantage of Pace's daily service to shopping centers, entertainment complexes, employment centers, park facilities, and many other destinations in and around your local community. Many Pace buses have front-end bike racks. The pass provides unlimited bus rides each month for just \$25, and can be used at any time of the day or night, including weekends and holidays.

Students should contact Pace (847)364-7223 for a Student Haul Pass application form, or simply print one from Pace's website at www.pacebus.com. Pace's TTY line for hearing impaired students is (847) 364-5093. A copy of a student identification card is required with each initial purchase. After that, students may conveniently reorder the monthly pass by phone or on Pace's website.

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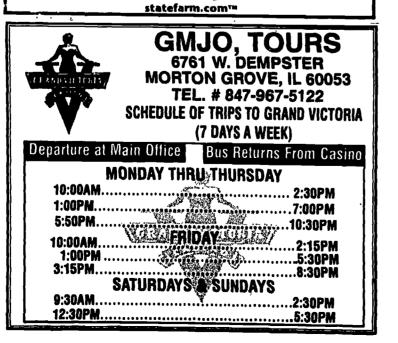
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Edison Park Fest August 18 - 19

Visitors to this year's Edison Park Fest 2001. on Sat. and Sun., Aug. 18-19. in downtown Edison Park on Chicago's far northwest side, will see an expanded event with more activities and bands. The Fest will be open from 9 a.m. to 10 p.m. on both days, and is sponsored by the Edison Park Chamber of Commerce in conjunction with the City of Chicago/Mayor's Office of Special Events.

The Fest will feature numerous activities and musical entertainment geared to all ages.

Raffle

This year's raffle tekets are \$1 each or \$5 for a book of six, and will feature more than 30 prizes for adults and over 10 prizes for children provided by major sponsors and local businesses, including the following main

First Prize - Round Trip tickets for two on American Airlines anywhere in the continental U.S. donated by the airline.

Second Prize - Wrigley Field Rooftop Party for Six donated by Tailgators of Edison Park.

Third Prize - 19-inch color TV donated by First National Bank of Wheaton.

Fourth Prize - \$100 cash donated by Clark Fabisch Realty.

Raffle books can be purchased at the Edison Park Chamber of Commerce booth on the weekend of the Fest or from co-

chairpersons Mary Cossit and Cathleen Hunt at their places of business (Star Packing & Supply at 6672 Northwest Highway and Write Works at 6630 Northwest Highway, respectively). The drawing of winning tickets will take palce hourly on Sun.. Aug. 19. beginning at 1 p.m.

Arts and Crafts

Over 60 arts and crafts vendors will be set up on Northwest Highway on the Edison Park Fieldhouse grounds, along Oshkosh Ave. as well as in the Oshkosh parking lot and adjacent arcas to display their hand-made merchandise.

Business/Community Expo

More than 75 service professionals, retailers and organizations will be located along Northwest Highway or under tents along Oshkosh Ave.

The Edison Park Chamber of Commerce booth will provide information, offer a Fest schedule, new Chamber Business Community Guide and first aid assistance. It will be located at the corner of Oshkosh and Olmsted for visitors having questions, wanting to buy raffle tickets or purchasing water and

Dog Show

At the Chamber booth Saturday only, applications will be accepted by Dog Show Chairperson Claire Flannery. The entry fee is \$5 per registration.

Prizes and ribbons will be awarded in various categories from 2 p.m. to 5 p.m. on Sunday in Monument Park. Some other prizes include \$10 gift certificates from Petsmart and Iams Dog Food.

Chairperson Florian Barbi. president/CEO of FNBW Bank. and Chamber treasurer, along with employees of FNBW Bank. will staff the Bingo tent from 1 p.m. to 7 p.m. on Saturday, and from 1 p.m. to 6 p.m. on Sunday at Oliphant and Olmsted avencues. Prizes will be awarded for each game, and participants will receive three cards for \$1. Pull tabs also will be available for purchase wat taht location.

Taste of Edison Park Taste of Edison Park is along Olmsted and includes Edison Perk (smoothies and hot dogs), All American Hot Dog Co. (polish sausage and Vienna hot dogs). Mecca Supper Club (steak sandwiches, ribs, corn-onthe-cob). Nam Viet (Vietnamese cuisine), Windy City Pizza (funnel cakes, cheese stix), Taco Burrito King (burritos, tacos), Chinatown Inn (egg rolls, fried rice). Tailgators (hamburgers, cheeseburgers), Allegretti Bak-

ery (fried dough, fresh cannoli),

Chase Root Beer Corp, (Black

Cows). Banko Korean Restau-

rant (chapchae, sweet/sour

chicken). Dino's Pizza (Italian

family fun. Parade

chicken pita).

Garden

Among the groups performing

on the main stage Saturday will

be *Public i* (oldies, 12:30 - 2

p.m.), Mason Rivers (country

rock. 2:45 - 4:45 p.m.), Dave

Weld & the Imperial Flames

(blues, 5:30 - 7:30 p.m.). Na

Pua O Hawaii (Hawaiian Danc-

Sunday's performances in-

clude Bill O'Connell & Skyliners

(big band, 12:30 - 2:15 p.m.) Hi-

jos Boronquen (Marenge danc-

ers, 2:30 - 3 p.m.), Anne & and

the bANNEd (jazz. 3:15 - 5

p.m.), and Revolver (Beatles

tribute, 6:45 - 9 p.m.) An adja-

cent beer garden will be open

The Fest will have additional

entertainment on Saturday, in-

cluding Tae Kwon Do demon-

stration, the Jessie White Tum-

blers and the Trinity Irish

dancers. Facepainting, a classic

car club, a putting green, surf

photos, and a model railroad

club are other opportnities for

crs. 7:45 - 8:15 p.m.).

This year's parade theme will be "2001 - An Edison Park

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beef). Joe & Joe Pizza (pizza, Odyssey." The parade will be-BBQ chicken), and Tom & gin forming at 10 a.m. on Sat.. Mike's Concessions (gyros, Aug. 18 in front of Ebinger School at 7350 W. Pratt. and will step off at 11 a.m., moving Live Entertainment and Beer south on Oketo to Onarga. Musical entertainment will insoutheast on Onarga to Oketo, clude rhythm and blues, jazz. southwest on Oketo to Northoldies, and a Beatles tribute. west Hightway up to Overhill

and finally over to Olmsted.

Parade units will include American Legion Post 541 color guard. Pvt. Michael Keegan 7th Calvary Volunteers Color Guard. Medinah Oriental Bank. State Reps. Michael McAuliffe and Ralph C. Capparelli. Congresswoman Jan Schakowsky. Ald. Brian Doherty, the Chicago Park District, Happy Foods. Friends of Roden Library. Edison Park Realty, Century 21 McMullen, St. Juliana Girl Scouts and Scout Cub Pack 3965. Edison Park Lutheran Church Cub Scout Pack 3792. Edison Park Community Council, Ebinger School PTA, and State Farm "Bear" Robert Klien, Mariner's Black Sheep Squadron Sound Truck, Norwood Park Home amd Seniors Network. Commissioner Peter Silvestri. Cook County Forest Preserve Mounted Police, and Chung's

More groups are expected the day of the parade.

Tac Kwon Do.

There is still time to join in this popular community event showcase your business or group," said Laura Banash, Chamber executive director. "Applications to participate in these activities are available from the Edison Park Chamber office by calling (773) 631-



The heaviest rainfall ever recorded for a 24-hour period occurred on the tropical island of Reunioni in the indian Ocean. The town of Cilaos received 74 inches of rain on March 15-16 in 1952.



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Health News

The ABCs of family health: Build a healthy base



The food on today's plates is as diverse as the people around the table. The United States is a melting pot of nationalities, cultures and cuisines from around the

The NET (Nutrition Education and Training) Program celebrates the diversity of Illinois families and their food choices. "Nutrition experts know that there are different ways to eat healthfully," says Deborah Rees, Illinois NET Program Supervisor, "Families from different countries and backgrounds like to cook and cat different foods."

According to Rees, eating a variety of foods is a cornerstone of good nutrition, that's why variety is such a key concept in the ABC messages of the new Dietary Guidelines for Americans: Aim for Fitness: Build a Healthy Base: and Choose Sensibly.

To "Build a Healthy Base." families need to eat more foods from the base of the Food Guide Pyramid. Local and national surveys show that Americans aren't getting enough fruits, vegetables. or grains, especially whole grains. Skimping on grains and produce means missing out on their yummy flavors and their proven health benefits.

"Fortunately it's easier than people think to enjoy the goodness of grains, fruits and veggies," says Rees. She suggests that something as simple as a bowl of cereal or a sandwich can help families enjoy healthful eating - whatever their traditional foods are.

"Cereals, for breakfast or snacks, are a kid-tested, nutrition ist-approved way to increase grain intake," notes Rees. "So are sandwiches - for breakfast, lunch or snacks." To get the best nutrition for your money, read food labels carefully. Choose breads and cereals that list a whole grain as the first ingredient, like whole grain oats or whole wheat.

Slice a banana or spinkle ber-

Wellness on Wheels in Des Plaines The Cook County Department

of Public Health's (CCDPH) Wellness on Wheels (WOW) van will be coming to the South School. 1535 Everett St. in Des Plaines on September 5. Services provided include

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

Suburban Cook County residents who qualify financially. (i.e., school lunch program; Women, Infants and Children (WIC)] are eligible for WOW services. At the time an appointment is scheduled, financial

screening will be done and accommodations will be made for persons with a disability.

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

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cating habits.

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Health News

LGH holds anti-aging workshop

Learn how to extend the boundaries of good health to live as long and healthy as possible. The Center for Complementary Medicine at Advocate Lutheran General Hospital will offer a free workshop on Anti-Aging Strategies. Don Novey, M.D., medical director will provide participants with a wealth of practical information and a few revelations.

Lutheran General's Center for Complementary Medicine provides a unique team approach that combines the best of maincines. All therapies are conducted under the direction of board certified physicians. Practitioners share their findings and treatment plans with the patient's

The Anti-Aging Strategies workshop will be presented at 7:30 p.m. Thursday, August 23 at The Center for Complementary Medicine. located at the Nesset Pavilion, Lower Level, 1775 Ballard Rd, in Park Ridge. For registration or more information call (847) 318-2860.



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PHD hosts Walk for Life

PHD, a non-profit organization dedicated to providing pregnancy help and education, continues its 30th anniversary celebration by hosting the 6th annual Walk for Life on August 25. Registration for this family oriented event will begin at 8:30 a.m. The 2-mile neighborhood walk steps off at 9 a.m. from PHD's parking lot located at 37 N. Plum Grove Road in Palatine. Walkers will be sponsored by single, tax-deductible gifts from their businesses, friends and families to raise money for this worthwhile cause. The walk will take place rain or shine, but if an individual can't be present that day they are asked to walk on their own through their neigh borhood and mail the Sponsor Pledge Form to PHD.



An annual is a plant that undergoes its entire life cycle in one growing season.

Chairing this heart-healthy event are Cheryl Ingle, Grace Moriarty and Jan Pemoller of Palatine and Mary Kay Williams of Barrington. The event will also kick-off PHD's annual raffle. This year's exciting raffle will feature a first prize of airline tickets for two people on a major carrier to any destination in the Continental U.S., Canada or Hawaii, a second prize of \$500, and a third prize of \$100. Tickets are only \$25 each or 5 for \$100. Become a walker or sponsor by calling Michelle Casey or Charlene Okigawa at (847) 359-4919.

PHD is the oldest counseling center for pregnancy help and

PHD has distinguished itself by providing professional counseling, support services, and education to anyone facing decisions regarding pregnancy and its challenges. The volunteers and staff at PHD take pride in treating each client with respect and dignity in a non-judgmental, confidential and caring manner. PHD also offers an innovative

WISH Center weight seminar schedule

surgery are welcome to attend The WISH Center's free seminars at the Health and Wellness Center on the Campus of the Good Samaritan Hospital located at 3825 S. Highland Avenue, Downers Grove, 1L.

The WISH Center's surgeons present information on its bariatric program and multidisciplinary approach in helping patients

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achieve permanent weight loss. Seminars inform patients on: · Surgical procedures availa-

ble to the obese population · How to select a bariatric pro-

· WISH Center's team approach (registered dietitian, psy-

chologist, exercise physiologist. nurse and surgeon) The following dates are subject to change. Please confirm date and time you are planning to

ite	Day	Time			
ıg 16	Thursday	6-8pm			
ıg 23	Thursday	6-8pm			
ıg 30	Thursday	6-8pm			
p 12	Wednesday	6-8pm			
ep 19	Wednesday	3-5pm			
		C 0000			

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Sep 27 Thursday 6-8pm Wednesday 6-8pm Oct 18 Thursday 6-8pm Oct 25 Thursday



Health News

Not a Case of Nerves

by Jeanine Kromer

Job interview, big test or bias tend to hang around a little speech for the company? Nerlonger and are more difficult to vous and anxious. Heart is get rid of. Common phobic fixapounding, palms are sweaty and tions include dogs, snakes, thunbutterflies in the stomach. Norderstorms and flying. Social phobia is when a permal expected reactions to life's biggest challenges. What if a son experiences extreme anxiety person experienced all the above in social or public settings. The everyday or in response to a spediscomfort is related to the fear cific non-threatening situation of embarrassment in social situathat interferes with normal activtions. Social phobia may be reity, causes one to avoid social lated to inferiority feelings and situations or removes the joy low self-esteem. Sometimes sofrom life. Anxiety disorders are cial phobia is thought to be shynot a case of the nerves but inness. Many times those suffering volve terrifying and intense fear from social phobia are battling

Americans suffering from the exaggerate small mistakes, feel most common type of emotional all eyes are on them, and fear disorder — anxiety disorder. speaking in public. Symptoms of anxiety disorder Agoraphobia is the fear of being alone in public places where escape may be difficult. Avoidinclude overwhelming feeling of panic and fear. uncontrollable obsessive thoughts, recurring ing certain situations all together nightmares and other uncomfortsometimes leads people with agable physical reactions such as oraphobia to confine themselves to their home because their fear nausea and muscle tension.

that occassionally immobilizes a

person. There are 20 million

Anxiety disorders fall into

several categories: panic disor-

sive disorder, postraumatic

stress disorder and generalized

anxiety disorder. Panic disorder

is noted by the classic panic at-

tack that involves an over-

whelming fear of being in dan-

ger. The person may experience

heart pounding, chest pain,

sweating, trembling, shaking,

shortness of breath, feeling of

choking, nausea, abdominal

pain, dizziness, feeling unreal/

disconnected, numbness and

Phobias are an uncontrollable.

irrational, persistent fear of a

specific object, situation, or ac-

tivity. The three main groups of

phobias are specific, or simple

(which are the most common

object), social and agoraphobia.

One in ten people suffer from

phobias. The cause is unknown.

Phobias developed in childhood

with time while adult onset pho-

chills or hot flashes.

der. phobias, obsessive compul-

Obsessive-compulsive (OC) disorder involves frequently occurring irrational thoughts that one must repeatedly act on. A person with OC realizes their fears are unfounded but finds it extremely difficult to not react. Valuable time and incredible amounts of energy are wasted Dale F. Szpisjak

depression and substance abuse.

Social phobia causes people to

Navy Lt. Cmdr. Dale F. Szpis-

jak, son of Joyce M. and Stephen J. Szpisjak of Glenview, recently received the Navy and Marine Corps Commendation Medal while assigned to National Naval Medical Center, Bethesda. Md. While serving as an anesthesiologist, Szpisjak organized a cell salvage and auto transfusion service that reduced the number of transfusions performed in the operatphobias and focus on a specific ing room, which saved the Navy more than \$100,000 annually. He also established an intraoperative component and an extensive training program that tend to disappear on their own eliminated the need for certain post-procedure transfusions.

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pursuing the easing of the thoughts.

Posttraumatic Stress (PS) disorder develops when a person survives a severe or terrifying physical or emotional event, and the person continues to experience the ordeal through recurrent memories. PS sufferers feel numb/detached, have insomnia, are jittery and feel depressed.

Generalized Anxiety disorder (GAD) is when a person has on-

EACH

going, intense anxiety that interferes with functioning on a daily basis. GAD people worry incessantly, are easily tired and irrita-

headaches. Most anxiety disorders are readily treatable. Behavioral and cognitive-behavioral therapies are very effective in treating

ble, have difficulty concentrat-

ing and may experience insom-

nia, muscle tension, fatigue and

that trigger panic attacks.

teaching a person new skills to react differently to the situations If panic attacks are inhibiting you from enjoying your life to the fullest, find help. There is

apy changes a specific action

through deep breathing or gradu-

ally exposing the person to the

object of fear and helping him/

her to develop coping skills

Cognitive therapy involves



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er favorite. Other dinners include

shrimp and chicken parmigiana.

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za serves customers from the sur-

rounding area including Niles,

Morton Grove. Park Ridge and

Glenview. For more information

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CHURCH & TEMPLE NEWS

Ezra-Habonim Calendar

Sara Zucker was honored at a special Hassidic Friday night service August 3. Sara Zucker was the founder and director of the award winning Gan Yeladim Pre-School received special thanks from the Congregation for her continued involvement since she retired as director. She has helped out in the office, taught some special classes, and the past few months has helped lead the religious school after the director left to continue her education.

One Day in September to be shown August 15 at 7:30 p.m. Another outstanding video will he presented by the Social Action committee at Ezra-Habonim. the NilesTownship Jewish Congregation. 4500 W. Dempster. The full story of the 1972 Munich Olympics massacre and the Israeli revenge operation "Wrath of God." At our video program last month we had a full house, so it's important to make reservations in advance. Call 675-4141

Learn About Our New Dynamically Restructured Religious School at Erev Shabbat Services August 24 at 8 p.m. Ezra-Habonim, the Niles Township Jewish Congregation is changing the format of the religious school. Some call it the "Little Red School House idea." oth-

SHIP

U.P.S.

ers call it multi grading. Under the leadership of Hazzan Shlomo Shustor as Religious School Director and Sara Barton, the Religious School Administrator they are working on making the religious school one of the best in the area. Join us at services and learn

Corey Ludbowich Bar Mitzvah August 25 at 10 a.m Corey is an honor student at Old Orchard Junior High. He is fluent in Chinese, a computer whiz who wrote his first web page at age 9. He recently won first place in a Chicago Tribune sponsored writing contest. His parents Ken & Li and grandparents Marty & Shirley Lubowich of Skokie invite you to attend the services.

Paul Stephen Balik Bar Mitzvah September 1 at 10 a.m. Paul is an 8th grader at Whitney Young High School Academic Center in Chicago. He is a "Principal Scholar." He has won awards in the national PTA "reflections" contest and has had a poem published in the Anthology

of Poetry by Young Americans. Paul and his family live in West Rogers Park. His father Barry is chairperson of the Religious Education Committee at EHNTJC. Mother Marlene is also involved at EHNTJC.

Georgia's

Jewish family education: 'training wheels'

A learning program for the whole family, creative and fun. Training Wheels teaches Jewish holiday rituals and tradition stepby-step in a user-friendly way to duplicate at home. Small groups led by trained volunteers provide quality time geared to busy families as they eyele through the year's celebrations. Training Wheels gives families the tools and skills to build Jewish identity and experience the joys of Jewish living. No prior knowledge necessary. The \$75.00 fee per family includes all materials and Hadas-

sah membership. Groups will begin in the fall in the Niles/Skokie/Lincolnwood/ Morton Grove area. For information, call Sylvia Telser at (312) 263-7473 or e-mail: trainingwheels.chicago@hadassah.org.

SJB Fish Fry

The Holy Name Society of St. John Brebeuf parish is kicking off its fall activities with its annual Fish Fry on Friday, August 24 in the parish hall, 8301 N. Harlem.

This popular event is the first of a wide variety of activities whic the club holds throughout the year, the dinner consists of

Baha'i Talk

The Baha'is of unincorporated Maine Township will host a talk by Dennis Strasburg on the Progressive Revelation of the Prophets of God. Baha'is believe that devine revelation is not final, but continuing. The talk will be on Friday, Aug. 17 at 7:30 p.m. at the North Maine Fire Station community room, 9301 Potter Road. in Des Plaines. The program is free and is open to the public.

For information, call (847) 604-2448.

join us for the picnic. bringing

one dish of food to share. We are

trusting the Lord for good weath-

er: however, if He decides to give

us showers of blessings we will

enjoy our pienic indoors in the

Fellowship Hall.

Church picnic

First Baptist Church of Park Ridge. 1266 N. Northwest Highway (corner of Northwest Highway and Potter Road), Park Ridge, is having their annual church family picnic in the church yard on Sunday, Aug. 19. Worship with us at 11 a.m., and

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both fish and chicken. Tickets will be sold at the door at just \$10 per person. All are welcome to attend. Doors open at 5:30 p.m. raffle prizes will be given. Any questions can be directed to Mel Koenigs, (847) 966-2293.

Everyone is invited to attend Harvest Fest which will be held on Saturday. September 8. from 6 until 11 p.m. and Sunday, September 9. from 1:30 until 6 p.m. The fest will take place on St. John Brebeuf parish grounds, 8301 N. Harlem.

Food, entertainment. children's games, music, dancing and a beer garden will be provided. On Saturday evening, an outdoor Mass will be celebrated at 5 p.m. For information, call (847)

Early childhood

program

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

Northwest Suburban _ Jewish Congregation

New members can save over \$1000 in membership and school fees. Call for more information

Shom Klaff-Executive Director Paula Carroll - Membership Chair

Dining / Entertainment

Side-by-Side presents a day at the Kane **County Cougars event**

The Side by Side Coalition is a consortium of ten agencies serving people with developmental disabilities and their families, including Avenues to Independence. The Coalition has declared August 2001 as Ability Awareness Month. The goal of Ability Awareness Month is to focus attention on the success people with disabilities have had living in the community, as well as the barriers they still face in accessing the services they need to succeed.

The Side-by-Side Coalition strives to create opportunities for people with disabilities to participate. side-by-side, in recreational events. This year, on Sunday, August 19, the Coalition will hold Side-by-Side Day at the Kane County Cougars with Canon U.S.A. of Hanover Park being the presenting sponsor of the event. Other sponsors include ARC, CJC Autoparts, Manufacturers Bank, MetroChicago, Mutual of America, PCS Industries and

The day will begin at noon with a side-by-side softball game. A picnic lunch of hot dogs and soft drinks will be followed by a chance to see the Cougars play baseball. The ticket price of \$10 includes a picnic lunch, the pregame event and the Cougars

Des Plaines Sisters Cities garage sale

The Des Plaines Sister Cities Association is planning a garage sale on August 17 and 18.

Proceeds from Sister Cities Garage Sale to benefit School in Nailuva, Fiji. The Sister Cities Association

has taken on the project to help their Sister City, Nailuva, Fiji purchase a generator for rural electrification to produce power in the school. In addition, a re-

Continued on Page 13

LIVE MUSIC - DINING and DANCING

Wednesday thru Sunday

Follow the Fun Crowd to

More than just good pizza by Jeanine Kromer beef, meatball and BBQ beef

pe (special herbs and spices) for sauce dosen't hurt either.

Vince's pizza was rated among the best by Chicago Magazine, The Sun Times and The Chicago Tribune. That about says it all. Vince's has excellent thin crust. pan (ingredients on top) and stuffed (ingredients inside like a pie) pizza. The vast toppings list includes broccoli, pineapple and

But Vince's Pizza is not just pizza. The menu offers appetizers such as fried zucchini, cannoli and chicken wings (mild or hot). Pasta entrees feature homemade lasagna. cannelloni and baked mostaccioli with salad and delicious garlic or crispy bread. Sandwiches including chessy

Auditions for Oakton's Six Piano Ensemble

Be part of a unique musical experience as a member of Oakton Community College's Six Piano Ensemble. Auditions for this internationally acclaimed touring group will be held from 7-9 p.m. on Monday and Wednesday, September 10 and 12, in Room 1457 at Oakton's Des Plaines campus,

For over twenty years Vince's

Pizza has been serving up the

goods to satisfied customers.

Current owner Joe has been in-

volved in the greater Chicago-

land restaurant/bar business since

1964 and capitalized on his expe-

rience by gracing the neighbor-

hood with Vince's Pizza (named

Joe attributes Vince's Pizza

success to the tried and true for-

mula of good service, good ingre-

dients and good attitude. Vince's

Pizza values the strong relation-

ship it has with customers and

aims to please. The carry-out/

delivery restaurant boasts excel-

lent service. The key to Vince's

great food is using the very best

of fresh ingredients available. Of

course, the old family secret reci-

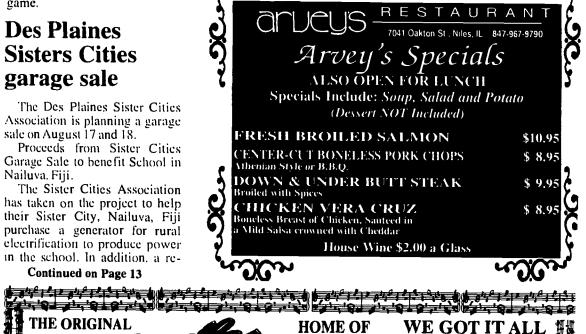
after Joe's older brother) in 1980.

1600 E. Golf Road. Music is provided, but those auditioning may also bring a prepared piano piece. Conducted by Glenna Sprague, professor and coordinator of music at Oakton, the Six Piano Ensemble performs classical.

Continued on Page 13













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Dining / Entertainment

Welcome to Palm Island Resort

Palm Island Resort, located on Florida's Southwest Gulf Coast, is the state's only true out-island resort. There are no bridges or causeways to the island, which insures a relaxed, tropical vacation setting.

Palm Island Resort is situated along the Intracoastal Waterway on Florida's Southwest Gulf Coast. The resort encompasses a two-mile portion of private, pristine beach on the northern end of Knight Island or Palm Island. The island itself is comprised of Knight, Don Pedro and Gasparilla islands, and is approximately seven miles long and 700 yards wide at the largest part. The property is located in Cape Haze, which is just south of Englewood and north of Boca Grande.

Sarasota Airport is 45 miles north and a one-hour drive from the resort. Fort Myers Airport is 65 miles south and a 1-1/2-hour drive. Tampa International Airport is only 90 miles north and a 1-1/2 to 2-hour drive away.

A History Worth Repeating Itself. The world-famous Useppa Island Club, Palm Island Resort's sister property, was purchased and re-developed in 1976 by Gar Beckstead. Useppa's history includes tales of Spanish pirates. It served as a base for planning for Bay of Pigs invasion, and has

as Barron Collier, the area's land baron, plus Shirley Temple, Zane Grey, the Vanderbilts, Rockefellers, and many more.

In 1983, brothers Gar and Dean Beckstead sought to open Palm Island Resort as a place that would appeal to families, business meetings and anyone in search of relaxation. It follows the same traditions begun by the Useppa Island Club.

Accommodations in Paradise. The island features 154 vacation villas with either one-, two- or three-bedrooms. The low-rise two-story buildings each feature four or eight villas per building and are set in semicircles around one of four island

The villas offer fully equipped kitchens, living and dining rooms, laundry facilities, and a screened porch overlooking the Gulf of Mexico. The villas' decor focuses on island-style charm and casual elegance. King beds are in each master bedroom and the second and third bedrooms have twin beds.

A six-minute car ferry ride transports guests and their cars to the resort parking area. Bellmen transport luggage to the guests' villas after check-in at the front

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park their cars at a special arrival dock and proceed to the front desk for check-in. Regularly scheduled resort launches are available to take guests to and from the mainland. On the island, an open-air tram provides transportation throughout the resort.

Among the popular diversions at Palm Island Resort are: Swimming: Four heated swimming pools, plus a Hydra island. An additional pool and spa are located adjacent to the Marina villas on the mainland. Gas barbecue grills are located

convenience. Tennis: There are 11 hard tennis courts available for play at no charge. A championship tennis program offers a pro shop, lessons and clinics, and social tennis events. Racquets and ball hop-

north end of the resort shows photos, samples and exhibits of the near each pool area for guests' island's native plants, animals and ecosystems. Weekly nature programs feature presentations such as a Sea Turtle Program. manatee awareness, and a variety of other ecological subjects.

Island Kid's Club: Every day from 10:30 a.m.-3 p.m., children from 5-12 years old meet at the island's recreation center for discovery and fun. The \$25 daily fee includes special programs, supplies and lunch. Activities include sea turtle programs, fishing tournaments, arts & crafts, and more. Red Beard the Pirate entertains families in his Tiki Hut on Shark Tooth Beach with songs. stories and jewelry making.

Nature Center: A gazebo dis-

play at the Clubhouse on the

The "Little Kids Club" for ages 2-4 meets separately. A \$10 fee includes supervised activities such as puppet shows and bicycle rides, plus snacks.

Two playgrounds are available for kids' use.

Recreation Center: Activities are scheduled for all ages, including events such as a nature hunt, bicycle nature tours, scavenger hunts, sand castle contests, arts & Continued on Page 13



2-Scoop Sundae {YUMMY!} for only \$1.99! Coupon good towards one \$2.95 regular sundae. Offer expires 8/31/01. Not valid with any other discounts. Village Creamery HOMEMADE ICE CREAMS 8000 Waukegan Rd. Niles. (L 60714 (847) 965-9805

(corner of Waukegan & Oakton)

Dining / Entertainment

Palm Island..

Continued from Page 12

crafts, shell hunts and shell crafts, kids Olympics, family bingo, kids fishing tourney, and kids movie night. Fees vary. For the tired and forlorn, the resort can even arrange for massage thera-

Water Sports: Rental items include: cabanas, bikes, canoes, boogie boards, rafts, snorkel sets, kayaks, fishing equipment, umbrellas, 4-6 passenger golf carts and sailboats. Motor boats and fishing charters may also be reserved. Per-day and per-week rates available

Additional Resort Activities: Complimentary amenities include: tennis courts, croquet, horseshoes, volleyball, basketball, and most daily activities. A Beach Book Exchange is located at the tennis rpo shop.

Golf: Island guests have golf privileges and may reserve tee times at the Riverwood Golf Club during their stay, a challenging course ten miles from the resort. Riverwood is rated as one of the top ten courses in the area. Golf can also be arranged at five other area courses, including Bob Tway's Bobcat Trail, Pelican Pointe in Venice and three courses at Rotunda.

Fishing: Fishing opportunities abound for both the novice and experienced angler. Back bay and flats fishing for snook and redfish are excellent in Lemon Bay and Bull Bay in Charlotte Harbor. Offshore fishing for grouper and other deep sea species is very popular. Tarpon fishing in world famous Boca Grande Pass can also be arranged. A comprehensive list of guides and charter captains is maintained at the resort recreation office and a charter can be booked to meet guests at the

Garage Sale . . .

Continued from Page 11

quest for five flush toilets, a new photocopier and school computer for the elementary school has been requested. The Des Plaines Sister Cities Association \$2000 fund raising project will include revovation of all old classrooms with new tables and chairs for the students.

Miscellaneous items will be available. The merchandise includes small household furniture, books, AV equipment, clothing and bric-a-brac. Some hidden treasures are certain to appear during the sale. All items have been contributed by members of the Des Plaines Cities Associa-

3 p.m. at 1140 N. Knight Avenue, Park Ridge. (Two blocks North of Oakton, between Greenwood and Northwest Highway).

Anyone, or organization wishing to donate or assist with this worthwhile project, please contact Bea Cornelissen, Des Plaines Sister Cities President at (847)

resort's island dock.

Boating: Palm Island Resort maintains 60 slips on the island for resort guests' use. These docks can accommodate boats up to 10-1/2 foot beam. First Class Boat Rental has boats available at the marina on the mainland Dining Island-Style:

Rum Bay Restaurant offers good food at reasonable prices in a casual atmosphere. Burgers, salads, sandwiches and appetizers are among the popular items at lunch, which is served from noon-3 p.m. Lunch prices range from \$6 to \$9.

Dinner is served at the Rum Bay Restaurant after 3 p.m. daily, with specialities such as Mahi-Mahi, Native Grouper and the famous Baby Back Ribs. Dinner entrees range from \$8 to \$17. Johnny Legverock's Seafood

House, the resort's new restaurant, overlooks the Palm Island Marina (landside) and the Intracoastal Waterway. Specialties include all types of freshly caught seafood served for lunch and dinner, such as Salmon Fritters, Johnny's Shrimp Scampi, Seafood Martinique and Grouper Sandwiches. Started by Johnny Leverock himself in 1948 as a small, friendly restaurant in Tampa Bay, Leverock's has been voted "Best Seafood Restaurant" for three years in a row. If a full meal is not in the plan, a refreshing

MEAL DEAL

Large Pizza With 2 Toppings

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Double Meat
Not allow with any other offer.
Good at participating stores only
Included

\$13.99 Plus

cocktail can be enjoyed in the nautical bar or on the outdoor pat-

Rum Bay Store: The island's store offers a unique selection of essentials and indulgences. Frozen foods, grocery staples and deli items are sold at convenience store prices. The island's chef cuts fresh meats and fish daily. Also available are gift baskets, champagne, wine and liquor, casual clothing sundry items and gourmet foods. The store rents VCRs and videos for guests to enjoy.

Palm Island Marina: A full service, landside marina and yacht basin has 90 wet slips for boats up to 65 feet long. electric, water, washer/dryer, grills, showers, heated pool and hot tub, cable television, trash removal, fuel, lift service, general store and tackle shop, plus marine repairs and accessories are available. Charter boats offer fishing, shell-

ing and sightsecing.

Meet Us at Palm Island: A unique meeting environment is found at Palm Island Resort, which has 900 square feet of meeting space at the Clubhouse. The resort can host 100 people theater style, 72 banquet style, 65 classroom style, or 40 conference style. Food and beverage and meeting services are individually tailored to group needs. Meals can be provided at a variety of locations at the resort.

MEAL DEAL

X-Large Pizza with 2 Toppings,

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Minimum stay is two-nights; three-nights during holidays and peak seasons. Rates are based on occupancy of two people per bedroom. One child under 6 is free. Tax, gratuities, daily maid service, service charge, food and

cidentals are extra. Auditions. . .

beverage, recreation fees and in-

Continued from Page 11

ragtime and popular arrangements. The Ensemble provides an excellent opportunity for those who enjoy performing with others and wish to expand their rep-The only musical group of its

kind in the Midwest, the Ensemble has performed at the International Conference of the College Music Society in Vienna, Austria; Chicago Civic Opera House; the National-Louis University Performing Artist Series; Navy Pier, Chicago; and the Music Teachers National Association Convention and various MTNA state conventions. This summer, the group performed as featured artists at the Goshen College Piano Workshop, where worldrenowned musicians, piano students and teachers will gather for a week of intense music study.

For more information about the auditions, call Glenna Sprague at (847) 635-1905.

Midwest Bonsai Society Hello Neighbors. 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 Judging of Bonsai on Friday, August 17 for Best of Show.

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

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

Workshops on Friday, Aug. 17 are 1 p.m. to 4 p.m.

Workshops on Saturday, Aug. 18 are 9 a.m. to 12 p.m. and from p.m. to 4 p.m.

Workshops on Sunday, Aug. 19 are 9 a.m. to 12 p.m. Demonstrations are on Satur-

day at 10:30 a.m. and at 2 p.m. and Sunday at 10:30 a.m. Auditorium admission \$1 do-

For Workshop information, call Susan Cargill at 630-530-4050. For show information call George Walters at 847-967-7098. Hope to see you there!



Dining / Entertainment

Spirit Air Lines launches new & expanded service

Fall brings new and expanded service for Chicagoans traveling to popular Florida destinations onboard Spirit Airlines. The lowfare specialist now offers daily service from Chicago/O'Hare to four Florida cities including new service to Tampa as well as service to Fort Lauderdale, Fort Myers and Orlando.

Beginning November 8, Spirit launches new, non-stop service to Tampa International Airport. Inaugural fares for the daily service begins at \$89 each way for travel between November 8 and December 13, 2001.

Expanded Service to Fort Lauderdale and Fort Myers. Beginning September 6, Spirit adds a second daily flight to Fort Lauderdale with fares from \$99

On October 4, 2001, a second daily flight to Fort Myers will be offered with fares as low as \$104 each way.

From Chicago/O'Hare, Spirit also serves Los Angeles with two flights daily, Atalantic City, N.J. and Myrtle Beach, S.C.

About Spirit Airlines. Headquartered in Fort Lauderdale, Florida. Spirit Airlines links ma-

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jor Northern and Midwestern United States cities to popular destinations in Florida, South Carolina and California.

Embarking on its 11th year of offering low-fare service, Spirit Airlines serves Chicago/O'Hare, Detroit, NY/LaGuardia, NY/ Newark, Atlantic City, N.J. Washington, D.C.'s Ronald Reagan National Airport, Florida cities of Fort Lauderdale, Fort Myers, Melbourne, Orlando and Tampa; Los Angeles, Oakland, Calif. and Myrtle Beach, S.C.

The airline flies a fleet of modern MD-80 and DC-9 aircraft and operates scheduled and charter service. Spirit's low fares never require an advance purchase or a minimum stay. Low one-way fares are always available. Reservations can be made online at www.spiritair.com, by calling 1-800-772-7117, or through local travel agents.

Fares are each way based on roundtrip purchase. Fare does not include a \$2.75 segment fee. A segment is defined as a takeoff and a landing. Passenger facility fees up to \$18, depending on itin-

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•AMERICANO

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•PASTRIES

BANANA SPLIT

DAIRY FREEZE

2001-2002 'Incredibull' auditions rescheduled

The Chicago Bulls and Sports Magic Team are looking to hire adults, 21 and over, who want to steal the show at the United Center when the NBA players are on the sideline. Auditions are open to the public, ideal candidates must excel at engaging Bulls fans in courtside antics such as backpack basketball, and using the tee-shirt cannon. Gymnastic ability is also a plus! The auditions have been re-

scheduled for Saturday, August 25 due to the weather and flooding during the week of July 31.

Applic; ations/interview session will be held from 8:30 a.m.-11 a.m., Interactive Auditions (invitation only) from 1:30 p.m.-4 p.m. at the United Center (Gate 4), 1901 West Madison Street.

These auditions are NOT for the LuvaBulls dance team, which as already been selected for the 2001-2002 season. For more information, call the Sports Magic Team at 1-800-646-1110 ext. 16 mfrench@sportsmagicteam.com

Americans say dining out is in

(NAPSI) -- A growing number of Americans rate dining out as one of the most important items on their entertainment plate.

According to a survey conducted by Yankelovich Partners Inc., despite "sliding stock prices and rising recession fears," many people still choose to dine out on a regular basis. The majority of respondents (56 percent) reported dining at a luxury restaurant once a month, 22 percent dined at a luxury restaurant once a week and an additional 22 percent said they dined at one once every two

When it comes to choosing where to dine, most respondents (51 percent) had faith in their own taste and said they selected res-

taurants on their own. Most people who chose their own restaurants said the quality of the food was the critical factor

(73 percent), with service coming in a distant second (18 percent). Dining atmosphere was also

found to be an important factor. with 67 percent of the respondents saying it was very important in the decision making process, while about one-third of luxury diners consider the cost of a meal when making a decision.

Agri-tainment comes to Wisconsin Dells

Amazing Adventures Corn the Amazing Adventures Corn Wisconsin Wisconsin Dells'

Maze Now Open to Visitors. Cut into an actual cornfield and totaling almost 18 acres in size, Maze is the largest of its kind in

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Away From Home

DAILY SPECIALS

Serving Breakfast, Lunch & Dinner

Breakfast Specials Starting @ \$3.49

Senior Citizen Specials

MON-FRI 11 AM - 5 PM \$5.55

5:30 AM - 10 PM



bines agriculture with entertainment, is a life-size human puzzle that will test visitors' sense of direction

Amazing Adventures Corn Maze was constructed using Gobal Positioning Satellite technology. The attraction consists of two intricate mazes, each carved into designs. One is cut into the shape of soaring eagles, while the other depicts Chief Blackhawk and spells out "Wisconsin Dells." Visitors will find the maze challenging to conquer, but will be assisted by a checkpoint mapping system and overlooking bridges. A pick-your-own pumpkin patch is also incorporated into the Amazing Adventures Corn Maze, making it an ideal fall des-

Amazing Adventures Corn Maze is the first attraction to bring an element of agricultural tourism to Wisconsin Dells. Visitors will find the attraction both entertaining and educational. Additionally, guests can discover the challenges involved with developing and maintaining the maze during an exceptionally dry summer season.

For more information about this and other Wisconsin Dells attractions, contact the Wisconsin Dells Visitor & Convention Bureau at 1-800-223-3557, or visit Internet www.wisdells.com.

Sat., August 18 North Shore Jewish Si 6:45 p.m. Meet us at Par King, 6711 W. Dempster, Morton Grove, for miniature golf. Pay your \$6.50 at the window. Later we will meet for a snack at "Champs," 9001 Waukegan Road, Morton Grove. We will order and pay from the menu. Reservation a must, call (847)

475-6563.

Dining / Entertainment

Chicago to host indoor AIDS Memorial Quilt display

NAMES Project Chicago, a chapter of the NAMES Project Foundation, will host the largest indoor display of the AIDS Memorial Quilt this year during Labor Day weekend, Saturday and Sunday, September 1-2, from 9 a.m. - 7 p.m. at Navy Pier. The display, presented by Smirnoff Twist, will feature for the first time the largest display of Quilt panels from Illinois residents who have died from AIDS. In addition, in opening ceremonies on Saturday, September 1 at 9:30 a.m., 25 new Quilts will be added and presented by their family and friends from the Chicago area.

"One panel that will be presented is for Jeff Sturgill who died in December, 1999," says Modesto Valle, president and executive director of NAMES Project Chicago. "After grieving his loss, his friends want the world to know that Jeff is not just a statistic in a long battle against a killer disease.

The AIDS Memorial Quilt is the largest ongoing community arts project in the world. Created in 1987, the AIDS Memorial Ouilt memorializes individuals who have died from AIDS. The Quilt's mission is to bring an end to AIDS through education and public awareness. In its entirety, the display's size is 792,000 square feet (the equivalent of 26 football fields with walkway) and contains 50,000 three by six feet quilted cloth panels representing over 85,000 names.

"I want Jeff's name to be among the others. He, like the rest, fought a really honorable battle against a very horrible disease," said Penny Frulla, one of several friends working on Jeff's



The raspberry is a member of the rose family.

FREE **JERRY LEWIS** LOTTO **MDA TELETHON** TICKET with purchase of A Labor of Love \$20 Lotto **SEPT. 2-3 CHECK LOCAL LISTINGS FOR** 1-800-FIGHTMD **RED DOG** MDA Muscular Dystrophy Association www.rndausa.org \$999 30 PACK

The Quilt is a one-of-a-kind memorial sewn together panelby-panel embodying the personality, achievements and goals of an individual. Some materials used in the making of the Quilt include a 100-year-old-quilt, Barbie dolls, cowboy boots, feather boas, love letters, Legos, pearls, paintings, silk flowers, stuffed animals and wedding rings.

Some celebrities and names recognized in the Quilt include tennis player Arthur Ashe; rap artist, Easy E; fashion designer. Perry Ellis; comedian, Wayland Flowers; fashion designer, Halston; artist, Keith Haring; actor, Rock Hudson; ABC News anchor, Max Robinson; and AIDS activist, Pedro Zamora.

NAMES Project Chicago was initially established in 1988 to garner support for the first national tour of the Quilt. Since then, NAMES Project Chicago has coordinated displays of the Quilt, a Youth Council and Speakers Bureau. For additional information or to volunteer at the Navy Pier Quilt Display, call NAMES Project Chicago at (773) 472-1600 or log on the web www.namesprojectchicago.org.

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Specials

easier and more fun

(NAPS) -- Whether you're going on a family vacation or hitting the road with friends, driving trips can create wonderful memories -- or they can turn into your own private version of a National Lampoon movie. The key to having a safe, easy and fun adventure is to be prepared.

"When you're going on a driv-ing vacation, it's important to make sure your car or truck is in good running order," notes Sue Elliott-Sink, director of content for enjoythedrive.com, the consumer Web site from the Special-Equipment Market Association (SEMA). "You also can prepare for the unexpected -- and save your sanity -- by carrying a few custom auto accessories along for the ride."

Enjoythedrive.com offers several tips to help travelers prepare for the road ahead:

Expect the kids to get restless. An on-board entertainment system that lets kids watch movies, TV or play video games goes a long way toward making trips easier for everyone -- and wireless headphones ensure that Mom and Dad won't go insane after listening to Barney for the zil-

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Making road trips safer,

· Expect to get bad directions. A built-in or handheld navigation system will save you time and gas -- and reduce stress -- on the road. Most systems also include a directory of sites along your route, ranging from the nearest golf course or amusement park to the closest gas station, hotel or restaurant.

Check your vehicle's vital signs. Make sure your fluids are clean and topped off, check your tires for wear and proper air pressure, and check your belts and hoses. Also make sure you've taken care of any scheduled maintenance, like a tune-up. Don't get stranded. A port-

able jump starter, a tire inflator and a spare key in your wallet will let you get back on the road without having to wait for assistance. It's also wise to carry a first aid kit and a cell phone to call for help in an emergency.
• Somebody's going to get

hungry or thirsty. To avoid fast food stops, bring along a portable refrigerator. Some do doubleduty as freezers, too, so you can stow popsicles and Push-Ups for the kids, along with healthy

 Don't let an accident ruir your vacation. A backup warning system, wide-angle outside mirrors or a rear-mounted camera system make it easier to see what's behind you and in your blind spots.

 Spills happen. Don't get mad. Protect your interior beforehand with ketchup-proof seat covers and soda-containing floor liners. Trunk and cargo area liners provide protection from messy sporting gear, too. Don't cram. It's a given

that you're going to have more stuff than space. But if you move some of your luggage, toys and other gear outside your vehicle -to a rooftop or hitch-mount basket, rack or enclosed carrier -you'll have more room for people to get comfortable inside.

 Stop juggling. Custom cupholders and a wide array of organizers let you focus on the road instead of all the stuff that's moving around inside your vehicle Backpack-style organizers and trays that hang from a headrest also will keep toys handy for the kids and give them a place to draw or play cards.





PAGE 17

Park & Library News

Niles Park District

Fast Lube Systems

Any of the following services of

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Des Plaines

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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 available for parties are Friday 6:30-8p.m., and Saturdays 10:30noon 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 inforantion call the Howard Leisure Center at (847) 967-6633.

Tot Classes. Niles Park District offers a wide variety of funfilled 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-

Bright Beginnings Preschool. Bright Beginnings Preschool has several openings in the four-yearold 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)

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And Others

Niles Public Library

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 pbulic persona during this lively performance. Registration is required. Please register at the Library Information Desk or call 847/663-

Chicago's Outdoor Sculptures. Take an armchair tour of Chicago's contemporary collection of outdoor public sculptures during this slide lecture on Tuesday, August 28 at 7 p.m. at the Niles Public Library District. Presented by Sue Jaquith, senior museum educator for the Museum of Contemporary Art, learn more about the Picasso in Daley Plaza, the Chagall Wall, the Batcolumn and Calder's Flamingo as well as the Dubuffet at the State of Illinois Center and a few other lesser-known works. All participants will receive a free family pass to the Museum of Contemporary Art. Registration is required, and space is limited. Please register at the Library Information Desk or call 847/663-1234.

Join the Reading Patch Club. The Reading Patch Club wants you! Once again, the Reading Patch Club has returned to the Niles Public Library District - so sign up beginning September 1 and earn cool patches for your backpack, jacket or cap! Children in kindergarten through grade 6 are invited to participate in this unique reading and activity related program, wheih runs through Memorial Day weekend. By reading books of their choice and completing fun activities, participants can earn a variety of patches to decorate their clothes or 847/663-6623. school backpack. This year the Reading Patch Club has added three new patches to the collection. Win a special prize if you participated last year and show

please call the Children's Department at 847/663-6623. Storytime Registration Begins September 1. Niles Public Library District cardholders are invited to register for the Library's fall session of storytimes beginning Saturday, September 1. Presented by Library staff in the

what you did with the patches you

earned! This special reading pro-

gram is available to Niles Public

Library District cardholders and

students attending school in

Niles. For more information.

Children's Department, storytimes are available on Tuesdays, Wednesdays, Thursdays and Fridays for toddlers, preschoolers, schoolage children and families. Weekly storytime sessions feature a variety of activities including participatory stories, fun rhymes, silly songs, games and lots of creative activities. Storytimes begin Tuesday, September 11 and last seven to ten weeks, depending on the storytime. Registration for noncardholders begins Monday, September 7. To register, stop by the Children's Department or call the Library at

Cooking With Wheat and Dairy Allergies. Discover how to enjoy your favorite foods without the ingredients you can't have during Cooking With Wheat and Dairy Allergies on Tuesday, September 4 at 7 p.m. at the Niles Public Library District. Using a variety of tasty alternatives, a representative from Wellness Innovations will show you how to alter your recipes so you can prepare wholesome, satisfying meals without using wheat or dairy products. Learn some new recipes, and sample a few easyto-prepare dishes. Registration is required. Please register at the Library Information Desk or call 847/663-1234.

Scouting 'good turn' goes international

Niles' Troop 175 reports more goodwill earned by Eagle Scout Benny Costes, Committee Clairman and valued leader of Troop 175 of Niles, Ill. in providing assistance to Philippine scouting. Costes, born in the Philippines, collected and shipping used camp equipment to scouting troops in the Philippines for their use in campgrounds and wilderness areas.

After Costes and his son Josh convinced folks to donate usable camp gear for scouts in the Philippines, he got Troop 175 to assist with boxing the equipment, which included 14 tents, then shipping the collected goods to the Philippines. Costes himself paid the shipping charges, to promote both scouting and goodwill between the troops of the two countries.

More than 2000 Philippine scouts are now using this equipment on weekend outings, but there is still need for more. Anyone with something to donate may contact either Benny or Josh Costes at 847-966-2052, or by mail, c/o Troop 175, St, John Brebeuf Church, 8307 N. Harlem Ave., Niles, Il. 60714.

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

MINISTER RESTAURANT & BANQUETS \$10.95 Half Pound Filet Mignon potato & North Shore Special 8.50 Mon thru Friday 3pm-6pm Choose one of 10 entrees, cludes soup, salad, potato 3355 N. Milwaukee Ave., Northbrook (847) 296-4423 • Fax (847) 296-4344 LIVE ENTERTAINMENT WEDNESDAY NIGHTS AAA VACUUM CLEANERS NILES 300 Skokie Blvd. 8050 Milwaukee Berkeley Row Center North of Oakton (847) 480-1899 (847) 292-8227 We also have over 50 New Vacuums n Our Showroom For You To Look Al And We Sell Bags & Betts 0% OFF EVERYTHING **WE CARRY** •Riccar

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Park & Library News

Bobby Galassi makes Eagle Scout

Robert Galassi, Scoutmaster of Troop #175, is pleased to announce that another candidate from Troop 175 has reached Eagle Scout rank.

For renovating the main section of the local Flanagan Hall. Galassi's Eagle Scout project, he will be honored at a special Eagle Court of Honor and receive his special Eagle patch, neckerchief and slide.

During nine years as cub and boy scout, Bobby worked hard to become the second Eagle Scout in the past nine months from Troop 175.

The sponsoring organizations, St. John Brebeuf Holy Name Society and North American Martyrs Council 4338 of Knights of Columbus, offer their heartiest congratulations to Bobby and his family.

John Witting makes **Eagle Scout**

Congratulations to new Eagle Scout John Witting of Niles Troop 175 on receiving his Eagle rank at a special Eagle Court of Honor in the St. John Brebeuf Parish Adult Learning Center,

John accumulated 34 merit badges on his journey to this highest scouting rank, thus becoming the third Eagle Scout produced by Troop 175 within the last nine months

Scoutmaster Bob Galassi, Assistant Scoutmaster Dave Okun and Troop Committee Chairman Ben Costes offer congratulations along with leaders and members

The Troop thanks the St. John Brebeuf Holy Name Society and the North American Martyrs Council Knights of Columbus. for their support of this scouting Troop 175 invites young men

ages 11 through 17 to have fun and learn new things. Join in our activities throughout the year to participate as possible. Contact Bob Galassi at 847/965-

Don't let hot weather bug your pet

(NAPS)-Experts say when temperatures rise, it's a cool idea for animal lovers to keep pests off their pets.

According to Dr. John Prange, DVM, a past president of the American Academy of Veterinary Nutrition, cases of Lyme and other insect-borne diseases are on the rise, making it more important than ever for pet owners to keep bugs at bay.

The doctor offers the following tips for an effective and economical pest prevention pro-

 Check animals frequently for signs of infestations. Pet owners should run their hands through their animals' fur or use finetooth combs. Look closely for ticks and tiny, black specks that indicate the presence of fleas.

• Use a pair of tweezers to remove ticks. Get as close to the tick's head as possible and pull



According to legend, two men who wanted to test the speed of their horses agreed to race to a nearby church steeple. That is how the sport known as steeplechasing got with gradual pressure. After dis-

lodging a tick, apply a disinfec-

tant to the affected area.

• Use a flea, tick and mosquito control product as a preventative measure. Prange suggests that pet owners can save time and money with an over-the-counter product such as Sergeant's PreTect Squeeze-On. The doctor says the product provides "veterinaryquality" prevention and control of fleas, ticks and mosquitoes at less than half the cost of comparable products sold by veterinarians. In addition, the product can be easy to apply is found in most

• Apply the product properly. Prange cautions pet owners to always follow label directions to ensure a product is applied in the right way and in the proper dosage. The doctor recommends the PreTect Squeeze-On because it is said to be easy to apply - a topical application at one or two points on the pet's body usually does the trick. The dosage, however, can vary depending on the size of the dog or cat,

• Be certain the animal's coat is free of dirt and debris before applying a squeeze-on product. A fine-tooth comb will do the job well, Prange advises.

 Never use dog flea, tick and mosquito control products on cats and vice versa.

For more information, visit www.sergeants.com.

Skokie Public Library

16, 3 p.m.

mer long.

Summer Reading Club -

ing Odyssey between June 1 and

August 31. Read six books and

receive a prize. Sign up at the

Readers Services Desk all sum-

• Teen Book Discussion - 10

Things I Hate About You and The

Taming of Shrew will be dis-

cussed on Monday, August 27 at

7 p.m. Pick up a copy of the books

Gallery

tographs of local children taken

by photographer and teacher Lin-

da Balgemann will be on display

The Skokie Public Library, lo-

cated at 5215 Oakton Street, is

open to the public Monday

through Friday from 9 a.m. to 9

p.m., Saturday from 9 a.m. to 6

p.m., and Sunday from noon to 6

p.m. Access many of our resourc-

es 24 hours a day, seven days a

week at www.skokielibrary.org.

USE

THE

BUGLE

from July 13 - August 16.

• Images of Innocence - Pho-

at the Readers Services Desk.

Teens can enjoy 2001: A Read

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

The Library will be closed due to construction work on Thursday, August 23 and Friday, August 24. We expect to reopen at 9 a.m. on Saturday, August 25, but encourage patrons to call to confirm prior to coming to the Library. We apologize for any inconvenience this may cause.

· Sunday Craft Club - Kids of all ages can drop in and make a fun craft. Young children should have a parent to assist them. Sunday, August 19, 2-5 p.m.

• Construction Storytime Get in the spirit of the Library construction project with stories and songs young children can enjoy. Tuesday, August 21, 7:30-8

• Book 'Lympics! - Kids can test their knowledge of *The Best* (Worst) School Year Ever, Dave at Night, The Egypt Game, and The Janitor'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.

• First Step...Library - Caregivers of young children ages 0-18 months can drop in for some social time with others. Older siblings welcome. Thursday, August 30, 10-11 a.m.

Library Classes and Events

• What We've Learned from NEAR So Far - Paul Gunty, 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 images captured by NASA during the mission. Space enthusiasts of all ages welcome to attend. Monday, August 20, 7 p.m. Please register. 847-

• Art Institute Preview Lecture - Learn more about the blockbuster Art Institute exhibit Van Gogh and Gauguin: The Studio of the South during this special lecture. Art Historian Jeff Mishur will talk about the lives and work of these two outstanding artists, and provide a context that will increase your enjoyment and appreciation of the exhibit downtown. No registration is necessary. Sunday, September 9,

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

Performance

• Cat Catalani - Join Cat Catalani as she sings the best of Gershwin and other classics, along with some modern songs

A Tribute to **Mae West**



Mary Anne Burkhalter

Spend the evening with legendary entertainer Mae West on Tuesday, Aug. 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)



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REPÉCHIGE

Special Olympics Athletes compete

Nearly 600 Special Olympics athletes from throughout Illinois will descend on Decatur to compete in two state tournaments. Nearly 550 athletes are expected to compete in the Special Olympics Illinois State Softball Tournament on Friday, Aug. 17, and Saturday, Aug. 18, at Borg Warner Sport Complex, while 30 athletes will compete in the Special Olympics Illinois State Tennis Tournament on Saturday, Aug. 18, at Fairview Tennis Complex.

State Softball Tournament. Slow-pitch softball teams that won the right to advance from one of five Special Olympics district softball tournaments in Illi-

nois are eligible to compete in the state softball tournament. The athletes will compete in slowpitch softball, tee ball or individual skills competition at the state

Tournament play will begin at 8:30 a.m. Friday, Aug. 17. Opening Ceremonies for softball will be held at noon and teams will play until around 4:30 p.m. Competition will resume at 8 a.m. Saturday, Aug. 18. The tournament should conclude around 3:30 p.m. Aug. 18.

At the state tournament, each team will play at least two games. Certified umpires donate their time to officiate games. Games

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will be played according to ASA

Twenty-six of the 39 teams will demonstrate their athletic ability via slow-pitch softball competition on Diamonds 1, 2 and 6 at Borg Warner Sport Complex. The other 13 teams will play tee ball on Diamonds 3 and 4.

The 32 athletes participating in the individual skills competition begin their contests at 9 a.m. Saturday, Aug. 18, on diamond 4. Individual skills consists of a series of four tests. Skills tested include the athlete's ability and speed running the bases, distance and accuracy of softball throwing, fielding ability and hitting distance off a batting tee.

State Tennis Tournament. On Saturday, Aug. 18, 30 athletes from around the state will compete in the state tennis tournmanet at Fairview Tennis Complex.

The tournament begins at 8:30 a.m. with Opening Ceremonies at the courts. Match play and individual skills competition begin at 9 a.m. and are expected to be complete around 3 p.m.

The state tennis tournament

nis Rating Program. "Using the NTRP has resulted in fairer competition and longer matches, and it enables Special Olympics athletes to compete in any other community program using this system, and most of them do use it," says Nancy Hoekstra, tennis tournament director.

Athletes competing in tennis individual skills will test their ability to use a tennis racket to bounce a ball on the ground and in the air, forehand volley, backhnad volley, forehand ground stroke, backhand ground stroke, alternate ground strokes with movement, serve deuce court and serve ad court.

Athletes competing in the softball tournament and the tennis tournament must have trained in their sport for at least eight weeks prior to the tournament. The public is invited to attend these free

The Special Olympics Illinois 2001 State Softball Tournament and State Tennis Tournament are made possible thanks to Gold Medal Sponsors Cingular Wireless, the Law Enforcement Torch Run and Caterpillar and Silver will again use the National Ten- Medal Sponsor Illinois Power.

Cingular Wireless and the Law Enforcement Torch Run are Official Partners of Special Olympics Illinois. Statewide sponsors include: CharitaBulls, Clark Retail Enterprises Inc., Illinois Knights of Columbus, i-mag-jen Charities, Ronald McDonald House Charities, ShopKo, Six Flags Great America and State Farm Illinois Regional Office.

Special Olympics Illinois is a not-for-profit organization offering year-round training and competition in 19 sports for nearly 19,000 athletes ages 8 years and older with mental retardation or closely related developmental disabilities. Special Olympics programs enhance physical fitness, motor skills, selfconfidence, social skills and encourage family support. If you are interested in learning more about Special Olympics, volunteering or providing financial support to help make Special Olympics programs possible, contact your local Special Olympics agency, call Special Olympics Illinois at 800-TEAM-ISO or visit the Web site at

Gaucher Disease Divot Classic

More than 120 guests came out to support the Gaucher Disease Divot Classic held at the Mission Hills Country Club on July 16. The event raised \$30,000 to support the education and outreach programs of the Chicago Chapter of the National Gaucher Foundation and research to find a cure for Gaucherdisease.

The event featured 18 holes of golf at Mission Hills Country Club where 60 golfers braved the winding course. Dinner and presentations followed. The Fraida Foundation and William Blair & Company were honored for their continued generosity in supporting the programs of the Chicago chapter. The event co-chairs were Dan Grant of Wilmette, Cynthia Yannias of Morton Grove, Robin Sonenshein of Riverwoods, Ann and Ken Genender of Northbrook and Dr. Ned and Cindy Zallik of Highland Park.

Gaucher (pronounced go-shay) disease is an inherited disorder, which prevents the body from producing sufficient amounts of an important enzyme, which can lead to an enlarged liver and spleen, anemia, and weakened bones often extremely painful bone crises, called "heart attacks" of the bone. Researchers estimate Gaucher disease may be present in 10,000-20,000 Ameri-

There is no cure, but in 1991 the first effective treatment was developed. Enzyme Replacement Therapy, a lifelong treatment, replaces the missing enzyme and rids the body of worn cells. Dr. John A. Barranger of the University of Pittsburgh is a pioneer in gene therapy and clinical trials. have shown moderate success.



hasek, both of Morton Grove participated in the Gaucher Disease Divot Classic at Mission Hills Country Club in Northbrook.

The National Gaucher Foundation (NGF) was founded in 1984 to assist patients and families living with the disease, develop patient education seminars and raise funds to find a cure for this painful disorder. The Chicago Chap- NGF, call 847-604-0088.

ter of NGF focuses on supporting patients and their families, increasing community awareness and funding research.

For more information about Gaucher disease and the Chicago

Deadline for vehicle stickers

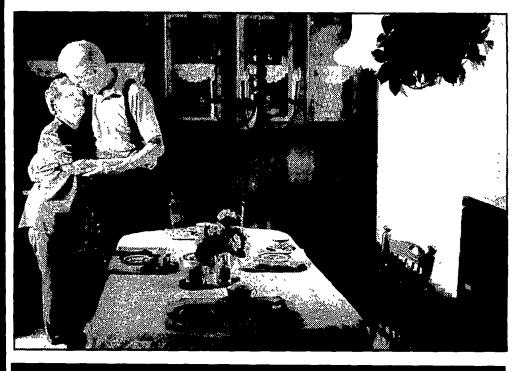
The Village of Niles has extended the deadline for the purchase of vehicle license stickers from June 30 to August 31. This extension recongnizes that residents may be out of town for summer holidays, and allows sufficient time for compliance before the penalty is applied.

The fee for an automobile vehicle sticker is \$15, with a \$10 discount for drivers age 62 years

All vehicles that are principally stored, parked or garaged in Niles must have a current vehicle sticker. This includes all leased vehicles used by Nile residents and businesses. The fine for driving without a valid vehicle sticker is \$50.

Vehicle stickers may be purchased at the Niles Village Hall, 1000 Civic Center Drive. The stickers are also available at selected currency exchanges and

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Information Guide

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- **Assisted Living**
- **Extended Care**



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Seniors indulge in healthy competition

(NAPSI)-Each year, a healthconscious competition lets silverhaired Americans go for the gold.

The Huntsman World Senior Games - which are open to all athletes age 50 and above - are held annually in St. George,

Since 1987 the Games have served as a meeting point for senior athletes from across the country and around the world.

According to Kathie Thayne, Executive Director of the Games, the competition has grown in popularity over the years (increasing from 500 participants in



1987 to more than 5,700 in 2000) because of a "more health conscious" baby boomer generation.

"Four million people in the United States will be turning fifty each year through 2024," Thayne says. "Today's 50 plus generation s active and health conscious. Competing in these games gives many baby boomers and older Americans a terrific incentive to stay healthy and keep in shape."

Generally, the Games consist of basketball, bowling, tennis, cycling and mountain biking, racquetball, road racing, softball, swimming, triathlon, volleyball, lawn bowls, square dance, table tennis and track and field. Athhave fun. letes also compete in games of horsehshoes, bridge tournaments and golf matches.

tive role in their health. Health experts say the activities can be a source of important information about the changing medical needs of older people and equally important, a great way for seniors to compete and

The Games help foster good

health through free medical semi-

nars and health screenings. The

services include mammograms,

PSI, blood sugar, bone density,

hearing, blood pressure, choleste-

rol and glaucoma tests and body

composition and breast cancer

risk assessment screening - all

meant to emphasize the impor-

tance of seniors taking a proac-

For more information visit www.seniorgames.net, or call 1-

Spring cleaning for seniors

(NAPSI) - Safe at home? For many senior citizens, home can be an accident waiting to happen. Every year older Amercians are injured in their homes. with most accidents occurring in the bathroom or bedroom. Ten percent of all falls cause significant injury for older individuals and are a contributing factor in 10 percent of nursing home ad-

Fortunately, many of these ac-

cidents are preventable.

"Research suggests that onethird to one-half of home accidents can be prevented by modification and repair," says Peter J. Plantes. M.D. "It only takes minutes to prevent an injury that could persist for a lifetime.

Instead of focusing on dirty windows and dingy walls, seniors and their families should consider incorporating the fol-

Continued on Page 21

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village f 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

> FOR YOUR HEALTH - AUGUST 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

FALL COMPUTER CLASS Classes include Introduction to Computers, Pre-Introduction

to Computers, Excel I & II. Internet, and Microsoft Work 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 De-

ATTENTION: SENIOR BOWLERS

The Men's Senior Handicap Bowling group (with over 100 howlers) is looking for more bowlers (weekly or substitute). All senior men are welcome to join us at 12:30 p.m. every Wednesday at the Niles Brunswick Lanes starting September 5. To register, call Andy Anderson (647-7245), or Joe Kucan (966-3029). Our initial meeting is 12:30 p.m., Wednesday, Aug. 29.

GENERAL TICKET SALES

Please Call For Ticket Availability Hooked on Fishing - McHenry Dam - Friday, Aug.24, :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.

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 8:30 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. 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: \$7, includes lunch, entertainment, prizes. Legal Check-up Seminar - Monday, Sept. 10, 10 a.m. to 1:30 p.m., and 2 to 3:30 p.m. Taking the right steps now to go your legal affairs in order may help prevent you and your loved ones from facing unnecessary legal problems later on. Workbook included. Conducted by lawyer participating in the AARP Legal Services Network. Free. Advanced registrationis re-

CIRCUIT BREAKER AND PHARMACEUTICAL ASSISTANCE APPLICATIONS

Need help paying for your prescription drugs? If you are age 65 or older or if you have a disability, find out if you qualify for this program, call 588-8420.

Tips for flavorful eating

(NAPSI) - There's encouraging news for older people whose senses of taste and smell have diminished. It's now possible to

Helpful Flavor **Enhancing Ingredients**

- Strongly flavored foods. Look for foods such as garlionions, citrus fruits and flavored vinegars, if tolerated.
- Monosodium glutomate. U flavor enhancers such as MS0 to heighten savory foods or re duce acidity. MSG's affective ness is not dependent on th ability to smell, and because it i lower in sodium than table salt (600 mg. vs. 2,000 mg.), it can boost the flavor of sodium restricted diets.
- Herbs, spices. Double th amount of herbs and spices add ed to recipes, but within reason Some spicy seasonings, such a black or red pepper, shouldn't b doubled automatically. Also, dr rubs and spice/herb combina tions on meat and poultry ad flavor without fat.
- Concentrated fruit sauces ams. Use them, as well as con centrated flavors and extracts on meat or vegetable dishes stimulate taste buds.

 Add small amounts of fat. Creamy dressing, cheese sauce bacon bits and other fats can be used to soften sharp-tasting

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counteract some of these losses through the creative use of flavorful food ingredients.

According to some experts. maximizing food flavor calls for more imagination than culinary skill. Here are some ways to help make meals more appetiz-

- . Use fresh, quality ingredients wlienever possible.
- 2. Augment your food's flavor with a variety of herbs, spices and other flavor-enhancement tecliniques.

3. Vary the shapes, textures, and temperature of food. This way the taste buds can detect the va-

4. Take time to savor your food. Smell it before you taste it, and chew thoroghly before swallow-

Cleaning...

lowing simple safety steps into their spring cleaning routine, say the experts at Laurus Health.com, a consumer health information Web site:

- Remove rugs and runners that tend to slide, or secure them carefully to the floor
- · Install sturdy handrails on both sides of every stairway.
- Remove electrical cords and wires from the floor and from pathways.
- Keep areas free of clutter. • Arrange furniture so it does not obstruct walking.
 - meeting

"Entertainment 2002" books books are bigger and better than offers on restaurants, trip, museums, movies, sports eyents,

Refreshments will be served after the meeting. For further information, please contact Sid Sonin at (847) 663-0013

Jeffrey P. Niskanen, son of Vale-Glenview, is halfway through a six month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the aircraft carrier USS Enterprise, home ported in Norfolk, VA. During the first half of the deployment, Niskanen's ship made several port visits, including Lisbon, Portugal where sailors had the opportunity to shop, sightsee and enjoy the local culture and cuisine.

Over time, the senses of taste and smell can decrease, either naturally, or as a result of medical treatments, conditions or medications. These losses can

cause poor appetite, weight loss

- even malnourishment.

and the sale of th

Medical treatments and medications that can affect taste and smell include anti-depressants, anticonvulsants, antihistamines, anti-inflammatories, chemotherapy, cardiac medications and muscle relaxants. Conditions such as Alzheimer's disease, epilepsy, bronchial asthma and diabetes mellitus can also influence one's ability to taste and smell. Before changeing or adjusting your diet or that of a loved one, check with your doctor.

Continued from Page 20

- · Install light switches at both the top and bottom of the stairs and near the doorway of every
- Install grab bars in the tub, shower and by the toilet.
- · Line the bathtub and the floor beside it with non-skid mats or abrasive strips.

To find out more go to www.LaurusHealth.com. This Web site was created in associating with leading hospitals and physicians to help consumers make more informed choices about their health

AARP Skokie

The Skokie Chapter of the American Association of Retired Persons, Inc. (AARP) will hold it's next meeting at 1 p.m., Tuesday, September 4 at the Skokie Library, Petty Auditorium, 5215 Oakton St.

Investment representative Glen A. Roter will present a discussion on the Tax Relief Act of 2001 and the new required distribution rules to begin this year.

will be available for immediate use and are good until Nov. 1, 2002. Only \$25, AARP sys the ever, and contain two-for-one hotels, etc.

Jeffrey Niskanen Navy Petty Officer 3rd Class

Morton Grove Senior Citizens 470-5223

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.
VISUALLY IMPAIRED MOTIVATORS
VISUALLY IMPAIRED MOTIVATORS

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and other degenerative eye diseases and their families. Their next meeting will be at 10 a.m. on Tuesday, August 21 in the Morton Grove Village Hall. They discuss everyday problems of living with low vision and possible solutions, exchange ideas on the latest technology and assistive devices available, and share what has worked for them individually. They support each other! Other activities include guest speakers and field trips. For more information please call Richard Englund at

EMPRESS CASINO

This is truly a sizzling end-of-summer special. Join the Praric 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 Prarie 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 Harrer 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.

AFTERNOON DELIGHT ODYSSEY CRUISE

A major social event happens on September 12 when the luxury passenger ship, the Odyssey, is being taken over completely by north and northwest suburban seniors for a cruise, gourmet meal, dancing and entertainment on three levels, as well as free gifts and surprises.

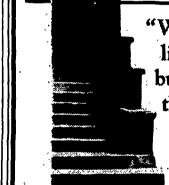
The bus leaves the Prairie View Community Center at 10 a.m. and returns at approximately 3:30 p.m. The cost is \$56. Register at Prairie View for this gorgeous Lake Michigan

HOME AND YARD CHORES

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

RTA REDUCED FARE PERMIT

The Morton Grove Village Hall Senior Center is a distribution point for the RTA Reduced Fare Permit any weekday morning between 9 a.m. and 12 noon. This card provides a half fare discount on the CTA, Metra or Pace transit systems. Individuals must be age 65+ and bring in a driver's license or Illinois identification card, plus a current color 1-1/2" by 1-1/ 2" photograph. If travelers do not have a photo, the senior center will take one for \$3. For more information, call the Morton Grove Senior Hot Line at 470-5223.



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... An Extension of Family and a Continuation of your Community

Aging population puts spotlight on eldercare

(NAPSI)-People today are living longer than ever and, as baby boomers continue graying into the next three decades, seniors will become one of the nation's largest age groups. It's a demographic shift that will lead to greater responsibility for adult children. According to a survey by the National Alliance for Caregiving/AARP, more than 22 million U.S. households are involved in some kind of eldercare. That translates to some 14.4 million full- and part-time employces who are also caregivers.

Highly Recommended Comprehensive

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Home-Like Environment

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Chapel on Premises

Respite & Short Term Stays

Education & Family Training

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Portrait of a caregiver: typically female, age 46, employed. spending 18 hours a week helping out her mother. Pressured to juggle the responsibilities of an elderly parent and a career, she's on a path that could lead to absentceism, lower productivity - even

Eldercare issues have exacted a price on the workplace - between \$11 billion and \$29 billion per year, according to MetLife. that includes the cost of absenteeism, tardiness, workday interruptions and replacement of employ-

Rehabilitation

Center

ees who quit due to caregiving responsibilities.

ry what childcare was to the '80s and '90s - a 'hot button' issue that wak, senior director at Kelly Assisted Living Services. Recently, alize significant cost savings." cited as most common for family caregivers: transportation, grocery shopping light housekeep-

But what professional caregivers mostly deliver, says Spiewak. is relief: "Relief for elderly clients who stay independent with the help of our caregivers, respite for their adult children who can concentrate on work during work hours and peace of mind for employers."

phonograph, which was

EXCITING

liness of the Tollet Riser!"

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offer the best treatment and care for

"Family", our patients and residents".

~Sister M. Elizabeth - Administrator

staff at Holy Family Health Center

the most valued members in the

"Eldercare is to this new centu-

can go a long way in retaining employees and keeping productivity high," said Denise Spiceldercare has caught the attention of employee assistance programs (EAPs), "Companies offering EAP-supported eldercare can readds Spiewak, whose company provides screened, bonded caregivers to help elderly clients with daily activities such As bathing. dressing and meals, plus the tasks

In 1904, German-American inventor Emile Berliner created the flat disk form of the adopted as standard.

NEW BREAKTHROUGH

Lynn from Angelus, CA: "we are very pleased with the concept, design, and user friend-

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Maine Township Senior Citizens 297-2510

COMPUTER CLASS VOLUNTEERS NEEDED

We are currently seeking individuals who would assist at our Computer Classes. Days and times are flexible. Contact Mary Swanson if interested.

COMPUTER CLASSES INTRODUCTION TO COMPUTER CLASSES

This introductory class is designed for people with no computer experience. Through hands-on activities, you will learn how to decipher computer terminology, use basic computer functions and gain familiarity with The Windows 95 operation system.

Instructor: Lori Barrett. Cost: \$25 for 8 classes. Deposit: \$20 for use of Lap Top Computer. Location: Old Maine North High School. 9511 Harrison. DesPlaines. IL.

Class I: Mondays, Aug. 6, 13, 20, 27 and Sept. 10, 17, 24 & Oct. 1. Time: 9:30 a.m. to 11:30 a.m.

Class 2: Fridays. Aug. 3. 10. 17. 24 & 31. Sept. 7, 21 & 28. Time: 9:30 a.m. to 11:30 a.m.
INTRODUCTION TO MICROSOFT WORD

(LEVEL 2)

Learn the basic fundamentals of Microsoft Word. Make professional looking letters and forms. Learn tabulation. editing, and formatting features.

Prerequisite: Introduction to Computers. Instructor: Lori Barrett. Cost: \$25 for 8 classes. Deposit: \$20 for use of Lap Top Consputer, Location: Old Maine North High School. 9511 Harrison. DesPlaines. IL. Class 3: Mondays. Aug. 6, 13. 20 & 27. Sept. 10. 17. 24

Time: 12 noon to 2 p.m.

Class 4: Wednesdays. Aug. 1. 8, 15. 22 & 29. Sept. 19. 26 & Oct. 3. Time: 12 noon to 2 p.m.

Class 5: Fridays. Aug. 3. 10. 17. 24 & 31. Sept. 7. 21 &

Time: 12 noon to 2 p.m.

INTERMEDIATE WINDOWS "95" - (Level 2)

In this course, the student will learn how to modify the start menu. create desktop shortcuts. learn basic Windows utilities and learn more in depth file and folder creation and

Prerequisite: Introduction to Computers. Instructor: Lori Barreett. Cost: \$25 for 8 classes. Deposit: \$20 for use of Lap Top Computer. Location: Old Maine North High School, 9511 Harrison, DesPlaines. IL.

Class 6: Mondays. Aug. 6. 13. 20 & 27. Sept. 10. 17. 24 & Oct. 1.

Time: 2:30 p.m. to 4:30 p.m.

Class 7: Wednesdays. Aug. 1. 8. 15. 22 & 29. Sept. 19. 26 & Oct. 3. Time: 9:30 a.m. to 11:30 a.m.

MICROSOFT EXCEL USING SPREADSHEETS This course covers the basics of spreadsheets - the tool you can

use for managing budgets, solving complex mathematical equations and financial calculations, and organizing data.

Prerequisite: Introduction to Computers. Instructor: Lori Barrett. Cost: \$25 for 8 classes. Deposit: \$20 for use of Lap Top Computer. Location: Old Maine North High School. 9511 Harrison. Des Plaines. IL.

Class 8: Fridays. Aug. 8. 10. 17. 24 & 31. Sept. 7. 21 & 28.

Time: 2:30 p.m. to 4:30 p.m.

Each class member will be loaned a lap top computer to use throughout the class. Your \$20 deposit check will be returned at the last class. Please make out 2 separate checks (one for deposit & one for fee) when registering. Please include a self-addressed stamped envelope for confirmation of class and directions to the

SECRETARY OF STATE

Tuesday. August 14. 9:30 a.m. to 12:30 p.m. Town Hall. 1700 Ballard Rd.. Park Ridge.

The Secretary of State Office will be here to offer the following services: Vision Screening. Written Examinations. Duplicate or Corrected License. Driver License Renewal (no road test). Identification Cards and License Plate Renewal Stickers. Be sure to bring proper identification and your forms with you. For more information call 297-2510.

Retirement / Nursing Home

Adapt homes for senior living

(ARA)-A survey by the AArP found more than two-thirds of older Americans describe themselves as very satisfied with their current housing and community circumstances. A sizable majority of respondents own a traditional single-family house, have lived in their home for many years, and plan to remain there for the rest of their lives.

However, most homes are designed for young adults and don't have the features and conveniences to make them appropriate and safe for seniors. A well adapted home will make many day-today living tasks both easier and safer -- often preventing the most common kinds of accidents. Sometimes installation of grab bars and handrails can make all the difference for an aging home-

In addition to people with wheelchairs and walkers, other disabilities which can affect one's ability to function independently and safely include: loss or decrease in hearing, vision, strength and ability to lift and reach. A decrease in dexterity (ability to open doors, turn knobs, etc.), a declining sense of smell (ability to smell smoke), and the onset of dementia/Alzheimer's are other disabilities to consider. Changing lighting. flooring, and replacing door knobs with levers are some remodeling projects that can help give those with disabilities more independence and privacy, save time, provide convenience and

(NAPSI)-A recent study found

a growing number of Americans

expect to take responsibility for

their long-term care (LTC) needs.

the Health Insurance Association

of America (HIAA), reported

most people over age 55 do not

believe the government will pay

for their long-term care within the

To help people assure their

at GOVERNORS PARK

EXCELLENCE IN NURSING CARE

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Respiratory/Ventilator Services

next ten years.

The study, commissioned by

increase the general safety in a

In general, there are four types of adaptations you should consider in your home: mobility into and throughout your honic. liandholds and railings, and easy-touse handles and controls.

Mobility - as we get older, we will have more difficulty getting around and steps will become a significant barrier. Even if we never use a wheelchair, most of us would like to be able to make better use of grocery bag carts. strollers, wheeled trash cans. wheeled luggage and a variety of other conveniences. All these devices are stopped cold by steps. Like wheelchairs, they are also difficult to maneuver in tight spaces once inside the home.

One of the easiest ways to niake your home easier to live in is to design it so that at least one entrance to the main living level can be accessed without going up or down steps. In many cases, this means rerouting or re-grading the front walk and porch. If this is done in conjunction with replacing a walkway, there will be little. if any, additional cost.

Inside the honic, there usually aren't many steps that are easily eliminated. Just make sure that if you put on an addition, it isn't necessary to use steps to get into it! Another approach that works well is to prepare for single-level

LTC needs will be met - without

forcing then into bad options or

driving them into bankruptcy -

analysts recommend LTC insu-

• Bring peace of mind about

• Keep policyholders, or their

· Get access to home care or

loved ones, in their own homes.

care in an assisted living facility

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Barrington, IL 60010

instead of nursing homes

rance. The insurance can help:

seek to give yourself the option of living entirely on one level -even if only temporarily. That means making sure the full bath. kitchen and main bedroom are all on one level. Having laundry facilities on the same level is also a big plus.

Maneuverability is most critical in the kitchen and the bathroom. Use floor surfaces that don't become slippery when wet. Widen spaces and doorways. Whenever possible, design doorways that are 36 inches wide. Also, try to eliminate thresholds (those wooden, metal or stone bumps on floors in doorways) bigger than one-half inch. Make sure the thresholds used have beveled (sloped) edges. While you don't give any thought to them when you are fully mobile. they present real obstacles to wheelchairs and other wheeled devices. These changes will not only make your home wheelchair friendly, but also give it a more

open, spacious feel. Handholds and Railings - the next issue to focus on is handholds. While it seems kind of unnecessary, keep in mind that many serious falls could be prevented with adequate railings and grips. This is especially true in the bathroom. Make sure you've got plenty of support around the toilet and the tub or shower. Does every step in the house have an adequate railing? Be aware that many original stair banisters aren't strong enough to support an adult's body weight. That is why railings need to be checked and reinforced if necessary.

A room-by-room review of handles and knobs can yield a substantial list of inadequacies. Doorknobs, window handles. faucets and other controls can be difficult for many people. Make sure they are easy to operate. The kitchen may be the most critical room of all. Can the stove control knobs be reached without risking a burn? Will knobs be easy to turn as hands become less nimble? How about the sink faucet? What about all those cabinet and drawer handles?

Other Safety Issues - finally. there are some other issues to consider. The odds are that your neighborhood will become less safe over time. Have you taken adequate home security measures? Do you have bright, automatic external lights? What about internal lighting? As people get older, they need brighter light to see the same things. Reading lights need to be brighter. Well-lit stairs become more important. An intercom provides added safetv and a convenient way to communicate with others when it's difficult to get around. Something as simple as a peephole ir the front door can be very helpful.

Burns are one of the most common injuries that older people face. In some cases, you can eliminate the use of the stove entirely for heating water. There are hot water dispensers that can be set up like another faucet in your sink. These are very convenient.

Scalding hot water also causes many injuries in the bathroom. It's not unusual for someone to fall in the shower or tub, hitting the faucet on the way down. What if the water temperature is suddeally increased and you can't get to the controls? Even moderately hot water will cause burns if allowed to flow for several minutes. A number of manufacturers make faucets that have a built-in scald prevention mechanism. They autoniatically cut off if the temperature exceeds a preset maximum.

There are numerous online sources to obtain help or learn more about assuring independence for seniors. To find more information on hundreds of home-related topics. consumers can visit Web sites like Service-Magic

www.ServiceMagic.com to research projects or find a prescreened remodeling contractor or handynian service that specializes in disability remodeling.

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Retirement / Nursing Home

Your life as a book

(ARA)-It's often said that everyone has a book in them. Ask people around you if this is true and you will probably find that most people's unhesitating response is that their story would make a great book. (The rare exception, the self-effacing man or woman who says. "My life is boring, nobody would be interested in reading about my life" is probably the most interesting one of life as a book?

Today, the audience for true stories, or fictional accounts of

interesting and inspirational lives or experiences, has increased, as media outlets of every kind abound -- from print to TV to cable to Internet -- all of them hungry for content. Now would seem to be the best time ever for those with a good story to write it down and get it before their targeted audiences. So what's preventing most people -- or you, for that matter -- from writing your

For most people the answer is simple: "I will write it someday.

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with Alzheimer's disease.

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Right now I'm too busy making a living/raising a family/tired at the end of the day to fit in writing time." A few honest souls will "fess" up to what is perhaps the primary reason: They just don't have the writing skills.

For public relations and writing partners Judy Katz and Karen St. Pierre, the hunger that most people have to tell their stories. and the paradoxical inertia of all those would-be authors to get started presented a unique and irresistible opportunity. Seeking to

"Our first business model was that we would be paid to help people write their book and take them through public relations skills on their behalf to attract media covcrage." says St. Pierre. "We thought that most of our clients. at least initially, would be CEOs. We knew that for business owners and executives, authoring a quality self-published book can be most helpful to brand and grow their businesses, enhance their own reputations, or even to leave a legacy for their grandchil-

set up two home-based but linked

satellite offices. Katz and St.

Pierre formed a book collabora-

tion company called Your Life as

Now celebrating their first six

months in business, the writer-

entrepreneurs say the response

has been amazing, even surpass-

ing their wildest dreams.

(www.yourlifeasabook.com).

What they did not know, Katz interjects, is that "all kinds of people with great stories would come out of the woodwork. This allows us to choose the most interesting stories -- the ones we believe have 'legs'." The pair also could en!aol.com.

not have predicted that their very first book would be picked up by a major literary agency and auctioned for a six-figure advance. Katz notes: "We also did not realize that people would be willing to pay us handsomely to write fiction-that novel or screenplay that piling up, we had to rethink our business model so that it would be a winning formula for every-

one invovled

Having worked out the best way to make their venture successful, the two writerentrepreneurs now have a network of literary agents, publishers and television and film industry executives interested in working with them, and are actively seeking clients. So if you really have a good story to tell. and really want your 15 minutes (or more!) of fame and fortune. you just ran out of excuses!

For a free flyer from Your Life as a Book on the specifics of book collaboration, and the comparative merits of commercial publishing and self-publishing, or to let them know about the merits of your story, write to highqiudy!aol.com

CJE receives awards

Chicago Council for Jewish Elderly is the recipient of two National Mature Media Awards, which recognizes the best in advertising, marketing and educational materials for older adults. The non-profit social service

agency received a silver award for its annual report, "In Their Own Words: Letters from Friends" and a bronze award for its brochure. "Understanding Alzheimer's Disease." For further information, call CJE at 773-508-

Sr. Homeowners seeking reverse mortgages

A home financing alternative that allows senior citizens to tap the equity in their homes to supplement their retirement incomes is gaining popularity, and quickly. According to the Department of Housing and Urban Development (HUD), the number of reverse mortgages has more than quadrupled since the early 1990s when the product was first introduced.

"We've seen tremendous increase in demand for reverse mortgages over the last few years. This year alone, we expect to close 1.900 reverse mortgages. an increase of 58 percent over last year." said Jeffrey Taylor. vice president of senior products for Wells Fargo Home Mortgage. We believe there are three primary reasons for this growth: a better understanding of the product; an aging population; and an effort by various organizations to promote the benefits and flexibil-

ity of the product." A reverse mortgage* is a loan that enables senior homeowners to convert part of the equity in their home into tax-free income . without having to sell their home.

monthly mortgage payment. In general, reverse mortgages are limited to individuals 62 years old or older who own their homes free and clear of debt or have only a small loan balance remaining. One of the biggest selling

give up title, or take on a new

points of the reverse mortgage is its flexibility. The product allows senior homeowners to choose how they want to receive their mortgage funds: 1) as a lump sum; 2) as monthly income - for up to life: 3) as a line of credit: or 4) as a combination of monthly income and line of credit. These funds can then be used at the homeowner's discretion - to pay for home repairs, medical costs. in-home care, education, or simply as supplemental retirement income.

No monthly payments are made on a reverse mortgage during its term. It simply becomes repayable when the home is sold or vacated for other reasons. In addition, the repayment amount cannot exceed the value of the home. Any excess proceeds belong to

Continued on Page 25

Retirement / Nursing Home

10 Ways to Enjoy Your Retirement

Morgages... Continued from Page 24

the homeowner or the estate. Homeowners who use reverse mortgages never owe more than the value of their homes or the amount borrowed under the terms of the loan, whichever is

whatever you want to do.

But in order to get the most out

some planning. Think about how

you will replace your work rou-

tine with a retirement routine.

you'll have, filling it may seem

overwhelming at first. To get

you've never had the opportunity

es at the local community col-

lege, recreation center or art

school; maybe the arts, like paint-

ing, sculpture, music, theater or

2. Participate in outdoor activi-

ties. Turn your garden into the

special place you know it can be.

Go fishing or take up bird watch-

ing. Take walks and explore your

local park or zoo. Take up play-

the perfect time to travel. You

now have the freedom to roam.

Visit places you've never been

before - maybe in your new RV?

3. Hit the road! Retirement is

Pursue education. Maybe

enjoy your retirement:

creative writing?

ing golf or tennis.

Here's how a reverse mortgage might work: A 70-year-old homeowner, with a property value of \$200.000, could select a monthly disbursement of \$700 for as long as he/she lives in the home, or a monthly payment of \$1.200 for a 10-year term. Or, the homeowner could receive an open credit line or lump sum pavment of \$105.000.

"A home is one of the most powerful assets we have during our lifetimes." Taylor said. "A reverse mortgage is a privilege of longtime homeownership and a great opportunity for eligible seniors to ease their financial burden It's no wonder so many are exploring this option.

For more information about reverse mortgage products and services, visit Wells Fargo Home Mortgage on the Internet at www.reversemortgages.net. or call 1-800-336-7359.

*Reverse mortgages are not right for everyone. Wells Fargo Home Morigage recommends consulting with a financial advis-

Lane Tech Class of 1941 reunion

The Lane Tech Class of 1941 is holding their 60th reunion on September 21 and 22, 2001 at the Sheraton Arlington Park Hotel. 3400 W. Euclid Ave., Arlington Heights, IL.

Come join us. For information call Robert Huster at (847) 967-



No longer confined to the rig-4. Perfect your hobbies. If you right for you. And don't forget to ors of the work world, as a retiree like to do woodworking or needlework or other crafts, make a you can spend your time doing place at home where you can

work with your hands to your

of your retirement, you should do heart's content. 5. Speak out for a good cause. Get involved with politics and local government. Run for an office Once you realize all the time or work on someone else's cam-

6. Get a pet. If you love animals but didn't have time for one started, here are 10 ways you can before, now is your chance. Dogs, cats, birds and other pets make loyal companions and can have positive effects on your well to study something just for the sheer joy of learning. Take class-

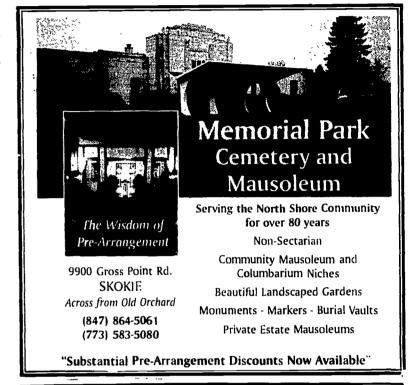
7. Work for fun. You may find you want to go back to work - but on your own terms. Without the pressure to earn a paycheck, you may be able to take a job that you've always wanted even though it doesn't pay much.

8. Volunteer. Taking time to volunteer allows you to use your life experiences, skills and talents to help others in your communi-

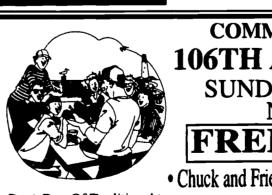
9. Focus on your health and fitness. While you're planning your new lifestyle, start by thinking of your exercise routine. If you don't have one, first design one that's eat well-balanced, nutritious meals in order to get physically fit. Try making some new.

healthy recipes. 10. Spend time with your grandchildren. Plan for visits with them or have them come visit you. Experience the world together. Visit the library, explore the zoo, take a walk in a local .park. see a movie or just go for ice

For more tips on retirement and being a grandparent, order the free Life Advice brochures "Enjoying Retirement." "Choosing and Caring for a Pet" and "Becoming a Grandparent" by calling 1-800-638-5433.







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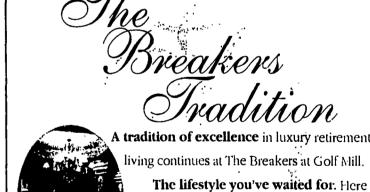
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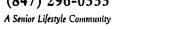
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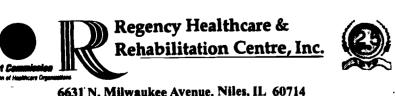
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Retirement / Nursing Home

Keep good memory on your mind

(NAPSI)-Here's good news for anyone who wants to boost their brain power: Doctors recommend the following tips for helping to improve a person's memo-

• Exercise to be wise. The old adage "use it or loose it" may hold true for brain functioning. A recent study in the Archives of Neurology reports that exercise significantly cuts a person's risk of Alzheimer's and other memory loss. It is thought that exercise is beneficial because the activity helps maintain blood flow and lowers high blood pressure and eholesterol - all of which can af-

• Jog your memory, Similarly to physical exercise, studies suggest that mental exercise can held maintain memory health. Expens say activities ranging from the simple - writing, associating names with places - to the more eomplex - playing chess. card games or crosswords - can keep

memories sharp. In addition, regular social activity has been shown to increase memory func-

 Supplement your memory. Many people take supplements and vitamins to slow memory less Vitamin E. for example, is in initiationi capable of neutraliming free radicals that can damage ream cells in addition, both reastbolipids and specific fatty acids have been found to help compensate for memory loss

eaused by age, stress, diet and more. Experts say that may be why supplements such as Senior Moment® (which uses specific fatty acids and phospholipids) are expected to be effective at slowing memory loss. The supplement works by incorporating the nutrients found in the human

brain into the brain's structure, in

the same ratio as that of healthy,

(NAPSI) - Did you know that

nearly 40 percent of women in

their 60s have osteoporosis and

more than 75 percent of women

over 80 have it? If you didn't

know that, you're not alone.

Acording to the National Osteo-

porosis Foundation, osteoporosis

and low bone mass affects an esti-

However, most women don't

even know they have the disease.

let alone seek treatment. Many

women believe that if they simply

mated 28 million Americans.

normally functioning brains.

· Food for thought. When it comes to the mind, diet does matter. Nutritionists say a balanced diet that includes fish, fiber and leafy green vegetables can help people think clearly, feel alert and help keep memory clear.

For more tips on improving memory consult your healthcare

Bone up on osteoporosis

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watch their diet and exercise reg-Pride Jazzy ularly, they won't be affected. However, diet and exercise may not be enough to prevent osteoporosis from striking. Osteoporosis is a silent disease that gradually weakens bones, making them increasingly fragile and more likely to break from minor injury. In fact, in its early stages, osteoporosis can strike without any warning signs. Many women don't realize that height loss, development of stooped posture or

> quences of the disease. The most accurate method of determining a woman's risk for osteoporosis is a bone mineral density test, which is quick, easy and painless. Medicare now reimburses bone mineral density testing for eligible beneficiaries 65 and older, making the tests more accessible than ever before. Yet, despite the availability of the test and Medicare coverage, only a

some broken bones are conse-

relatively small number of wonen with osteoporosis have been diagnosed and treated.

Who is at risk?

Women who have gone through menopause (whether as part of the natural process of aging or due to early removal of ovaries) may be at risk. Other factors that contribute to risk include: Heredity - a family history of osteoporosis, a thin or petite build. Caucasian or Asian descent (although these groups are at greater risk, osteoporosis ean affect women of all ethnic backgrounds). Decreased estrogen levels - during or after meopause. Medications - steroids (e.g., for asthma or arthritis) or excess thyroid hormone. Lifestyle - smoking, too much eaffeine and/or aleohol, lack of physical activity, inadequate caleium and vitamin D intake (e.g., little or no milk or dairy products in diet).

You also may have none of these risk factors and still have or develop osteoporosis. So talk to your doctor about whether or not you are at risk for osteoporosis. and whether a bone mineral density test is right for you.

Osteoporosis is a silent disease that gradually weakens bones, making them increasingly fragile and more likely to break. To learn more, call 1-800-950-6724, or visit the Web site:

www.bonedensitytest.com



Regency Senior Day Care enhances the ability to live independently. Your loved one can participate in our program during the day, and return home in the evenings.

Participating in the program provides you peace of mind knowing that your loved one is being cared for by professionals during the day, allowing you to maintain the delicate balance of career family life.

Regency Senior Day Care offers:

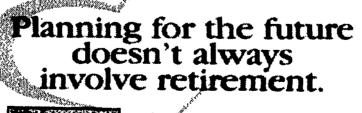
-Transportation to and from our center in our wheelchair accessible vehicles - Hot meals and nutritious snacks planned by a registered dietician - Assistance with basic personal care by a certified nurses aid - Showers, and/or beauty services -Recreational activities designed to promote independence and self-esteem supervised by a Certified Recreation Therapist

-Health monitoring by a registered nurse On site physical, occupational and speech therapy is available

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Retirement / Nursing Home

Seniors profiled in Census ment's Census Bureau.

The Census Bureau cautions

the public not to confuse these

estimates, based on survey data

collected in March 2000, with

Census 2000 data now being re-

leased on a flow basis. Findings

from these two sources may not

agree because of different data

Men 65 and over were more

likely than women in this age

group to be married and living

with their spouse. For example,

collection procedures.

Other highlights:

Among people age 65 years and over, 14 percent were in the civilian labor force, 55 percent were married and living with their spouse and 9.7 percent had incomes below the poverty level, according to tabulations released by the Commerce Depart-

Rate Your Home for a Healthy Retirement

Research shows that one of the most important investments for a healthy, happy retirement is your home's interiors. Now a new free publication helps you assess how stressful life in each room might become once you retire.

"Find Your Home's Retirement Rating," a free brochure underwritten by the nonprofit American Innerspring Manufacturers, offers opportunities to "score" your various rooms and features. Once scored, the test reveals a Level Four Retirement Rating (the highest relaxation level possible) down to a Level One Retirement Rating (the most stressful and draining).

"Retirees' quality of life can be undermined by a few simple features in their homes." Grehan said. "Finding your home's 'retirement rating can give you insight into the changing needs of your body and the easy things you can do to give yourself more peace of mind."

In the bedroom, for example, the booklet explains that seniors need as much sleep as young people, but have trouble getting sound rest. They cannot sustain sleep for as long as younger people, and spend less time in REM sleep - the "deep" sleep that facilitates memory storage and retention, new learning and performance.

Because a restful sleep surface is so important to an active lifestyle, the survey awards points for bedroom features. A bedroom scores points if the bed is large enough (a double bed for one person or a queen-sized bed for two) and if the mattress is a firm innerspring mattress less than 10 years

"What I like about 'Find Your Home's Retirement Rating' is its educational value," Grehan said. "In addition to the quiz, there is lots of good information that gets retirees in the right mindset about maintaining an active and vigorous quality of life."

Even if you score great on the to take next year as low scores can come up as your surroundings improve, and high scores can come down as fixtures and sleep surfaces age. "Maintaining a strong 'retirement rating' for your home can help to ensure a long, high-energey, productive and independent retirement," Grehan

among those in the 65-to-84 age group. 74 percent of men and 45 percent of women were married and living with their spouse. These proportions were much lower for people 85 years and over: 53 percent of men and 12 percent of women.

Older men were more likely than older women to be in the civilian labor force. Among those age 65 and over, 19 percent of men and 10 percent of women were in the civilian labor force.

Among employed people age 65 and over, men were more

likely than women to work in executive, administrative and managerial occupations (19 percent compared with 12 percent). Women, on the other hand, worked more frequently in administrative support jobs than did men (28 percent compared with 6 percent).

Older women had a higher poverty rate than older men. For example, among those 65 and over, 11.8 percent of women and 6.9 percent of men were poor.

Half of all adults 65 years and over lived in the suburbs.

The statisties on the older population were extraced from a series of 21 tables titled The Older Population in the United States: March 2000, PPL-147. Data in the tables were collected in the March 2000 Current Population Survey. They cover such topics as age and sex distribution, marital status, household type and size, educational attainment, nativity, labor force status, occupation, income, poverty status and tenure for various age groups, beginning with 55 years and over.



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Former Convent attracts visitors

It has been more than eleven years since the St. Gregory Convent in the West Andersonville neighborhood of Chicago closed its doors. In 1987, the St. Gregory Parish sold the north side convent, located at 5520 N. Paulina, to two women who operated the building as shelter for the elderly disabled. For almost nine years, the convent was known as the "Shelter of God's Love." Today. the building is home to Hartwell House, an assisted living residence for older adults operated by

United Methodist Homes & Ser-

Since opening its doors in March of 2000. Hartwell House has seen many visitors, most of whom are shopping for assisted living options for themselves or loved ones. However, there has been a steady stream of visitors of another kind: folks who once lived in the neighborhood who have returned to see what has become of the former convent they knew and loved. "We get former neighborhood residents stopping

by all the time." explains Rosalie orks, Executive Director of Hartwell House. "Many are curious about what changes we've made to the interior, while others just stop by to reminisce."

Earlier this year a group of Sisters of Christian Charity who had lived in the St. Gregory Convent many years ago stopped by Hartwell House for a tour. From 1904. when the first Sisters of Christian Charity came to St. Gregory Parish, to 1975 when the mission ceded to the Sisters of the Living Word, more than 216 Sisters of Christian Charity worked in the parish. Many of them taught at the grade school and high school next door. Today, 50 of the Sisters are still living.

As the group of sisters noted during their visit, Hartwell House bears little resemblance to the convent they so well remember. Upon entering the building, it was immediately apparent that massive changes were made. The chapel, which formerly extended in the entryway, had been shortened and converted to an interdenominational chapel. The remaining space was transformed into a lovely resident lounge, complete with a corner fireplace. The unique stained-glass window bearing Mother Pauline's likeness, which had been inside the chapel. is now in the lounge, visible to guests and residents as they enter the building. A visit to the chapel revealed the original altar and some of the pews from the convent chapel are still in use.

While guiding the group through the building, Ms. Yorks noted other significant changes that were made to accommodate assisted living residents. A new elevator was added, a welcome change to the sisters who had daily climbed the stairs of the fourstory building. The dining room was smaller, and more intimate. Walls had been moved closer to create storage space for the kitchen, something that had not been planned in the construction of the original building. A look inside the kitchen revealed an iron stove that had been installed in 1968 and is still in use today. The rest of the kitchen had been completely remodeled with new applianc-

The bedrooms used by the sisters are now spacious suites. Walls were removed and bathrooms were added to accommodate new residents. The corner rooms on the second and third floors have been opened into TV and reading areas. Everywhere in the building, the hand of the interior decorator was apparent in the carpeting, wallpaper and furnish-

Throughout the tour, the Sisters paused to reminisce about

COURSE STREET, COURSE SERVICE STREET, SANS STREET, STR

whose office had been here, and

whose bedroom there. As they gathered in the foyer, preparing to leave, Sr. Virginia had one final comment: "This house deserves a spot on the eternal registry of Sisters of Christian Charity convent homes for its Mother Pauline-centered spirit, so evident in loving and respect filled

Hartwell House, now in its second year of service, is named for a woman who, in 1896, came to the aid of homeless widows in need of care and shelter. More than 100 years later, her mission continues. With 29 private suites. Hartwell House offers residents peace of mind that only an organization with a full continuum of homes and services can provide. From homecare and adult day care services, to assisted living. nursing and specialized care for individuals with memory impairment, United Methodist Homes & Services supports older adults throughout the aging process.

An Open House at Hartwell House will be held on Saturday. September 22, 2001, from 1 p.m. to 4 p.m. Refreshments and free valet parking will be offered to all visitors. Guided tours of the building will be provided and representatives from United Methodist Homes & Services will be on hand to answer questions. For more information about Hartwell House or the supportive services offered by United Methodist Homes & Services. please call (773) 275-2400.

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Retirement / Nursing Home

Grandparents, Grandchildren Have Strong Bond

speak by phone to a grandchild

each week. Slightly over one in

Despite the widespread belief that cross-generational family relationships have been shattered in recent decades, an AARP survey shows that grandparents have an unusually strong relationship with their grandchildren.

The national survey of more than 800 grandparents over 50 years old found that most regularly interact with grandchildren in a variety of ways and think their relationships with grandchildren are "very positive."

For example, more than eight in ten grandparents (82 percent) surveyed said they have seen a grandchild in the past month. and 85 percent said they have talked to a grandchild on the phone in that period. Seven in ten (72 percent) said they have shared a meal in the past month, and an equal number said they purchased a gift for a grandchild within that time.

"The state of American grandparenting is strong," explained Gretchen Straw, associate research director of the AARP Research Group. "Most grandparents see their grandchildren regularly and connect in a number of ways. The relationship is a rewarding one.

"Perhaps the most striking finding of this study is the extent to which generations are connected to each other," the survey concludes. "In spite of a mobile society (and) busy lives...most grandparents regularly interact with their grandchildren."

The survey comes at a time

when the national media regularly report on instances of family breakdown. It also comes at a time at which grandparents visitation rights have become a focal point of attention on the eve of the Supreme Court oral arguments in the Troxel v. Granville case.

Thirty-one percent of adults or about 60 million Americans are grandparents. AARP found that eleven percent of grandparents over 50 are caregivers: eight percent say that they are providing day care on a regular basis and three percent say they are raising a grandchild.

Other highlights of the study: --In questioning grandparents about 17 activities they might have engaged in with any grandchild in the past month, AARP found the top five were:

Eating together (either in or

Watching a TV comedy Staying overnight Shopping for clothes

Engaging in exercise/sports -- Forty-three percent of grandparents say it is "very easy" to come up with potential activities for a grandchild, and another 25 percent say it is "somewhat

--Of grandparents who are not caregivers and who do not live in the same household as grandchildren. 44 percent see a grandchild every week. Another 25 percent see a grandchild at least once a month. Almost a third of grandparents (31 percent) both see and

grandparents (12 percent) have little contact with a grandchild, seeing or talking on the phone with them every few months or less. --Grandparents were asked about the different roles they play

when interacting with a grandchild. Nearly one-half (49%) said that they often serve as a companion/friend, and more than onethird said they often give advice (35 percent), talk about family history (33 percent), explain what their parent did as a child (36 percent), or serve as a confidant (34 percent). Twenty-nine percent said they often "talk about the good old days."

--In response to an open-ended question about what are the most important values or ethics they would like to pass on to their grandchildren, 42 percent of the grandparents said high morals and integrity. Twenty-one percent cited "success or ambition." 20 percent mentioned religion, 14 percent pointed to consideration of others, and ten percent said to be responsible or trustworthy.

-- Mature grandparents spend a median of \$489 a year on clothes, books, toys and other items for grandchildren. Nearly threefourths of those questioned (74) 60 percent bought books for a grandchild in the previous 12

Twenty-seven percent of those participating in the study are under age 60, just over one-third are 60 to 69, and a similar percentage are 70 and older. Fifty-six percent are retired, while 23 percent work full-time and eight percent, parttime. Seven percent are homemakers. The survey found that the typical grandparent has five grandchildren/great grandchildren. One-fourth of grandparents have great grandchildren. Just over one-third have income under \$25,000. while 30 percent have incomes of at least \$50,000.

The study was conducted by telephone for AARP by ICR Survey Research Group of Media, Pennsylvania. The sample includes 823 grandparents age 50 years and older who were interviewed between September 28 and October 25. 1998. The margin of error is 3.5 percent plus or

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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 tradi-

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

"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 paign, 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-raffle booth, pull tabs, bingo. and the Honor Roll. Hamburgers, hot dogs, brats, corn-on-the-cob, ice cream, and Norwegian specialties of openface sandwiches; flotegrot, 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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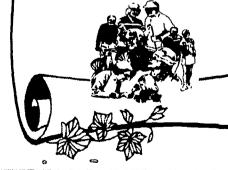
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The new GI Bill for the 21st century

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duty forces have earned and deserve pay raises that exceed the

annual Cost of Living Adjust-

ment for the next several years or until there is no pay differ-

ence between the military and the civilian sector. We urge the

congress to fully fund the presi-

dent's request for a significant

military pay raise as provided in the Fiscal Year 2002 Budget

I would be remiss if I did not

address at this jucture the unfair

penalty imposed on our military

retirees who must literally pay

for their VA compensation out

of their hard-earned longevity

retirement pay. They are the

only group of federal employees

who must sacrifice a portion or

all of the retirement pay they

earned through the years of ser-

vice to the nation in order to re-

ceive the compensation that is

their due because of a wound or

disability incurred while in uni-

form. This situation must be

corrected and it must be correct-

(NAPSI) - The following is an excerpt from VFW Comnander-in-Chief John F. Gwizdak's speech to a joint hearing of the Committees on Veterans' Affairs United States Senate and United States House of Representatives.

"A top VFW ojective directed

toward ensuring that our young men and women leaving active duty may assume their proper place in society is the establishment of a new GI Bill for the 21st century. We envision that such an educational program will recognize and reward members of the Armed Forces for their service to their country by providing full tuition support, covering the cost of all educational related fees, and providing a reasonable stipend for living expenses at any institution of higher learning or training to which a veteran is accepted.

This new GI Bill will provide our young men and women in uniform with the opportunities they need to compete with their non-veteran counterparts and, of major import to the nation, assume their proper place as federal, corporate and private sector leaders.

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Pediatric patients enjoy hat donation



Pictured (from left) Jason Brushaber, 7, of Elk Grove Village; American Legion Post 134 Service Officer Alvin Abuja of Morton Grove; Sara Brushaber, 3, of Elk Grove Village; and American Legion Post 134 Past Commander Roland Keppen of Skokie.

A trip to the Advocate Lutheran General Children's Hospital in Park Ridge is a little less scary for Sara Brushaber, 3, of Elk Grove Village and her brother Jason, 7, thanks to some fun hats donated by the American Legion Post 134 of Morton Grove. Sara is enjoying twirling her hat above her head while Jason plans to use markers to personalize his hat. (Also pictured) American Legion Post 134 officers Alvin Abuja of Morton Grove and Roland Keppen of Skokie say the hats make the best out of a difficult situation. The hats help improve the children's self-esteem and are especially appreciated by chemotherapy patients who may lose their hair. Post 134 donated over 300 hats of all colors.

"Green Eggs & Ham" Comedian to read

In an effort to spread the message on the importance of crib safety, Westin Sheraton and Four Points by Sheraton hotels have marked the week of August 14 - 20 as "Crib Safety Awareness Week in Chicago."

Nationally known comedian and native Chicagoan Tom Dreesen will open the week by reading the classic Dr. Suess tale of "Green Eggs & Ham" to a group of youngsters gathered in the lobby of the Sheraton Chicago Hotel & Towers on Tuesday, August 14 at 10 a.m.

The reading will be the first gig of its kind for Dreesen who is used to appearing before adult audiences as a regular opening act for the late Frank Sinatra. Dreesen has made over 500 TV appearances including 61 on the "Tonight Show" and he will be a

guest on Late Night with David Letterman on August 20.

The week coincides with the August 14 launch of the new Westin Heavenly Crib and Sweet Sleeper Crib by Sheraton, both earmarked as the safest cribs in the hotel industry, exceeding the standards set in place for the U.S. Consumer Safety Commission.

Crib Safety Awareness Week in Chicago is sponseored by the Sheraton Chicago Hotet & Towers, Westin Chicago River North, Westin Michigan Avenue, Westin O'Hare and Four Points by Sheraton O'Hare.

The sponsoring hotels will provide guests a list of Vital Tips for Crib Safety during ht eweek and will also be collecting new stuffed toy animals during the Crib Awarementss Week

which will be distributed to youngsters at Children's Memorial Hospital.

America's Promise

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

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Police News

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DUI

On August 9 an officer was dispatched to investigate a one car aceident at 7100 Milwaukee. Upon arriving the officer observed the driver standing outside the ear. The officer asked the driver if he needed an ambulance and he replied no. The officer deteeted a strong odor of alcohol on the driver's breath. The driver's cyes were red and glassy. Further investigation revealed the ear had driven off the road and struck a light pole. The driver failed field sobriety tests and was arrested for driving under the influence and no proof of insurance.

RECKLESS DRIVING/SPEEDING

While on stationary patrol on August 8 an officer observed a car going at a high rate of speed (69 in a 35 zone) at 6800 Touhy. The officer followed the ear. The car almost hit bieyelists attempting to cross the road. The car was stopped and the driver arrested for reckless driving, speeding, no driver's license, no insurance and failing to wear a seat belt.

BATTERY

On August 7 two men playing pool at a café at the 6800 block of Milwaukee got into a disagreement about payment for losing. The men went into the parking

lot. One of the men was joined by two friends who proceeded to push, punch and kiek the victim. The offenders took the victim's keys and threw them in the grass. The victim ealled the police who observed red marks on the victim's head, neek and shoulders. The offenders admitted to arguing with the vietim but denied physical contact. One of the offenders had a scratched left knee that he could not explain. All three offenders were arrested for

AGGRAVATED ASSAULT

Six people witnessed a man

pulling a woman by the hair and dragging her along the pavement at a home improvement store at the 900 block of Oakton on August 7. When witnesses attempted to intervene the man began swearing and chased the witnesses. Officers arrived on the seene to find a partially elothed man with a knife in his hand shouting about his wife. Officers repeatedly told the man to drop the weapon and he refused to comply as he approached officers. Finally the man dropped the weapon and officers struggled with him to gain control. The man was irate and had a strong odor of alcohol on his breath. The man was arrested

for aggravated assault and resist-



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BURGLARY

A pry tool was used on a sliding door to gain entry to a home at the 6900 block of Niles Terrace on August 5. The house was ransacked. A man's gold watch, a fur coat and jewelry were stolen. A BMW SUV was taken from the

On August 6 a four-door 1994 Honda Accord was stolen from a parking lot at the 9300 block of Milwaukee.

An office supplies store deliv-

ARRESTS

A man was stopped at Dempster and Northwest Hwy on August 2 and arrested for following too closely and driving on a suspended lieense.

On August 1 a man was stopped at Summit and Touhy. He was arrested for failing to reduce speed, no driver's license and no insurance.

A woman was stopped at 1700 Cumberland and arrested for driving under the influence and failure to provide information after an accident on July 29.

ered 80 chairs to a church at the 8200 block of Harrison on August 3. There was some confusion among church members as to whether the chairs were the correct ones ordered. Sonieone signed for the chairs and they were placed in the gyni. No one has seen the chairs since. **CRIMINAL DAMAGE**

VEHICLE On August 9 the brake lines of a Suzuki Grand Vitara were cut while it was parked at the 8900 block of Washington.

Egg was thrown on a Ford

Park Ridge

On July 28 a man was stopped at Cumberland and Albion. He was arrested for driving under the influence and improper lane us-

A man was stopped at Touhy

andElmore on July 28. He was arrested for driving on a suspended license and no insurance.

On July 27 a man was stopped at River and Higgins. He was arrested for driving under the influence, speeding and improper lane

BURGLARY A rear door was pried open at a

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8025 W. Golf Road • Niles • (847) 581-0536 6250 N. Milwaukee Ave. • Chicago • (773) 774-0366 Crown Victoria parked at the 7500 block of Jonquil on August

CRIMINAL DAMAGE

On August 6 chunks of asphalt were thrown through two windows of a school at the 6900 block of Touly causing \$400 worth of damage.

Glue was put in the padlock of a vaeuum cleaner at a car wash located at the 900 block of Oakton on August 6

residence on the 1200 block of Linden between July 22 and July

CRIMINAL DAMAGE TO MOTORE VEHICLE

On August 2 a BB gun was used to damage the driver side window of a Mitsubishi Mirage parked in the street at the 300 block of Knight. Estimated cost of repair \$150.

The rear window of a Toyota Camry was smashed on August 1 as it was parked in the street at the 1900 block of DeCook, Estimated damage \$300.

Tools were taken from a Ford Cargo van after the passenger window was broken. The incident happened between July 31 and August 2 while the van was parked in a lot at the 700 block of Busse.

Between July 27 and July 28 a brick was used to shatter the windshield of a Lincoln Town Car at the 100 block of Columbia. Estimated repair cost \$250.

CRIMINAL DAMAGE PROPERTY

Between July 31 and August 1 five garden lights were damaged at a residence at the 1000 block of Western. Damage estimated at

A tree was uprooted in a parkway at the 200 block of Busse sometime between July 31 and August 1.

On July 29 gasoline was used to set fire to a wind ehime and paper in a garage at the 1100 block of Potter.

A purse and wallet were stolen from a locked office at a business located at the 100 block of Northwest Hwy on July 28. A driver's license, credit eards and \$70 were in the wallet.

The organ is actually considered a wind instrument, since the sounds it makes are produced by a mechanically or electrically controlled air supply blowing across a pipe or set of pipes.

An ounce of prevention can put a stop to burglaries

10 Simple Steps to Safeguard One of the easiest ways to pro-Your Home. The Burglary Preteet your home is by locking your doors and windows before leavvention Council recommends the following 10 steps for safeguarding home. Seems easy, however, more than 600,000 burglaries in ing your home against intruders. 1999 were committed without when leaving, even for short peri-

got this simple safety measure. What else invites burglars into your home? Some unintentional welcoming signs include overgrown shrubs covering a home's entry points, a message on the answering machine offering the date of your return, a mailbox overstuffed with mail or a driveway full of snow with no tire marks. Referred to as a "target of opportunity" by the police, a home that appears unoccupied offers a burglar an open invitation

forced entry because people for-

"It's easy for people to forget the simple, common sense steps to safeguard their residence. The key is to create an illusion of everyday activity," says Lauren Russ, executive director of the Burglary Prevention Council (BPC), a nationwide non-profit organization dedicated to educating the public on erime preven-

to enter.

tion measures.

"A burglary occurs every 15 seconds in this country," says Russ, an expert on crime prevention. "This is an alarming statistic that no one should take lightly. People need to know, however, that there are a number of easy and cost-effective security measures that ean protect them and their homes.

Looking to get ahead in business?

Oakton Community College offers various business certificate programs to help current or future employees upgrade their skills, earn more money, embark on new eareers and succeed in the workplace. Oakton has added several new certificate programs to its fall curriculum, including Professional Consulting, Human Resource Specialist, Pharmaceutical Sales, Direct Marketing, Exceutive Support Specialist, and Convention and Meeting Plan-

In addition, the College already offers an extensive list of business degrees, certificates and classes in accounting, marketing and management. Many of these classes are offered in two- to four-course packages known as Career Action Series. CAS allows students to complete sixeredit-hour courses by attending class only one night a week.

Registration for the fall semester is under way. Classes are offered during the day and at night at the Des Plaines, 1600 E. Golf Rd., and the Ray Hartstein eampus, 7701 N. Lincoln Ave., Skokie. For more information, contact Sue Cisco, professor and chair of Oakton's Marketing program, at (847) 635-1871 or visit www.oakton.edu.

feet hiding places for burglars and allow them to work undetect-

8. Start a neighborhood watch program. Local police departments can provide materials and assist in getting a program started. In the meantime, it helps to build a good relationship with your neighbors, so each one can watch the other's home while they're away.

9. Use window and door alarms. Alarms vary in their degree of sophistication, ranging from a door alarm that makes noise to silent alarms patched into your local police station. Burglars will typically leave when any alarm is sounded. In addition, an inexpensive alarm system also ereates valuable peace of mind.

10. Take a complete inventory of your valuables and place valuable jewelry and documents in a safety deposit box. Videotape or take photos of all valuable possessions. These should also be marked with an engraving pen to help police trace and recover them if stolen

For More Information. Tips and approaches to home security are described in detail in the Burglary Prevention Council's booklet, "Safe & Secure." The new booklet also provides valuable information on evaluating your home's current safety measures, evaluating your neighborhood, assessing your home's entry points, what attracts and discourages burglars and how to implement a cost-effective security program. The guide also contains

a vacation checklist to help pro-

teet your home while away and a

list of home protection products that can be used in any home.

The free booklet can be obtained by sending a selfaddressed, stamped envelope plus \$1 for postage and handling

to the Burglary Prevention Couneil, 221 North LaSalle Street, Suite 3500, Chicago, IL 60601-1520, or downloading from the BPC Web site at www.burglaryprevention.org.

Sheriff honors deputy for humanitarian efforts



Cook County Sheriff Michael F. Sheahan (left) presents the Sheriff's Humanitarian Award to Deputy Sheriff Karen McIntyre (center) at the department's annual awards ceremony. Pictured with Sheahan is Undersheriff Zelda Whittler (right).

McIntyre was honored for her volunteer work outside of the Sheriff's Office in which she works as an advocate helping victims of violent crimes and their families. McIntyre is an active volunteer with the Cook County State's Attorney's Victim/Witness Unit, counseling victims and their families who are going through the legal process. She is also working as a member of a victim task force to create a national protocol to address the needs of victims' family members awaiting death penalty sentences.

McIntyre, a resident of Chicago's Northwest Side, has been a deputy sheriff since 1991.



Close and lock all doors

ods. this includes garage or con-

neeting doors. Burglars want

easy jobs. that's why they scan

homes for the weakest point of

2. Secure sliding glass doors.

By placing a metal rod or piece of

plywood in the track and install-

ing vertical bolts, you can help

prevent burglars from forcing the

door open or lifting it off the

3. Never leave clues that you

are away on a trip. Have a trusted

neighbor gather your mail while

4. Keep some shades and

blinds up and curtains open while

you are gone. This will help to

maintain a normal everyday ap-

5. Use automatic timers. Tim-

ers can be set to turn on and off

lights, radios and televisions at

varying times of the day. Also,

use them when on vacation or

away for an extended period of

time to give burglars the impres-

6. Illuminate the yard area.

Darkness is a burglar's best

friend. Doorways and the rear of

the house should be lit with cost-

effective, low voltage lighting to

7. Trim trees and shrubs sur-

rounding the home. If over-

grown, these areas serve as per-

sion that someone is home.

minimize dark spaces.

pearance in your residence.

you are away so items do not ac-

BY JEFFREY CARDELLA Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Long-Term Care Policy Can Protect You and Your Family

All of us hope to grow old gracefully, enjoying good health, living independently and never burdening our families. And many of us will be able to do just that, thanks to advances in medicine and a greater awareness of the lifelong importance of healthy lifestyles. Nonetheless, the possibility exists that any of us could someday need some type of long-term care, such as that provided by a nursing

• The odds are one in three that a man over 65 will need long-term care; for women over 65, the odds are one in two.

The average cost for one year in a nursing home is approximately \$50,000 -- but it can be close to \$100,000 in some major metropolitan areas.

• Medicare will pay only a small portion of long-term care costs.

If you ever have to come up with this type of money, you may end up jeopardizing the financial security in retirement that you've worked so hard to achieve. Even worse, you could lose your financial independence -- and force your family to step in. You can avoid these scenarios by transferring the risk of long-term care to an insurance company. Many insurers now offer long-term

care policies that cover the costs of extended nursing home stays, home health care providers and other types of long-term care. An investment representative can help you find the right long-term care policy to meet your individual needs. But here are some gen-

eral guidelines to keep in mind as you consider long-term care coverage: Look for a stable company -- You may not actually need to use your long-term care coverage for several decades -- so you'll want to go with a company that will be around. To make sure your potential long-term care provider is financially stable and secure, consult research from reputable independent rating agencies, such as A.M. Best Company, Standard & Poor's, Duff & Phelps and

• Don't wait too long for coverage -- Consider buying a policy before you turn 60 or, at the latest, 65. Long-term care premiums

• Look for the best features -- Not all long-term care policies contain the same elements. The best policies pay for eare in a nursing home, assisted living facility or a private home. You'll also want to find a policy that offers inflation protection, especially if you're under 65 when you purchase coverage. And you'll want a policy that offers a waiver of premium, so that you won't have to pay additional premiums once you start receiving benefits.

By starting early, taking your time and shopping around, you can find a good, solid long-term care policy that fits into your overall financial picture. And once you've got this coverage in place, you should be able to enjoy your retirement years much more fully. You'll have gone a long way toward protecting yourself and your family from an unforescen -- but potentially catastrophic -- event.

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

Home Style

These babies dig the cold

Need a little color in your life? How about deep Indigo, or a mix of regal colors for your fall and spring garden? Fernlea Flowers' new Icicle™ Pansy colors can light up your life this fall and again next spring.

Super hardy, Icicle Pansies were launched last fall in a limited release to the North Eastern U.S. and filled many beautiful gardens until the winter's deep freeze. Reappearing after a particularly harsh winter season, these pretty Icicle Pansies show they really dig the cold.

Backed by a money-back guarantee, the line-up of Icicle Pansies and Violas is expanding to include the stunning Indigo Viola and Regal Viola Mix made up of

plumbing

& SEWER SERVICE INC.

village

Yellow, Purple and Cream

"Last fall, consumer demand for Icicle Pansies were exceptionally high," says Jeff Howe, U.S. Operations Manager, Fernlea Flowers, "so this year Icicle Pansy distribution will be expanded throughout the North Eastern U.S. in independent garden centers, larger chain stores, and major big box retailers."

Over 100,000 Icicle Pansies were planted in trial gardens last fall, including those at the American Horticultural Society. "Many plants flowered beautifully all winter long" states Janet Walker, the organization's Director of Horticulture.

Fernlea has also developed

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3224 West Lake Ave • Glenview, IL (847) 998-6160 M-F 8-5 Sat. 8-12 more knowledge about creating the best planting success with these amazing bloomers including the fact that they will endure extreme cold as long as they are not planted in highly windexposed areas where they can dehydrate. In fact, Fernlea plans to expand the availability of Icicle Pansies to even more Northern

climes this year in Canada. Interested gardeners can sign up at www.iciclepansy.com to be notified when plants arrive at their local garden centers this fall. More plant information and tips are also published on this web

Home improvement tips from professionals

(NU)-When it comes to making improvements on your house, you never quite run out of things to do. Unfortuantely, the same cannot be said for your cash flow. But a new home improvement encyclopedia can help you make repairs that you can afford and, even better, that you can do your-

The "Home Improvement Encyclopedia: Problem Solving A to Z," from Ortho. has useful how-to information, in addition to helpful background tips on how you and your house can get along peacefully.

The book gives detailed information on shake roofing, electrical systems, metalworking techniques, skylights, kitchen design

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REAL ESTATE



Getting ready to garden

(NAPS) -- Any time of the year can be the right time to get ready add a garden to your home. Here are a few tips to get you

There are two basic types outdoor gardens: ornamental gardens and food gardens. The former includes flower, rock and water gardens. The latter includes herb gardens and vegetable gar-

When choosing a site for the garden select an area with good drainage. Also, remember a steep slope is difficult to plant and care for. Plus, water running down the slope can carry away

A successful vegetable garden needs a location that gets at least five hours of sunlight each day. Be sure to choose plants that are right for the climate of your

• Different kinds of plants need different amounts of room to grow well, so it's a good idea to sketch out your plan for the gar-

To save space in a vegetable garden, you can grow spreading vine plants, such as tomatoes, on stakes or other supports.

To get the most out of your available space, consider planting vegetables in succession. For example, after harvesting early onions, cabbages and peas, plant beans, eggplants and peppers in the same location.

• Make sure you have the basic equipment, such as a garden hose, watering can or sprinkler, a hoe, a rake, a shovel or spade, a spading fork, a trowel and gloves.

Home gardeners troubled by the symptoms of repetitive stress injury, or known as carpal tunnel syndrome as well as arthritis, tendinitis or poor circulation, may want to consider a special type of

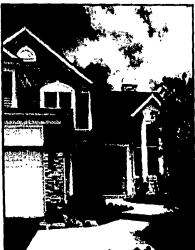
The glove, called Handeze, features a form-fitting design and is made of a stretch fabric treated by the Med-A-Likra process. The design of the glove traps natural body heat. This raises the temperature while keeping pressure on tissues and increasing blood flow to fingers, hands and wrists.

Handeze works so well for gardening that it has received the National Home Gardening Club Seal-Of-Approval. To learn more, call Dome Industries, at 1(800) 432-4352.

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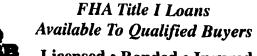
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Home Style

Tile roofs hailed for protection against hailstorms

3,000 hailstorms pelt the United States, and most cause little damage. Since nearly all the hail that falls in the U.S. is less than 3/4 inches in diameter, tile-roofing systems can endure the majority of hailstorms that come their

However, sometimes these storms are driven by ferocious winds and can drop hailstones as large as softballs that cause catastrophic damage. Even a hailstone the size of a golf ball can be ruinous -- falling at 80-miles-per hour -- it has the same energy as a one-pound object dropped from the height of 44 feet.

Fortunately, roof tiles provide excellent protection against even large hailstones.

In laboratory tests conducted by Haag Engineering and the American Society of Testing Materials, roof tiles were evaluated for their impact-resistance to hail The tests used molded, freezermade ice balls of various diameters and weights that were shot from an air-cannon that attempts to duplicate the angles and velocities of real hailstones.

New roof tiles were used in the

tests. The aim was to replicate newly-installed tile roofing material. How did tiles do?

The test showed that concrete and clay roof tiles can resist damage from hail as large as 1-3/4 inches, just larger than a golf ball. A regulation golf ball weighs 1.62 ounces, but a natural hailstone of the same size will weigh nearly twice as much. It's not hard to imagine the destructive force hundreds or thousands of hailstones falling at 80 miles an hour might cause to a roof.

In the end, the tests showed that roof tiles would withstand the impact of a hailstone that's greater in diameter and heavier than a golf ball. This could be why some insurers are beginning to offer lower rates for hail resistant roofing materials.

Consumers should know that concrete roof tile actually becomes stronger with age. Clay roof tile is extremely impact resistant straight from the box.

Experts at the National Tile Roofing Association point out that it's ironic that more costly damage may occur because of rainwater pouring through holes in the roof, than to the roof itself.

Need a new roof? Learn the warning signs

(NU)—If you're a home owner, you know that hidden costs often sneak up in the form of unexpected damage and unforeseen repairs. But if you want to keep a solid roof over your head, you'd better learn the warning signs of when you need a new

If your roof is older than 10 years, you may need to call in a professional. A faulty roof can cause leaks, cracks, excessive heating costs and other unexpected financial expenses.

The experts at The Home Depot, the world's largest home improvement retailer and the largest residential roofing company in the United States, offer these tips:

1. Keep on top of your

There

home—know your roof. There are five layers to the house that water can penetrate if the roof is deteriorating. They are: the shingles, felt, wood decking, insulation and interior dry wall. The deeper the water penetrates, the more costly the repair to the

2. Look for signs of deterioration to prepare for inclement weather. They include: algae buildup, interior ceiling stains; damaged flashing; loose, missing, curling, cracked, or rotting shingles; and a rotting

3. Be cautious when choosing a roofing contractor. If you notice signs of deterioration, call in a professional roofing contractor. But keep in mind that 96 percent of roofing contractors go out of business within five Be comfortable with who you

choose as a contractor and that they will be in business throughout the life of the roof. Ask these questions: Does the contractor have complete workman's compensation insurance and general liability insurance in case something happens on the job? Is the contractor properly licensed?

Don't hire the contractor without a minimum of 10 references including names, addresses and phone numbers. Check with the Better Business Bureau to make sure there are no complaints against the contractor, too. To receive a free roof esti-

mate or more information on detecting warning signs of a deteriorating roof, call 1-888-481-ROOF (1-888-481-7663).

can be a moving experience

A new home

(NAPS) -- Millions of people will move to a new home this year and of the 43 million Americans who move each year, more than half take on the challenge of relocating in the summertime.

According to Leslie Levine, relocation expert and author of Will This Place Ever Feel Like Home? (Dearborn Publishing), a few simple steps can make the adjustment easier.

"Moving can be unsettling in every sense of the word because it disrupts your accustomed ways of living," said Levine. "But there are ways you can ease the stress of moving and quickly create 'home' in an unfamiliar environ-

The following tips may help you ease into a new environment. • Bring "home" to you. It's

amazing how little things like the scent of newly-cut flowers or freshly brewed gourmet coffee can instill warmth and comfort in your new home. Many companies have created special products to help movers ease into their home. For example, Gevalia Kaffe, purveyor of fine European coffee, offers a housewarming

Continued on Page 36





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Home Style

Colorful ways to brighten a room, naturally

(NAPS) -- Can you answer this trivia question? What household purchase can serve as a paperweight, room freshener or window treatment? (Hint: It can also

Improvement . . .

and much more. And unlike most guides, this one provides easy-toread graphics and explicit directions for getting your house in great shape.

From the start of home improvment to the bitter end, the instructions in Ortho's book are as simple or advanced as you want them to be. Some tips are straightforward and won't take a lot of your time, while others are more intricate for the home improvement junkie who just can't get enough.

For example, Ortho's guide tells you everything you ever wanted to know about bricks, and more. If you're laying patios and walks, Ortho lays out information on choosing the brick, choosing the base, installing edging and laying bricks in dry mortar. You can also choose from durable, classic and versatile bricks. Choose from running bond, lad-

Experience . . .

Continued from Page 35

basket in its online catalog. Replete with great comfort items including delicious lemon and butter cookies, rich coffee and other treats, the "Welcome Home" basket gives the new homeowner the perfect excuse to take a much needed break.

· Take the initiative to befriend the neighbors. An easy way to acclimate to your surroundings and feel at home is to meet your new neighbors. Instead of waiting for them to come to you with baked goods, turn the tables and invite new neighbors into your home to chat over a cup of coffee or tea.

• Join in! Getting involved instantly helps you feel more settled. Check out what your new community has to offer. Join a gym. Participate in local YMCA activities. Attend a new church or temple. Start a book club. Or volunteer at a local hospital or animal shelter.

Regardless of what steps you take, it's important to surround yourself with comfortable objects and familiar routines. The sooner you relate to the people and environment around you, the sooner you'll call your new place "home, sweet home," adds Le-

These web sites are helpful: www.gevalia.com -- to order fine European office and other items for your new home

www.FTD.com -- to deliver fresh flowers to your door www.ymca.net -- to locate

your local Y

www.movecentral.com -- to find relocation advice and a free and easy address change service.

do double duty as a color accent in your living room and a mood enhancer at the end of a trying

The answer? Fresh flowers.

Continued from Page 34

der weave, jack-on-jack, halfbasket weave, herring-bone and basket weave.

The book also provides extensive diagrams to help you figure out exactly what you need to do and where everything needs to go. It also details a whole range of materials, what their ideal uses are, and which ones would provide the greatest - quality and service for your use.

Keeping your home safe will be even more important to you once you make a lot of improvements, so Ortho gives you the keys to household security with information on lock types and different door strengths.

And when it comes to adding on to or changing your home, you also need to know about what your legal obligations are. Ortho gives complete information on zoning ordinances, building codes, code compliance, permits and inspections.

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On-the-go women are discovering that fresh flowers are a simple, inexpensive, multi-purpose way to brighten their everyday world. Flowers can also be a versatile interior décor feature, adding color and texture to home and work environments:

· Light up a room with red. yellow and blue flowers, marching across a mantle or window sill in slender glass vases.

 Tuck a bowl of fresh flowers in with heirloom plates, family photographs or books to spotlight a collection.

· Unify your design statement with a lush display of color, e.g., electric blue delphiniums or imson callas

Flowers can dramatize a theme or capture a seasonal ambience. For a Tuscan kitchen tableau, arrange sunflowers, dahlias and Queen Anne's Lace next to a basket of grapes, pears and tomatoes. Evoke the fields of Provence with sprays of lavender.

"Whatever your color or design theme, there are flowers to carry out that statement," says René Van Rems, worldrenowned floral designer and spokesperson for the California Cut Flower Commission. "In California, growers produce hundreds of varieties and they contin-

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ually add new ones to satisfy current trends."

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Wherever you bring flowers into your life, tickle your fancy with unique containers -- an antique inkwell for a desk, a sculpted frog for the bathroom. There's an infinite number of ways to soften a hectic everyday world with the sensual, scented world of

For a free brochure on fresh flower arranging, send an SASE to the California Cut Flower Commission, 73 Hangar Way; Watsonville, CA 95076 or visit their website at: www.ccfc.org.





Home Style

Fresh ways to transform a room for less than \$100

(ARA) - Now is the time to throw out those wilting, brown plants you've been harboring all winter hoping that they would regain consciousness, those pea green bathroom accessories that were purchased at the thrift store for \$.99—for the complete set and that out-of-date Nagel print that no one has laid eyes on without wincing. Your home doesn't have to look like Martha Stewart

gone awry any longer. Though it's difficult to renovate your home with all the necessary furnishings and accessories without mortgaging an arm and a leg, you can make small, inexpensive changes that can make a dramatic difference. Below are 7 ways that allow you to decorate your home, the way you want, without getting a second job to pay for it.

1. Dim your lights

Believe it or not, just changing where light shines into a room can transform the entire place. most people don't pay attention to the lighting in their home, and opt to use the fixtures that came with it. But rather than using overhead lighting, you may want to place lamps intermittently throughout your home. Throwing light from the side, rather than from above, will cast a cozy and homey feel.

The warmest looks can be achieved with paper lamps, which diffuse and soften the light, and provide more atmosphere in your room. Minnesotabased Target, a general merchandise retailer, carries a wide variety of lamps for less than \$20.

2. Paint your walls

The newest colors for this season are greens and terra cotta, according to color expert and designer Jean Van Wie of Home Depot Minneaopolis, Minn. "Greens are the newest neutral. Greens that are grayed, neutralized and earthy are being used quite a bit. And, I'm seeing a lot of terra cotta shades - not the bluereds, but russet-reds --- especially in the kitchen."

You're not limited to just brushing paint on the walls either -Home Depot offers free training on techniques for decorative painting, such as stenciling and sponge painting. "Decorative paint techniques are great way to add color and texture," adds Van

Home www.homedepot.com, carries some of the largest manufacturers of interior paint, such as Behr, Glidden and Ralph Lauren, at prices you can afford (starting at under \$10 a gallon, up to \$26 a gallon). Of course, no one says must follow the color experts. If green is not your favorite color, try something new. Try to stay away from plain white, however, which can make rooms feel stark.

3. Rejuvenate your bath-

A place where we probably

spend too much time is the bathroom. Walking into some bathrooms is like walking into a bad thrift store — nothing matches, there are usually three different patterns, and toiletries are everywhere. You can take control of your bathroom by replacing small accessories, such as toothbrush holders, cups and lotion dispensers in the same design.

Bed, Bath and Beyond, a national retailer specializing in domestic merchandise and home furnishings, has a variety of bath accessories that come in matching pieces for those decorating impaired. All ensembles include a toothbrush holder, soap dish, tumbler, lotion dispenser, wastebasket, tissue covering, and in some cases, jars to hold cotton balls and cotton swabs. Prices start at \$5.99 for solids and \$12.99 for prints. And if you're feeling especially adventurous, they carry shower curtains to match all bath ensembles starting at just \$14.99.

4. Decorate with wall murals Rather than wallpaper, why not try a wall mural? Wall murals are easier and take a significantly shorter time to put up than wallpaper. Environmental Graphics, a Hopkins, Minn.-based company, carries a wide range of designs from outdoor nature scenes to outer space, which retail for \$59 to \$89. Their murals have been used on the sets of numerous major motion pictures such as "Space Cowboys," "Clear and Present Danger," and "Thirteen

No matter what your room color or design, Environmental Graphics has a coordinating mural. And they're perfect for nurseries and children's rooms. The Storybook Hollow motif, which looks like something out of Winnie the Pooh's Hundred-Acre-Wood, is great for children whose imaginations never seem to take a break. Or, if you're a map enthusiast, the World Map is one of their most popular sellers, which details an accurate world map in a 8'8"x13'0" mural.

Murals come with a non-toxic, environmentally safe, biodegradable starch paste that is safe enough to eat. All you need is a smoothing brush, bucket, sponge, a little elbow grease and two to three hours of your time. Visit your local Home Depot, Sherwin Williams or Lowe's to purchase murals, or go to Environmental Graphics' Web site at www.egproducts.com to view the wide variety of murals available. For a free brochure of their available designs, call 1-888-

5. Hang prints or mirrors Nothing opens up a room like

mirrors. This is perfect for renters to make a small hallway or living room appear larger. Place an unusual mirror at the end of a short hallway to elongate it, or place a few thrift store finds in a small

room to make it appear larger.

Prints and pictures are also a great idea to make your home feel like your haven. You can hang photographs of friends and family in small groups along your wal! to make one large collage, or you can hang large, prominent pieces throughout your house and mix it up with smaller frames. If you're

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tired of banging nails into the walls to hang your frames. Pottery Barn (888-779-5176) sells shelves starting at \$19, as well as unique frames (starting at \$8), to lean your pictures against for an

uncommon display idea. Since a mirror or frame can be a focal point in the room, try to make it as individual as you. You can find an assortment of unusual mirrors at Medina Imports (www.medinaimports.com), an online mail order company specializing in Moroccan designs, for as little as \$35.

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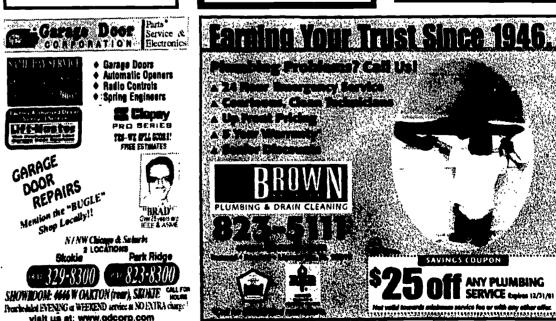
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Business News

Demand for tech workers still exists

These days, students are very conscious of their job prospects when choosing a field of study. However, recent newspaper articles may have some students concerned. Numerous media stories describe massive corporate layoffs, disappointing coporate earnings and economic downturns in the stock market. At the forefront of discussions about the economy is the technology sector. With the recent demise of many dot-coms, many may ask what is the future of the tech industy, and what are the job prospects for technology graduates?

If current students interpret newspaper headlines to mean there is a shortage of positions for technology-educated workers, they are very mistaken.

Not long ago, it was common to read articles about the extreme measures businesses took to attract technology workers. Reports of free gifts ranging from Palm Pilots to BMWs were widespread. Today, however. some news stories attempt to contrast these past opulent images with visions of tech workers with few options but the unemployment office. This image was unreal a year ago, and it's unreal today. Students, make no mistake. If you want to be in demand after you graduate, and want a good paying job, a technology degree is still one of your best bets.

Not only do American businesses still need tech grads, the demand for them continues to rise. Media stories that suggest otherwise are doing a disservice to American business. Despite the dot-com bust. American companies continue to struggle ing to the ITAA.

to find enough technologically educated workers to meet their growing needs. In fact, according to the Information Technology Association of America (ITAA), in 2001 alone, employers will attempt to fill more than 900,000 new IT jobs.

From a local perspective, IT iobs in Chicago continue to grow at a rapid rate. Due the Chicago's affordable environment and established customer base, this city consistently attracts technology-based firms from the East and West Coasts and continues to add IT jobs to the local economy. Furthermore, new additions to Chicago's coroporate landscape - like Boeing - will bring even more tech based jobs to the area.

Another positive indicator of job prospects for tech workers was the turnout a recent job fair at DeVry Institute of Technology in Chicago. Recruiters from Cannon, Panduit, Scudder-Kemper, Lucent and others showed up to compete for resumes. Director of staffing and placement for AD Solutions . Group, Jay Kleinow, acknowleged the unceasing demand for tech workers when he said the company was continuing to hire IT professionals.

However, tech companies are not the only ones who are driving the demands for technical workers. Most businesses today need some form of network support to manage their information systems and/or e-commerce sites. In fact, non-IT companies remain the largest employers of IT workers in the country, employing 10 times more IT workers than IT companies, accord-

DP Chamber seeks nominees

For the past 39 years, the Des Plaines Chamber of Commerce & Industry has recognized those businesses that have gone beyong the norm when building and/or improving their businesses for the betterment of the Des Plaines community. A search for nominees for the 2001 awards is underway. Nomination forms may be obtained from the Chamber office by calling (847) 824-4200.

Nominees must be a Des Plaines business and the project/ program must have taken place between October 20001 and August 2001. Qualifications include: new business development or expansion; business rehabilitation or renovation; substantial increase in employeebase; or new program development.

Recipients will receive a rec-

ognition certificate, a spotlight article in the Chamber's monthly newletter "Business Advocate," and inclusion in press releases to area newspapers and trade publi-

cations. Recipients will also be

honored at the Chamber's Octo-

ber 27 Breakfeast Meeting, fol-

USE

THE

the award.

lowing the Des Plaines Mayor's Annual Address to Business. Forms can be picked and turned into the Chamber office at 1401 Oakton St. in Des Plaines. Completed nomination forms must be submitted to the by October 12, 2001. Businesses may nominate themselves for

BUGLE

Celebrating Life

by Jeanine Kromer the St. Hedwig Society set to

work. The home was completed

St. Andrew Life Center in Niles is a Senior Residential Community designed to aid residents in growing spiritually, socially, emotionally and intellectually in a loving and safe environment. The goal of St. Andrew Life Center is to provide a Catholic based warm and friendly atmosphere for those who desired to retain their independent lifestyle but needed minimal care in some area.

St. Andrew Life Center has a long and colorful history. The center was the inspiration of Monsignor Francis Rusch, Rusch spent his entire priesthood caring for orphans at St. Hedwig Orphanage. As the years passed he noticed an increasing need for elderly services, and in 1939 Rusch announced at a meeting of St. Hedwig Society that he wished to open a home for the elderly. Rusch's suggestion was met with an enthusiastic response, but then world War II took the stage and plans for the home were put on the backburner. In 1945 economic conditions were ripe for the home and

in 1952 and named after St. Andrew a Polish Jesuit who had recently been canonized. St. Andrew Life Center is situated on 10 naturally landscaped acres and is staffed by the Feli-

cian Sisters. There are beautiful walkways and courtyards graced with life enhancing trees. Each neighborhood has its own Sun Parlor and Living Room for visits, activities or just plain lounging and reading a book. Private mailboxes promote confidentiality for residents, there are numerous rooms that afford a variety of scenarios. The Center enhances the attractive and independent living situations with a vast array of services.

Addressing spiritual needs of residents, St. Andrew Life Center offers a full time chaplain, daily mass and religious services. Each neighborhood has a Unit Manager to assist residents in their adjustment to life at St. Andrew Life Center. A kitchen is set up in each unit for residents to take pleasure in a home cooked meal.

Investment broadcasts

Zbigniew Bart Wojewnik, an investment representative with the financial-services firm Edward Jones, plans to offer free, informational broadcasts to the people of Niles on investmentrelated topics via the firm's private satellite network.

Edward Jones has one of the largest private satellite networks in the industry, serving more than

5 million investors with live, interactive broadcasts. Recent programs have included such timely issues as taking advantage of provisions in the 2001 Tax Relief Act. funding your retirement without Social Security and paying for your cchildren's college education

Other broadcast series provide updates on current economic and market conditions, plus live interviews with CEOs from the world's leading companies, such

as Microsoft, McDonald's, Dell Computer and GE. Viewers can call in their questions to the guests and a panel of experts.

"The world of investing is becoming as increasingly complex as it is popular," Bart says. "With dozens of television channels offering investment advice, it's hard to know which advice you should take, but Edward Jones' broadcasts are tailored to you, the individual investor '

Edward Jones, the only major financial-services firm advising individual investors exclusively. traces its roots to 1871 and currently serves more than 5 million clients. The firm offers a variety of investments, including certificates of deposit, taxable, and nontaxable bonds, stocks and mutual funds

The Edward Jones interactive Web site is located at www.edwardjones.com.

Free business tax seminar to help you get started

You've finally taken the plunge and decided to start your own business, or are seriously considering doing so. While you may be an expert in your line of work, how much do you know about taxes and which forms to

The good news is that help is here. The Internal Revenue Service and the Small Business Administration are offering workshops designed for the small. business owner and the selfemployed. The workshops will provide you with an orientation of the various business structures and will include topics such as record keeping, estimated taxes, employment taxes, pensions, business use of car and home, and important information from the

The next workshop will be held on August 23 from 9:30 a.m. to 2:30 p.m. at the One Stop Capital Shop which is located at 3333 West Arthington Street, Suite 220 in Chicago.

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

There are monthly housekeeping services and a washer and dryer on each level, personal laundry and dry cleaning services may be obtained for an additional fee. St Andrew Life Center also houses a barbershop and beauty salon for residents who want to gussy

The Social Director at the Center oganizes a full array of activities and programs designed to include everyone. The Do Drop Inn is a wonderful central meeting place. Residents can purchase snacks, ice cream or coffee and just hang out and chat.

Routine and specialized care is provided by licensed professionals in the Wellness Center located on the first floor. Services include podiatry, dental, audiology and optometry. A staff doctor at St. Andrew Life Center will address special dietary needs including supplements for residents. Additional services for home care are arranged through a home health agency to set up and monitor medication or check blood pres-

The doors are locked at 8 p.m. at St. Andrew Life Center to ensure a safe environment. There are television monitors and an alarm system to provide additional peace of mind.

St. Andrew Life Center is located at 7000 North Newark in Niles. They may be reached at

State Legionaires convention

Several officers and members of the Morton Grove American Legion Auxiliary Unit #134 attended the recent Eighty-first annual convention of the Department (state) of Illinois American Legion Auxiliary. Held in East Peoria, the group stayed at the Hampton Inn

The delegation was led by retiring president Patricia Jordan and included incoming president Terry Selzer, past president Dodee Connelly, Bernice Riley and Ruth Clark and past president Lorry Nehart.

Ricky Stahl was elected the 2001-2002 president.

Business sessions found chairmen and retiring officers presenting their year end reports.

A volunteer ceremony was held for the Auxiliary members who volunteer at the various VA Hospitals throughout the state. Memorial services were con-

ducted for the deceased Auxiliary members. National President Kristine West addressed the group as did Dept. Legion Commander Elden Mad-

Gov. Ryan was out of town and unable to attend, but the assemblage did hear from Secretary of State Jesse White and State Treasurer Judy Barr Topinka.

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Children's choir auditions

The Cicago Children's Choir at Rogers Park will hold open auditions for the 2001-2002 season at St. Scholastica High School, 7416 North Ridge Ave., (2 blocks south of Howard) Monday, Aug. 27 from 4 to 6 p.m. Children ages 7 to 16 in the Rogers Park, North Shore, North Town, North Park, Ravenswood, Albany Park, Edgewater, Uptown, Evanston, Skokie, Lincolnwood and other neighboring communities are encouraged to audition. Parents are invited to attend. Auditionees need not bring music or schedule an appointment. Simply come and tell a friend. The program begins September 5 and meets on Monday & Wednesday.

Founded in 1956 by the late Reverend Christopher Moore as a small church choir. today the Chicago Children's Choir conducts one of the largest, most compre-hensive choral performance and training programs of its kind in the United States. The Choir

brings together children from diverse racial, cultural, and economic backgrounds who learn not only to blend their voices but also to understand and appreciate one another. Currently nearly 3,000 children take part in the choir's In-School and After-School programs and the world renowned Concert Choir.

The Rogers Park Choir, under the direction of Conductor, Danny Wallenberg, is one of five after-school locations for the CCC that provides music theory, vocal training and performance skills. The Choirs rehearse twice a week, performs several times during the year and takes a short tour in the spring. Highlights over the past seasons include performing for such organizations as the Joffrey Ballet of Chicago' presentation of the Nutcracker, British Airways annual world sales conference, Chicago Park District, the Kohl Children's Museum, As-

sociation House, People's Ener-

the Sauganash Women's Club. Rockefeller Memorial Chapel and the opening of the International Terminal at O'Hare Airport for both Governor Jim Edgar and Mayor Richard M. Daley. During the past few seasons the Choir has toured Maine, Cedar Rapids and Green Bay,

The Choir's multilingual repertoire includes sacred and secular works, classical selections, American spirituals and folk songs from around the world Mainly performance fees and corporate, civic and private sponsorships support this non-profit Choir, Parents are asked to nav tuition of \$380 for the Neighborhood Choir. Note however, scholarships are available for familes needing assistance so that no child need be excluded for

monetary reasons. The Chicago Children's Choir is a multiracial, muticultural choral music education organization,

shaping the future by making a difference in the lives of children and youth through musical excel-

For more information regarding the audition and/or the program, call CeCe Hill, Program Coordinator at (312) 849-8300, ext. 250. Visit the Choir on the web at: www.ccchoir.org or write the Chicago Children's Choir, Chicago Cultural Center, 78 East Washington, Chicago, IL

SJB Women's **Bowling League** needs bowlers

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

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

FULL/PART TIME

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

FULL/PART TIME

EDUCATION

PART-TIME TEACHING POSITIONS AVAILABLE

(Day, Evening, Saturday) Wright College, one of the City Colleges of Chicago, is seeking adjunct faculty for classes beginning September 4, 2001 Disciplines include English (English Composition, ESL, and Environmenta Biology; and Environmental Geology, Master's Degree required. Teaching experience preferred. Fax resume to:

773-481-8185

Or mail to: Human Resources Dept. Wright College 4300 N. Narragansett Ave Chicago, IL 60634 **Equal Opportunity Employe**

Teacher Assistants
Full Time/Part Time
NAEYC Accredited Child Care Cente
In Lincolnwood Seeks Assistant T
Work W/Infants & Preschoolers. 3-6
Mon.-Fri. Call Susan or Flor 847-676-8388

THE WORLD

AT THEIR FINGERTIPS!

READ **CLASSIFIEDS**

and you're guaranteed a spin around the world of buying and selling Jobs and homes. choice business opportunities and sometimes just'a friend...

CALL (847) 588-1900

DON'T GET STUCK! GET HELP ... LOOK IN THE CLASSIFIEDS!

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.

INVENTORY

COUNTERS NEEDED!

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

847-296-3036 - Park Ridge Office Equal Opportunity Employer

MEDICAL / HEALTHCARE

• REUSE TECHNICIAN **FULL TIME - NILES LOCATION** Dialysis Clinic Has Openings In Niles

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

Neomedica, Inc. - Human Resources Dept.

(312) 654-2790

*RECEPTIONIST

Medical provider in the Navy Pier area is seeking to fill a Full/Part-Time position. Candidate must be familiar with handling heavy incoming calls. Must have excellent verbal skills. Responsibilities will include: phones, light clerical & data entry Interested candidate, please fax resume to:

Physician Enterprise System **Human Resources Department** (312) 654-0599

Be your own Bo\$\$! Process medical claims from home on your computer. Call the Federal Trade Commission to find out how to spot medical billing scams.

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

CARING PEOPLE NEEDED Make a difference in the lives of the elderly by providing non-medical car Flexible schedules, driving a plus. Home Instead Senior Care

(847) 673-1254

Notice

Bugie Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wented ads must specify the nature of the work offered. Bugie Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago,

NURSES / CNA'S

MEDICAL / HEALTHCARE

- 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

NURSES

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

MEDICAL RECEPTIONIST

Needed For **Family Practice Office** Part-Time

Experience Required Call Dee At: (847) 967-9660

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

DENTAL HYGIENIST
Full-Time/Part-Time
Far N.W. Side Dental Practice
WANTS YOU
M-Th Alternate Saturdays
Bonus + Benefits
(773) 763-0433

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

Your credit is good with us. Card! Call: 847-588-1900

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

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

SALES

THE BUGLE CLASSIFIEDS **FULL/PART TIME**

FULL/PART TIME

FULL/PART TIME

AND MORTON GROVE EVERY WEEK OF THE YEAR

FULL/PART TIME

TRADES

TELEMARKETING

SELL CLASSIFIED ADVERTISING

Full-Time - Monday Thru Friday - 9 AM-5 PM Salary Plus Commission-Based On Experience! **Both Inside & Outside Sales**

Call Beveriy: (847) 588-1900 Or Fax Resume: (847) 588-1648 **BUGLE NEWSPAPERS-NILES**

TRADES

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

SOCIAL SERVICE

FULL/PART TIME

SOCIAL SERVICE ASSISTANT

Full-Time North Suburban Nursing Center Looking For, Experience Preferred, Social Service Assistant. Documenting, Writing Skills A Must. Please Fax Or Mail Resume:

Lisa Orzada Forest Villa **Nursing Center** 6840 W. Touhy Ave. Niles, IL 60714 Fax # (847) 647-1539

TELEMARKETING

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

CORRECTIONS

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

TELEMARKETING

TELEMARKETING

No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900

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 ruition 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

LAWN CARE APPLICATOR

Attn: Bill Levenberger 847-688-0567

Laid off? Work from home. Be your own Bo\$\$! First, call the Federal Trade Commission to find out how

1-877-FTC-HELP

A message from The Bugle and the FTC.

ATTENTION WORK FROM HOME

\$500-\$2500/Mo-Part-Time \$3000-\$7000/Mo-Full-Time Free Booklet

888-304-0993

HIGH SCHOOL **GROUNDS FOREMAN**

years experience preferred supervising large ground operation. A valid state pesticide applicators license necessary Responsibilities include snov removal and equipment upkeep.
CDL license would be helpful.
Salary plus benefits.

Call (630) 834-4044 Mon-Fri 9 A.M.-5 P.M.

HELP NEEDED IMMEDIATELY... Work At Home Explosive industries! (262) 812-8051

Looking for a Federal or Pastal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free:

1-877-FTC-HELP
Or visit: www.ftc.gov.
A message from
The Bugle and the FTC.

Notice

Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policles. All Help Wanted ada must specify the nature of the work offered. Bugie Newspapers does not knowingly accept Heip Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.

MACHINIST

continued growth & no layoffs in 60+ years has an opportunity for experienced Machinist. Must have minimum 5 years experience in set-up & operations of CNC horizontal milling & lathes. Must be able to operate manual lathes & mills. Send resume in the strictest of confidence to:

Dan Meyer WM. W. MEYER & ŠONS, INC. 8261 Elmwood Ave **SKOKIE, IL 60077** Tel: 847-673-0312 FAX: 847/673-5564

LIGHT HOUSEKEEPING

Part-Time positions are available for students, homemakers & retired persons seeking extra ncome to perform housekeeping & chores for frail elderly clients of The Center of Concern. The "Chore program pays workers, who to take care of housekeeping tasks. To explore this flex-schedule employment opportunity in the north & northwest suburbs call Josephine at The Center

(847) 823-0453

WORK FROM ANY LOCATION!

working knowledge of turf a must. We offe mpetitive comp., benefits package and **Put Your Computer To Work!** nusual apportunity for growth. Interes \$1,500 - \$4,500 / Month Part-Time/Full-Time **CHALET LANDSCAPE DIVISION** *Free Information: Phone 847-688-0561

(262) 812-5485 www.freedomforevr.com

CABLE INSTALLERS Must have own truck, tools and

ninimum 1 year experience Many areas available. Call:

815-405-6733

rocess medical claims from hor 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.

Veterinary Technician
Full Time Experienced & Able To
Work Independently, Self Motivated.
Salary & Benefits Based On
Experience. References Required.
Call Paula:

847-432-0157

and the same and t THE BUGLE, THURSDAY, AUGUST 16, 2001 DELIVERED TO ALL 16 000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR DELIVERED TO ALL 16,000 HOMES IN NILES THE BUGLE CLASSIFIEDS AND MORTON GROVE EVERY WEEK OF THE YEAR! **MISCELLANEOUS MISCELLANEOUS MISCELLANEOUS MISCELLANEOUS MISCELLANEOUS REAL ESTATE FURNITURE FOR SALE** LOST **DOG ADOPTION APT. FOR RENT** Richardson Brothers China KEYS LOST Between Area Of Hartem/Dempster And Golf/River Road Has Dog Leash Style Clip Call Beverly At: Furry Friends Foundation A No-Kill, Non-Profit Animal Shelter **Key & Door Opener** With Hutch - Solid Oak - \$500 For Toyota Car Lost While Marching In Niles 4th of July Parade! Please Call Beverly At: (847) 966-5744 NILES - 7630-1/2 Milwaukee Ave Will Hold A Dog 1 Bedroom Apt. - Available Now! **Adoption Day GARAGE SALES** \$675 - (773) 764-0802 (847) 588-1900 Sunday-August 19 (847) 588-1900 NILES - 4 rms, 2 bd, 2nd flr. heated 1:00 PM-5:00 PM r/appliances & laundry. \$850/mo. + sec St. Mary of the Angels Restoration Committee At PetSmart 847-318-0698 **809 Civic Center Plaza** Garage Sale. Sat. 8/18. 1850 N. Hermitage, **MALL SHOW** Niles Chicago. 9 A.M. to 3 P.M. (Church is 1 block **HOUSE FOR RENT** For More Information Call south of Armitage Exit off the Kennedy X-way) **Furry Friends Foundation** SPORTS CARD & COLLECTIBLE SHOW (312) 397-1001 For more info call 773-777-1721 NILES - 8304 N. Oconto 2 bd, 1 bth, C/A, no pets **ESTATE SALE/** MORTON GROVE - 6538 Maple St. \$1300/mo + utilities 773-631-0670 (Beckwith-1 Block So. on Nashville) **GARAGE SALE** Fri. 8/10 & Sat. 8/11 - 9 AM-4 PM Niles - Estate & multi-family 8/17, 18 & 19 HOMES FOR SALE (3 & Fri. 8/17 & Sat. 8/18 - 9 AM-4 PM 9-5. Tools, collectibles, hihld items, Luggage/Toys/Xmas Items/Much More! furn., clothes & misc. Must all go!! Morton Grove - Sat. Aug. 18th Niles - Immaculate 3 bd, 8545 Fernald. 9-3. Furn., tools, 2 bth, Ranch home, lg. corner lot FOUND kitchenware, records & misc. Full fin. bsmt. 1-888-263-6936 AIR CONDITIONER CD CASE - Found in Niles Niles - 8296 N. Wisner FOR SALE

Golf Mill Mall - Niles - During Mall Hours Friday-Saturday & Sunday - August 17, 18 & 19 Sports Cards - Die Cast - Beanie Babies Memorabilia & More

Sat. 8/18 - 9-4 **MOVING SALE** Household Items & Morelll Niles - 7048 W. Greenleaf. Sat. 8/18 & Park Ridge - 8/17 & 8/18. 10-4 Sun. 8/19. 9-5. Furn., household items

& 40 YRS. OF GREAT STUFF!!! MOVING/ **GARAGE SALE**

Niles - multi-family 8846-8900 N. Elmore. 8/18 & 8/19 9-5. Tools, furn., hshld items, pool accessories, yard furn. Everything must go!!!

SUPER YARD SALE

Morton Grove - 7841 Davis St. 8/18 & 8/19 9-5. Bikes, toys, phones/comeras, hshld tems, office equip., glass shelves, luggage, clothes, furn, collectables, beanies, mower, ETC!

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.

who give me the divine gift to forgive and s proyer for 3 consecutive days and a lavor will be granted. Thank You. B.D. **TANNING**

LOST

TRUCK FOR SALE

Well Maintained-77K + Mileage 2-Wheel Drive-Includes Bed-Liner New Tires - Dual Tanks - A/C \$5,500/OBO - (773) 467-1286

RENT-TO-OWN 1-800-774-4553



Slot Machines Any Consider 1-630-985-2742 Fax: 1-630-985-8181

DON'T GET STUCK! GET HELP ... LOOK

Fascinating Facts About Life on the Farm

Garden Grow?

lion acres, or 81 percent of the

The average size of an Illinois

farm is 368 acres. Most farm

acreage is devoted to grain, main-

about 23 percent of farms, and 3

Illinois' agricultural commodi-

ties generate more than \$9 billion

each year with corn accounting

for nearly 40 percent of that total.

The sale of soybeans contributes

about one-third, with the com-

bined sales of livestock, dairy,

and poultry generating about 23

Illinois agricultural commodi-

ties also provide the base for such

products as animal feed, ink,

paint, adhesives, clothing, soap,

wax, cosmetics, medicines, furni-

Each year, 274 million bushels

of Illinois corn are used to pro-

duce more ethanol than any other

state - about 678 million gallons.

Illinois also markets other renew-

able fuels, including soybean-

based biodiesel, a viable alterna-

CMI lights the way at Heartland

AIDS Ride

"The Heartland AIDS Ride is

about protecting people," said

Bob Rubin, CEO of CMI, Inc.

"The Globe Strobe is about

keeping people safe at night. By

imprinting the name of the ride

on the Strobes, the riders will

never forget their participation

Worn on a breakaway lava-

liere, Globe Strobe lights are

powered by lightweight watch

batteries that are included and

run for up to 100 hours before

needing replacement. The

limited five-year-warranty.

weather-resistant lights carry a

ture, paper and lumber.

tive to gasoline.

business can put your name on a Globe Strobe, call (847) 933-8500.

CMI, Inc, of Skokie donated

2,000 Globe Strobe™ safety

lights to bicyclists taking part in

the 2001 Heartland AIDS Ride.

The innovative Globe Strobe—

which is manufactured by

CMI—uses strobe light technol-

ogy to make the wearer visible

for up to half a mile. For this

special event, CMI imprinted the

Heartland AIDS Ride name onto

all of the Globe Strobes. CMI's

donation ensured that everyone

taking part in the Ride received

a practical souvenir that is per-

ofect for bikers, joggers or any-

one who enjoys outdoor activi-

ties at night.

percent.

percent boasting dairy cows.

Illinois is a leading producer of soybeans, corn and swine with a climate and varied soil types which enables farmers to grow and raise many other agricultural commodities, including cattle, wheat, oats, sorghum, hay, sheep, poultry, fruits and vegetables.

Illinois also produces several specialty crops, such as buckwheat, horseradish, ostriches, fish and Christmas trees.

Illinois farmers produce more than 15 percent of the nation's corn crop, or enough to fill the Sear's Tower in Chicago almost 18 times over.

Illinois farmers grew 398 million bushels of soybeans last year. That's enough soybeans to fill 113,700 railroad boxcars. Placed end to end, the cars would be 2,532 miles long, stretching all the way from Peoria to Boston.

If you combined the states of Delaware, Hawaii, New Jersey, New Hampshire, Vermont, Rhode Island, and Connecticut, you would have the approximate acreage of farmland in Illinois -76,000 farms comprising 28 mil-

over many other states due to its central location and superior transportation system. More than 2,000 miles of interstate highway. and 34,500 of other state highway ly corn and soybeans. Nearly 10 make trucking of goods fast and percent of Illinois farms have efficient. Chicago is home to the swine, with beef cows found on largest rail gateway in the nation,

connecting eastern and western United States. About 27 million bushels of corn are fed annually to Illinois hogs, supporting American farmers with almost \$173 million of

Almost 18 million bushels of soybeans are fed annually to Illinois hogs, an amount of grain that costs nearly \$103 million

A Preponderance of Pigs Piglets weight only 3-5 pounds when they are born; in 5 to 6 months, they can grow to reach 250 pounds. Imagine a human being being fully grown in only 6

A male pig used for breeding is called a "boar" and a mother pig a

Sows and boars can weigh 400-500 pounds. That's the same weight as 40 watermelons or even 27 bowling balls!

Growing pigs drink up to 5 gal-Illinois has a competitive edge lons of water a day. A pig's squeal ranges from 110-115 decibels. The noise from a Concorde supersonic jet is usually under 112 decibels. Each day, a pig consumes 15

pounds of corn and soybean feed. They eat their body weight in feed every 10 days! Chocolate is sometimes added

to what piglets eat. This helps them to gain lots of energy quick-

Since sows weigh about 450 pounds, farmers have designed special pens to protect piglets from being crushed by their lumbering mothers. These pens give piglets their own room so they can safely get milk.

Because pigs can't sweat, they cover themselves in mud to cool off. And because their skin can sunburn easily, they usually live in environmentally controlled housing to keep them warm in winter and cool in the summer and out of direct sunlight.

"Gilts" are young female pigs that have not given birth, and "barrows" are young male pigs that are not used for breeding.

There may be as many as 18 piglets in a litter, however an average litter is eight or nine. A record number of 27 piglets was once recorded.

Pigs are one of the few animals that won't overeat. They eat to a certain calorie level and then stop. A pig eats about 870 pounds of corn and 120 pounds of protein and minerals to reach market weight.

Wall Street got its name from pigs! Free-roaming hogs were famous for rampaging through the valuable grain fields of colonial New York City farmers. The Manhattan Island residents chose to block the troublesome hogs with a long, permanent wall on the northern edge of what is now Lower Manhattan. A street came to border this wall - named aptly enough, Wall Street.

How Now, Brown (Dairy) Cow

A cow only has bottom teeth. A cow has four stomachs.

A young female is called a heifer, when a heifer is two years old, she is able to have her first calf. Once a heifer has a calf, she is called a cow.

When a cow is born it is called a calf. A calf weighs about 100

pounds at birth. The gestation period for cows is nine months

A cow only begins to produce milk after she has had a calf and will continue to produce milk until she has her next calf.

Cows are milked twice a day. A single cow can give nearly 150 glasses of milk each day.

The first form of domestic animal milk used by humans came from water buffalo milk as early 2000 B.C.

> A full-grown cow weighs up to 1,500 pounds.

A cow will eat 90 pounds of food each day and consume 25-50 gallons of water each day.

Learn turn-of-century ways during Adventure Weekend

See turn-of-the century automobiles, play old-time games and see authentic period clothing during "Adventure Weekends: Streets of Old Milwaukee," 11 a.m.-3 p.m. Saturday, August 18-Monday, August 20 at the Milwaukee Public Museum.

Experience a bygone era by strolling down the "Streets of Old Milwaukee." one of the Museum's most popular exhibits. Meet Granny, rocking in a chair in front of her Grand Avenue home; and the Watsons, one of Milwaukee's pioneer African American families. Pay a visit to Laab's drug store, featuring some old-time remedies such as leeches and Florentine Hair Promoter; and see an early Usinger's sausage shop and a Schlitz saloon.

All activities are free with ad-

of "Streets of Old Milwaukee"

will be 11 a.m., noon and 1:30 p.m. Saturday, Aug. 18; noon and 1:30 p.m. Sunday, August 19; and 12:30 and 1:30 p.m. Monday, August 20.

Hundreds of original period objects and structural elements were used to build the "Streets of Old Milwaukee." Many of the doors, windows, counters, gingerbread trim and hardware pieces came from actual buildings built between 1850-1900, giving it authenticity.

mission. Visitors can:

• Tour the Watson Family House with Al Muchka, Museum

• Put your hands in a muff and see authentic, turn-of-the-century apparel, including a man's walking stick and a woman's plumed hat; petticoats, spats and pantaloons; and a parasol, split drawers and union suits, 11 a.m.-3 p.m. August 18-20.

· Make a thaumatrope, an optical illusion toy, to take home, and learn how to construct and use a 'button-on-a-string" toy, 11 a.m.-3 p.m. August 18-20.

· Have your face painted, noon-2 p.m. Saturday, August

· Take home a balloon sculpture, noon-2 p.m. Sunday, Au-

• Take a free audio tour, 10 a.m.-3 p.m. August 18-20, and hear turn-of-the century stories, 11:30 a.m., 12:30 p.m.

children (ages 4-17) \$4. Milwaukee County residents are admitted free on Mondays with identification. For more information. call (414) 278-2702.

On The Internet! www.Chicagometrojobs.com

1950 Duracraft 14' Boat With Trailer 25HP Chrysler Outboard-\$1,500/OBO (847) 583-8682 **AUTOS FOR SALE**

9000 BTU-\$225/ 15,000 BTU-\$295

With Worranty - (708) 788-3466

AUTO/BOATS

'93 Plymouth Minivan
Power/Everything-85K-\$5,500/OBO
'77 Chevy Monte Carlo

7K-Original Miles-Mint-\$7,000/OBC

LOREN BUICK/HYUNDAL 620 Waukegan Road, Gle (847) 729-8900

\$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. 2,000 miles, red w/white leather interior \$6,800. 847-965-2361 - MUST SEEII

COMPUTERS

COMPUTERS! Starting At \$19.99 A Week 1-800-422-3368

All Classified Help Wanted Ads Can Now Be Found

ADVERTISE

'90 Beretta GTZ - 63,000 Miles.

RENT-TO-OWN

Milwaukee Ave. & Cleveland Many CD's In Case Call or Fax To Identify:

FURNITURE FOR SALE

Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color

(847) 965-8144

(847) 965-8524

403 N. N.W. Highway Furniture & much, much more!!! Chicago - 5731 N. Campbell Ave.

8/18 - 8-4. Movies, housewares, & A LITTLE BIT OF EVERYTHING! Niles - 8030 N. Odell Saturday & Sunday - 8/18 & 8/19

10 a.m.-3 p.m. Kids stuff, misc. items

CAN

MORE -

FOR

LESS!

•SELL IT! •BUY IT!

•ANNOUNCE IT!

3 Lines - 5 Papers

\$17 Dollars!

This is a weekly rate .

Prepaid.

We accept

MasterCard or Visa.

Stop in to:

7400 Waukegan Rd,

Niles

or call

(847) 588-1900

Ask for Beverly

Bugle Newspaper

Your credit is good with us. We accept Visa and Master

NOW YOU

OWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You, 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 consequitive days and a

WOLFF TANNING BEDS
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TV'S

50" Big Screen TV's! Starting At \$29.99 A Week

WANTED TO BUY



WANTED WURLITZERS JUKE BOXES

YO-YO THE CLOWN

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

IN THE CLASSIFIEDS!

Dozens of bicyclists "see the light" with their new Globe Strobes, an innovative safety device manufactured by CMI, Inc. of Skokie, IL, and presented free of charge to all participants in this year's

CMI's products can be pur-

chased at major participating re-

tailers, including Ace Hardware,

Bed Bath & Beyond, Linens 'N

Things, PetSmart, True Value,

Walgreen's, CVS, Marathon,

and The Home Depot. For more

information about CMI's Globe

Strobe, Safety Strobe, or any

other CMI, Inc. products, please

log onto the web site at

more information about how

you or your business can put

your name on a Globe Strobe,

www.promolites.com

call (847) 933-8500.

www.CMI-befirst.com.

Heartland AIDS Ride fundraiser. This unique product, on a necklace lavaliere, can be seen for up to half-a-mile away, making cyclists more visible to motorists. CMI, Inc. imprinted the lights with the Heartland AIDS Ride name for this special occasion. For more information about how you or your

curator of history. Muchka will lead a tour at 11:30 a.m. Monday, August 20. Docent-guided tours

• See silent films in the Nickelodeon Theater, including "Perils of Pauline," "The Silent Western and "Mack Sennett." Admission to the Museum: adults \$6.50, seniors (60+) \$5,

protection provision is the only

way to ensure that the benefits

payable under the policy will rise

each year to keep pace with infla-

Does the Policy Have a Waiv-

This provision means that you

do not have to continue to pay the

premiums once you begin col-

eeting benefits. Some policies

waive premiums starting on the

first day benefits become pay-

able; others require that benefits

be paid for a certain number of

days before premiums are

Can the Company Cancel

Look for a policy that is guar-

anteed renewable. This means the

company cannot cancel your pol-

Be sure to examine the finan-

A quick trip to the library or a

search on the Internet can provide

you with the company's rating by

agencies such as Standard &

LEGAL NOTICE

Notice is hereby given, pursuant to

"An Act in relation to the use of an

Assumed Business Name in the

conduct or transaction of Business

in the State," as amended, that a cer-

tification was filed by the under-

signed with the County Clerk of

Cook County. File No. D01072202

on the AUG 08, 2001. Under the

Assumed Name of ANNA'S FIN-

ISHING TOUCH with the business

located at 4148 N. LAWNDALE,

#2, CHICAGO, ILLINOIS 60618.

The true name(s) and residence

address of the owner(s) is: ANNA

L. KRIZIN, 4148 N. LAWNDALE,

#2, CHICAGO, ILLINOIS 60618

er of Premium Provision?

AIDS stats

tion. An additional 93 cases were reported before 2000.

New HIV reporting guidelines were instituted as of July 1, 1999. requiring health eare providers to report HIV eases to local health departments. The new system uses a confidential Personal Code Number for reporting. Previously, cases were filed anonymous-. Cases must be reported to local health departments within five working days on diagnosis.

Among the reports highlights. which present figures from 1984 through 2000, 82.9 percent of men vs. 17.1 percent of women had contracted the disease. Non-Hispanic whites comprised over 51.5 percent of eases, while 37.7 percent of Non-Hispanic blacks were reported infected. Hispanics accounted for 10.1 percent of cases, with a 0.7 percent infection rate in "other" racial groups.

Just over 43 percent of those diagnosed were in 30 to 39-yearold age group, followed by 25.8 percent of those age 40 to 49, 16 percent of those age 20-29, 13.1 percent of cases were 50-yearsold. 0.9 percent of eases were

O'Hare debate.....

more air pollutants, a fact confirmed by State Representative Rosemary Mulligan (R-55th) at a panel meeting with industry officials and residents held last month in Park Ridge.

The reduction in noise is demonstrated in the commission's new 2000 Noise Countour map. which shows that the 70-decible Day Night Average Noise Level area for aircraft imposed by the Federal Aviation Administration (FAA) reduced from 26.9 square miles in 1997 to 15.1 square miles in 2000.

Seventy decibles is considered the maximum noise emmission permitted for aircraft.

Critics charge that noise has not actually reduced significantly since the last map was made. as the maximum noise limit was 65 decibles in 1997.

In addition, the Suburban O'Hare Commission (SOC) has criticized use of the contour map, asserting that it is based on computer simulated readings for a given day, and not actual

The new contour map also easts a decisive vote on the number of homes and sehools that qualify for free soundproofing. This number has dropped considerably since the 1997 countour, resulting in an estimated 10.000 homes that will no longer qualify for soundproofing

SOC representative Joseph Karaganes affirms that despite whalever readings have been reported in the past, this year's humid summer has caused jet engines to sounder louder.

"Aircraft are louder on some days than other days," he said.

opponent to expansion plans for O'Hare, concerned that expansion will bring additional noise ••••eontinued from page

Town	1982-2000 AiDS Cases	2000 AiDS Prevalence	1994-2000 Total Cases	Rate/10k
Des Plaines	74	38	39	7.3
Glenview	24	13	12	3.2
Evanston	214	80	94	12.8
Lincolnwd.	6	2	1	0.9
Morton Grove	13	7	4	1.8
Niles	13	3	5	1.8
Norridge	. 4	. 1	1	0.7
Park Ridge	36	· 6 ;	9	2.5
Skokie	41	15	19.	3.2

teenagers, and 0.6 percent reported were under 13 years of age.

The most common method of exposure to the disease was male homosexual intercourse (50.5 percent, down over five percent from eases reported from 1982 to 1995), followed by heterosexual intravenous drug users (20.2, up about 2 percent), heterosexual intercourse (14.4 up 4 percent), and male homosexual intravenous

eontinued from page 1

and air pollution.

A new Santa Monica study shows that there is an increase in eancer risks by adding 5,000 operations to airports - just 14.7 flights a day.

O'Hare currently averages over 900,000 operations annualand hopes to increase that number to 1.6 million.

"(Chicago Mayor Richard) Daley's expansion will probably cause more problems," said Karaganes. "He's not making air and noise pollution a priority."

Ha-Lo files continued from page 1

quires a company to pay rent after the filing date until the lease is rejected.

CenterPoint is working with Ha-Lo, but any talking points are confidential at this time, said Mork. According to a press release issued by CenterPoint, the company will continue to work with Ha-Lo to restructure their occupancy needs and costs.

The building has had its share attention, beginning back in its construction phase when its appearance had many secondguessing the role of the large sereen standing between the Milwaukee Road Metra track and the front of the building.

It received more attention when the word of locals was published in the Chicago Tribune's "Inc" column, complaining that the screen generated a sing-

> Liberty plucks justice by the nose. -William Shakespeare,

Measure for Measure

drug users (4.3). Blood transfusions eaused infection in 3.7 percent of eases (down 1.3 percent from 1982-1995 reports). Hemophiliaes made up I percent of cases (down 0.3), while pediatric AIDS cases comprised 0.8 percent (down from 0.9 percent).

By area, the majority of eases were from the south suburbs (31.5 percent) and the west suburbs (30.8 percent). Over a quar-

Couple found in storage units

inets with books and other officetype items, as well as food and

The two unnamed individuals are known to the Morton Grove Police and to the Village's Building Department, for prior zoning code violations after they were found sleeping in a back room at the former RJN Printers on the 9200 block of Waukegan Rd.

Sgt. Weiss said that U-Store-It "is a facility that is consistently unsecured," which was confirmed on a follow up cheek by police on August 5 when an officer found the exterior doors wide open, as well as the door to one of the two storage units rented by ter of reported cases were from residents in the northwest suburbs (27.8 percent), with only 9.9 percent of eases reported from the southwest suburban area.

Since reporting began in 1982, 2,202 cases of AIDS have been reported in suburban Cook County. By the end of 2000, 53 percent of those infected had died from the disease, which is currently incurable.

.....continued from page 1

the subjects mentioned above. No one was on the premises

Deputy Building Commissioner Bill Zimmer said that his department is now performing regular spot checks at U-Store-It. All units have been found locked and the couple has not been seen.

Sgt. Weiss took three Polaroid's of the open storage unit and submitted the pictures with his police report. This information was turned over to the Building Department for follow-up. No further action has been taken at this time, but Zimmer said that both the couple and the business' owner would face housing court citations should the incident re-

Dist. 63 buys homes

.....continued from page 1

School and to hire a bi-lingual instructor for Apollo.

Last year, the ESL/bilingual program had a staff of 29 teachers and 19 teaching assistants to instruct 515 students who primarily come from Latin America, the Middle East and Eastern Europe. There were 120 students who met the exit criteria of the program as set by state and federal requirements.

Construction projects at Gemini Jr. High School were also discussed

Red tape delayed the water retention pond construction at Gemini. "but (it) is progressing quite well," said Mike Nowlan, Maintenance and Operations su-

The Village of Niles granted the district a temporary permit to begin construction, and provided additional time to finalize projeet specifics. The village is requiring 55,000 yards of water retention capability. A change order was approved for \$19,500 in additional exeavation costs at the school.

Inerior construction of the new gymnasium and 16 additional classrooms is expected to begin next month.

New law for sheds ... continued from page 1

structure cannot exceed more than 15 feet in height, unless otherwise permitted as a contributor to business and manufacturing operations or to authorize special uses.

Another issue addressed by the commission concerned a motion to bend the rules of the existing building codes. The new developers for a site at the 8500 block of Greenwood requested a 10-foot corner side yard variation from the required 25 to 15 feet. The request was denied after the board agreed that to approve such a large variation would complicate similar requests in the future.

Protect Your Family at the pool this Summer

(NU) - In the summer, swimming pools are filled with millions of people having fun and staying cool. But did you know that germs can contaminate swimming water even if it is treated with chlorine?

This summer, learning about recreational water illnesses (RWIs) which are spread by swimming in contaminated water, such as swimming pools, waterparks, lakes and the ocean, can protect you from illness.

RWIs are caused by germs like "Crypto" (KRIP-toe, short for Cryptosporidium), Giardia (gee-ARE-dee-uh), E. coli 0157:H7 and Shigella (Shi-GE-luh) and are spread by accidentally swallowing water that has been contaminated with feeal matter. Remember, you share the water with everyone in the pool.

Germs causing RWIs are killed by chlorine, but chlorine doesn't work right away. It takes time to kill germs. Plus, some germs like Crypto are resistant to chlorine and can live in pools for days. That is why even the best maintained pools can spread ill-

Healthy swimming behaviors are needed to protect you and your family from RWIs and will help stop germs from getting in the pool in the first place. Here are six "P-L-E-As" that promote healthy swimming provided by the Centers for Disease Control and Prevention's Healthy Swim-

ming Project: 1. PLEASE don't swim when you have diarrhea. This is espeeially important for kids in diapers. You can spread germs into the water and make other people

PLEASE don't swallow pool water. In fact, try your best to avoid even having water get in your mouth.

3. PLEASE wash your hands with soap and water after using the toilet or changing diapers. You can protect others by remembering that germs on your body end up in the water.

4. PLEASE take your kids on bathroom breaks often. Waiting to hear "I have to go" may mean that it's too late.

5. PLEASE change diapers in a bathroom and not at poolside Germs can spread to surfaces and objects in and around the pool.

6. PLEASE wash your child thoroughly (especially his or her rear end) with soap and water before swimming.

Long-term care insurance: understanding the fine print

Many people think about buying long-term care insurance. Far fewer actually do it. Most are seared off by the complexities of long-term care policies. Over the years, policies have improved, but you need to shop carefully. Asking the following questions, supplied by the Illinois CPA Society, will help you evaluate the terms of a policy and select the one that's best for you.

What Conditions Must I Meet To Be Eligible for Bene-

These days, nearly all longterm care policies base benefits on a person's ability to perform so-called activities of daily living. These activities include eating, using the toilet, bathing, dressing, and moving about. Most policies provide coverage upon certification by a doctor that

Inspirations from the Orient,

a two-person show with mixed

media wall hangings done with

rubber and metal by Shirley En-

gelstein, and pastel and mixed

media drawings of women in Jap-

anese kimonos by Gail Shapiro

will be on display in the Lincoln-

wood Village Hall Gallery, 6900

A reception celebrating the ex-

N. Lincoln Ave., August 1

hibit will be held Thursday eve-

ning, August 16, from 6 to 7:30

p.m. at Village Hall. The public is

In this show, Engelstein is ex-

hibiting smaller pieces -- a depar-

ture from her more familiar large

works such as the 16' high leather

waterfall and 15' wide forest-

scape she previously showed in

Village Hall and at the Time-Life

Building and the Chicago Cultu-

Her abstract renderings draw

on memories form a trip to Japan

many years ago. The "Wishing

Tree" with its willow branches

festooned with gleaming white

paper wishes issues an invitation

to the viewer to tie on a wish of

their own. They'll have the oppor-

tunity to do that during the recep-

tion. "The Sash" which suggests

an obi is mounted on hand made

paper embossed Japanese charac-

ters. There is a lace Kimono

which appears to be made of lace

but the material is actually rubber

Engelstein's art recently re-

eeived an Award of Excellence

from the Elmhurst Museum and

one of her wall hangings was se-

lected for the Chicago Art Invita-

tional 2001 juried show at the

Gail Shapiro, who says she is a

"a colorist," works from her stu-

dio in Chicago and has been mak-

ing and teaching art for decades.

BEAD THE PUCIF

Gallery on Lake Judith Racht.

through September 30.

invited.

ral Center.

and metal.

you are unable to perform two or three activities associated with daily living.

What Specific Services Are Covered Under the Policy?

Generally, the more comprehensive and flexible the coverage, the better it is. The best polieies cover a continuum of care including home health eare, personal care, community-based adult day care, assisted living facilities, and skilled care in a nursing home.

What Daily Benefit Amount Should I Select?

You should base your daily benefit amount on the going rate in your area for nursing home care. If you prefer, you can lower your premium by purchasing a benefit amount slightly lower than the daily cost of nursing

Inspirations from the Orient art show

Children's Advocacy Center

Fundraiser/Dinner Dance

enormous subtly," she said. Shapiro sells her works --

Fundraiser/Dinner

Abused Children.

of children.

Combines Fun with Giving for

You may not always win at a

game of golf, but at the "19th

Hole," you can't lose. Whether or

not you win the putting and chip-

ping games or the raffles and auc-

tions, by attending this one event

you walk away helping hundreds

ter of North and Northwest Cook

County (CAC) is holding its an-

nual dinner, dance and aucion on

Friday, September 14, at the

Hyatt Woodfield in Schaumburg.

tates and Northbrook, has already

helped more than 3,000 victims

of sexually and physically abused

children and their families. It of-

fers 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.

Dick Johnson, reporter and an-

chor for ABC/7 News, will be the

guest emece, while Marsha Blag-

er Elliott, president and founder

of MLC homes, will be featured

as the honorary chair. The Pete

Fleming Orchestra will provide

The festivities begin at 6 p.m.

CAC, located in Hoffman Es-

The Children's Advocacy Cen-

She said that in creating the figurative drawings of real women of different ages and types garbed in kimonos, she was "led by the spectacular fabric colors; the material is elaborate but often has an

many of them with a beach theme -- through the Shanna Taylor Gallery in St. Joseph, Michigan, She recently had a one-woman show at the Renaissances Gallery in the Chicago Cultural Center.

ence out of pocket. For example, if the going rate in your area is \$150 a day, you might consider insuring yourself for up to \$125 a day and paying the rest on your

home care and paying the differ-

What Is the Elimination Pe-

The elimination period refers to the length of time between when your long-term care needs begin and when your long-term care benefits become payable. The elimination period can be anywhere from 0 days to a year. The longer you wait and pay for care out-of-pocket, the lower the premium. Some policies apply the climination period to each admission; with others you need to satisfy it once.

Do I Have To Be Hospitalized Before Benefits Begin?

icy as you get older and/or your health deteriorates. However, In some cases, yes. However, your premiums can go up. While it's best to avoid policies that reyou eannot be singled out for a quire prior hospitalization in orrate increase, subject to approval der to receive benefits. from the State Insurance Depart-How Long Will Benefits Be ment, insurance companies can raise premiums for a class of poli-

waived.

This Policy?

Insurance?

Benefit periods typically range from one year to life, with lifetime coverage being very costly. Since research shows that the average nursing home stay is between two and three years, you ean save money by limiting the benefit period your policy covers. Does the Policy Include An

Inflation Clause?

Given the rising cost of health eare, a benefit amount that seems reasonable today could quickly become inadequate. An inflation

the music for dancing into the

night. Tickets for the event are

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.

Don your golf duds and plan to

participate in the fun-filled events

of the evening, including a car/

eash raffle, auctions, games, and

other surprises that will be of-

fered throughout the evening. For

additional information on or to

make reservations for the "19th

Hole," contact Gina Mueller or

Mark Parr at (847) 885-0100, ext.

Blood Drive

Beat the heat and save a life!

Blood Drive Monday, August

For more information or to

Please eat a good meal and

Donate Blood. LifeSource

Blood Services. 1-800-486-0680.

make an appointment, please call

drink extra water before donat-

Walk-ins welcome.

Regency Healtheare & Rehabili-

tation Centre, Inc.

'. Noon-5 p.m.

647-7444

now available.

or \$20,000 in cash.

LEGAL NOTICE How Long Has the Company Been Selling Long-Term Care

cial strength and stability of the **THE 2001 TREE** insurer. After all, you want the company to be around if you need coverage 15-20 years from now.

INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and Board of Trustees of the Village of Morton Grove, Cook County, Illinois that sealed bids will be received for the 2001 Tree

Bids will be received up to the hour of 10:00 am. Local Time, on the 24th day of August, 2001. at the Office of the Director of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois. and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove. Morton Grove, Illinois. Bids must be submitted on the forms provided.

The Director of Public Works

Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County. File No. D01072211 on the AUG. 08 2001. Under the Assumed Name of FOSTER'S INTERNATIONAL with the business located at 4334 NORTH HAZEL, APT. 1016, CHICAGO, ILLINOIS 60613. The true name(s) and residence address of the owner(s) is: TERRY LLOYD FOS-TER, 4334 : NORTH HAZEL, CHICAGO, ILLINOIS 60613.

Poor's or A.M. Best.

May I Have a Sample Copy of the Exact Policy I Would Be Purchasing From Your Com-

Before you sign up for longterm care insurance, get copies of contracts from several insurance companies and read the fine print in advance of selecting the policy that best fits your needs.

Under current law, a portion of the premium on your long-term care policy may be deductible as a medical expense on your tax return. A CPA can help you select a policy that qualifies for the deduction.

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 II linois and beyond. For more information visit the Society's website at: www.iepas.org or eall (312) 993-0393 or (800) 993-0393 (within Illinois).

VILLAGE OF **MORTON GROVE**

PLANTING PROGRAM

Planting Program.

LEGAL NOTICE

has the right to refuse to issue Notice is hereby given, pursuant to "An Act in relation to the use of an specifications and proposals to any person, firm, or corporation that he considers to be unquali-The right to waive any irregularity and to reject any or all bids is reserved to the President and the Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 2nd day of August 2001.

David O. Erb Director of Finance Village of Morton Grove

The SOC has been an active

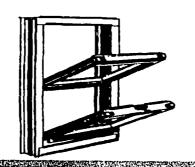


SHOWROOM: 4962 N. Milwaukee Avenue, Chicago, Illinois 60630



WINDOWS

- Replacement Windows
- Thermal Panes
- Tilt-To Clean



SIDING

- Soffit
- Fascia
- Gutters
- Trim



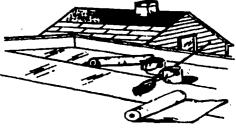
PORCHES & DECKS

• Porches Rebuilt and Enclosed



ROOFING

- Shingle
- Hot Tar
- Rubber
- Roll



KITCHENS & BATHS



ADDITIONS, DORMERS & REC ROOMS



FREE ESTIMATES

SENIORICATIVENINEGOUNG

7/7/AS STAR STAR AS A SAR

