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THURSDAY, AUGUST 23, 2001

VOL. 45, NO. 9

Car plows into Niles post office lobby

By Barbara A. Mendelsohn

A car driven by a 71-year-old female Niles resident crashed through the window of the Niles post office Thursday, Aug. 16 at 10:50 a.m., startling customers and employees, and injuring a 50-year-old Des Plaines man who was in the lobby accessing his mail box.

The customer was taken to Lutheran General Hospital where he was treated for minor injuries and released. The driver refused treatment.

A postal employee working in the back described the scene at impact as, "a lot of screaming going on," until the source of the disturbance was determined.

Mike Conley, a post office manager at Niles, said he has no final word on the amount of damage to the building, but says he filled out the damage report with an estimate of "over \$10,000." He feels that the

Continued on Page 34

Morton Grove conserves senior water benefits

by Anna-Marie Mesia

Morton Grove Village Trustees voted August 13 to assure senior residents who currently participate in the Senior Citizen Water Rate (service discount) program that their pact with the village remains intact.

During a workshop held last May to discuss budget issues, trustees considered changing or eliminating the program.

Finance Director David Erb told trustees this month that the discount has "cost the village an average of \$166,000 a year over the last three years."

Trustee Terry Liston presented

the ordinance in the absence of Trustee Ronce Brenner. Under the new ordinance, residents who currently receive the discount will be grand-fathered into the program and will continue to receive it.

Beginning in January 2002, residents who turn 65 or seniors who move to the village will receive the water rate discount based on financial need.

The village will administer entitlement based on proof of eligibility. "The same income level standards used by the Cook

Continued on Page 34

Morton Grove couple are prize gardeners

by Barbara A. Mendelsohn

Visitors to the Chicago Botanic Garden Aug. 11 or 12 might have seen an old-fashioned wheelbarrow filled with blooms and topped with a blue ribbon on display in the exhibit hall of the Education Center.

The wheelbarrow--brimming with zinnias, daisies, marigolds, snapdragons, geraniums, begon-

ias, and accented with ornamental grasses--was an entry of Rich and Lana Gernady of Morton Grove.

The show was sponsored by the Gardeners of the North Shore, a club the Gernadys joined back in 1975. Their wheelbarrow display won the

Continued on Page 34

Vacationing Niles boy saved by good samaritan

by George Pontikis

The Niles family of a boy saved from drowning called his rescue by a passing stranger "miraculous."

As his mother prayed for 10-year-old Shaheed Chamsi, strugg-

ling in a Canadian stream, an Algerian student dove into the water after the boy.

Chirin Chamsi, a native of England who now resides in

Continued on Page 34

2,000 families assisted last year;
23 percent increase in requests empties shelves

Maine food pantry seeks emergency donations

by Linda Portiera-Peace

The Maine Township Emergency Food Pantry is running low on essential food items and seeks donations from area companies and individuals. Last year the Pantry helped in excess of 2,000 families and the number of people requiring assistance has escalated to 23 percent in 2001.

"We have been blessed with contributions from local businesses and generous individuals throughout the years," said Marsha Warnick, Director of General Assistance at Maine Township. "However, the needs of area residents are as demanding as ever and, at times, put great demand on social services and food pantry supply levels."

The Emergency Food Pantry started in 1982 with 25 holiday baskets. By 1984 operations moved to Park Ridge Town Hall and today occupy more than one-third of the facility. The Pantry operates solely on base donations with the help of volunteers and

distributes more than 145 baskets a month. The Township provides money for boxes and extras for

the holiday baskets while food and money collections are made

Continued on Page 34

District 64 bus fare increases

by Barbara A. Mendelsohn

When District 64 schools reopen on Aug. 28, the bus fee increase projected at the end of the 2000-01 school year will be implemented.

A budget review last year had determined that fees covered only half of bus expenses.

District controller Pat McGuire explained that the district board went through a significant budget review last year, then held public meetings to discuss options. "A significant number of those attending preferred to pay more and keep the service, and the board felt that bus users should pay, and not

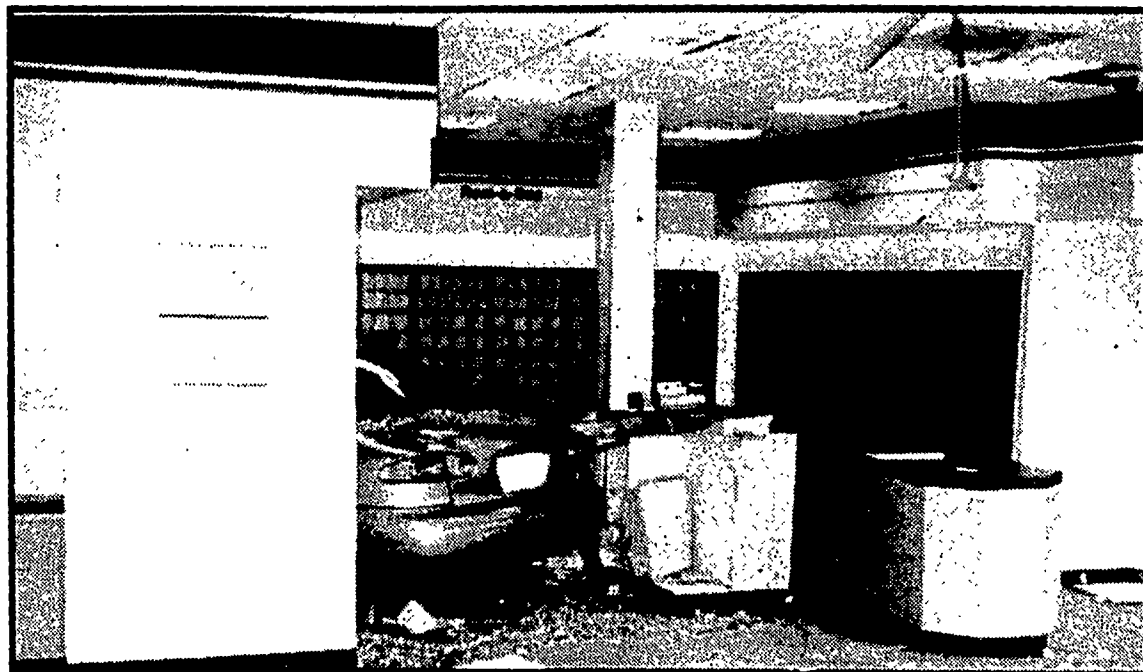
take those dollars from someone else," she added.

Fees to ride the bus for the entire year will increase to \$350, up from \$267. "Cold weather passes" for December through March riders will increase to \$210, up from \$160.

These increases are not based on enrollment figures. "Our enrollments have gone up steadily over the last 15 years, but that number appears to be leveling off somewhat," said McGuire. "Still, we have one week to go, and move-ins often wait until the last week to register."

Continued on Page 34

Car slams into Niles Post Office



The lobby of the Niles Post Office was partially destroyed last Thursday when a car crashed into the building. The driver, a 71-year-old Niles woman, was shaken but uninjured. A 50-year-old Des Plaines man was treated and later released at Lutheran General Hospital.



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



BACK TO SCHOOL

Market Day

The state of the nation's education in the United States is one of the key issues facing Americans today. Recently, the focus has centered on a powerful influence on a child's education - the role of parents and other family members. There is no question that children whose parents take an active role in their education do better in school.

To encourage families to spend more time learning together, while raising money for local schools, Market Day food

cooperative, is offering a free, customized edition of the popular BRAIN QUEST Q&A Challenge Series with each order placed in September. The deck features fun, mind-challenging, educational questions and answers for children of all ages in a versatile format that is easily incorporated in to everyday life. Whether played in the car, after a meal while the family is sitting around the table or before bed, BRAIN QUEST provides educational fun for the whole family - and kids love it.

Used in classrooms all across the country, the cards have been a long-time favorite of teachers, parents and children. Created by the nationally recognized Workman Publishing Company, it is currently the best selling educational product in the nation.

Market Day food cooperative is known for its tradition of quality and value and has a 26-year commitment to education, children and parents throughout the nation. The Market Day program has helped over 6,200 schools across the country raise nearly \$270 million to purchase computers, books, musical instruments, playground equipment, uniforms and other educational resources - improving the school experience for more than three million children each year.

Participating Market Day schools give parents the opportunity to choose from a wide variety of high-quality food items each month, with a portion of the purchase price going directly to the designated school. Market Day offers everything from meats, seafood and poultry, vegetables, convenient family entrees, desserts, breakfast and lunch box items from nationally known suppliers. All products carry a 100 percent satisfaction guarantee.

Market Day Area Participants

GLENVIEW - Henking/Hoffman School, Immanuel Church School, Washington School, Willowbrook Elementary, Our Lady of Perpetual Help, Winkelman Elementary, St. Catherine Laboure Church and School, Immanuel Lutheran.

LINCOLNWOOD - Todd Hall School.

MAINE TOWNSHIP - Maine South High School.

MORTON GROVE - District 69 PTA, Hynes School, Park View School, Melzer School.

NILES - St. John Lutheran School and Church, Nelson School, St. John Brebeuf School and Church, Our Lady of Ransom School, Niles-Culver Elementary School, Bradford Exchange.

PARK RIDGE - Franklin School, Roosevelt School, Mary Seat of Wisdom, Washington School, St. Andrew Lutheran School, St. Paul of the Cross, Field School, Carpenter School.

SKOKIE - St. Paul Lutheran School, Walker Elementary, Niles West High School, Timber Ridge, St. Peter School and Church, District 73 1/2 PTA.

To order Market Day products, simply fill out a monthly order form and return the form to a participating school. For more Market Day BRAIN QUEST fun, including a weekly Q & A

Challenge and details about the back-to-school promotion, to place an order online or to find signature Market Day recipes, long on to the Market Day Web site at www.marketday.com.

Back-to-School safety day

The Morton Grove and Niles Police Departments are hosting a Back-to-School safety day from 10 a.m. to 4 p.m., Saturday, Sept. 1 at Norte Dame High School, 7655 Dempster in Niles. Programs for the day include discussions on school violence, gangs and drugs, as well as drunk driving simulations, and presentations on bicycle safety

- including bike registrations and reduce-peed helmets.

In addition, certified technicians will be on hand for free child car seat checks.

For more information, contact Officer Ron Brandt in Niles at (847) 588-6500 or Officer Paul Yaras in Morton Grove at (847) 470-5233.

Lewis University offers Accelerated Programs

Lewis University will host a number of Information Sessions for its Accelerated Programs throughout its fall 2001 semester. All information sessions are held at 6 p.m. for through August and September.

Lewis University offers accelerated degree completion options for working adults 24 years of age or older in business administration/management, aviation maintenance management, computer

network administration, and social and community studies. A master's degree in leadership studies is also offered in an accelerated format.

A Catholic and Lasallian university, Lewis offers bachelor's degrees in more than 60 majors as well as a variety of aviation programs, and seven master's degrees.

For more information call (815) 836-5291.



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Kids' Health

Covering Kids Illinois

Qualifying Illinois children are eligible for low-cost or free health care coverage!

Covering Kids Illinois is launching its Back-to-School 2001 Enrollment Drive to connect Illinois families with uninsured children to low-cost and free health care coverage, through the KidCare program.

There will be more than 100 enrollment, application assistance and outreach events throughout the state during August and September.

These events will be held at county fairs, health fairs, and Back-to-School fun fairs. Information about Illinois KidCare and Medicaid will be distributed to families through these events and several organizations will work with local groups to increase awareness of the KidCare and Medicaid Programs.

These activities are part of a coast-to-coast effort to help par-

ents learn more about the State Children's Health Insurance Program (SCHIP) and Medicaid.

In Illinois there are more than 50,000 children who are uninsured and eligible for KidCare coverage.

What is KidCare?

KidCare creates a new category of eligibility for the Illinois Medicaid program to cover children in low-income working families.

Who is eligible for KidCare?
• A family of four earning up

to \$33,000 or more may qualify for coverage for their children. Eligibility is based on family size and household income.

• Illinois covers most children under age 19, including children with working parents, homeless children and teens.

• Services for kids include doctor and nursing care, immunizations and preventive care, hospital and clinic care, laboratory test and x-rays, prescription drugs, medical equipment and supplies, medical transportation,

dental care, eye care, psychiatric care, podiatry, chiropractic care, physical therapy, mental health and substance abuse services. Pregnant women receive prenatal care and other medical services.

For more information
• KidCare Illinois, please visit www.kidcareillinois.com

• Covering Kids Illinois, please contact Laura Leon, (773) 384-8828

• Covering Kids national initiative, please call (202) 338-7227.

CCDPH reminds parents to have children immunized

School begins in a few weeks, but many children will not be able to attend classes for the 2001-2002 school year because they did not receive their immunizations.

The Cook County Department of Public Health (CCDPH) is reminding parents and care givers that Illinois law requires immunizations for children attending any public, private, independent or parochial elementary or secondary schools. Also, children entering kindergarten, 5th and 9th grades must receive school physical examinations.

"Many parents are unaware that their children are behind schedule with their shots," said Dr. Karen L. Scott, CCDPH Director. "To ensure that their children are protected against disease, it's important for parents to know which shots their children have had and which ones they need."

Children entering school for the first time or transferring to a new school must show proof of the following vaccinations:

Measles: Two doses of live measles vaccine, the first dose at 12 months of age or later, and the second dose at least one month after the first; a physician diagnosed case of measles; or laboratory evidence of immunity.

Polio: Three or more doses administered at appropriate intervals with the last dose being a booster received on or after the child's fourth birthday.

Diphtheria, tetanus (lock-jaw), pertussis (whooping cough) (DtaP or DTP): Four or more doses administered at the appropriate intervals with the last dose being a booster received on or after the child's fourth birthday.

Mumps: One dose of mumps vaccine at 12 months of age or later, a physician diagnosed case of mumps, or laboratory confirmed evidence of immunity.

Rubella: One dose of rubella vaccine at 12 months of age or later, or laboratory evidence of immunity.

Hepatitis B: Three doses of hepatitis B vaccine with the first two shots at least four weeks apart and the third shot administered five months or later. For example, if a child received the first

shot on January 1, the second shot should be given one month later on February 1, and the third and final shot would be given between May 1 and July 1.

School districts must demonstrate at least a 90 percent compliance with the immunization requirements by October 15 or face a 10 percent loss of state aid. School districts have the option of enforcing the requirement anytime from the opening day of school until October 15.

State law does provide exemptions from the immunization requirements for religious or medical reasons.

Free, walk-in CCDPH immunization clinics are offered throughout suburban Cook County. But for continuity of care, CCDPH recommends that residents visit a private medical provider who will be able to provide preventive screenings and immunizations as well as assess the health needs of the patient.

For more information regarding back-to-school immunizations call 708-492-2150.

All services provided free of cost. Please call to verify times
Arlington Heights, Forestview Educational Center, 2121 Goebbert Rd.

1st Monday of every month, 5:30-7:30 p.m.

DesPlaines, Trinity Lutheran Church, 675 Algonquin Rd.

3rd Thursday every month, 9 a.m.-11 a.m.

Chai Lifeline

Chai Lifeline is an international not-for-profit organization that provides vital social and emotional support services to children with life-threatening illnesses, their families and communities. The Midwest office, located in Skokie, serves dozens of families in the Chicago area, offering everything from support groups for parents to "Big Brothers" for sick children and/or their brothers and sisters, to sophisticated videophone hookups to a child's school to allow a sick child to participate in classwork.

For more information on this and other Chai Lifeline programs in the Chicago area, call Moshe Turk, director, at 847/763-1818.



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A lesson in frugal back-to-school shopping

(ARA) - Even though you may not be ready to think about sending children back to school, now is a good time to think about buying school clothing and supplies. With a little forethought and a plan, you can get everything your children need to head back to school in the fall without going into debt. You may even be able to include some of those designer "necessities."

Tackle the Essentials First
The secret to keeping a handle

on back-to-school spending is to go into it with a plan.

• Take stock. Schools often send a list home the last day outlining the supplies children need when they return to school in the fall. Figure out what you already have and what could be swapped among your children. Once you have taken an inventory of clothing and supplies, you can determine what you'll need to buy.

• Plan ahead. Make a list of what each child needs before you

Maine Township Drop in Center



New Hours and New Offices! Maine Township's Youth Drop-in Center has expanded its hours of operation to 12 noon to 9 p.m. Monday-Friday year around for grades 5-12. In addition, Manager George Chicvara, left, and Asst. Manager Therese Tully, second from right, have opened offices in the Center. Here, Dayna Berman, Director of MineStay, cuts the ribbon made by the children to open the new offices. Looking on are Township Administrator Margie Bialziak, second from left, and Supervisor Bob Dycz, right.

shop. Determine how much you can afford to spend on each child. Stick to the list. If you have difficulty staying within your budget, consider purchasing some items at rummage sales, consignment shops or second-hand stores. Avoid shopping when you are tired or you may be tempted to overspend just to get shopping

out of the way.

• Comparison shop. Chances are, you can spread out many purchases throughout the year. In addition, school supplies go on sale by mid-September, so it isn't necessary to buy everything your children need before school starts. In fact, buying over time lets you take advantage of sales and specials throughout the year.

Often, if you delay purchases of the trendiest items, children lose interest and forget how important the items once seemed.

If you can establish your spending limits, make a plan and stick to it. Back-to-school shopping doesn't have to break the family budget.

Education

Online tests, practice exams and preparation materials, and online instruction are helping students improve their SAT scores. For free online materials, visit www.school.aol.com/highschool/college.adp.

This year, 855 students from 23 states received \$500 scholarships for their volunteer and community service efforts through the Community Volunteer Service Awards program sponsored by Citizens' Scholarship Foundation of America. For more information, call 1-800-248-8080 or visit csfa.org.



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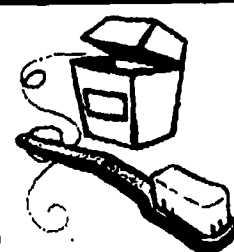
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The ABCs of family health: Choose sensibly



Today's busy lifestyles and hectic schedules mean that many families eat on the run. Fast foods, heat-and-eat meals, and snacks have become the American way of eating.

The NET (Nutrition Education and Training) Program has some healthful and helpful advice for busy Illinois families. "Eating nutritiously doesn't take any more time or energy than eating poorly," says Deborah Rees, Illinois NET Program Supervisor. "You can make sensible food choices

anywhere. And, nutrient-rich choices can make a big difference in your family's health - today and in the years to come."

According to Rees, good health and good taste can be part of any meal, anywhere. The basics of good nutrition start with the ABC messages of the Dietary Guidelines for Americans: Aim for Fitness; Build a Healthy Base; and Choose Sensibly.

To follow the "Choose Sensibly" guideline, Americans need to cut back on their overall intake

of fat (especially saturated fat), sugar and salt. For most families, this translates into fewer fried foods, sugary soft drinks, and highly processed foods, like chips, baked snack products, and prepared meals.

"All of your family's favorite foods and beverages can fit into a healthful eating style," says Rees. The key is to cut back, not out. For example, it's not necessary to completely eliminate all high-sugar beverages, like soft drinks, punches and "ades."

"The most successful strategy is to gradually choose more nutrient-dense drinks and fewer sugary ones," notes Rees. "Parents can teach their kids about sensible choices by drinking fat-free or reduced fat milk at all meals - breakfast, lunch and dinner. When you want a soft drink, choose a 12-oz. can rather than the 'big gulp' super-serving."

Parents can also guide children toward more healthful choices at fast food outlets. Skip the super-size combos and choose regular burgers, grilled chicken sandwiches, and bean burritos. Make it a habit to share an order of fries and to choose milk, orange juice or water. Bring along fresh fruits, like apples or bananas, to eat in the car after the meal.



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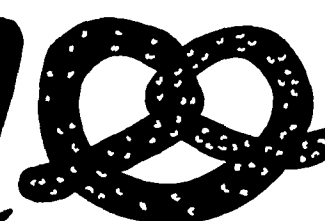
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CHURCH & TEMPLE NEWS

SJB Women's Bowling League needs bowlers

If you can lift and throw a bowling ball, we're looking for women bowlers for our Wednesday night Catholic Women's Bowling League at Classic Bowl at 7:30 p.m. starting August 29, 2001.

If interested please call: Mary Wasilewski, 965-7366 or Gertie Schultz, 966-6266.

Holiday crafters wanted

St. John Brebeuf's Catholic Women's Club Nativity Guild will hold its annual Holiday Craft Fair on Sunday, November 11 from 8 a.m. until 3 p.m. in the parish hall and gym at 8301 North Harlem, Niles.

Crafters will be able to display hand-crafted items for Thanksgiving and Christmas. Any crafter who would like to receive an application for the Holiday Craft Fair, please call Judi Stephens at (847) 296-6421.

Annual Islamic convention

The Muslim American Society (MAS) under the leadership of Imam W. Deen Mohammed, son of Elijah Muhammad and mentor to Malcolm X, with him Ministry is sponsoring the largest Annual Islamic Convention to date, in Chicago over Labor Day Weekend, Aug. 31 - Sept. 2, 2001 at the Chicago Hilton & Towers. Delegations from throughout the United States and Caribbean will be attending.

from the former Nation of Islam, as it was transitioned into the Muslim American Society practicing the Islamic faith of 1.5 billion Muslims worldwide. This convention's Mission Statement is, "To preserve, advance and celebrate our best tradition as Muslim Americans."

The emphasis for this convention is on building a better community life and attention to family. The convention week will feature a Cultural Night with wholesome entertainment enjoyed by Muslim youth and adults, a major banquet with award-winning, a youth social and talent show, workshops and mini conferences to enhance personal and business development, a Sunday family breakfast and CPC/Graceline Fashion Show. The convention will culminate on Sunday with a major public address given by Imam W. Deen Mohammed.

Also featured will be the economic programs founded by Mohammed, such as the creation of ComTrust Distributor and the Collective Purchasing Conference (CPC), where small struggling business persons pool their resources to enhance their buying power.

For more information, call the MAS Convention office at (708) 798-2215.



Imam W. Deen Muhammad
The theme, "We Can Not Stop Now," represents the collective legacy of over 70 years of Muslim growth and progress.

BJBE holds community open house

Congregation B'nai Jehoshua Beth Elohim, 901 N. Milwaukee Ave. in Glenview, is conducting an open house for prospective members to meet the Senior Rabbi Barnett Brickner, Rabbi Amy Memis-Folger, Cantor Cory Winder, the education staff and board members. The open house will give prospective members an opportunity to view the unusual round building that houses the congregation, and to learn first hand what spiritual and educational services are available to them.

The open house will be on Friday, August 31, starting at 7 p.m. with Shabbat worship services following at 8 p.m.

The Congregation has a rich history of service to the Jewish Community, having recently celebrated its 108th anniversary.

For more information or directions call (847) 729-7575 or go online www.bjbe.org.

Renewal of Spirit Service Planned

Congregation B'nai Jehoshua Beth Elohim, Glenview, has planned a Renewal of Spirit, Sunday morning service for Sunday, August 26, from 10:45-11:45, for those who wish to feel good in the presence of God and let go of their cares and burdens.

The service will be co-led by clergy and lay leaders in the sanctuary at 901 N. Milwaukee Avenue, Glenview.

For information contact Shari Bauer (847) 729-7575 or on-line at <http://www.bjbe.org>.

Sun., August 26
North Shore Jewish Singles
11 a.m. \$10. Cookout Centennial Park Evanston Beach. Includes hamburgers, hot dogs with all the trimmings, soda, games and socializing. Reservation with check by August 22. Call (847) 537-1749.

Tues., August 28
North Shore Jewish Singles
7:30 p.m. Bridge \$4. Advanced & Intermediate includes refreshments. Call (847) 869-3338 for reservation and location.

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The Center of Concern



Center of Concern executive director Mary Schurder and board member Ann Scheller congratulate Leta Smith (r), honored as an outstanding volunteer at The Center's recent Annual Meeting. Ms. Smith has served the community by shopping for homebound center clients. She also delights in delivering holiday gifts. Leta and her husband have both participated in the Summit Square Generations Walk, an annual event benefiting the social service agency, located in Park Ridge.

Finding a reliable caretaker for a family member requiring in-home health care can be difficult for families coping with changing needs. The Center of Concern offers area residents a referral program whereby they can contact live-in or come-and-go caregivers with the confidence of knowing that their prospective employees have been pre-

screened by The Center staff.

The Center maintains a referral file of caregivers whom they have personally interviewed. Following the interview, each caregiver's qualifications and employment references are checked to ensure quality performance in advance. When people in need of caregivers call The Center of Concern at (847) 823-0453 to ask



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M-NASR fall brochure available

Maine-Niles Association of Special Recreation's (M-NASR) seasonal brochure for Fall is now available. M-NASR offers individuals with physical and mental challenges, behavior and learning disorders, hearing and visual impairments and emotional disabilities the opportunity to enjoy a variety of recreation activities. The Fall season offers a variety of programs and special events including sports and Special Olympic programs, art, cooking, aerobics and more. Look for the addition of many outings this season such

as: Medieval Times Dinner, Halloween Special Events, Girls' and Guys' Night Out, and a Self-Defense course. Registration begins upon delivery of the brochure and Fall programs begin the week of September 24, 2001.

Maine-Niles serves the towns of Des Plaines, Golf-Maine, Lincolnwood, Morton Grove, Niles, Park Ridge and Skokie. If you would like to receive a seasonal brochure or wish to offer support for individuals with special needs by volunteering, please call (847) 966-5522.

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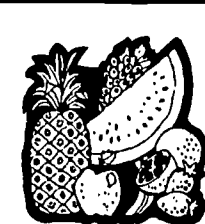
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Women's News

More black women at risk during pregnancy

(NAPSI) -- If you are a black woman in the United States, you are three times more likely than a white woman to die from pregnancy-related complications and childbirth. To reduce these high mortality risks, the Society for Maternal-Fetal Medicine (SMFM) is emphasizing the importance of increased research efforts.

Why are more black women at

risk? Efforts to identify the reasons for the drastic racial disparity have not produced clear answers. "Some medical conditions, such as hypertensive disorders, are responsible for the racial disparity in mortality because they are simply more common in certain races," said Dr. Haywood Brown, maternal-fetal specialist and president-elect of SMFM.

Brown recommends focusing research efforts on epidemiology to reduce racial disparity. "Epidemiologists study the causes, distribution and control of disease in populations," Brown said. "Because this issue goes beyond a purely 'medical' realm, epidemiology is necessary to understand the effect of cultural factors."

The Society for Maternal-Fetal Medicine is a not-for-profit organization of approximately 2,000 members dedicated to improving the health care of pregnant women and their infants.

Each year four million women in the United States give birth. Black women have the highest rate of pregnancy complications.

Women with endometriosis

metriosis.

Currently, endometriosis is being treated with surgery and/or hormone therapy.

Physicians at Northwestern University are conducting a research study to evaluate an injectable investigational medication for endometriosis.

Endometriosis is a condition characterized by recurrent cyclic pelvic pain. Endometriosis involves abnormal tissue growth outside the uterus and causes inflammation, scarring, severe pain, fatigue, and sometimes infertility.

Millions of women are affected with endometriosis worldwide. It is estimated that 3 percent to 10 percent of all women of reproductive age and 25 percent to 40 percent of all women with an infertility problem, have endo-

To learn more about this endometriosis research study, call the Northwestern Center for Clinical Research at (312) 503-6227 (NCCR).

Tips for traveling while pregnant

A growing number of pregnant women are choosing not to take their condition lying down, instead, they are taking time to see the sights. Rather than cancelling travel plans or putting vacations on hold, these women are simply adding a few precautions to the itinerary.

If you're planning on taking a trip, first check with your doctor

to make sure it's medically safe. Remember, the best time to travel is in the second trimester; there's less chance of miscarriage and you'll have more energy than in the early and final weeks.

Keep these additional tips in mind for a safe journey:

1. Make sure your health insurance is valid, and that the poli-

cy covers complications or delivery abroad. Obtain supplemental travel insurance if necessary, and a prepaid medical evaluation policy.

2. Find out if you need a vaccination before entering certain countries and if so, make sure that vaccination is safe to receive while you're pregnant.

3. Watch your diet. Try to drink bottled water and, in some countries, you shouldn't eat vegetables unless they're cooked.

4. Bring a letter from your doctor confirming your due date. Some airlines won't allow a woman on board past 34 weeks of pregnancy.

5. Remember to pack pseudoephedrine (found in Sudafed) and acetaminophen (Tylenol). It is true that women who are expecting aren't supposed to take medication, but some doctors allow these particular drugs after the first trimester. Better to have them on hand than try to figure out equivalent medications in a foreign country.

6. Don't get caught without your doctor's phone number in case of a health emergency, or other questions that may arise.

Another important consideration is your travel destination. Choose a site that doesn't involve harsh conditions which could pose a risk to you and your baby. A few "fetus-friendly" locations in the U.S. include:

•Hawaii - The food is safe and the weather's not too hot. There are nice amenities to make you comfortable, in addition to a little romance. Some spas, such as the Hyatt in Maui and the Spa Grande at the Grand Wailea Resort even offer special pregnancy treatments.

•Santa Barbara, CA - California is a terrific spot to do very little, or be more active, depending on your state of pregnancy. There's the beautiful beach and a bicycle path for cycling or strolling.

Transitioning to Motherhood

A majority of new mothers will experience a time of transitory "baby blues" shortly after giving birth. Tearfulness, insomnia, and exhaustion are common. However, 10 to 28 percent of new mothers may be affected by much more serious symptoms such as anxiety, anger, restlessness, depression, self doubt and possible thoughts of harming the baby or herself. These symptoms may be a sign of postpartum depression.

and eight-week program is scheduled October 30 to December 18. The Postpartum Support Group is facilitated by Julie M. Milne, M.S., M.A., a Licensed Clinical Professional Counselor.

The first session will focus on helping new mothers understand the stresses that are associated with the transition to motherhood. "The feminist approach says there are a lot of losses with motherhood; loss of a figure, loss of a possible job, loss of couplehood, loss of free time," said Julie M. Milne. "If more people looked at these losses and allowed women to experience sadness and grieve these losses, there may not be an overreaction to the loss."

Subsequent sessions will focus on dispelling the myth of perfect motherhood, communication with others, infant developmental

stages, coping strategies, stress management and assertiveness training. Mothers are encouraged to bring their infants to all sessions. In severe cases of postpartum depression it is difficult for the mom to bond with the child. "We help mothers develop the mother-child attachment through facial expression, touching, holding and talking," said Milne. Partners are invited to a discussion on relationships.

Advance registration is required. The cost is a one-time materials fee of \$15 and a \$50 per session charge. Insurance may cover a portion of the cost. If the fee is a problem, individual arrangements can be made. Moms must receive a physician's referral or have an interview with a facilitator prior to the group starting. To register or for more information call (847) 518-1800.

"Survivor" Tina Wesson teams Arthritis Foundation

Amid heat, starvation, floods and backstabbing, Tina Wesson faced numerous physical and emotional challenges in pursuit of her \$1 million "Survivor" prize. Now with all that behind her, there is one challenge she can't leave behind: rheumatoid arthritis - a challenge she has faced for seven years.

Tina details life with the disease in the new issue of *Arthritis Today*, the consumer magazine of the Arthritis Foundation. People can get a free copy of the revealing article by calling 800-283-7800.

Once keeping this disease a closely guarded secret, Tina is now speaking out in the most public way, teaming up with the Arthritis Foundation as a spokesperson to help educate Americans about the importance of an early and accurate diagnosis of a disease that often goes misdiagnosed until it's too late.

Tina doesn't feel their pain? Tina is lending her voice on behalf of arthritis, but many people with arthritis aren't hearing it, lamenting that she doesn't put an accurate face on arthritis; questioning how someone with RA, one of the most debilitating forms

of arthritis, can be so physically triumphant. How does she master such athletic pursuits when thousands of people share stories of how difficult it is to make their bed or tie their shoes? Tina and the Arthritis Foundation accept these outcries as part of the difficult task in educating people about arthritis, a most misunderstood disease, even among those who have it.

"I feel guilty for feeling so good," Tina will be the first to tell you that she is not a severe case. She credits with getting an early diagnosis which any rheumatologist will tell you will make a world of difference. Tina also takes medications daily and has become a good self-manager of her condition.

Women: Caught in the 'net'?

(NAPSI) -- When it comes to being Internet-savvy, women are at the front of the cyber pack, according to a recent survey by Hallmark.com. Women use the Internet to maintain relationships with virtually everyone in their lives. For many women, the 'Net is an important tool for celebrating and nurturing relationships.

The survey found nearly 93 percent of women surveyed with Internet access say the 'Net helps them maintain their relationships. In fact, nearly 70 percent of women communicate with family and friends via the Internet on a daily basis, as compared to less than one percent of women who use it only on special occasions.

For many women the Internet is also necessary to work relationships. According to the survey 73 percent use e-mail at work, and not just for business. In fact, women rely on Web sites such as Hallmark.com to order gifts for work friends. The most popular gifts women give to co-workers for birthdays or work anniversaries include gift certificates, 37 percent; bath and body products, 31 percent; flowers, 26 percent;

gourmet food, 22 percent; and books, 20 percent.

Fifty-five percent of women have used e-mail to say "I'm sorry" to someone close to them, while nearly 40 percent have sent an e-card to apologize. One out of ten women surveyed even used the Internet to end a relationship.

Thirty-nine percent of women communicate with their kids via the Internet. "Since kids love technology, the Internet is a great tool for supplementing traditional parenting tactics," says Diana Stuart, Hallmark.com's relationship expert. "Web-savvy moms can easily send e-cards for encouragement or to acknowledge good deeds whether kids are at home or away. Online reminder services and calendars help parents keep track of what's happening in their children's lives. These tools can really help parents nurture their children in a way kids will enjoy." Hallmark.com commissioned the Celebrate Cyber Relationships survey to determine women's views on the role of the Internet in maintaining relationships.

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Dining / Entertainment

2001 Chicago Jazz Festival

Thursday, August 30 Petrillo.

6-6:55 Tribute to Louis Armstrong: Orbert Davis/Hot 7
7:10-8:10 Kahil El'Zabar's Ritual Trio w/Pharaoh Sanders
8:20-9:30 Dee Dee Bridgewater

Friday, August 31 Petrillo

6-6:55 The Three Tenors featuring: Von Freeman, Ed Petersen, Eric Alexander
12:30-1:30 When the Griot Sings
1:45-2:45 Alyo Dance theater
3-4 Meet Louis Armstrong w/ Orbert Davis, Franz Jackson
4:15-5:15 Tatsu Aeki's "Roots: Origins of Now"

Jazz on Jackson

12-12:50 Damon Short Quintet
1-1:30 Jeremy Kahn
1:30-2 John Young
2:10-3:10 David Young/Maurice Brown Quintet
3:20-4:30 Marshall Vente/Project 9 Ensemble w/Billy Harper

Petrillo

5-5:50 The David Boykin Expansion
6-6:55 Bobby Sanabria Orchestra

7:10-8:10 Greg Osby Quartet
8:20-9:30 Gerald Wilson Orchestra w/Teddy Edwards and Harold Land

Sunday, September 2 Jazz and Heritage Family Stage

12:30-1:30 Bethany Picken's Trio
1:45-2:45 Spiritual Journey Percussion Ensemble
3-4 Clave: the Key - Solo lecture demonstration by Bobby Sanabria
4:15-5:15 Jazz Tap Dance featuring Jimmy Payne Jr. & Sara Payne

Jazz on Jackson

12-12:50 Katherine Davis Quintet
1-1:50 Kathy Kelly Quartet
2-3 The Salty Dogs w/special guest Franz Jackson
3:15-4:30 Teddy Edwards, Harold Land, Marlene Rosenberg, Jodie Christian and Robert Shy

Petrillo

4:45-5 Milt Hinton Tribute
5:10-6 Johnny Frigo Quartet
6:10-7 Benny Golson's Jazztet
7:10-8:10 NDR Big-band
8:20-9:30 Terence Blanchard w/special guest Cassandra Wilson

Native American cultures

For the first time in Brookfield Zoo's Rhythm & Roots Festival history, Native American cultures will take "center stage," Fridays through Sundays, August 24-26, from noon to 4 p.m. Many of the zoo's exhibits feature animals that reflect Native American cultures such as the bald eagle, hawk, wolf, bison, and bears, and the scheduled entertainment will connect with this wildlife heritage.

In addition to native dances, a traditional Native American lodge and tipi depicting a way of life that honored the earth and its natural resources will be on display in the Special Events Arena. As part of this step back in time, Joseph Standing Bear Schranz will offer guests the opportunity to touch cultural items made from birch bark, wood, hides, beautiful beadwork, and much more! On Fridays only, The Begay Boys, dressed in traditional regalia consisting of colorful, intricate beadwork, large eagle feathers, cloth, and hide, will perform a variety of traditional dances. Then, Larry Lockwood "Black Morning Star Rising" will share the tradition of Native American song, storytelling, and drumming. On Saturdays and Sundays, enjoy other entertainers who will bring forth

the mesmerizing songs of the Native American flute as well as other crafts.

The East Mall will be filled with native cultural music on August 25-26 as members of the Wa-swa-goning Dance Theatre perform traditional and contemporary Native American dances, including the Welcoming Dance, Men's Fancy Dance, and Woman's Jingle Dress Dance. Guests will be invited to participate in a social dance.

In addition to Native American cultures, those from the Caribbean, Louisiana bayou, and the western coast of South America also will be featured during the Rhythm & Roots Festival in August and the first weekend in September. The festival highlights some of the exhibits associated with these cultures. On Fridays through Sundays, Brookfield Zoo's Seven Seas Panorama (September 1 and 3), The Living Coast (August 24-26; and September 1-3), exhibits will be emphasized.

During the festival, Brookfield Zoo educators (docents) will host a variety of thematic activities. For example, docents will engage guests in discovering how penguins cope with cold water and hot land temperatures with feath-

er insulation and burrow digging activities.

The Rhythm & Roots Festival is presented by American Airlines, and combines the zoo's environmental and conservation messages with those of cultures from around the world. In this way, Brookfield Zoo illustrates how different people are affected by their environments, and the effect people have on the world around them.

At the zoo's north and south gates, guests will receive handouts detailing dates, times, and locations of all events and activities. Activities are free with regular zoo admission: \$7 for adults, and \$3.50 for children ages 3 to 11 and seniors 65 and over. Children 2 and under are free. Parking is \$6.75. For more information, call Brookfield Zoo at (708) 485-0263, ext. 879, or visit the zoo's Web site at www.brookfieldzoo.org.

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

Free summer concert at North Park Village

Mayor Richard M. Daley and the Department of General Services are sponsoring a FREE summer "Concert Under the Stars." This will be the last concert of the summer season.

The concert will be held at North Park Village located 5801 North Pulaski Road in Grove #1 on Friday, August 24, 2001.

Headliner is "Devil in the Woodpile," Friday, August 24, 2001, Country/Blues Band, 7 p.m.-9 p.m.

Blankets, lawn chairs and snacks are encouraged.

For more information contact the North Park Village Administration Office at (312) 744-1252.

Dining / Entertainment

Disney On Icesm presents Beauty and the Beast



Tickets went on sale at 10 a.m. Friday, August 17, for Disney On Ice presents *Beauty and the Beast*, a story of enchantment and love that has touched the hearts of audiences worldwide. *Disney On Ice* presents *Beauty and the Beast* arrives at the Allstate Arena in Rosemont, September 26-30, then moves to Chicago's United Center, October 3-7.

Featuring the Academy Award winning score of Howard Ashman and Alan Menken, *Disney On Ice* presents *Beauty and the Beast* brings to life the enchanted world of the prince turned Beast, and Belle, the beautiful woman who wins his heart. The ice show closely follows the Disney full-length animated screen version that opened in theatres in November of 1991, including use of the superstar voice-over talent of Angela Lansbury as Mrs. Potts, Jerry Orbach as Lumiere and Robby Benson as the Beast.

Tickets for *Disney On Ice* presents *Beauty and the Beast* may be purchased at the Allstate Arena box office, 6920 N. Mannheim Road, the United Center box office, 1901 W. Madison St., and all Ticketmaster locations. To order tickets by phone, call (312) 559-1212, or visit Ticketmaster online at www.ticketmaster.com. Tickets are \$10.75, \$17.75, \$22.75 and \$45 for VIP seating. For general show information, call the Allstate Arena at (847) 635-6601, or the United Center at (312) 455-4500. For more information about *Disney On Ice* presents *Beauty and the Beast*, go to www.DisneyOnIce.com.

Practice reading for fun

Did you know you are more likely to succeed when you read outside of school? That's why it's important for you to read during your free time.

Just as you would practice riding your skateboard or playin' an instrument, it's important to practice reading every day. It's even more fun when you get creative. Try using these tips from READ California to make reading part of your afterschool activities:

- **Start a book club.** Ask several of your friends or family members to join a book club where you can talk about the books you read and discuss things you liked and didn't like about the story.

- **Perform a play based on a book you've read.** Talk to your friends about dressing up in costumes and performing parts of the story before an audience. Use cardboard, construction paper and markers to create posters and invitations. Encourage friends and family to attend your performance. Ask a friend to film the event so that you can watch the movie later.

- **Write a book review.** Pretend you are a book critic. Write a one-paragraph review and rate the book by giving it

one to five stars. Send your book review to friends and family, so they can read the books you've recommended. Consider submitting it to your school newsletter or local paper.

- **Create a game show.** Write questions and quiz your friends on the story you have just read. Use cardboard or a blackboard to keep score.

- **Write a sequel.** Start the story where the author left off by writing a sequel to the book.

Keep the original handy so that you can include details about the main characters. For fun, add yourself as a character.

- **Make a board game about the book.** If the story did not have illustrations, draw your own. Once you've come up with the pictures, read through the book and insert the pictures into the story.

For more information on how to have fun with reading, visit www.readcalifornia.org.

You Too Can Tango

How about learning the Cha-Cha, Rumba or Waltz? It's easy and fun to learn ballroom and latin dancing at Dance Time With Friends in Niles.

- Private and group lessons available to singles and couples
- Choreography for weddings, birthdays, anniversaries, etc.
- Open dance nights for those with feet that just won't quit!
- All skill levels welcome!
- Open Tuesday - Sunday for all your dancing needs.

For more information on class schedules and studio hours, call Ed or Luming de la Cruz at 847-966-1671 or 847-298-5795.

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DINNER SPECIALS AT \$6.99
BREADED VEAL CUTLET, with mashed potatoes
PERCH, sauteed, with rice
1/2 BAKED CHICKEN, with choice of potato
(Must Present Coupon, One Per Table)

DINNER SPECIALS AT \$7.99
BREAST OF HOT TURKEY, served with cranberry sauce
ITALIAN CHOPPED SIRLOIN, topped with mozzarella
CHICKEN LIMONESE, sauteed w/lemon garlic, & basil
All of the above served with soup or salad, french fries, and a FREE DRINK OR DESSERT
(Must Present Coupon, One Per Table)

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Sun-Thurs. - 6am-11pm
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\$1.00 OFF
Get \$1.00 OFF any Footlong Sub or \$0.50 OFF any 6" Sub or Salad
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SUBWAY
TWO
Regular Footlong Subs For Only \$7.99
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One coupon per customer per visit
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Not valid with any other offer
Expires: Sept. 7, 2001

SUBWAY
FREE
With purchase of 32 oz. Drink Equal or Lesser Value
One coupon per customer per visit
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Not valid with any other offer
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Dining / Entertainment

"APS Stamp Show"

The American Philatelic Society (APS) is holding the largest annual postage stamp show in the country, drawing more than 7,500 collectors from Aug. 23 through Aug. 26 at the Donald E. Stephens Convention Center, 5555 North River Road, Rosemont. The show includes the first ever public showing of the rarest, the most valuable, and the most famous United States stamps; 175 stamp dealers buying and selling stamps; 14,000 pages of collections in competition, and more than 125 educational events.

The U.S. Postal Service will issue four new stamps depicting carnivorous plants at the show on Thursday, August 23 at noon. Friday morning at 10:30 a.m. the Marshall Islands will issue nine stamps for World War II Naval Heroes. One of these stamps will honor Lt. "Butch" O'Hare, namesake of O'Hare International Airport. Also on August 23, in honor of the show and the American Philatelic Society, Uganda will

issue a set of six "Canine Friends" stamps.

The show, which is free and open to the public, will include a large area where young collectors can learn the basics of the hobby, compete for prizes, design their own stamps, play electronic stamp games, and pick up many new items for their stamp collections.

Show hours:

Thursday, August 23, 10 a.m.-6 p.m.

Friday, August 24, 10 a.m.-6 p.m.

Saturday, August 25, 10 a.m.-6 p.m.

Sunday, August 26, 10 a.m.-4 p.m.

Show Web Site: http://www.stamps.org/directories/dir_stampshow_intro.htm

STAMPSHOW is sponsored by the American Philatelic Society. Founded in 1886, the APS is recognized by the IRS as a non-profit educational organization - 501(c)3.

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 Quilt 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 Quilt panel.

The Quilt is a one-of-a-kind memorial sewn together panel-by-panel embodying the personality, achievements and goals of an individual. Some materials used in the making of the Quilt in-

clude 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 at: www.namesprojectchicago.org.

"big" comes to Arlington Heights

big - The Musical, a vibrant, touching musical based on the Tom Hanks' 1987 hit movie about a boy who wants to be

"big" - until his wish comes true - promises larger-than-life entertainment for the whole family at the Metropolis Performing Arts

Centre, 111 W. Campbell St. in Arlington Heights, Aug. 22 - Sept. 16, 2001.

Based on the movie screenplay by Gary Ross and Anne Spielberg, *big - The Musical* is the tale of frustrated adolescent Josh Baskin who wishes to be "big," until he wakes up the next morning as a 30-year-old man. Although Josh becomes a successful executive at a toy company and falls in love with a lovely co-worker, he soon learns that adult life isn't all it's cracked up to be.

The performance schedule is as follows:

Aug. 22 - Sept. 16, Wednesday through Friday at 8 p.m.; Saturday at 4 p.m. and 8 p.m.; and Sunday at 3 p.m. All tickets are \$32.

The Metropolis Performing Arts Centre is located at the intersection of Campbell and Vail Avenue in downtown Arlington Heights, one block south of the new Arlington Heights Metra station. Free parking is available in the public garage behind the theater. For tickets and information, call the Metropolis box office at (847) 577-2121, stop by the box office Tuesday - Sunday, 10 a.m. to 5 p.m. (or showtime), or purchase tickets online, 24-hours a day online at 222.metropolisarts.com.

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LUNCH SPECIAL Casserole, Salad with Chicken Breast	\$ 5.95

House Wine \$2.00 a Glass

Cannes for kids

Chicagoland kids got an exclusive sneak peak at the best in children's cinema as part of the Children's Jury for the upcoming 2001 Chicago International Children's Film Festival (CICFF), Oct. 25 - Nov. 4. For eight film-packed days, 70 children, ages 7 - 13, evaluated over 100 feature-length and short, live action and animated films selected for competition in this year's Fest. One of the largest children's juries in the world, the CICFF's Children's Jury will award prizes in five categories including "Best Animated Film or Video," "Best Live Action Feature Film or Video," and "Best Child-Produced Film or Video."

Children's Jury members are selected participants of the 2001 Facets' Young Chicago Critics Program held in June. During this eight-day program children develop their critical skills by discussing various aspects of media such as genre, film technique, film vocabulary and point of view. The skills developed during the program result in the

children becoming discerning viewers, and are key to their experience with the Children's Jury.

The one-of-a-kind children's film festival offers the youth of Chicago an opportunity with a series of classes known as Take One! Workshops held during the festival with kids learning directly from professional filmmakers and actors. By participating in Take One! Workshops, children learn from positive role models and gain a practical, interactive introduction to the filmmaking process, as well as a variety of other careers in media arts.

Some of the celebrity attendees invited in 2001 include: Ian Holm (The Fifth Element, Charities of Fire), Mia Sara (Ferris Bueller's Day Off), Kelsey Grammer (Frasier), Michael Clarke Duncan (The Green Mile, The Whole Nine Yards), Jonathan Pryce (Evita, The Age of Innocence, Tomorrow Never Dies).

Park Ridge Rotary launches Krispy Kreme fund-raiser

The Rotary Club of Park Ridge has launched a fund-raising effort featuring Krispy Kreme doughnuts.

The club is selling Krispy Kreme Partnership Cards that entitle cardholders to one dozen free original-glazed doughnuts with the purchase of any dozen at regular price. The Partnership Card is good for a total of 12 free dozen and does not expire until August 2003.

Cards cost \$10, with half of the proceeds going to Rotary Club-supported projects. They can be purchased from any member of the Park Ridge Rotary or by calling Rotarian Steve Schermerhorn at 847-298-6600.

Krispy Kreme doughnut stores are located at: 7050 N. Mannheim, Rosemont; 412 E. Devon, Elk Grove Village; 5812 N. Illinois St., Fairview Heights; 14747 S. Cicero Ave., Midlothian; 4455 S. Pulaski Road, Chicago; 6550

Route 53, Woodridge; and 5640 S. Harlem, Summit.

The Rotary Club of Park Ridge, which is celebrating its 40th anniversary this year, is an affiliate of Rotary International, a service organization of more than 1.1 million men and women in close to 30,000 clubs in 162 countries around the world. The 75-member Park Ridge club serves its community and institutions with action and funding projects, supports Rotary's international efforts for peace and understanding, improved health services, disaster relief and literacy, and promotes fellowship and vocational service.

Ballroom Dancing

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

Weekend trip September events

Sept. 1: 29th Annual Arthur Cheese Festival, Arthur, IL. This is the city's largest festival of foods and crafts. The annual festival includes cheese sliced from huge wheels, games, sidewalk sales, flea market, buggy rides, entertainment and an ice cream social. Events include the Third Annual Talent Show, Third Annual Cheese Eating Contest and Cheese Curling Nations. Admission and parking are free. (800) 722-6474.

Sept. 1-3: Casey Popcorn Festival, Casey, IL. Located at the Casey Fairview Park, East Monroe Street, this festival includes '50s and '60s music, country, gospel and Karaoke. Guests also can browse through arts and crafts displays, visit a carnival and food booths, watch a chainsaw carver, attended tractor pulls, a kids show and, of course, enjoy free popcorn. (217) 932-5951.

Sept. 1-3: Central Wisconsin State Fair, Marshfield, Wis. This state fair features 4-H and open class exhibits, the Central Wisconsin draft horse show, llama show, midway rides, commercial exhibits and special programs. Plus, free grandstand entertainment featuring Trace Adkins, Lorrie Morgan and more. (800) 422-4541.

Sept. 1-9: "Under the Big Top" at the Museum of Science and Industry, Chicago. Witness first-hand what it takes to be a true circus performer at MSI's new exhibit. Explore the passions, imagination and sensations of the circus, past and present. Marvel at amazing costumes and props from circuses or examine the physics involved in successful clowning or juggling. Watch and interact with real circus performers and students in a one-ring performance area. (773) 684-1414.

Sept. 1-30: Teddy Bear Festival, Eau Claire, Wis. This festival features more than 1,000 teddies of every shape and size, from heirloom collectibles to endearing animated scenes. (715) 836-8184.

Sept. 5-26: Apostle Islands Lighthouse Celebration, Bayfield, Wis. Enjoy three weeks of special lighthouse cruises and lighthouse tours, featuring all

seven historic lighthouses of the Apostle Islands. The 5th annual event features daily lighthouse cruises and tours, lectures, concerts, a Keeper's Dinner and more. (800) 779-4487.

Sept. 8: Berne Heritage Festival, Berne, Ind. A festival about the history of the region, starting with the early Americans to Swiss settlers. Enjoy good food, music and activities, such as Native American dancing, arts and crafts, blacksmithing, apple press, village tours, pioneer games and old-fashioned cider. (219) 589-8007.

Sept. 8-9: Grand Meadow Heritage Festival, Washta, Iowa. Come celebrate rural life as it was 100 years ago. This festival features threshing demonstrations, a sawmill, sorghum syrup making and a one-room school. Learn all about corn shelling and horse-drawn plowing. Other events include an antique tractor pull, vintage cars, petting farm and homemade ice cream. (712) 447-6164.

Sept. 22-30: Mitchell Persimmon Festival, Mitchell, Ind. Enjoy Persimmon pudding and novelties, a baking contest, parade, crafts and fine arts, sports competitions and antique autos. Visitors also can enjoy a pioneer village candlelight tour and carnival. (800) 580-1985.

The AAA-Chicago Motor

Club is a not-for-profit, tax paying and membership organization serving more than 800,000 members and the general public in Illinois and Northern Indiana. The AAA-Chicago Motor Club provides automotive, insurance, travel and financial services, and is a member of The Auto Club Group.

Entertainment book 2002 at MG Chamber

The Morton Grove Chamber of Commerce is once again selling the Entertainment book. The 2002 issue of the book offers tremendous savings on everything from dining, shopping, movies, attraction, and more.

Offers in this year's book include savings from Dominick's, Northwest Airlines, Ringling Bros. Barnum & Bailey Circus, and Borders Bookstores.

There is a total of \$1,500 in coupons, two for one offers and other savings - it literally pays for itself after the first few uses.

The Chamber now has North/ Northwest Editions available. Entertainment books are valid now and expire Nov. 1, 2003. Books are just \$25 each this year. To get your Entertainment book, please call the Morton Grove Chamber at (847) 9665-0330.

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Park & Library News

Parent/Child Golf Outing

Niles Park District's 3rd annual Parent/Child Golf Outing will be held on Sunday, September 9 at Tam Golf Course, 6700 W. Howard Street, Niles. The fun begins with the first tee time at 11 a.m. (Rain date is set for September 16). This is a perfect event for kids ages 7 years and older and their parents to tee off the golf season.

Parents and children will have a blast golfing as well as an opportunity to enjoy quality time

with each other. After the game you can relax and enjoy a delicious buffet dinner while talking about the best shot of the day.

Don't miss out on this great interactive way to bond with your child! Register today for the golf event of the year, tee times fill up fast! The fee is \$30 per resident couple and \$40 per couple non-resident. (Gas cart not included in the fee.) Call the Howard Leisure Center at (847) 967-6633 for more information.

Niles 11 Year Old All Stars Win Tournament



The Niles Baseball League 11 year old All Star team triumphed to take first place in the Niles Park District Summerfest All Star Classic Baseball Tournament.

Team members are (kneeling left to right): Billy Forde, Chris Garvey, Connor Block, Kyle Zanon, Tim Casey, Joey Uthell, (second row, l-r) Peter Merkel, Danny Lally, Jeremy Kapuscinski, Mat Plis, Alex Fries, Danny Geraghty, Max Keifer (back row, l-to-r) coaches Jack Geraghty, Al Keifer, Mark Plis and Jim Merkel. Not pictured: Brian Martin and Steve Guevara.

Get carded at the library

September is Library Card Sign-Up Month - so get a library card.

Beginning Sept. 1, adults and teens will receive a coupon for a

free pizzette individual pizza at Graziano's Brick Oven Pizza, 5960 Touhy Ave., when they register for a new Niles Public Library District (NPLD) card.

Children who register for a new card will receive a sticker and a free kid's meal at the restaurant.

If you already have an NPLD card, just present it at Graziano's to receive a free dessert with your meal. Both promotions may not be used in conjunction with each other and they are only valid at the Niles location of Graziano's Brick Oven Pizza. The offer ends Sept. 30.

Although over 50 percent of residents in the Library district have library cards, there are still many residents who aren't taking advantage of the library's free resources and services. More than just books, patrons can check out videos, DVDs and CDs, or access the Internet. Library Card Sign-Up Month in September is a reminder that today, more than ever, a library card connects people of all ages to a whole world of ideas and information. It's also the perfect time to encourage school children to get a library card and to remind parents and teachers that going back to school includes using the library.

From toddlers to seniors, all residents of Niles and parts of unincorporated Des Plaines and Glenview are entitled to a free NPLD card. Present a valid piece of identification with your name and current address to apply. Children under the age of 18 need to be accompanied by a parent or guardian. For more information, please stop by the Circulation Desk or call (847) 663-1234.

Entertainment Books
Entertainment 2002 books are now available at the Niles Public Library.

READ THE BUGLE

MS Softball Slugfest seeks teams

MultipleSolutions, a young professional group within the Greater Illinois Chapter of the National Multiple Sclerosis Society, is organizing the 1st Annual Softball Slugfest Against MS to be held Saturday, August 25 in Lincoln Park at the south fields at North Avenue. Tournament play begins at 8 a.m. and will conclude by 7 p.m. The event is a one-day, recreational 16" Coed Softball Tournament with 32 teams of 10 to 15 players each. Teams may register for \$750 and proceeds benefit the Greater Illinois Chapter of the National MS Society, supporting research into the cause and cure of multiple sclerosis and to provide programs and services for 10,000 people with MS and their families within the chapter's 73-county territory. Team members will be entitled to food and beverages and an event T-shirt as they enjoy a day of friendly 16" softball competition and entertainment by DJ Jason Baumann of Laser Sounds, who will add an energizing mix of dance and rock music to the festivities. An awards ceremony, with prizes for the finalists of the winning and losing brackets, will top off the event in the evening.

PeopleSoft, Inc., PeopleSoft Consulting and I.F.D., Inc. are presenting sponsors for the tournament with teams sponsored by ABN-AMRO, Burnham Online.com, Chicago Metals, Finley Dunne's Tavern, Gamekeepers, The Greater Chicago Group, I.F.D., Inc., Jameson Realty, The Lending Group Inc., Lincoln

Park Athletic Club, PeopleSoft Inc., PeopleSoft Consulting, Pricewaterhouse Coopers and ROCK Trading.

Sponsorship opportunities include: a Triple Sponsor for \$5,000 which includes name or logo recognition on the main event banner, event T-shirt, game day program and in all event advertising; on location presence at the event, entry for two teams, and recognition at the event awards ceremony; a Double Sponsor (Field Sponsor) for \$1,500 will receive name or logo recognition on the back stop and on location presence at the event, name or logo recognition on event T-shirt and game day program, entry for one team and recognition at the event awards ceremony and the Single Sponsor (Team Sponsor) for \$750 will receive name or logo recognition on outfield banner and game day program, entry for one team and recognition at the event awards ceremony.

The MultipleSolutions Softball Slugfest Against MS Committee is seeking teams, sponsors and volunteers to support and participate in the event. Volunteers are needed to help with food and beverages, tournament logistics and goody bags. The Softball Slugfest Against MS Committee is led by co-chairpersons, Mary Jo and George Viero of West Lake View, with committee members Eileen O'Shea of Streeterville; Bill McNamara of the West Loop; Julie Peterson of the Gold Coast; Anne and Howard

Adelstein and Bill Delaney of Wicker Park; Al Sellers, Brian Collic and Patrick Johnson of Lincoln Park; Beth Kelly, Maura McCauley, Stefanie Brunner, and Tracy Krah of Wrigleyville; Kelley and Chris Ligozio of Rodgers Park, Dave Dziedzic of Norridge; and Brandon Johnson of Carol Stream.

For more information about the 1st Annual Softball Slugfest Against MS or to participate as a team, volunteer, or sponsor contact Kelley Ligozio at 312/423-1104 or kelly.ligozio@ifd.nmss.org or visit the Greater Illinois Chapter's web site at www.msillinois.org.

Multiple sclerosis is a chronic, often disabling disease of the central nervous system that generally strikes people between the ages of 20 and 40. Symptoms can range from numbness in the limbs to paralysis or loss of vision. The progress, severity, and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatments are giving hope to those affected by the disease.

If you or someone you know has MS, the National Multiple Sclerosis Society recommends that people with the most common form of MS consider one of the three FDA approved treatments: Avonex®, Betaseron® or Copaxone® - the sooner the better. For detailed information about this recommendation, call the Greater Illinois chapter's Coordinator, Information Programs, at 1-800-922-0484.

Skokie Indians All-Stars



The Skokie Indians All-Stars recently played in the 8-year-old boy's baseball tournament at Thillens Stadium in Chicago.

Eight teams from the greater Chicagoland area entered the double elimination contest, and Skokie finished with a one win, two-loss record.

Pictured is Skokie second baseman Noah Felvey making a tag on Edgebrook's runner in the second round of the tournament.

Leaving your job?

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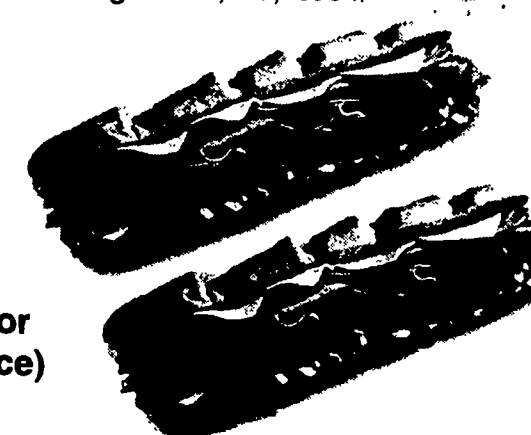
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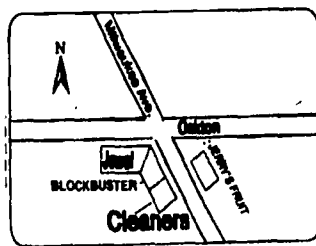
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Niles Senior Men's Club Officers installation



Niles Senior Men's Club Officers for the year 2001-2002 were recently installed at the Center. From left to right Second Vice President Rus McAndrew, First Vice President Harry Kuhrau, Outgoing President Chet Hajduk, President Gene Briars, Secretary Tom Parala, and Treasurer Joe Pavese. Niles Senior Men's Club has been a vital force within the community for over twenty-five years. All Niles senior men are welcome to join the Men's Club. Meetings are the third Monday of every month. For more information contact Niles Senior Center at 588-8420.

Niles Ladies Auxiliary

The Ladies Auxiliary to Niles Memorial Post 7712, Veterans of Foreign Wars, recently installed the following officers at the Post

Home, 7419 Milwaukee Avenue. President - Pauline Bolton, Sr. Vice President - Dorothy Keller, Jr. Vice President - Loretta Wit-

kowski, Chaplain - Estelle Merle, Secretary - Anna Krueger, Treasurer - LaVerne Kozak, Conduress - Emilie Paluch, Guard - Isabel Peterson, Trustees - Geraldine Deagon, E. Lillian White, Mary Symer, Patriotic Instructor - Lucille Prybil, Historian - Lorraine Beusse, Color Bearers - Geraldine Deagon, Mary Symer, Virginia Poremba, Roberta Fitch, Flag Bearer - Geraldine Mugnolo, Banner Bearer - E. Lillian White, Musician - Lucille Prybil. Installing Officer was Past President Geraldine Mugnolo and Mistress of Ceremonies was Estelle Merle.

The Ladies Auxiliary to the Veterans of Foreign Wars is a service organization dedicated to promoting patriotism, protecting veterans' rights, helping hospitalized and homeless veterans and their dependents and conducting projects to improve the community.

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

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

NILES - ONLINE

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

FOR YOUR HEALTH - AUGUST/SEPTEMBER

AUGUST 30 DO NOT RESUSCITATE (DNR)

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

Volunteers needed for our annual flu shot program. Please contact Kelly.

ATTENTION: SENIOR BOWLERS

The Men's Senior Handicap Bowling group (with over 100 bowlers) 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.

SPECIAL IN SEPTEMBER:

WEDNESDAY EVENINGS AT THE CENTER

Beginning Wednesday, Sept. 5, and continuing throughout September, we will be open Wednesday evenings from 5 to 8:30 p.m. for socialization, card games, pool, and other games. Evening Spanish & Ceramics classes will begin October 3.

IMPORTANT: NEED TO MAKE A CHANGE? INSURANCE OPTIONS!

Important informational session at 11 a.m., Thursday, Sept. 6. Help sort out health insurance options. This session is especially important for those in Humana Gold Plus at Lutheran General Hospital, which is being cancelled December 31.

GENERAL TICKET SALES

Please Call For Ticket Availability

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

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. Noon lunch featuring Hamburgers and Brats fresh off the grill, and then it's entertainment by Frank Pisani. Cost: \$7 includes lunch, entertainment, prizes.

Morton Grove Senior Citizens 470-5223

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 Harrier 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.

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, Aug. 28 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Aug. 28 should call the Senior Hot Line at 470-5223 to reserve a seat on the SeniorTran. Home Pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the SeniorTran returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost.

NILES TOWNSHIP REASSESSMENT APPEAL WORKSHOP

Niles Township Assessor Scot Bagnall will host an appeal workshop from 9 a.m. through 1 p.m. on Saturday, Sept. 8 at the Warman Administration Center at 5255 Main Street in Skokie. Niles Township triennial real estate reassessment notices were mailed July 24 and the appeal deadline is Sept. 24. Increases in Niles Township assessed values range from 4% to 25% with the average increase at 13.4%. Taxpayers are encouraged to take a look at their reassessed values and make a challenge if the new assessed value appears out of line. Materials and guidance will be furnished at the workshop to assist taxpayers in filing an appeal. Commercial taxpayers may also prepare appeals at the workshop.

AT THE LIBRARY

The Morton Grove Public Library presents two special programs of interest on Sept. 8 and 9. At 2 p.m. on Saturday, Sept. 8, Master Gardener Marian Thill will present "Gardening for Birds and Butterflies." Ms. Thill will share gardening tips and advice on plant selection based on experience in her own Morton Grove garden, which is recognized by the National Wildlife Federation as a backyard habitat. Then at 2 p.m. on Sunday, Sept. 9 history will come alive as Robert Lindsey portrays President Franklin D. Roosevelt. Listen as FDR speaks about politics, the Depression, the arts-polio, and issues as important today as they were sixty years ago. Laugh with him as he tells stories about Congress, Fala and Eleanor. Ask FDR questions at the conclusion of his "Fireside Chat." Seating is limited for this program so please call 965-4220 or stop by the Reference Services Desk to make a reservation.

MORTON GROVE HOMECARE SERVICE

The Morton Grove HomeCare Service is a program offered by the Village of Morton Grove and funded by a Cook County Community Development Block Grant. The service is for residents age 62 and older who may need assistance with a combination of the following: meal preparation, laundry, light housekeeping, companionship, organizing the living area, grooming, bathing assistance, medication reminders, errands, and transportation. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through Home Instead Senior Care. To qualify, a person must be age 62+, be a Morton Grove resident, demonstrate a medical need for home care, meet household income (less than \$28,150 annually) and household asset (less than \$50,000) eligibility criteria. For more information contact Morton Grove's Family & Senior Services at 470-5219.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send \$3, and non-residents send \$4 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053.

Keep the home fires burning...safely

(NAPS)—A recent study found that most Americans are homebodies at heart.

According to the American Association of Retired persons (AARP), 80 percent of retiring adults want to "age in place," that is, remain in their homes near friends and family.

Experts caution that as people age in place, it becomes increasingly important to remember fire safety. The United States Fire Administration (USFA) found that the fire casualty rate for people over the age of 65 is twice as high as the national average. In addition, the fire death rate among people between the ages of 75 and 85 is three times the national average and after age 85, increases to four times the average.

These statistics have prompted the USFA to launch a new fire safety campaign called *Prevent Fire. Save Lives.* The organization says by learning and practicing fire safety, it's possible for people to reduce their chances of being fire victims as they age.

USFA offers the following fire safety tips for people over 65:

Have an Escape Route

- Update, plan and practice your fire escape route. Know two ways to exit each room in your home.

- If you use a walker or wheelchair, make sure it fits through exits.

- Be sure you can open all doors and windows.

Maintain Smoke Alarms

- Having a working smoke alarm can more than double your chance of surviving a fire. Install a smoke alarm on every level of your home.

- Test your smoke alarms once a month and change the batteries at least once a year.

Careless smoking is the leading cause of fire deaths among Americans over 65, while cooking fires cause the most fire injuries in that age group. Unsafe heating practices are also a major cause of fire deaths among people over 65. To address these dangers, the USFA offers these tips:

Be Careful When Smoking

- Never smoke in bed, near oxygen sources or gas stoves.
- If you begin to feel drowsy

Legionnaires

The American Legion Gladstone Post #777 meet at the Edgebrook Community House, 6100 N. Central Ave., Chicago, every 3rd Tuesday of the month 1 p.m.-6 p.m.

All vets invited. Refreshments will be served. Call 773-685-9568, John Goetz

Youngsters of Little League can survive under-coaching a lot better than overcoaching.
—Willie Mays

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Home Style

Discover the possibilities of flowers

(NAPS)—A fast and inexpensive way to revitalize any room in the house is to add fresh flowers. Why? Because flowers are a great way to brighten up the home, and they require very little time and effort to create a unique display.

You don't need to be a floral designer to have fresh flowers in your home each week. It only takes a few stems to transform the look of any room. With flowers more plentiful than ever, it's easy to pick up a bunch or bouquet and get started.

Questions inevitably arise about how to care for flowers and how to create simple displays. Lauri Ward, home décor expert and author of the bestselling book *Use What You Have Decorating*, provides the answers to some frequently asked questions about decorating with

flowers:

Q: What are the best types of containers to use for flowers?
A: If it will hold water, it will hold flowers. Be creative. Use unique containers such as inverted hats, pottery, display bowls and glassware are all excellent containers for flowers.

Q: Are there certain colors that work best together?

A: Group like-colored flowers of varying types and shades. For example, white roses and white carnations or pink gerbera daisies, pink lilies and pink carnations.

Q: What's the best display to create using a pre-packaged bunch of flowers?

A: Buy two mixed bunches and group them into like colors. You can create one large display and several small ones to use throughout the house. For smaller arrangements, use an odd

number of stems—one or three work best.

Q: Where is the best place to display flowers?

A: In high traffic areas and busy rooms of your house, where you can enjoy them the most, i.e. the kitchen, bedroom or bathroom. When finding the right spot, try to keep them away from direct sunlight, air vents, or televisions and radiators. This will keep flowers hydrated for a longer time.

Q: How can I make my flowers last longer?

A: Cut flowers with a sharp knife (instead of scissors) at an angle. Place flowers into the water as soon as possible after cutting off the ends. Be sure and strip all leaves below the water line, and change the water every other day. For more flower ideas, visit

www.flowerpossibilities.com.

The lowdown on ladder safety

(NAPS) -- Following a few simple safety tips may help reduce the number of ladder-related mishaps at home and at work.

Every year in the U.S., nearly 300 people die in mishaps involving ladders, and more than 175,000 people are injured.

The C.L.I.M.B. Academy Ladder Safety Training Program offers the following suggestions to all ladder users:

- Choose it right; always select the right climbing equipment for the job.

Never use a metal ladder when working near electricity. Don't use a step ladder for jobs which require an extension ladder. Check the ladder's Duty Rating to see if the ladder can support the combined weight of you and your tools.

- Look closely; inspect the ladder before every use for any damage or missing parts.

- Insure a safe, stable ladder setup. Make sure all the feet are set on a firm, level surface and use a device such as a Ladder Pro Ladder Tie-Down device, to secure the ladder and improve the stability of extension ladders during elevated projects.

When moving the ladder, be aware of its size and surroundings. At least two people should move long or heavy ladders.

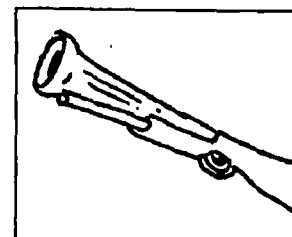
- Move slowly, carefully and always have three points of contact on the ladder. Before beginning your ascent, be sure to clean off any substances that may cause you to slip.

The "Belt Buckle Rule" is one way to remember the proper climbing position. Simply keep your belt buckle positioned between the side rails at all times and do not over-reach. When working on a ladder, you should be able to reach what you are working on comfortably.

- Become an expert on ladder safety, not a statistic.

If a ladder fails any safety check, don't use it. That ladder should be repaired with factory authorized parts or discarded immediately.

To order a free booklet on ladder safety, visit: www.louisvilleladdergroup.com or call the Louisville Ladder Group at 1(800)666-2811.



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Poison proof your home

When was the last time you went through your home to ensure that children, adults and pets were being protected from the unsuspecting poisons lurking in your cupboards, closets and garages? If you don't remember, then it's time for you to do a room-by-room inspection to correct any potential poisoning hazards as soon as possible. A little time spent now could avoid an emergency later.

More than 1 million children under age six are accidentally poisoned each year in the United States, representing about 60 percent of all poisoning cases. The most frequent causes of poisoning are common household products, such as cleansers, medicines, cosmetics and personal care products.

The Illinois Poison Center (IPC), which offers free poison prevention treatment and advice via a statewide hot line (1-800-942-5969), handled approximately 6,100 cases last year involving toxic exposure to household cleaners such as bleaches, disinfectants and floor and tile cleaners. The IPC is using National Poison Prevention Week, March 18 - 24, to remind Illinois residents about the importance of poison-proofing their homes.

Home Safety Checklist: Take a few minutes to go through your home, using this safety checklist:

Kitchen

- Remove household products from under the sink or anywhere children can reach them.
- Do not keep medications out on the counter.

Bathroom

- Keep all your medications in child-proof containers and out of children's reach.
- Destroy old or unused medications by flushing them down the toilet; rinse out containers before throwing them away.

- Keep all bathroom and toilet cleaner locked up. Health and beauty aids should always be kept out of children's reach.

Living Room

- Inspect all walls and windows for peeling paint, which

may contain lead.

- Identify all plants and remove those that are dangerous.

Bedrooms

- Keep all perfumes, colognes, cosmetics and contraceptives out of children's reach.
- Do not leave medications out on the nightstand or within the reach of children.

Laundry Room

- Keep soaps, detergent, bleaches and diaper pail deodorizers out of children's reach.
- Rinse out all empty bleach and fabric softener bottles before discarding.

Garage and Yards

- Keep the following items in safety containers and out of children's reach: gasoline, oil, antifreeze, charcoal lighter fluids, paint and thinners, and insect and weed killers.

- Do not put gasoline or paint thinner in other jars or bottles. Keep them in the original containers.

Every household with young children should stock both syrup of ipecac and activated charcoal. Syrup of ipecac is a safe and effective drug used to induce vomiting. Activated charcoal is a product that binds with a poison in the stomach, preventing its absorption and allowing the body to eliminate it naturally.

Both of these products are inexpensive and available at local

pharmacies without a prescription. He cautioned that you should never see either product without first calling the IPC or a physician.

You can be prepared for a poisoning emergency by posting the IPC number on each phone in your home. With the IPC's help, nearly four out of five poison victims were treated safely and effectively in 2000 without a costly trip to a hospital emergency department.

The IPC is the only certified, regional poison center in the state, serving all of Illinois 24 hours a day, 365 days a year. Staffed by physicians, nurses, pharmacists and other poison specialists, the IPC welcomes calls from the public and health care professionals on treatment of poisonings, overdoses, medication problems, occupational exposures, hazardous material incidents and other poison-related concerns. The IPC is a program of the Metropolitan Chicago Healthcare Council (MCHC), a membership and service association composed of more than 130 hospitals and health care organizations working together to improve the quality of health care services.

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Homeless pets byte back

Seventeen northwest shelters and rescue groups have joined Petfinder.com, the oldest and largest virtual animal shelter on the Internet. Nationwide, the Web site has over 2,500 members and features descriptions and photographs of over 45,000 pets waiting to be adopted. Members keep their lists of pets updated regularly.

New area members are: Animal Welfare League, Chicago Ridge; Chow Rescue Foster Care, Aurora; Recycled Rotties, Riverdale; Great Pyrenees Rescue of Greater Chicago, Inglewood; Chicago Miniature Schnauzer Club Rescue, Highland Park; Midwest Akita Rescue Society, Chicago; Save A Dog, Bannockburn; DuPage County Animal Control, Wheaton; DeKalb County Animal Shelter, Geneva; Midwest Bloodhound Rescue, St. Charles; Pets Without Parents, Manteno; Chicago Community Humane Center, Chicago; Illinois Boston Terrier Rescue, Peotone; Humane Haven Animal Shelter, Bolingbrook; ADOPT/IL Dobe Rescue, Naperville; Illinois Alaskan Malamute Rescue Association, Mt. Prospect; and The Critter Corral Guinea Pig Rescue, Steger.

To search for a specific kind and breed of animal, potential adopters can log on to www.petfinder.com and enter their search criteria. A list comes back ranked in proximity to the visitor's Zip code. Contact is then made directly with the shelter or rescue group where the animal is housed. The service is free to both potential adopters and to shelters and rescue groups. Many shelters report that over 50 percent of their adoptions now come through Petfinder.com.

"We estimate that we facilitated hundreds of thousands of adoptions last year," says Kim Saunders, Director of Shelter Outreach at Petfinder.com. But there's much more to be done. The American Society for the Prevention of Cruelty to Animals (ASPCA), a Petfinder.com partner, reports that from 8-12 million animals are relinquished to shelters each year. "The numbers are staggering," Saunders says. "Petfinder.com, the ASPCA and the Ralston Purina Company, a Petfinder sponsor, are dedicated to making a difference for these homeless pets with the Petfinder.com Web site."

Petfinder.com has been recognized by Forbes Magazine as one of the Best 300 sites on the Web, and Family PC named it as one of the top 100 family sites. Other groups wishing to join may do so on the Web site or by contacting Saunders at 908-810-1976.

Lack of action is often mistaken for patience.
—Italian proverb

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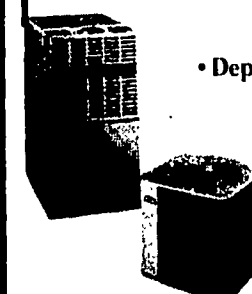


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Home Style

Indoor air pollution: A new solution

(NAPS) -- Many homeowners can breathe easier this home heating season, thanks to a new solution to an increasingly common problem -- indoor air pollution.

Tobacco smoke, bacteria, dust and other airborne particles as small as 0.35 microns -- a micron is just 1/25,400 of an inch -- can contribute to allergies and other health problems, experts agree. In fact, the Environmental Protection Agency (EPA) recently found that airborne particles smaller than 2.5 microns from

diesel exhaust, power plants and other sources are responsible for serious lung disease. Many of these airborne pollutants can be found inside the home -- not just during "allergy season" but also during the colder months when furnaces are running and closed windows mean less ventilation.

Fortunately, there's a whole-house air cleaner that tests show is the world's best performer. It is never less than 94 percent efficient against airborne particles as small as 0.35 microns, compared

with 70 percent for the next-best whole-house air cleaner.

The new air cleaner is able to make that performance leap by using patented technology that combines the best properties of the two most popular types of high efficiency residential air cleaners -- traditional electronic and micro-fiber pleated media. It gives airborne particles a powerful electric charge and then captures them permanently on the grounded microfiber media. The result is the removal and perma-

nent entrapment of allergens such as pollen and spores; disease-causing agents such as bacteria; and pollution such as soot and dust.

In tests based on industry standards, the Aprilaire® Electronic Air Cleaner removed:

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pollen, spores and ragweed

- More than 99 percent of airborne particles the size of most fungus and mold spores
- The highest percentage of cigarette smoke particles of any residential whole-house air cleaner.

You can learn more about high-efficiency air cleaners at: www.aprilaire.com.

Are you on familiar terms with your air conditioner?

(NAPS) -- "Getting to know you," might be a tune you can hum, rather than having your air conditioner humming the wrong note and going on the fritz.

The more you know about your air conditioner, the cooler you'll be.

Frequently Asked Questions On Seasonal Cooling Systems:
What are the warning signs that my cooling system may not be working properly?

Notice the sound your air conditioner makes when it is working and cooling properly. Machines often "tell" you before they are going to quit. Pay attention to changes and you might avoid costly repair.

What can I do in my home to

make my cooling system be more cost-effective?

Maintain a tight seal on doors and windows to prevent air leakage. Also, keep the opening and closing of entrance and exit doors to a minimum. During the daylight, block direct sunlight. Close the blinds on the east side of your home in the morning; in the afternoon, close the blinds on the west side.

What criteria should I use when setting the temperature on my air conditioner?

When no one is home, move the thermostat up five or six degrees. For every degree that you move it up, you save about five percent.

When it cools down outside, can I turn off my air conditioner?

This is a question of preference. Shutting off the air conditioner never harms the equipment. Damage occurs when it is shut off and immediately turned on. This quick action could damage the compressor, especially in older systems.

Can I have landscaping around the outside of my air conditioning unit outside?

Yes, but make sure you do not obstruct air flow to the unit. Keep plants and shrubs about three feet away to assure proper air flow.

Does my air conditioning unit need to be covered in the winter?

The only reason to cover the air conditioning unit is to protect it from falling leaves or other debris. When the unit is properly serviced, nothing will damage it if it is left exposed during the off-season.

What should I do to winterize my cooling system?

Simply turn the unit off. Any debris that has gathered throughout the summer should be removed. Every few weeks when you mow the yard, make it a practice to remove debris that may have built up.

How often should my cooling system be checked by a certified technician?

Your cooling systems should be checked annually -- before the season starts.

You can reach NATE by calling (877) 420-NATE, or visit their Web site at: www.nate.org.

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Home Style

Tillers Make Weeding, Cultivating Easier

by Bob Vila
For News USA

(NU)-Power tillers are time and laborsaving garden tools designed to turn hard ground into smooth, ready-to-plant soil. Tillers also can be used to cultivate and remove weeds from planted gardens. Generally, the best tilling depth is 4 to 6 inches and the preferred cultivating depth is 1 to 3 inches.

The most important factors to consider in selecting a power tiller are the garden size and soil conditions, according to Craftsman which sells one out of five tillers in the United States.

Front-tine tillers are recommended for small gardens up to 5,000 square feet. They are designed for cultivating, weeding and general maintenance of previously tilled gardens. Craftsman front-tine tillers, for example, are powered by 5.5- or 6-horsepower engines and provide tilling paths from 12 to 26 inches wide. The engine is mounted directly above the tines and transmission to provide aggressive digging action and good balance. Power reverse makes backing up easier, especially at the end of plant rows.

Rear-tine tillers are designed for gardens up to 10,000 square feet. They can turn over hard, compacted soil when starting new gardens, planting grass seed or laying sod. Craftsman rear-tine

tillers have 5.5- to 7-horsepower engines and provide tilling paths from 14 to 17 inches wide. The engine is located above the front pneumatic wheels and tines are mounted behind. Counter-rotating tines (CRT) uproot the soil and throw it against the front of the tine shield, where it drops down and is pulverized again.

A dual-rotating rear-tine tiller also is available. This machine can operate in a CRT mode to prepare seed beds in spring or standard-rotating-tine (SRT) mode for cultivating.

Mini-cultivators are front-tine tillers that weigh about 40 pounds and usually are powered by 2-horsepower engines. These lightweight machines are ideal for cultivating previously tilled garden rows and flower beds. Craftsman mini-cultivators have tilling paths of 6 to 12 inches and adjustable depth selectors. Handles fold for easy storage.

With these basic guidelines, you'll be better prepared to select a power tiller that's right for your gardening needs.

Bob Vila, who is celebrating 21 years in television, is the producer and host of "Bob Vila's Home Again," sponsored by Sears. He is a spokesperson for Craftsman tools and appears regularly on CBS "The Early Show."

Achieving unusual finishes with textured paints and glazes

(NAPS) -- Friend or faux? For many years, achieving the distinctive look of faux finishes on walls and furniture was a time-consuming, expensive task best left to the professionals. But thanks to new faux products, it has become a lot easier to give your home a dramatic look.

For example, McCloskey, a division of Valspar, makes a series of faux finishes, called Special Effects, and provides a collection of professional-quality brushes, sponges and tools to help create decorative finishes. Here are some helpful hints on using these products to create the look you want -- with the added satisfaction of doing it yourself:

- **Crackling** -- Gives the wall surface an "antique," cracked finish. Start by applying a base coat of any color. Then apply a McCloskey weathered crackling glaze, and allow it to dry according to directions. Then brush or sponge a flat or satin top coat over the crackling medium. Within minutes, the top coat will crack, revealing the base coat. It is recommended that you finish the look with a clear protector. McCloskey also offers a porcelain crackling glaze, which produces much smaller cracks.
- **Sponging** -- Creates ran-

dom patterns in multiple colors with the help of sponges and glaze. Start by applying a base coat and allowing it to dry thoroughly. Then rinse a sponge in clear water and wring it out. Dip the sponge lightly in a glaze. (Blot or wring out the sponge if it has picked up too much glaze.) Press the sponge onto the wall with a light, quick motion, rotating the sponge to create a random pattern. Use a smaller sponge or cut off a small piece of the larger sponge to use in corners. To create a granite effect, sponge over several colors of glaze. For a clouded effect, dab a clean, damp sponge over the glaze before it dries.

- **Dragging** -- Shows your stripes with this inventive technique. First, fill in cracks in the wall, as dragging emphasizes surface flaws. Next, apply the base coat and let it dry thoroughly. Apply the glaze in one section, and drag or pull a wide brush (or wall-paper smoothing brush) down through the glaze, applying uniform pressure. To keep the stripes parallel, stand directly in front of the area you are dragging. Wipe the brush on a cotton rag after each pass and, as you work from section to section, overlap the sections slightly.

JULIE, Inc. promotes underground damage prevention program

With the arrival of spring and warmer weather comes the beginning of the new dig season. As part of an ongoing safety education campaign, representatives of the Joint Utility Locating Information for Excavators (JULIE) are stressing the importance of damage prevention to homeowners/renters, contractors and excavators in Illinois.

Common examples of projects that require a call to JULIE before digging include putting up a fence; installing a swing set for children, a mail box post, new water feature or clothes line pole; building a deck or room addition; or planting a garden, trees or shrubbery. The call to and service provided by JULIE is free to the excavator.

"Underground facilities can be damaged or ruptured by an assortment of digging instruments; a small bend or dent can create problems months later," said Mark Frost, Executive Director of JULIE, Inc. "Loss of natural gas, telephone, water or electricity can leave communities without vital services. When damaged, these services can endanger property and public safety -- they can also be expensive and time consuming to repair."

"Whether it's a small or large project, Illinois law requires all persons digging to call JULIE at least two working days prior to

the start of excavation," continued Frost. "The Illinois One-Call System operates 24 hours a day, seven days a week."

JULIE, also known as the "Illinois One-Call System," is a not-for-profit corporation that provides contractors, excavators, homeowners and others who plan to dig with a toll-free telephone number (1-800-892-0123) to call for the locating and marking of underground facilities. JULIE serves as a message handling service for utilities, taking information about planned excavations and distributing this information to its utility membership. It is then the responsibility of each utility to mark the location of their underground facilities at the excavation site.

JULIE, Inc. promotes an easier, safer digging environment and serves the entire state of Illinois outside of the city of Chicago, which is covered by DIGGER. Illinois law requires all persons digging to call JULIE at least two working days prior to the start of excavation and to begin that project within 14 calendar days from the call. The 48 hour notice does not include Saturdays, Sundays, or holidays.

Excavators calling JULIE sim-

ply give the necessary information to an operator: county/city or county/township (tier and range, section number/quarter section number); name and phone number; exact address with nearest cross street/road within a quarter mile; location/extent of the excavation; description of the excavation; and date work will begin.

Illinois excavators currently have four methods to reach the Illinois One-Call System: via the toll free phone number (800) 892-0123; the Batch Remote Ticket Entry (BRTE) program which allows excavators, with software provided by JULIE, to directly input their utility locate requests into JULIE's computer via their own personal computer; the Web Remote Ticket Entry (WRTE) program which allows frequent callers to file their locate request information through an Internet Web site; and the Fax-A-Locate Program (this program requires a 72-hour advance notice from the start of work).

Established in 1974, JULIE currently represents 937 member companies who benefit from their participation through a reduction in lost time accidents, service interruptions and costly repairs.



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The Bugle Newspapers' Area Employment News

Enriching the Lives of Older Adults

by Jeanine Kromer

Norwood Park Home is one of the premiere senior residences in the surrounding area. The facility is not-for-profit and offers Shelter Care (Assisted Living) and Skilled Nursing care tailored to meet each resident's requirements. Norwood Park Home strives to respect the individual's dignity regardless of age or condition. Residents at Norwood Park Home receive the highest standard of social and physical care keeping in line with over 100 years of outstanding service for older adults.

Norwood Park Home provides three levels of Shelter Care ranging from highly independent to progressively more assistance with daily care. Once admitted to Norwood Park Home the resident undergoes an evaluation to determine the level of care necessary. Residents are re-evaluated on a monthly basis to detect any change in needs. Norwood Park Home is certified to handle Medicare and Medicaid cases.

To find that right job, experts say plan for the future

At one time, the job you hired on to do was what you did for the next 20 years. Some people liked that, but a lot of people didn't.

The question we have to ask ourselves now is "Am I prepared to handle the change that's inevitable in the workplace?" The second question is "What do I want to be when I grow up?"

Warren Farrell, Ph.D., says we are going through an "opportunity shift" in the job market. In his book *Why Men Are the Way They Are* (Berkley), he says, "We've evolved from being a nation of entrepreneurs at the outset of our country, to being a nation of corporate and government employees, to being a mixture, a balanced blend."

Opportunities come more frequently, but unless you know what you want, you will not be prepared. Ask yourself if you want a more powerful position. Or would you be more satisfied with a job that pays less but brings immense enjoyment?

Job counselors say the biggest mistakes people make in managing their careers are being unsure about their personal values and not having specific life and career goals.

They recommend making a plan that includes:

- * Your goals for three years and five years from today.

- * A schedule of the amount of time you will be able to devote to the training or extra work involved in reaching various goals.

- * What courses or training you will need and when you can pursue further education.

The workplace changes, but instability can work in our favor if you are prepared for new opportunities.

ing from highly independent to progressively more assistance with daily care. Once admitted to Norwood Park Home the resident undergoes an evaluation to determine the level of care necessary. Residents are re-evaluated on a monthly basis to detect any change in needs. Norwood Park Home is certified to handle Medicare and Medicaid cases.

Independent residents may come and go as they please but benefit from a warm, delightful and protective home. There are single rooms that have a shared bathroom and double rooms with private bath. Each unit is equipped with individually controlled heating and air conditioning. Residents are encouraged to decorate their rooms with personal items. Norwood Park Home features Companion Radio for residents to enjoy popular music from the 1920s to the 1940s, old radio shows and news especially for seniors. Companion Radio is a great service for seniors with vision problems. Older adults grew up listening to radio and are very comfortable with the medium. Spacious solariums throughout the home are wonderful places to visit with family and friends. An old-fashioned screened in porch dating from 1924 is another option when looking for a place to relax. Additional conveniences include a refrigerator/freezer on each floor and a water cooler.

Three regular meals are served daily by waiters/waitresses in the charming dining room. Residents may also help themselves at the buffet line during meal times. In addition to regular meal times the dining room is open for coffee and socializing in the morning and afternoon.

Fees are based on room type and level of care. The regular fees encompass three daily meals, personal laundry services, housekeeping, standard activities, security, nursing assistance, religious services and utilities not including the phone. Some activities at Norwood Park Home are Senior FITness, music appreciation, bingo, bunks, pokeno, bowling, computer classes, shopping trips, ceramics and cooking. Outside entertainment is brought in weekly for the residents to enjoy. For nominal fees services such as a 24 hour staff physician in addition to in house hours, physical rehabilitation, medication, dentistry, podiatry, hearing, beauty parlor and barber are available.

Skilled Nursing Care for residents who need around the clock care or supervision is also broken down into three levels based on

the resident's requirements. There are three floors for the Skilled Nursing Care residents. Each floor has its own nursing station and two specially equipped bathrooms for assisting resident's bathing. All rooms are semi-private and have a shared toilet. The rooms are decorated in warm and soothing pastel colors. Meals are served in the resident's room or the community solarium. The level of care required is determined by factors such as medication, physical therapy treatments, lab respiratory treatments, daily living activities, psychological status and behavioral monitoring. Norwood Park Home has a professional nursing staff and certified nursing assistants available to cater to residents' requirements.

A newly designed Dementia Care Unit has been opened to address the needs of residents who

have Alzheimers or dementia. The Dementia Care Unit provides focused care for residents in the middle stages of dementia. Norwood Park Home aims to care for the whole person: cognitively, physically, emotionally and spiritually. Respect and dignity are key to caring for residents with dementia or Alzheimers. There are specific activities such as cooking, crafts and exercise that are tailored for dementia and Alzheimers residents to provide the opportunity for optimal daily performance. Norwood Park Home Sponsors monthly groups for the families and friends of residents with dementia and Alzheimers to provide information and support.

Norwood Park Home offers short stay respite care of up to four weeks when beds are available. The service is to provide at home caregivers a rest to take a relaxing vacation or break from

the demands of caregiving knowing that their loved one is well taken care of. Some individuals may require a transitional home when recovering from a stay at the hospital. The goal is to aid individuals in a speedy recovery so they may return to their own homes as soon as possible.

Assistance in providing hospice care for loved ones who are terminally ill is also provided. Local facilities are contacted to attend to hospice care issues in an individual's home. The goal of hospice care is to enhance the quality of life without attempting to cure the illness. Hospice care will manage the individual's symptoms, control pain and provide emotional as well as spiritual support.

Norwood Park Home is located at 6016 North Nina in Chicago. For more information call 773-631-4856.

Getting a safer workplace is no accident

(NAPS)-A growing number of people are examining what it takes to have a safer workplace. Fortunately for workers and employers everywhere, they are coming up with some good ideas.

A private industry workplace accident or illness occurs every six seconds in the United States. In 1999 alone, there were 5.3 million on-the-job injuries reported, which translates to billions and billions of dollars in medical costs and workers' compensation claims. And it's American industry and you, the taxpayer who end up footing the bill.

Experts contend that more people

die at unsafe workplaces every year than are killed by prostate and breast cancer combined.

While these terrible cancers have rightly sparked nationwide crusades, workplace injuries and deaths have so far escaped the notice of most of the public, the press, and the nation's political leaders. Until that changes, the toll will continue to rise.

The social impact of workplace accidents isn't just about numbers and data. Workplace accidents and deaths happen to people...to someone's son or daughter, husband or wife, mom or dad, brother or sister. Every mishap

affects both the worker and the worker's family. So what prevents workplace safety from becoming a priority?

Part of the problem is that accidents are often seen as random acts. Many corporations view workplace accidents as one of the inevitable costs of doing business. But in addition to that, Americans don't have workplace safety on their top-of-mind list of concerns because the very organizations that have the biggest stake in the issue can't agree on how best to protect workers.

Business, labor, advocacy groups, trade associations, and academic institutions all have a different take on how to make and keep the workplace safer.

The key to addressing this is bringing this diverse group together to look for ways to work in concert with one another.

That's how creative ideas and workable solutions are born. That's starting to happen, and it's the first step to lowering the staggering human and financial costs of workplace deaths and accidents.



After 29 years, American inventor Gordon Gould finally received a patent for the laser in 1986.

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 careers 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, Executive Support Specialist, and Convention and Meeting Planning.

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 six-credit-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 campus, 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.

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10 important considerations when purchasing rental property

Owning residential rental property can supplement your income and be an excellent investment, but it is important to weigh the benefits against the risks before you decide if investing is for you.

"Generally, rental property, if chosen wisely, is considered a stable investment and provides income as well as a tax deduction over a long period of time," says Peter J. Birnbaum, president and CEO of Attorneys' Title Guaranty Fund, Inc. (ATG).

But there are risks inherent in investing in residential real estate property, he says. The property's value may not increase as rapidly as expected, or it may even go down in value. Costs associated with maintaining the property may be more than expected. And, in some cases, the property may not comply with zoning or building inspection laws, requiring the outlay of additional funds for repairs. Some

municipalities also have regulations regarding rental units.

"As with any transaction involving real estate, it is extremely important to consult with a qualified residential real estate attorney before you make an offer on the property or sign a contract," Birnbaum says.

Peter Birnbaum suggests that a person interested in making an investment in residential real estate ask themselves the following questions.

1. **Costs**—What costs are associated with owning and renting the property?

2. **Occupancy Trends**—Is the property fully occupied? What is the average vacancy rate? Do current tenants hold a month-to-month lease, or leases for a period of a year or more? On average, how many tenants are evicted each year for non-payment of rent?

3. **Tenant History**—How long have the current tenants resided there? Are they reliable?

Are they current with their rent?

4. **Tenant Complaints**—What complaints have the tenants made in the past year? Did those complaints concern the facility or other tenants? How were those complaints addressed? If the complaints concerned the facility, did the owner or an outside contractor correct the problems?

5. **Vacancy Rate of Comparable Units**—What is the vacancy rate at other rental properties in the area? What is the average monthly rent for a unit of this size?

6. **Condition**—What is the condition of the building? Is the foundation solid? Are the sewer and water lines, and heating and cooling systems operational? For example, what major repairs have been made in recent years? How old is the roof? Do the windows meet current state and local energy standards or will they require further improvement?

7. **Real Estate Taxes**—

What is the most recent property tax assessment? How does that compare to similar rental properties in the area? Are any property taxes owed? Have any extraordinary assessments been made? What municipal improvements, such as new roadwork or sewer lines, are planned in the area in the near future? Will this result in an extraordinary assessment or increased property taxes?

8. **Zoning**—Does the property meet zoning and building code requirements? Has it ever been cited for noncompliance? Has the property ever been the subject of litigation, liens or other adverse actions?

9. **State and Local Laws**—What state and local laws affect rental properties and/or landlords? Will those laws have an impact on operational costs?

10. **Parking**—Does the property have off-street parking? If not, are there any restrictions on street parking that could have

an impact on the attractiveness of the rental property to a tenant?

The answers to these questions literally form a blueprint for a successful investment property experience, says Birnbaum.

If you decide to move ahead, you'll want to have an attorney review the contract, he continues. In addition, an attorney plays an important role at the closing—a meeting that includes buyers, sellers, their respective attorneys and real estate sales people, and a representative who typically acts as a closing agent. "There are many documents and fees associated with the transfer," Birnbaum says. "Your attorney can provide a clear understanding of these documents. Prior to the closing, you will be informed about the amount of money needed (usually paid by check or certified money order) to cover closing costs."

Skokie Public Library

Here are the highlights of what's happening at the Skokie 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.

Library Classes and Events.
• **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, 3 p.m.

• **Lyric Opera Lecture**—The Lyric Opera Lecture Corps will discuss *Otello* on Wednesday, September 12, 7:30 p.m.

• **Russian Club**—Local ballet teacher and choreographer Inesse Alexandrov will give a talk on fa-

mous dancers Anna Pavlova and Isadora Duncan on Saturday, September 15, 3 p.m. The talk will be in Russian.

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

• **Cat Catalani**—Join Cat Catalani as she sings the best of Gertrude and other classics, along with some modern songs thrown in! Sunday, September 16, 3 p.m.

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

Kids
• **First Step...Library**—Caregivers of young children ages 0-18 months can drop in for some social time with others. Older siblings welcome. Thursday, Au-

Simplifying your life

(NAPS) -- Today's world is filled with so many complications. People complain of not having enough time in the day. Most of us try to combine a successful career with a fulfilling relationship with family and friends. But we still have to find time to deal with grocery shopping, paying bills, traffic, people not keeping their word, laundry, lines in the mall...the list could go on and on. Wouldn't it be great if life was simple and convenient?

Webster's defines "simplify" as "to make simple or simpler; a) to reduce to basic essentials; b) to diminish in scope or complexity." We all want to simplify our lives. When our lives are simplified, we have more time to do the things we enjoy. Simplifying your life shouldn't be a difficult task. Simplifying doesn't mean getting rid of everything that is time consuming. It's about going the extra mile to make sure we have time to enjoy our life by eliminating some unnecessary things from our daily routine. It's about letting go of the complex

and embracing the elementary things in our regular activities.

You can simplify your life by doing the following things:

1. **Do one thing at a time.** When we try to tackle too many projects, something gets neglected. Don't start a new project until you are satisfied with your progress on the current one.

2. **Clear out the unnecessary.** This includes debts, possessions, activities, and those individuals that complicate our lives. Do you still have a drawer full of college t-shirts and sweatshirts that you're keeping for "sentimental" reasons? Get rid of them!

3. **Reduce expenses.** Brown bag your lunch at least three times per week. That can save you approximately 260 hours per year and \$936 per year (based on \$6 per meal).

4. **For one day, practice silence, fast, or go without your car.** You will be surprised how things will come into perspective.

5. **Reduce some of life's complicated chores like cooking every day.** Cook enough for

leftovers, or pick up Blimpie® Combo Meals for you and the family at your local Blimpie Subs & Salads restaurant.

You can also make use of some modern conveniences to simplify your life.

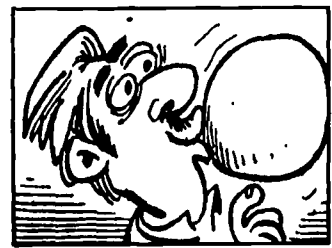
1. **Pay at the pump.** No more waiting in line behind the "cigarette, soda and lottery ticket buyers." Simply pump, pay, and you're on your way.

2. **Take advantage of online everything.** The World Wide Web has made everything more accessible. You can now do your banking online, shop for and ship gifts, book travel arrangements, along with almost anything else you can think of.

3. **Use the ATM.** You can now withdraw, deposit, or transfer money without entering the bank or sitting in that long line at the drive-up window.

4. **Order by number.** Most fast-food restaurants have made it easier for customers to order by creating combo meals -- a sandwich/entrée, side, and drink for one price. Visit a local quick-service Blimpie Subs & Salads, and try a combo meal. It saves time.

By using these tips, you may forget all about the long lines in the mall, the traffic on the way home, and the two-page grocery list...at least for a while!



The first bubble gum was created by accountant Walter Diemer in 1928.

Chicago a cappella

Chicago a cappella is pleased to announce an expanded series of concerts for their 2001-02 subscription season. The acclaimed nine-voice ensemble will add a fall concert to their lineup, perform in four new venues, and add a Naperville performance of their much-loved holiday concert.

Beginning the season with a new fall concert, five singers will weave a spellbinding web of love songs in "The Intimate a cappella." The program will include Shakespearean sonnets, courtly love poems of medieval France, and Monteverdi's heart-

wrenching *Lamento d'Arianna*. The ensemble will also debut *Kisses of Myrrh*, a new piece by Chicago a cappella's Artistic Director Jonathan Miller, based on texts from the Song of Songs. The concerts take place 8 p.m. on Sept. 15 at Unity Temple, 875 Lake St. in Oak Park; 7:30 p.m. on Sept. 30 at Northwestern University's Lutkin Hall, 700 University Place in Evanston; and 7:30 p.m. on Oct. 1 at the Newberry Library, 60 W. Walton in Chicago.

Always an audience favorite, the ensemble's annual "Holidays a cappella" concert will be joyous, moving and unexpected. In addition to new arrangements of holiday favorites and Christmas spirituals, this year brings Three Pieces for Chanukah by Sheldon Rosenbaum (including "Funky Dreidel"), and arrangements ranging from the West Indies to Eastern Europe. The concerts will take place at 8 p.m. on Dec. 1 at Unity Temple in Oak Park; 8 p.m. on Dec. 8 at Community United Methodist Church, 20 N. Center St. in Naperville; and at 7:30 p.m. on Dec. 9 at Northwestern University's Lutkin Hall in Evanston.

In March, Chicago a cappella gets in the groove with "Stormy Weather: Vocal Jazz and A Cappella Pop." The concert will include songs by Cole Porter, Peter Saltzman, and charts by the jazz world's leading arrangers. Performances are at 8 p.m. on March 2 at Unity Temple in Oak Park; 8 p.m. at the Newberry Library in Chicago; and 7:30 p.m. on March 10 at Northwestern University's Lutkin in Evanston.

As a season finale, Chicago a cappella will revive their groundbreaking spirituals concert "Go Down, Moses," with acclaimed storytellers dramatizing the music. Joining the ensemble will be the brilliant personalities of Mamma Kamba, Mama Edie, and Oba William King, in a program developed by them and Jeff Award-winning director and storyteller Megan Wells. The concert will be an intensely personal and inspiring experience, resonating with the dignity and power of the spiritual. Performances will take place at 8 p.m. on April 27 at the Chicago Historical Society, Clark St. at North Ave. in Chicago; 8 p.m. May 4 at Unity Temple in Oak Park; and 7:30 p.m. May 5 at Northwestern University's Lutkin Hall.

For tickets or a season brochure, call (773) 755-1628 or 1-800-SING-WOW (746-4969).

Continued from Page 14

mail shirts and 10-pound helmets and attempt to attack the actual Viking re-enactors. Young children, in the meantime, can take home a shield that they create in a special craft area.

Meet jugglers, storytellers, a roving Celtic troubadour and a Falconer, all of whom will tour the grounds and entertain small groups throughout the day.

The event, formerly known as the Scandinavian Day Festival is in its 22 year at Vasa Park along the beautiful Fox River on IL Route 31.

Admission is \$10 for those over the age of 13.

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

NOTICE
 The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.

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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.

Senior water rates

.....continued from page 1

County Assessor's Office to determine if a homeowner is eligible for a Senior Citizen Assessment Freeze Exemption, currently about \$45,000, will apply to receive the water discount," said Erb. The freeze assessment applies to real estate taxes.

To prove eligibility, senior residents will be able to fax or mail a letter to the village showing participation in the assessment program or provide a copy of their current tax bill.

Senior residents not already enrolled are urged to do so prior to December 31, 2001.

Concerned that no action be taken without resident input and clarification of objections, village trustees called a special

MG couple wins prize.....

continued from page 1

"Best Plant Collection" prize.

The Gernadys didn't quit with one, but wheeled off with ten trophies this year.

After the show closed the wheelbarrow returned to its usual spot, the front lawn of the Gernady home on Palma Lane.

"It's such a versatile container," said Lana about the wheelbarrow. "When fall nights get too cold, I just wheel it into the garage for the night. From early spring to late fall, it holds everything from petunias to mums."

The flower-filled wheelbarrow has been part of their exhibit for a couple of years now, ever since the Gernadys rescued it after a neighbor discarded it.

The Gernadys own and operate a gift and collectibles shop in Glenview. "The Cat's Meow!"

meeting in July to hear from seniors about the water service rate discount program prior to proposing any change to the program.

Surprisingly, a slight turnout occurred in spite of efforts to communicate the date and time of the meeting. Yet those present clearly stated that seniors needed the discount and that no change was wanted.

In 1973, the village initiated a 50 percent discount on the water service rate for all Morton Grove seniors with no cap on usage. Less than 6 percent of the population at the time were seniors. Apparently the free service was taken advantage of, as water usage level increased for seniors over other residents.

Ten years ago, the ordinance was amended so that seniors received a 50 percent discount off the first 6,000 gallons used per month.

About 5.5 percent of Morton Grove's population was age 65 and older in the early 1970s. That figure rose to 21 percent, according to the 2000 Census.

Currently, senior residents save approximately \$100 annually with the program.

The water fund is dependent entirely upon user fees. Revenue in the fund is not related to other sources such as property or sales tax.

Liston said that while many area seniors who are well-off and may not need the discount, many others "count on it." "They see it as a pact between them and the village. We gave it to them and they don't feel it's right to take it away."

The Romans believed Cupid's arrows were tipped with diamonds, giving them unequalled magic powers.

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on **September 10, 2001**, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- | | | |
|----------|---|---|
| 01-ZP-25 | Melissa Madigan
8156 Ozark
Niles, IL | Requesting a variation to locate a fence in corner side yard at 8156 Ozark. |
| 01-ZP-26 | Chris Delannoy
7539 Cleveland
Niles, IL | Requesting a variation from required 3' side yard to 1.4' side yard to replace garage at 7539 Cleveland |
| 01-ZP-27 | Sid Syed,
9513 Laramie Ave.
Skokie, IL | Requesting a change in zoning from B-2 to B-2 Special Use to open a Jimmy John's Gourmet Sandwich Shop at 5612 Touhy Avenue. |
| 01-ZP-28 | Mark Chruscinski
4546 Kenton
Chicago, IL | Requesting Administrative Relief to subdivide property into two buildable lots for 2 single family homes at 8010 Oakton Street. |
| 01-ZP-29 | Jozef Kaminski
4234 Mc Vicker
Chicago, IL | Requesting a variation to required lot width 50' to 45' at 7000 Niles Terrace. |

The Village of Niles will comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Abe Selman, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

Niles boy rescued

continued from page 1

Niles, was recently vacationing in Newfoundland with her family when things almost turned tragic. Among the family members there were her sisters, her uncle and Shaheed taking a short ferry ride to relax in the cool shade and waters of the beautiful areas of Gross More National Park. The children, including Shaheed, played in the water which included a nearby waterfall known as Brook Falls.

"The water they were in was

Car plows into post office

building has sustained structural damage.

Sgt. Jim Zimmerman of Niles Police Department said that no charges were filed in the incident because the Post Office, located in the Civic Center Plaza, is government property. "The village has no jurisdiction on government property, not in a traffic situation," he verified.

While Zimmerman was not at the scene, his traffic experience and knowledge of the site suggests to him that the driver may

Food pantry ...

regularly by churches in Niles and Morton Grove.

Warnick said any contributions of non-perishable food and money is always appreciated. The most immediate needs are for peanut butter, jelly, spaghetti sauce, pancake syrup and large cans or plastic bottles of juice es-

pecially apple, orange and grape flavors. The pantry also needs chili, canned ravioli, cake mix and canned beans.

Donations may be brought to Maine Town Hall, 1700 Ballard Road, Park Ridge, Monday through Friday between 9 a.m. and 5 p.m.

Operations resumed at noon Thursday with access through the revolving door, once the area was cleared to OSHA standards.

continued from page 1

have impacted the curb harder than expected, became startled, and in a confused rush for the brake, hit the gas instead.

Zimmerman said state law provides that an officer, at his or her discretion, can file a report to the Secretary of State, that sets driver retesting in motion.

Operations resumed at noon Thursday with access through the revolving door, once the area was cleared to OSHA standards.

continued from page 1

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Helping the child who is expressing anger

When you hear about children killing other children, you may think, "I don't know a single child who could do such a thing."

Too often the daily news confirms that children and teens can be violent, even deadly. As parents, families, teachers and members of the community, what can we do to help children cope with angry feelings---from frustration to rage?

Some young people turn to violence because they do not see other ways to endure what they are feeling at that moment. They may not anticipate the repercussions of their violence.

These tips may help when you recognize a child who is withdrawing or exploding over everyday frustrations:

Listen to what the child is saying about his or her feelings and be willing to talk about any subject. Young people today are dealing with adult problems such as love, sex, relationships, failure and rejection. Unfortunately, their minds and bodies simply are not ready for these stresses.

Provide comfort and assurance. Tell the child that you care about his or her problems. Show confidence in his or her

ability to tackle life's ups and downs.

Tell the child that everyone experiences anger. Tell him or her about the last time you felt really angry and how you dealt with that anger in a positive way.

Encourage the child to shift gears---to spend some time doing things he or she really likes to do---playing sports, walking someone's dog or reading a book. A different activity can refocus thoughts and help alleviate some of the angry feelings.

Teach basic problem-solving skills. When upsetting situations arise, the child who has practiced these skills will be more likely to think through the consequences of different actions and will, ultimately, make a choice better than violence.

Look at how you handle your own anger. Are you setting a good example? Would you want to be imitated by a child who admires you?

Acknowledge good behavior. When a child deals with his or her anger in a positive way, praise the positive choice. Take every opportunity to reinforce strengths. Build the child's awareness of his or her own talents and abilities.

Shaheed's aunts, decided to go for help, despite the fact that the park was far away and isolated from any nearby towns. His uncle decided to fight the strong current that Shaheed was facing and jumped in after him. Chirin, who cannot swim, began to pray that her son would be alright.

Her prayers were answered when a young man appeared out of nowhere and dove after Shaheed and brought him back to the shore.

It is something that has been called "a miracle" by the family. Their savior was Belk Acem, who just was passing through and relaxing, like Chirin and her family.

Acem is from Algeria and is currently a student in Edmonton.

"But I think he's an angel," said Chamsi.

District 64

.....continued from page 1

McGuire said.

Newly purchased this year for the K-5 schools is a language arts curriculum, described by curriculum coordinator Sally Prior as a program aimed at enhancing students' reading, writing, speaking and listening skills.

District 64 schools are: (K-5) Carpenter, Field, Franklin, Roosevelt and Washington; two middle schools: Emerson and Lincoln; and Jefferson, a special needs pre-school.

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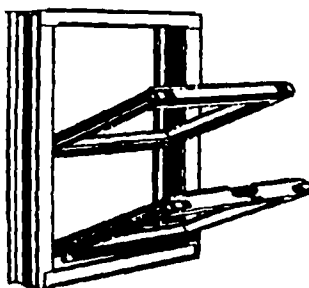
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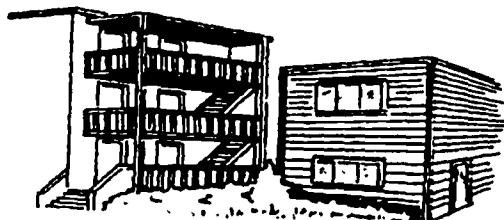
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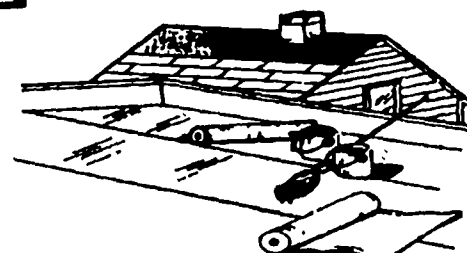
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