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The Niles Bugle

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THURSDAY, NOVEMBER 1, 2001

VOL. 45, NO. 19

Maine Township creates Plan Commission

by Anna-Marie Mesia

Late this summer, Maine Township established the Maine Township Planning Commission.

Board Chairman, Pete Stachiw noted that up until last January, Illinois townships did not have planning commissions. Local villages and towns established their own governmental agencies to develop, sponsor, approve and execute regulations and ordinances to control construction within the township.

The new commission principally effects construction within the underrepresented areas of unincorporated Maine Township. There are approxi-

mately 30,000 inhabitants within unincorporated areas of Des Plaines, Niles, Park Ridge, as well as parts of Glenview and Morton Grove.

"Maine Township has the flattest pieces of property in the State of Illinois with creeks and rivers running through it. Its highest priority problem is flooding - many culverts are too small and out of line," said Stachiw. "It's imperative that replacement, new buildings or new developments follow uniform code for water retention or water detention."

There have already been two meetings to date. A current

Continued on Page 30

Area youth center wins award

by George Pontikis

A 1992 gang-related death of a young teen was the cause for the Maine Township Board of Trustees to start the Youth Drop-In Center, a place where area youths between the ages of 10 to 18 could take part in fun activities, meet friends and stay off the streets.

Recently, the Drop-In Center was rewarded for its good work, and given an award by the Association of Illinois Townships Committee on Youth Organization, recognizing the outstanding service the center has provided to the community. This is not the first time the Youth Center has

been praised for its good work. In 1995, the center received the Governor's Award; other accolades followed in 1999.

George Chicvara, the manager of the Drop-In Center said that he was grateful for the award and the subsequent extra publicity it has generated. Chicvara often takes trips into area schools to remind students that the center is welcome to all local youths.

"It's a cool program," Chicvara said. "We have a lot of space. We have our activity rooms that include ping pong and foos ball tables. There's a

Continued on Page 30

Locals hopeful for prairie work resumption

by Barbara A. Mendelsohn

On National Public Lands Day (Sept. 29), the Friends of Morton Grove Forest Preserves staged an event at Miami Woods they called "Cut the Red Tape Day."

Visitors were invited to sign petitions supporting resumption of forest restoration work stopped in 1996.

Not only did the group's petition campaign garner close to 700 signatures, but Morton Grove Mayor Dan Scanlon and village trustees were among the first to sign.

Red flagging tape snagged

around a patch of Buckthorn made the point visually. The mantra, "Red tape is killing Miami Woods," referred to what the group sees as a bureaucratic impasse.

Buckthorn, a European species, is one of the most invasive shrubs to blight the Chicago-area forest preserves. Such species hog the sunlight; less sunlight at ground level means less growth for native species.

The history of the impasse goes back five years when Cook County Board President

Continued on Page 30

Niles and Morton Grove to be represented in Memphis; Firefighters to test fire fighting skills, endurance

Area firemen head to national competition

by Daryl Dee Moir

five national events.

Keith Duntton, a 13-year veteran with the Niles Fire De-

partment, competed on Oct. 30, qualifying for the regional

Continued on Page 30

International cuisine coming to Four Flags

by Heidi Stadler

A new restaurant will be added to Four Flags Shopping Center, located on 8211 Golf Road in Niles. Dr. Jesus Rene Davivas and his partner Marlowe Xchanzar applied for a license to open a restaurant of French, Vietnamese, and Philippine cuisine.

"I am planning to open a restaurant which will be the first of its kind," said Davivas. Davivas and Xchanzar petitioned the Niles Village Board with their plans for their new restaurant, called *Le Saigon de Manila*. The partners already have a five-year lease on contract with the Four Flags

Shopping Center for the space.

Along with the extensive menu, the restaurant will have karaoke, as well as inexpensive entrees; the highest-priced items should fall between \$12 and \$13.

A new Jimmy John's Gourmet Sandwich Shop will open at 5612 Touhy Avenue. Owners Sid Syed and Fausal Ghandi approached the village board to make a change in code regarding more seating within the facility. The board decided, due to insufficient non-architectural plans that were provided, to deny this

Continued on Page 30

Halloween party held at Niles Park District



Emily Whittle helps toddler Michael Eagan pick out a pumpkin at the Niles Park District's annual Halloween Party on Oct. 27 at Grennan Heights. An estimated 300 children participated in the event that began with a costume parade from Oak Park on Main St.

Res students author youth issues program

Students from Resurrection High School brought an original performance about some of the toughest issues facing today's youth to the stage of their theatre.

"By Teens, About Teens. For Everyone. Listen!" or B.A.F.L.'s goal was to reach out to teens who feel they are alone in dealing with adolescent life. This collaborative effort encouraged everyone to take a deeper look at the people around them and themselves and will enlighten adults with a new understanding about their 21st Century teens.

B.A.F.L. sent a pro-communication message to help viewers realize there are answers to seemingly unsolvable problems. This production openly discussed such issues as prejudice, eating disorders, death, loss, and substance abuse. It shattered the surface of teenage life by opening the eyes of others. Students began writing the program last March as part of a school initiative to help students learn the importance of acceptance and support of each other. Funding for the development of the script came through a federal grant. A member of Health Works Theatre of Chicago facilitated the meetings at which

the student writers brainstormed topic and script ideas. Faculty members Noreen McKenty, coordinator of the peer mediation program, and Kathie Foszcz, director of Res theatre worked with the students to bring the program to the stage.

The program will be evaluated by the Illinois Theatre Festival Association to be considered for inclusion in the 2002 festival offerings performed the first weekend in January at Illinois State University.

Students in the B.A.F.L. ensemble included Jessica Blanc, Pam DeAngelis, Martha Gomez,

Julie Gorzkowski, Annie Hogan, Becky Hougese, Darcy Jura, Colleen Klein, Yvette Lopez, Laura Narbutas, Chrissy Weisenburger.

Students on the technical crew included Heather Albin, Becky Bishop, Jean Bogdaniec, Chrissy Contreras, Stephanie Duggan, Jen Foley, Krystin Fuller, Samantha Jayne, Francesca Lopez, Clare Moeller, Becky O'Connor, Ramina Orah, Alison Ortega, Liz Podczaski, Megan Reidy, Jessica Sanchez, Tatiana Smith, Kim Taylor, Olga Wojtowicz.

Maine Township seeks emergency food donations

Tough economic times are even tougher on the area's low-income families who must depend, at times, on public assistance and local food pantries to get by.

The Maine Township Emergency Food Pantry helps hundreds of families every month. During a year like 2001 when residents are faced with layoffs or lower paychecks, the Pantry is running low on some essential food items and is seeking emergency donations from area companies and individuals to help meet the increased need.

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

Warnick says any contributions of non-perishable food and money are always appreciated. The most pressing needs are for peanut butter, jelly, spaghetti sauce, canned fruit, chunky soups, and large cans or plastic bottles of juice especially apple, orange and grape flavors.

"We are encouraging agencies, schools, and organizations to organize food drives throughout Maine Township to help meet the need," she says.

Donations may be brought to Maine Town Hall, 1700 Ballard Rd., Park Ridge on Monday-Friday between 9 a.m. and 5 p.m. For questions or assistance with large deliveries, contact General Assistance at (847) 297-2510.

Read the Bugle

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Niles Park District Iceland celebrates 30th Anniversary



On Sunday, October 14, Niles Park district Iceland Arena, 8450 Ballard Road, celebrated their 30th Anniversary with a special event that included a figure skating exhibition, a speed skating demonstration, and appearances by present and former Board Commissioners of the Park District as well as Congresswoman Jan Schakowsky of the 9th District.

Pictured from left to right: Commissioner Bill Terpinas; Commissioner Elaine Heinen; 9th District Congresswoman Jan Schakowsky; Past Commissioner Michael Provenzano; President James T. Hynes; Past Commissioner Marlene Baczek; Commissioner Walter Beusse.

Water Reclamation District announces 2000 tax levy

Terrence J. O'Brien, President of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago, announced that the District's 2000 tax levy is \$354.9 million, an increase of \$16.1 million or 4.7% from the 1999 levy. O'Brien said, "This increase is necessary to support the District's day to day operations, capital program and debt service. The tax rate, however, was reduced from 41.9 cents to 41.5 cents per \$100 of equalized assessed valuation. Therefore, the owner of a home with a market value of \$100,000 will see his tax obligation to the District decrease slightly, from \$132.02 to \$128.97."

In other news, the Reclamation District credited the O'Hare Reservoir with saving the northern suburban area from approximate-

ly \$8 million in flood damages during the heavy rains in mid-October.

The District bases this figure on information furnished by the United States Army Corps of Engineers when they studied the cost-effectiveness of the reservoir.

O'Brien said, "The O'Hare Reservoir again proved its worth last Saturday and Sunday (Oct. 13 & 14) when it captured 289 million gallons of water that would otherwise have flooded the basements of area residents and businesses. This is the benefit we promised when work began on the Tunnel and Reservoir Plan more than 20 years ago. Now, with the O'Hare Reservoir providing real relief to the northwest suburbs, we can measure the results in savings to the taxpayers."

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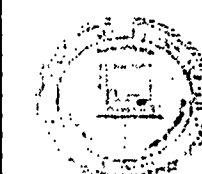
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The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Ankle & Foot Specialists / Ankle & Foot Surgeon on November 29, 2001.

The purpose of the survey is to evaluate the practice's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded to the practice.

Joint Commission standards deal with quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representative at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations
Account Representative
Joint Commission on Accreditation of Healthcare Organizations
One Renaissance Boulevard
Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the practice of the request for any interview. The practice will, in turn, notify the interviewee of the date, time, and place of the meeting.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is completed.

Date Posted: October 26, 2001

New I-PASS Mobile Unit schedule

Beginning Thursday, Nov. 1, the Illinois State Toll Highway Authority will change the hours of operation for I-PASS Mobile Unit services at oases throughout the Illinois Tollway System. Launched in February, the Illinois Tollway's I-PASS Mobile Unit offers motorists registration and account services for the I-PASS electronic toll collection program at oases along the Illinois Tollway System and at area businesses and community events as well.

The I-PASS Mobile Unit makes regular scheduled stops weekdays at five of the Illinois Tollway's seven oases. Signs are posted on the Illinois Tollway approaching the oases to notify customers of the I-PASS Mobile Unit's scheduled days and times. The I-PASS Mobile Unit's new schedule is as follows:

- Monday: 2 to 5 p.m. at the DesPlaines Oasis, near mile post 5 on the Northwest Tollway, I-90.
- Tuesday: 2 to 5 p.m. at the Hinsdale Oasis, near mile post 26 on the Tri-State Tollway, I-294.
- Wednesday: 2 to 5 p.m. at the Lake Forest Oasis, near mile post 60 on the Tri-State Tollway.
- Thursday: 7 to 10 a.m. at the Lincoln Oasis, near mile post 1 on the Tri-State Tollway.
- Friday: 2 to 5 p.m. at the O'Hare Oasis, near mile post 38 on the Tri-State Tollway.

"We've issued more than 6,000 I-PASS transponders since February through the I-PASS Mobile Unit and demand is on the rise," said Thomas Cuculich, executive director. "The I-PASS Mobile Unit is an essential part of our customer service efforts allowing us to put I-PASS registration and account services on the road where our customers are."

The I-PASS Mobile Unit allows new I-PASS customers to register on site and leave with a working I-PASS unit for their cars or pick up an application to join at a later date. Additionally, the I-PASS Mobile Unit offers current customers select I-PASS services, such as account updates or acceptance of payments to their pre-paid toll accounts. The I-PASS Mobile Unit will accept

payments by credit card or check; no cash will be accepted.

To participate in the I-PASS program, customers pay a \$20 refundable deposit fee for the I-PASS unit and open their pre-paid toll account with a minimum of \$40. A discounted, \$10 deposit fee is available to customers signing up for automatic payment by credit card, which replenishes their pre-paid toll accounts when the balance drops below \$10.

The I-PASS Mobile Unit is a dedicated vehicle that transports a portable I-PASS office, equipment and staff to various sites throughout the suburbs. The I-PASS Mobile Unit also can be scheduled to visit other locations convenient to I-PASS customers, such as malls, community buildings and with local businesses along the Illinois Tollway.

In addition to the I-PASS Mobile Unit, motorists will still be able to register for the I-PASS program and leave with a ready-to-use I-PASS unit at the James J. Wessell Business Center in the Illinois Tollway's Downers Grove

office during regular business hours, Monday through Friday between 7 a.m. and 6 p.m. New I-PASS customers also can call 1-800-UC-IPASS (1-800-824-7277) to open an I-PASS account, but must wait for the I-PASS unit to be delivered in the mail.

Launched in November 1993, the Illinois Tollway has issued more than 675,000 transponders for cars and commercial vehicles, including trucks and buses. Today all of the Tollway's 65 ramp and mainline toll plazas are equipped with I-PASS. The Illinois Tollway offers dedicated I-PASS lanes including 18 Car I-PASS Only lanes which allow I-PASS users to travel through toll plazas at 30 mph. 16 I-PASS Express lanes which allow cars and trucks to travel through at the posted speed limit, as well as five Truck I-PASS Only lanes with a 5 mph speed limit for trucks with I-PASS. More I-PASS information is available on the Illinois Tollway's Web site: <http://www.illinoistollway.com>.

The Morton Grove Woman's Club

The Morton Grove Woman's Club was organized in 1953 due to the pioneering of Mrs. Nelson and Mrs. Orphan with the assistance of Mrs. Oakley, then President of the 10th District. They felt a need for a club to serve both the older and newer residents of the community.

Today's event is the result of the hard work of enthusiastic and capable women over the years to raise funds for philanthropic projects in and around Morton Grove.

We are proud to introduce a few of the many dignitaries who are with us today: namely, Corinne Wood, Lt. Governor of the State of Illinois; Mrs. Daniel Scanlon, First Lady of Morton Grove (wife of the mayor). Also, many dignitaries from The General Federation of Women's Clubs, and District representatives. Thanks to you and the nearly 400 members and guests in-

cluding Billie Twirgo celebrating her 95th Birthday today.

This Annual Luncheon/Fashion Show offered many Raffles, Grand Prizes and terrific food. The luncheon in itself is a great social event but the Fashion Show was the "Best Ever" due to the Luncheon/Fashion Show Committee fashioning Furs by BWE (Bath Wind Leon) of Morton Grove.

The end result of this wonderful occasion is the Morton Grove Woman's Club's very capable Board of Directors will distribute the funds raised to the many charitable organizations that are in need.

A regular monthly meeting follows the Nov. 8 luncheon and at the conclusion of the meeting entertainment is scheduled.

Cocktails: 11:30 a.m. & Luncheon: 12 noon. The Wilmette Country Club, Terrace Restaurant, Lake Avenue/Hanns Road.

For additional information and directions, please call Mary Dismang (773) 286-8677 or JoAnn Depenbrok (847) 965-3265.



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Register for an online course with OCC

Take a class at home - and at a time that fits into your busy schedule - by enrolling in an online course offered by Oakton Community College's Alliance for Lifelong Learning (ALL).

An e-mail address, Internet access and either Netscape or Internet Explorer Web browsers are required to participate. Online classes are six weeks in length, beginning Nov. 14. Two class lessons are posted each week.

Courses include: *Quickbooks* (ACC A02), *A-to-Z Grant Writing* (BUB E10), *Marketing Your business or Organization on the Internet* (BUB A32), *Write Your Life Story* (COM E96), *The Craft of Magazine Writing* (COM E95), *Natural Health & Healing* (HEA E62), *Digital Photography* (ART C04), *Natural Health and Healing* (HEA E62), *Creating Web Pages* (DPR A78), *Learning to Supervise* (BUB A14) and various Microsoft software programs, such as *Word*, *Excel*, *PowerPoint*, *Access* and *Publisher*.

Those who have registered for Oakton or ALL classes within the last five years and have a Social Security number on file may register by using the Touch-Tone system at (847) 635-1616. Registrations are also accepted by fax at (847) 635-1448 and in person in Room 1420 at the DesPlaines campus, 1600 E. Golf Rd., and Room A120 at the Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie. Touch-Tone and fax registrations require payment using a major credit card (Visa, MasterCard or Discover).

For more information about ALL online classes and in-person registration hours, call (847) 982-9888, press option #3, or visit www.oakton.edu/cont_ed/all.

Ladies Auxiliary

Ladies Auxiliary VJW Post 3579 in park ridge will have a Card and Bunco Party on Nov. 2, 2001 at the post home, 10 W. Higgins Rd. in Park Ridge, Illinois at 7 p.m. for the veterans in Hines Hospital and Community Projects. Tickets are \$3 each.

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.

The Niles Senior Center will be closed Monday, Nov. 12 for Veterans' Day.

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 - NOVEMBER NOVEMBER 8 EASY STEPS TO HEALTHY FEET

Thursday, Nov. 8, at 11 a.m. is a free lecture. Learn about healthcare for your feet. Presented by Dr. B. Aronson, D.P.M. Registration is required.

NOVEMBER 14 BLOOD PRESSURE SCREENING

Wednesday, Nov. 14, from 1 to 3:30 p.m. No appointment needed.

WEDNESDAY EVENINGS AT THE CENTER

We will be open every Wednesday evening for socializing, cards, games and billiards. Ceramics classes and Computer classes will also be available. Come and join us!

THE SENIOR COMPUTER LAB

November classes are starting! Check for availability of classes in Pre-Introduction to Computers, Introduction to Computers, Quicken, Microsoft Word, Excel, and a Holiday Letter Workshop. Help is always available and practice time is free. You must register. Call Jaymi for availability.

IMPORTANT:

HMO COVERAGE CANCELLED - 12/31/01

Effective January 1, 2002, United Health Care of Illinois and Humana Gold Plus at LGH will no longer offer health benefits. To assist individuals in sorting out the various insurance options, the Niles Senior Center has arranged for a SHIP (Senior Health Insurance Program) representative to hold informational sessions on Thursday, Nov. 1, repeating Friday, Nov. 2. Each session starts at 11 a.m. Please call 588-8420 to register for one of these dates.

NOVEMBER TICKET SALES

On sale to all senior members on Monday, Nov. 5, at 8:45 a.m. First come, first served. Please enter through the East entrance. Doors open at 8:30 a.m.

Holiday Memories - Wednesday Evening, Dec. 12, 5:30 to 7:30 p.m., repeated Thursday Afternoon, Dec. 13, 1:30 to 3:30 p.m. The Pretenders take the stage for a special holiday performance featuring culturally diverse songs and stories of the holiday season. Light refreshments served. Cost: \$1.

China Travelogue - Wednesday, Dec. 19, 12 noon to 2 p.m. Tour China's unforgettable sites including Beijing, the national capital, The Great Wall, Hong Kong and much more! Prior to this 68-minute video, enjoy a Chinese lunch including fried rice, egg roll, and chicken with broccoli. Cost: \$4.50. Registration required.

Pre-New Year's Eve Celebration - Thursday, Dec. 27, 5 to 8:30 p.m. Our third annual Pre-New Year's Eve Celebration is catered by La Pasta - Ria (Roast Sirloin of Beef, Rissole Potatoes, & Dessert). Music by Frank Martello Orchestra. Cost: \$12.

Pinochle Tournament - Friday, Dec. 28, 12 noon to 3 p.m. Enjoy a three-handed Tournament. Includes refreshments and prizes. Cost: 3.50. Registration required.

GENERAL TICKET SALES

Please Call For Ticket Availability

A Dinner Party to Die For: Murder Mystery Theatre - Sunday, Nov. 4, 3:45 p.m. Travel Downtown to the Bice Ristorante where an Interactive Murder Mystery Performance will occur around you at your table during dinner (Bruschetta, Salad, Chicken Marsala, Garlic Mashed Potatoes, Sautéed Vegetables, and Tiramisu.) Be prepared for anything. Meet at the Center at 3:45 p.m. Registration is required. Cost: \$54.

November Lite Lunch & Movie - Friday, Nov. 9, 12 to 3 p.m. Enjoy a Turkey Sandwich, Fruitcup and Chips. Following lunch, sit back and enjoy the romantic comedy, "The Wedding Planner" starring Jennifer Lopez (PG-13). Cost: \$3.50.

Morton Grove Senior Citizens 470-5223

CAVALCADE OF MUSIC

In honor of its 50th Anniversary, the Morton Grove Park District is inviting the public to a free concert at 6:30 p.m. on Thursday, Nov. 1 in the Prairie View Community Center. The program, Cavalcade of Music, is presented by the Two Generations of Aeri quartet and will feature a mixture of classics, jazz, swing, Broadway show tunes and motion picture themes. Refreshments will be served. Seating is limited and reservations are required by calling the Park District at 965-1200.

CHOLESTEROL SCREENING CLINIC NOW BY APPOINTMENT

The Nov. 1 and 6 cholesterol screenings at the Morton Grove Village Hall Senior Center will be conducted by appointment only. Appointments will be available the first Tuesday and Thursday of each month from 9 to 11 a.m. The cost for this total cholesterol test is \$4 for residents and \$5 for non-residents. Please call the Morton Grove Senior Hotline at 470-5223 between 9 a.m. and 12 noon to make an appointment. Fasting is required for a 12-hour period prior to testing. Water and medications that can be taken with water are allowed. Please keep in mind that only a total cholesterol result and not a breakdown of HDL and LDL will be given to patients.

"FLIM-FLAMS, SCAMS AND CON GAMES"

This community program sponsored by the Morton Grove Park District, Morton Grove Public Library, and the Village of Morton Grove dealing with protection against predatory practices will be held at 2 p.m. on Sunday, Nov. 4 in the Morton Grove Public Library. Speakers include Officer Paul Yaras of the Morton Grove Police Department, and Sherrill Frost-Brown and Jacqueline Grossmann of the Interfaith Housing Center. Financial exploitation and fraud are increasingly common crimes committed against consumers. Scams such as those conducted through telemarketing: offers of home repairs; charitable donations; fraudulent health care and sweepstakes; and financial transactions will be discussed. Learn from the experts how to recognize, avoid, and recover from confidence scams and predatory loan practices. Seating is limited and registration is required. Please call the Library at 965-4220 to make a reservation.

A FIRESIDE CHRISTMAS

"A Fireside Christmas" is a new and spectacular musical celebration of this joyous holiday that Morton Grove seniors will get to enjoy on Thursday, Nov. 29. The show in Ft. Atkinson, Wisconsin will be preceded by a stop at Jones Sausage outlet store where great bargains will be available. The bus leaves the Prairie View Community Center at 8 a.m. and returns at approximately 6 p.m. The cost is \$72 for residents and \$79 for non-residents. For more information call Catherine Dean at the Prairie View Community Center, 965-1200.

CAREGIVERS SUPPORT GROUP

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

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

MEALS-ON-WHEELS DRIVERS NEEDED

The Morton Grove's Meals-On-Wheels program is looking for dependable people willing to share 1-1/2 hours a week delivering hot meals to homebound neighbors. Meals are picked up at the Bethany Terrace Nursing Centre and are delivered in Morton Grove. A route is approximately 4 to 6 miles of which drivers can be reimbursed \$.34 per mile. Substitute drivers are welcome too. Call Nancy Reynolds at the Morton Grove Village Hall for additional information. 470-5246.

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.

Mayo Clinic on prostate health

The most common prostate problem men encounter is one you seldom hear about, prostatitis. According to some estimates, up to one quarter of all visits men make to a doctor for genital or urinary problems are related to prostatitis. Prostatitis is a general term for inflammation of the prostate gland. The inflammation may be due to an infection or another factor that is irritating the gland.

Even though prostatitis is not cancerous, it is a serious health concern and in some cases can lead to complications such as an infection in the bloodstream (bacteremia). Although many things are unclear about this disease, Mayo Clinic on Prostate Health provides answers to some general questions that men and their families may have about the condition.

Does prostatitis increase my risk of cancer?

There is no evidence that having acute or chronic prostatitis puts you at greater risk for prostate cancer. Prostatitis does, however, increase the level of prostate-specific antigen in your blood. If your PSA level is elevated and you have prostatitis, it's advisable to redo the test after you have been treated with antibiotics. If you have chronic prostatitis, ask your doctor about the value of having a PSA test.

Can I pass on a prostatitis infection to my partner during intercourse?

Prostatitis can result from a sexually transmitted disease, but prostatitis itself isn't contagious. Prostatitis cannot be passed on through sexual intercourse, so your partner does not have to worry about "catching" the infection.

Is surgery ever used to treat the disease?

Generally, doctors prefer non-surgical procedures. But if the disease has drastically affected your fertility or antihistotics aren't able to improve symptoms, your doctor may recommend surgery. A surgeon may try to open blocked ducts in the gland to relieve congestion and help semen flow more freely. Surgery is not recommended for nonbacterial prostatitis disease.

Can the herb saw palmetto help relieve my symptoms?

There is no evidence that this popular herb relieves infection or inflammation associated with prostatitis.

Mayo Clinic on Prostate Health can help you identify and understand prostate problems. It also helps you make well-informed decisions on the best treatment options for you or your loved one's prostate problems.

To learn more about other medical tests men may need, and to receive your free copy of *Medical Tests Every Man Needs*, write to Mayo Clinic, Medical Tests for Men, Communications OE-6, 200 First Street SW, Rochester, MN 55905. Or order the book, *Mayo Clinic on Prostate Health*

(\$14.95 plus shipping, handling and applicable sales tax) by calling 1-800-291-1128, order code 714 and receive the pocket guide free with purchase.



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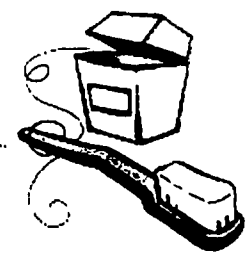
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Health News

Medicare info. sessions for Northern IL

Approximately 40,000 people with Medicare who currently reside in northern Illinois will soon be making some decisions about their health insurance coverage as several health maintenance organizations (HMOs) discontinue their "Medicare + Choice" participation next year.

Residents of suburban Cook County who are currently enrolled in a Medicare HMO plan are urged to attend one of seven free informational programs sponsored by the Suburban Area Agency on Aging and the Centers for Medicare & Medicaid Services (CMS).

Upcoming sessions include:
Nov. 2, 1:00 p.m. - 2:30 p.m., Southwest Suburban Center on Aging, 111 W. Harris St., La Grange; Nov. 6, 1:30 p.m. - 3:30 p.m., North Shore Senior Center, 161 Northfield Road, Northfield; Nov. 10, 9:30 a.m. - 11:30 a.m., Arlington Heights Senior Center, 1801 W. Central Road, Arlington Heights.

The programs are free, but pre-registration is required. To register, call the Suburban Area Agency on Aging at 1-800-789-0003.

Additional sessions in Cook County are being sponsored by the Chicago Department on Aging and the Illinois Senior

Health Insurance Program (SHIP). For information on those sessions, call 1-800-MEDICARE (1-800-633-4227).

United Healthcare has notified program participants in Cook County that they will not be renewing their Medicare Complete contract for the upcoming year. In addition, Humana has notified program participants that they will not be renewing the Humana Gold Plus HMO plan in DuPage County for the upcoming year. People with employer-based HMO coverage should call their company benefits manager for information on their plan.

"People with Medicare who are affected by health plans leaving Medicare program should remember that no matter what, they are still covered by the full benefits of the Medicare program," said CMS Deputy Regional Administrator David DuPre. "Their current HMO is required to cover them until the end of the year. Information sessions like these are intended to help people understand their options and make good decisions about their Medicare coverage."

"There are many resources available - including the HealthCare Choices program - to help people with Medicare

through this time of transition," said Terri Gendel, Director of the HealthCare Choices Program of the Suburban Area Agency on Aging. "The information sessions we're hosting are one way we're working to help people become more informed consumers, and to understand their options and rights. We also provide telephone and one-on-one counseling for beneficiaries and their families in addition to training for community professionals."

Each program will provide practical information such as: a review of the basic Medicare program; options for 2002; the timetable for making decisions; the process for changing to another Medicare plan; and Medigap supplemental insurance. In addition to these programs, people with Medicare can get information in several other ways. CMS offers publications such as the Medicare & You 2002 handbook, which is available in English and Spanish and is mailed to the homes of eligible recipients in the fall. There is also a toll-free Medicare Choices Helpline, 1-800-MEDICARE (1-800-633-4227), with TTY/TDD access at 1-877-486-2048, and a consumer-friendly web site at www.medicare.gov.

Holiday cards help feed area hungry

The artwork of noted Chicago artist Martha Jannotta graces the cover of the Greater Chicago Food Depository's 2001 holiday greeting card. Jannotta's still-life painting features a timeless fruit pattern. The holiday cards include the inside message: *May the bounty of the season be with you throughout the New Year.* Packaged in sets of 10, the cards are available for a donation of \$17, of which \$9 is tax deductible. Each donation enables the Food Depository to provide food for 68 meals.

Tribute cards, which acknowledge a donation to the Food Depository in the recipient's name, are available for \$5 each. These tribute cards feature the same colorful painting along with the pre-printed message: *This holiday season a donation has been made in your honor to the Greater Chicago Food Depository. This gift will make nutritious meals possible for up to 300,000 hungry children and adults throughout the Chicago area.*

Holiday greeting cards, tribute cards and blank note cards may be ordered by calling the Food Depository's Holiday Card Hotline at (773) 247-3663, ext. 3054. Orders must be received by Nov. 26. The cards may also be ordered online at www.chicagosfoodbank.org. Customized imprinting is available at an additional fee for card orders of 100 or more.



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Health News

Parkinson's Disease

by Jeanine Kromer

Walking across the street to greet a friend. Bending over to tie a child's shoe. Getting off the couch and heading to the kitchen when dinner is ready. Simple tasks that people don't give much thought. People in general take for granted that the brain will tell the body what to do and how to do it without a hitch. Parkinson's disease takes away this delicious luxury.

Parkinson's disease was originally defined by James Parkinson in England in 1817. Parkinson's disease is one of the most common neurological diseases among the elderly. Approximately 2 of every 1,000 people develop Parkinson's disease, usually after 50 years of age.

For unknown reasons Parkinson's disease decreases the number of nerve cells that produce dopamine. Dopamine is a neurotransmitter (substance) crucial to muscle control. Even for the

smallest muscle movement there are a variety of areas in the brain and a complex chain of events involved. The nervous system of the body is a vast communication network that facilitates communication between individual cells and the body's muscles. The nervous system utilizes transmitters such as dopamine and acetylcholine to communicate messages from the brain to the spinal cord and the muscles.

When the body needs to move, nerve cells in the brain producing dopamine gather dopamine particles into packets, then move to the end of the nerve cell and discard the particles out a "window" to the synapse (area between cells). The dopamine travels to the next cell and is absorbed. The absorbed dopamine particles initiate dopamine production in the neighboring cell. After a cell has been stimulated to pass on the

message it releases the excess dopamine back into the synapse and it is broken down. This step is essential to precise control of muscle movement.

Dopamine works in conjunction with acetylcholine to produce smooth muscle movement. There is a delicate balance of dopamine and acetylcholine necessary for proper muscle function. The balance is thrown off in people with Parkinson's disease because of the progressive deterioration of the nerve cells responsible for producing dopamine.

Symptoms of Parkinson's disease include muscle stiffness, loss of balance, shuffling walk, tremors and changes in facial expressions, difficulty speaking and/or eating and constipation. The initial symptoms may be mild and non-specific making diagnosis difficult. A physical examination paying special attention to jerky and stiff movements is the best way to detect Parkinson's disease.

While there is no known cure, there are several drug therapies available that help manage the slow decline in function.

Evanston Northwestern

Healthcare sponsors a monthly Parkinson's support group at Glenbrook Hospital in Glenview. For more information contact Sandy Vergenz at (847) 657-5728.

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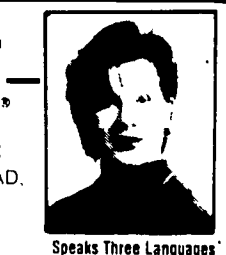
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Sports / Park & Library News

Morton Grove Park District

Mother/Daughter P.J. Party - Saturday, November 3, 6:30 p.m.-8:30 p.m. Moms and Daughters, come join us for a night of food, fun and glamour. Our hostess will be Jackie Civito (Mary Kay Consultant). All beauty supplies are provided and a special momento will be yours to take home at the end of the evening. For more information call the Morton Grove Park District at 965-1200.

Winter Basketball Leagues - The Morton Grove Park District is still accepting applications from interested teams. All teams must submit an application. Play begins in December. For more information contact Brian Glure at 965-1200.

Turkey Shoot - Sunday, November 18 - 11 a.m.-12:30 p.m. Kids grab a parent and start practicing your free throws. The "shoot" involves a free throw contest. Winning teams receive a turkey (frozen) for their efforts (1 per family). This FREE event will be held at the Prairie View Community Center and is open to kids and their parents (ages 6 and up). For more information call the Morton Grove Park District at 965-1200.

Polar Express - Sunday, December 9 - All aboard for the Morton Grove Park District's Polar Express on December 9 from 12:30 p.m.-4 p.m. Take a memorable round trip train ride to the North Pole (Lake Forest). There we will enjoy some hot chocolate and cookies with Santa. Each family will receive a memorable gift at journey's end. This event is open to families. Resident fees are \$5 per child (ages 3-11 yrs.) and \$10 per adult. Non-resident fees are \$7 per child (ages 3-11 yrs.) and \$13 per adult. An adult must accompany all children! Deadline to register is Wednesday, November 7 or until filled. For more information call the Morton Grove Park District at 965-1200.

Morton Grove Library

Chinese Folk Dancing. Straight from the New York Chinese Cultural Center, this authentic group brings the customs, costumes, dances and the spirit of Asia to Morton Grove on **Saturday, November, at 2 p.m.**

The program is performed with several costume changes, using banners, swords and fans, the dancers take the audience on a magical journey to the Far East.

The performance is enhanced with historical background, demonstrations and audience participation.

To attend this special event, register now with a valid library card by phone or in person. Priority will be given to Morton Grove residents. Non-residents may register on a waiting list; they will be notified if there is space available. The program is free and open to the public.

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

Film Flams, Scams, and Con Games: Protecting Yourself Against Predatory Practices. Financial exploitation and fraud are increasingly common crimes committed against consumers.

Scams, such as those conducted online, through telemarketing and door-to-door solicitations, will be discussed on **Sunday, November 4, at 2 p.m.** Tips on how to recognize, avoid, and recover from confidence scams and predatory loan practices will be presented. Learn from the experts about fraudulent offers for home repairs, charitable donations, health care, sweepstakes, and financial transactions. Guest speakers will include: Paul Yaras, Morton Grove Crime Prevention Officer; Sherrill Frost-Brown, Director of Auditing and Compliance, Interfaith Housing Center of the Northern Suburbs; and Jacqueline Grossman, Homesharing Coordinator of the Interfaith Housing Center. Seating is limited; please register by calling 965-4220, or stop by the Reference Services Desk. This program is co-sponsored by the Morton Grove Park District, the Village of Morton Grove Department of Family Services, and the Morton Grove Public Library.

Babysitting Basics. Do you want to be a better babysitter? Morton Grove students age 12 and over are eligible to register for the Babysitting Basics course at the Morton Grove Public Library. The course is taught by the

Fire Department and the Police Department and consists of two classes to be held from **3:45 until 5 p.m. on Wednesday, November 7, and Thursday, November 8.** The workshop will help prepare babysitters for the responsibilities of caring for young children. Practical tips for planning activities, what to do in emergency situations, and safety for children are emphasized. Registration begins in October. To register, sign up at the Reference Services Desk in the Library or call 965-4220.

The Library is located at 6140 Lincoln Avenue. For more information, or for mobility and communication access assistance, please call (847) 965-4220, for TDD (847) 965-4236. www.webrary.org.

World cultural block party!

The Chicago Humanities Festival is fast approaching. On the theme **Words & Pictures**, Festival XII investigates the power of words and pictures and the relationship - often symbiotic, sometimes strained - between them. What can one do that the other can't? It is our media-saturated culture making us more visual, or simply less literate? Can words and pictures be harmful? How is technology changing the way we use them?

This unique event takes place in Chicago Nov. 1-11 at 36 different venues throughout the city. It will bring together an astonishing array of independent-minded thinkers - some 250 writers, artists, novelists, historians, musicians, performers, poets, and more - who will discuss, display, perform, and debate their work and ideas. The Chicago Humanities Festival is one of the city's most innovative cultural institutions. It is one of a kind, a Festival of international scope and stature that retains a local grounding. Each November dozens of local schools, museums, and cultural institutions open their doors to Festival speakers and audiences, turning the city into a sprawling cultural campus, drawing Chicagoans as well as tourists from around the country and the world.

It is a wide-ranging menu, both nutritious and flavorful. Individual visitors can put together any combination of programs they like, using their imagination to pick and choose among present-

ers and topics to create their own Festival experience. How, for example, could programs about high society portraitist John Singer Sargent connect to a presentation by All Natural, the famed Chicago hip-hop group? Perhaps through a program on Victorian critic John Ruskin, whose writings revolutionized art criticism. Or a program about William Randolph Hearst, who invented new forms of journalism that forever changed the American press - much as rappers have revolutionized popular music through new and startling use of language. Or even through a play about Dorothy Parker, whose scapel-sharp wit made her famous, or with Richard Lederer, linguist, international Punter of the Year, and self-described Atila the Pun.

A series on comics as an art form explores the graphic novel and the advent of "sequential art," featuring pioneering comic artist Will Eisner (*The Spirit*), Pulitzer Prize-winners Jules Feiffer and Art Spiegelman (author of *Maus*). Ben Katchor (author of *Julius Knipl, Real Estate Photographer*), and comics theorist Scott McCloud.

Fiction writers Michael Chabon (*Wonder Boys*, *Kavalier & Clay*), Ahdaf Soueif (*Map of Love*), Junot Diaz (*Drown*), Jonathan Franzen (*The Twenty-Seventh City*) and John Banville (*Ghosts*, *The Book of Evidence*) discuss their work and their very individual approaches to writing.

Edward Tufte, the guru of information design, shows how a complex, multi-dimensional world can be captured on "flatland" - two-dimensional paper.

Pioneering "visual culture" scholar W.J.T. Mitchell illustrates the intricate and changing relationship between words and pictures, and Jason Epstein explores publishing in the Internet age.

The effect of this festival, like previous ones, will be to break new ground while revitalizing history; to combine learning, laughter, and the singular joy of broadening one's mental horizons. Order tickets: online at www.chfestival.org; by phone at (312) 494-9509; in person at the DuSable Museum, 59th Street and Cottage Grove, Newberry Library, 60 W. Walton, Old Town School of Folk Music, 4544 N. Lincoln, and the Chicago Tribune Building Gift Store, 401 N. Michigan Avenue.

Niles Public Library

"Save Thousands of Dollars For Your Child's College Education." A Free workshop on how to "Save Thousands of Dollars for Your Child's College Education" will be held Saturday, November 10 at the Niles Public Library, 6960 W. Oakton Street, from 2 p.m. to 3:30 p.m. This seminar will cover many topics, including: how to double or even triple your eligibility for financial aid, how to locate and apply for every need-based scholarship, grant and low-interest loan that your child may be eligible for, and how to pick the colleges that will give you the best financial aid packages. These strategies are designed to work whether your income and assets are low, average, high, or even very high.

The speaker will be G. Andrew Watson, Lake Forest High School ('76), Dartmouth College ('80), Northwestern Law School ('83), and author of the book, **How to Give Your Child a Four-Year College Education Without Going Broke.** Guests are welcome to bring other interested friends.

Please call (800) 784-2861 to confirm the number of attendees. **"The Ten Deadly Financial Mistakes Retirees Make"**. A Free seminar teaching retirees how to avoid "Ten Deadly Financial Mistakes" will be held Thursday, November 8 from 3:30 p.m. to 5 p.m. at the Niles Public Library, 6960 W. Oakton Street. The seminar will cover many topics including:

- How to receive investment income that is 85% tax free.
- Why most mutual funds don't beat market averages and what you can do about it.
- How to reduce taxes on Social Security Income.
- How to avoid the costs and delays of probate.

The speaker will be G. Andrew Watson, Dartmouth College ('80), Northwestern Law School ('83), and author of numerous financial planning publications. Guests are welcome to bring other interested friends. Please call (800) 624-7089 to

confirm the number of attendees.

Holiday Sweets. Are you looking to put some flavor into your holiday desserts? Then you won't want to miss this cooking presentation on Tuesday, November 6 at 7 p.m. at the Niles Public Library District. Join former radio talk show host and chef Jonathan Bean for a demonstration and tasting of some of his favorite sweets to serve during the holidays. Discover step-by-step how to make a variety of flavorful cheesecakes as well as an assortment of festive pies and puddings perfect for upcoming gatherings or year-round special occasions. Samples will be served, and space is limited. Please register at the Library Information Desk or call (847) 663-1234.

Consultant Shares Etiquette Advice for Teens. Teens, ages 11-18, discover helpful etiquette advice just in time for the holidays during **Social Smarts: Etiquette for Teens** on Thursday, November 8 at 7 p.m. at the Niles Public Library District. Etiquette consultant Patricia O'Brien will discuss proper place settings, styles of eating, the do's and don'ts of dining out as well as how to be party savvy. Space is limited, and registration is required. Please register at the Library Information Desk or call (847) 663-1234. *Impress your family and friends, plan to attend!*



In 1860 tomatoes were still regarded so suspiciously that magazines recommended they be cooked for at least three hours.

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Niles Family Fitness Center

• Special Event - Goldfish Hunt. How good of a fisherman do you think you are? Come to our exciting goldfish hunt and find out! The pool will be filled with fish for you to capture and take home. Please bring fishing gear (net, cup, etc.) and a container to transport your fish home in. Fun for all ages!! Fees: \$1/ Members \$3/Non-members. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• Parents Day Out. Not enough hours in the day? Take some time for yourself and leave your child with our qualified staff. Games, movies, arts and crafts, music and more will add to the fun!! Children must be toilet trained. Wednesdays 1-3 p.m. 11/7-12/19.

• Heart and Sole Walking Club. The walking club is a great way to have fun and achieve your fitness goals. You will set goals, keep a log book, participate in various theme activities, have breakfasts, and go on field trips. Pre-registration is required. Session fee: \$45 Member/\$60 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• New - Adult Swim Lessons. It's never too late to learn! Offered for the first time is a group swim lesson for adults. All ability levels welcome. Class will be adapted to accommodate all levels. Session: 11/8-12/19. Session fee: \$33 Member/\$43 Non-member. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

• MVP Adult Volleyball Clinic. The Midwest Volleyball Professionals player development program was created to

teach fundamental volleyball skills. The primary aim is to enhance player skills making the game enjoyable and challenging players to experience the next level of volleyball. Classes are taught by MVP staff. Fees: \$59 Members/\$75 Non-members. Contact the Niles Family Fitness Center at (847) 588-8400 for more information.

The Niles Family Fitness Center is now offering the following new programs. Call (847) 588-8400 for questions regarding the following programs or Club membership.

• MVP Volleyball School - Skills & Drills - Grades 4-12. The Midwest Volleyball Professionals school is a youth player development program created to teach fundamental volleyball skills. The primary aim is to enhance player skills making the game enjoyable and challenging players to experience the next level of volleyball. Classes are taught by qualified instructors provided by the MVP staff. Session: 11/8-12/20. Fees: \$59/ Members \$75/Non-members. Contact the Niles Family Fitness center at 847-588-8400 for more information.

• Chicago Bulls Basketball School - Grades K-8. The Chicago Bulls Basketball School is a

youth player development program created by the Chicago Bulls to teach fundamental basketball skills. Classes are taught by qualified instructors provided by the Chicago Bulls. Class fee also includes Junior Bulls T-shirt, genuine autographed Chicago Bulls player photo, and membership in the Junior Bulls Birthday Club. Fees: \$75 Members/\$98 Non-members. Session: 11/6-12/18. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

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School News

Culver School Student Council



The newly elected officers, representatives and alternative representatives of the Culver Student Council were installed at a candle light ceremony. Pictured from left to right: Front Row: Student Council Officers - Secretary, Colleen Kearns; Vice-President, Roshani Sheth; President, Caroline Kosiba; Treasurer, Milica Zivkovic. Middle Row: Kelly Gremley, Megan Gibbons, Samantha Stanley, Allison Siena, Natalie Jarzabek, Amy Jensen, Jamie Donovan, Adam Chambers. Back Row: Cory Zielke, Danny Toy, James Hong, Sima Kalmens, Daniel Borkowski, Joanne Bialobrzewski, Jere Quinn. Not pictured, Student Council sponsors Mrs. Nancy Perez and Mrs. Helene Blangin.

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Dist. 64

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Resurrection HS

Open House For Prospective Students. Resurrection High School, 7500 W. Talcott, will host an Open House for prospective students on November 8, from 6:30 p.m. until 8:30 p.m. Prospective students and their families will have the opportunity to see why Resurrection High School, an all-girl, college preparatory school on Chicago's far northwest side, was featured as an example of excellence, ranking among the top 25 secondary schools in Illinois by *U.S. News and World Report*.

The school's college-preparatory curriculum is comprised of a wide range of class options including progressive math and science programs, accomplished athletic programs, as well as more traditional studies of English, fine arts, languages, physical education and health, religion and social sciences. In addition, Resurrection offers the St. Mary's University of Minnesota Program for Advanced College Credit (PACC), which provides college level and credit courses to Resurrection juniors and seniors.

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Start your holiday shopping at Resurrection with over 200 vendors creations displayed through-

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CULTURE

"A culture is only as great as its dreams, and its dreams are dreamed by artists."

L. Ron Hubbard

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Notre Dame

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Dionisopoulos is one of about 34,000 Commended Students throughout the nation. Commended Students placed among the top 5 percent of more than 1 million students that entered the 2002 competition by taking the 2000 PSAT/NMSQT.

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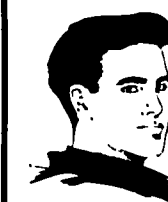
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Robert Morris College	Elmhurst College
Rockford College	Eureka College
Roosevelt University	Illinois College
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William Rainey Harper College - Palatine November 6

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DeVry Institute of Technology, Chicago
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email lbeal@chi.devry.edu.

School News

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McKendree College	Benedictine University
Millikin University	Bradley University
Monmouth College	Columbia College Chicago
National-Louis University	Concordia University
North Central College	DePaul University
Olivet-Nazarene University	DeVry Institute of Technology
Quincy University	Dominican University
Robert Morris College	Elmhurst College
Rockford College	Eureka College
Roosevelt University	Illinois College
Saint Xavier University	Illinois Institute of Technology
Trinity Christian College	Lake Forest College
University of St. Francis	Lewis University
West Suburban College of Nursing	

PRIVATE ILLINOIS COLLEGES & UNIVERSITIES (PICU) is hosting the following college fairs 10:00 AM - 1:00 PM

South Suburban College - South Holland	November 5
William Rainey Harper College - Palatine	November 6

For further information:
Laura Beal, College & Business Liaison
DeVry Institute of Technology, Chicago
(773) 697-2159
email lbeal@chi.devry.edu.

Dining / Entertainment

Dining etiquette program

An Etiquette program entitled "Etiquette and Dining Skills" will be conducted at Evanston Golf Club in Skokie, Saturday, Nov. 10 from 10 a.m. to 2 p.m. This program is specifically tailored for young women and men ages 8 and up.

In these Saturday sessions, Patricia A. O'Brien, a certified etiquette consultant and proprietor of Manners, Please, will cover the ABC's of dining, writing Thank-You notes, giving and accepting compli-

ments, introductions between people of all age groups, the do's-and-don'ts of telephone etiquette, proper hand-shaking skills and making good eye contact, as well as a four-course dining tutorial.

O'Brien, a North Shore resident, is a certified etiquette consultant and a graduate of Dorothea Johnson's acclaimed Protocol School of Washington located in McLean, Va. She says good manners and an awareness of proper etiquette

is a must for young adults, as it helps them prepare for life's social and business occasions. O'Brien is known in the Chicago area and suburbs for her instruction on *Tea Etiquette* at public libraries and at Oakton Community College's through the Alliance of Lifelong Learning.

For further information and reservations on Etiquette and Dining skills classes and to register please contact O'Brien at (847) 679-2538 or e-mail mannersplease@aol.com.

Bye Bye Birdie

Bye Bye Birdie previews Nov. 7, opens Nov. 14 and runs through Jan. 20, 2002 at the award-winning Marriott Theater in Lincolnshire.

Rock 'n Roll heartthrob Conrad Birdie is joining the army and every red-blooded American girl wants to be the one to kiss those famous lips bye-bye. In a national publicity stunt, Birdie's agent, Albert, finds that lucky girl, Kim MacAfee of Sweet Apple, Ohio who is to give Birdie that one last kiss on the Ed Sullivan Show.

Bye Bye Birdie was the collaborative effort of librettist, Michael Stewart (*Hello Dolly!*, *George M! Barnum!*), composer, Charles Strouse (*Annie*, *Applause*, *Rags*, *Annie Warbucks*) and lyricist, Lee Adams (*Applause*). With an idea inspired by the mayhem that occurred when Elvis was drafted into the Army, this high-spirited 1950's romp spoofs teenage pandemonium over

rock-star adoration. Songs include such classics as "Put on a Happy Face," "Kids," "A Lot of Living to Do," "Baby, Talk to Me," and "Spanish Rose."

Performance Schedule: Wednesdays at 2 p.m. and 8 p.m.; Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 5 p.m. and 8:30 p.m.; and Sundays at 2:30 p.m. and 7 p.m.
Ticket Prices: Tickets range from \$33 to \$38 (excluding taxes and handling fees). On Wednesdays and Sundays, students and senior citizens receive \$5 off the full ticket price. Receive a complimentary dinner with the purchase of a full-price theatre ticket for Thursday evening performances. The Thursday Night Complimentary dinner has a limited availability and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre box office at (847) 634-0200.

'The House of Bernarda Alba'

The Theatre Conservatory at Roosevelt University's Chicago College of Performing Arts presents Federico Garcia Lorca's *The House of Bernarda Alba*, one of the classics of the modern theatre, November 9, 10, and 11 at Roosevelt University, 430 S. Michigan Ave., Chicago.

The House of Bernarda Alba is the story of a domineering mother and five daughters, who are cloistered at home after their father's death. Lorca, one of the greatest poets of the modern theatre, blends lyricism and realism to capture their story, which revolves around the clash of wills.

The play will be performed at 7:30 p.m. Friday, Nov. 9, and Saturday, Nov. 10, and at 2 p.m. Sunday, Nov. 11, at Roosevelt University's seventh-floor O'Malley Theatre, 431 S. Wabash Ave. Alison Henderson of Downers Grove, a master of fine arts student in the Theatre Conservatory, is directing the production.

Tickets are \$10 for general admission, and \$6 for students and senior citizens, and may be purchased at the Roosevelt University theatre office in Room 780, or by calling (312) 341-3719. Tickets also can be purchased one hour prior to the show at the O'Malley Theatre box office. Discounted group rates are available.

Lecture on intangible beliefs and science

Dr. John Greenwood, psychology professor at Lewis University, will present a lecture focusing on the conflict between natural patterns, emotional beliefs and factual judgments. His topic is entitled "Hope, Faith and the Belief in Heroes: When it's Rational to be Irrational."

The lecture, scheduled for Wednesday, Nov. 7 at noon, will include an interactive discussion concerning the costs and benefits of seeing the world in logically false ways.

A Naperville resident, Dr. Greenwood has been teaching psychology at Lewis for the past 15 years. He is a social psychologist with strong interests in evolutionary models, cross-cultural issues, and conflict reduction.

According to Dr. Greenwood, humans evolved an ability to believe in "coping factors" such as hope and faith even when these

beliefs are not irrational or backed with facts. This seems to threaten survival, by distorting reality.

Dr. Greenwood will discuss the paradoxical benefits of viewing the world in this light and how "positive illusion" gives people strength to cope with natural fears.

"The basis of 'positive illusion' is that we need these beliefs (faith, hope) to cope with a world that our observations show is powerfully dangerous, uncontrollable and unpredictable," Dr. Greenwood said.

He explained that having hope is natural, and helps people to try, to risk, to find a reason to live. But he will argue that hope is not a certainty, and we need a balance between emotional extremes. Too much hope leads to foolish acts. Too little hope or hopelessness blocks efforts to solve problems.

The lecture is free and open to the public and will be held in the Academic Building, Room A133 on Lewis' main campus on Route 53 in Romeoville.

Charlotte's Web

Resurrection High School, 7500 W. Talcott, will present "Charlotte's Web" as its fall production Nov. 2 - 4 wit 7 p.m. performances on Nov. 2 and 3, and 2 p.m. matinees on Nov. 3 and 4.

Tickets are \$5 in advance and \$6 at the door. Advance tickets can be purchased in the school's Main Office between 8 a.m. and 3 p.m. For reservations or ticket information, call (773) 775-6616.

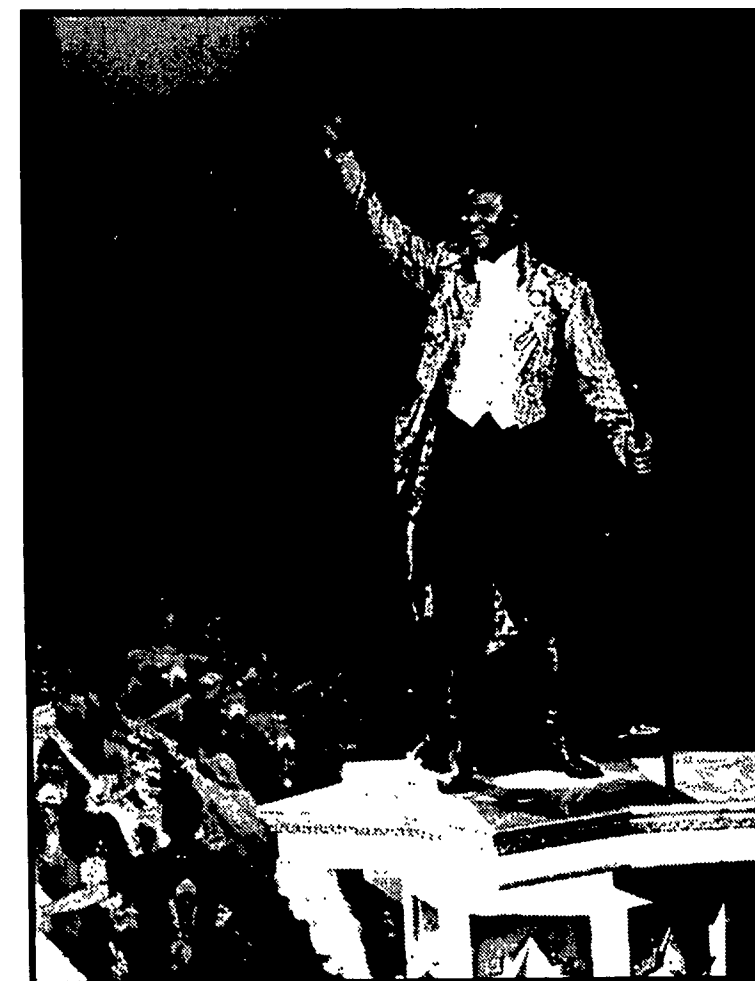
The Greatest Show On Earth

This year's all new 131st edition of Ringling Bros. and Barnum & Bailey, opening Nov. 1 to 11 at the Allstate Arena in Rosemont, and Nov. 13 to 25 at the United Center in Chicago, with special bilingual Spanish/English performances on Nov. 4 and Nov. 22, stars a creative pairing of acrobatic and comedic talent who demonstrate a great chemistry together. Bo, a four-and-a-half ton teenage elephant, and Bello, a 32-year-old comic daredevil who weighs considerably less, are working together in the center ring for the first time, though they have known each other for years.

Audiences will see Bo balancing as he walks across beams, skipping around the ring and playing drums, tambourine, trumpet and harmonica. For his final feat, Bo performs a handstand on a rotating turntable.

Returning for his third year as Master of Ceremonies of all performances of *The Greatest Show On Earth* is the "voice of the circus," Ringmaster Jonathan Lee Iverson. Iverson's vocals fill the arena with songs specifically written for his operatic tenor voice. The son of a postal worker and a firefighter, Iverson was born and raised in Manhattan and began performing at age 11 with the world-famous Boys Choir of Harlem.

When he was hired in 1998 at age 22, Iverson was the youngest Ringmaster in Ringling Bros. history. Holding circus' most coveted job, Iverson is responsible for leading the audience through the magical experience of Ringling Bros. He sings and dances his



The new, never-before seen 131st Edition of Ringling Bros. and Barnum & Bailey is hosted by the Voice and Soul of the Circus, Ringmaster Jonathan Lee Iverson. *The Greatest Show On Earth* opens Nov. 1 - 11 at the Allstate Arena in Rosemont, and Nov. 13 - 25 at Chicago's United Center.

son is responsible for leading the audience through the magical experience of Ringling Bros. He sings and dances his

way throughout a show and shape the presentation, pace and personality of every performance.

Family Christian Center

Family Christian Center is pleased to host for the Northwest Indiana/Chicago area the internationally-acclaimed "Painter

Irish American Heritage Center

Friday, Nov. 2: The Burren Céili band at 9 p.m. in the Fifth Province. **Saturday, Nov. 3:** Irish Heritage Singers Concert with special guest Liz Carroll at 7:30 p.m. in the auditorium. This concert will raise funds for the choir's trip to the UNESCO European Music Festival. Tickets are \$15 - Shamrock American Club Social, 7041 Oakton St., Niles, IL. **Friday, Nov. 9:** the Sullivan Brothers at 9 p.m. in the Fifth Province.

St. Andrew rummage sale

St. Andrew Life Center, 7000 N. Newark Ave. in Niles (1 1/2 blocks S.W. of Touhy/Milwaukee) will be holding their 11th annual rummage sale on **Saturday, Nov. 3, 9 a.m. to 3 p.m.** Furniture, knick-knacks, clothing jewelry, appliances, household goods, books, linens, records, lamps, toys, games and much more will sold.

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Saturdays -- Lou DiGangi, Swing Band -- 9 to 12:30
Sundays -- Judy Roberts-Greg Fishman -- 5 to 9
Friday, Nov. 2 -- Bob Perna & Persistence Orchestra (8 pc.) -- 9:20 to 12:30 (\$5.00 Cover)
Friday, Nov. 9 -- Tony Smith Show -- 9 to 1 (\$5.00 Cover)
Friday, Nov. 16 -- Claudia Stefanski Trio -- 9 to 1

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Reservations Now Being Taken For Parties Of 5 or More For Thanksgiving

Eat, drink, be merry - And safe

The holidays are a time for friends, family and feasting. Time for holiday party buffets, post-Thanksgiving turkey sandwiches, and a rich glass of eggnog. But before you offer - or reach for - holiday treats, make sure you're safe from food poisoning.

Food borne diseases cause around 76 million illnesses and 5,000 deaths each year. Fortunately, you can protect yourself. Whether you're throwing the party this year, or are an invited guest, here are some tips for making sure you and your fellow partygoers enjoy holiday foods safely.

Toxic Trouble

Food poisoning is most often caused by harmful bacteria strains that release toxins or poisons in the body. Bacteria that cause food poisoning include E. coli, Salmonella, Campylobacter, Staphylococcus, and Listeria.

Parasites, viruses, and chemicals can also contaminate food. Viral gastroenteritis - usually transmitted through shellfish or poor food handling practices - results in more than 25 million reported food poisoning cases each year.

Improper sanitation and poor food handling practices by anyone in the food production and preparation chain can result in contamination. Purchase food only from a reputable company, in proper, clean packaging, and then handle the food with care.

Symptoms and Treatment

Symptoms of food poisoning and their severity depend on the type of organism, the amount of exposure, your age, and your health. Older adults, young children, and people with chronic diseases are at a particularly high risk for food borne illness and should seek emergency care at the first sign of symptoms.

Within hours of contaminated food, you may experience diarrhea, abdominal pain, nausea, or vomiting. Get medical help immediately if you have bloody diarrhea, paralysis, muscle weakness, or blurred vision or if your symptoms are accompanied by a severe headache.

Mild to moderate cases of food poisoning often resolve on their own within two or three days. In these cases, the main danger is dehydration. Rest and drink plenty of liquids such as water or sports drinks. Avoid over-the-counter antidiarrheal medicines, since they may slow the elimination of harmful bacteria from your system.

If you have a mild headache or muscle aches, try placing a warm pad across your forehead or shoulders. Acetaminophen (Tylenol) can also help with minor headaches or muscle aches. Avoid aspirin, ibuprofen (Motrin, Advil, Nuprin), and naproxen (Aleve) as they can increase stomach upset.

See your doctor if symptoms do not improve within two days.

Your doctor may prescribe an antibiotic if bacteria are causing the illness.

Tips for Safe Eating

When preparing food, take the following precautions to prevent food borne diseases. Also be sure to warn older adults, those with a compromised immune system, and parents of children if any of the foods you serve may pose a hazard.

- Wash your hands with hot water and soap - and scrub vigorously. Dry thoroughly.

- Make mine well-done: Cook meat thoroughly, especially hamburger. Use a thermometer to make sure the center of meats reach recommended temperatures to kill all bacteria.

- No raw eggs: Cook poultry and eggs thoroughly. If a recipe (such as mayonnaise, mousse, or eggnog) calls for raw eggs, use only pasteurized eggs or a pasteurized low cholesterol egg substitute. Commercially prepared mayonnaise and eggnog are made from pasteurized eggs.

- Wash fruits and vegetables thoroughly, especially if served raw. Use a vegetable and fruit scrubber to clean cracks and crevices.

- Something to drink? Serve only pasteurized milk and juices. Double-check the label for apple cider, which is frequently sold unpasteurized.

- Never use the same plate (or utensils) for both raw and cooked meats. Use clean utensils and plates after you cook meat. Wash hands, utensils, and kitchen surfaces with hot, soapy water after they touch raw meat, fish, or poultry.

- Refrigerate leftovers immediately. If you leave food that needs refrigeration out for more than two hours, throw it away.

If you're a guest, be selective about the foods you eat. If you're in a high-risk category, avoid potentially-hazardous foods altogether. Check that foods at a buffet are properly chilled or heated. Request well-done cuts of meat. Ask about how questionable foods were prepared before digging in. And be wary of eggnog and cold apple cider - it's best to drink them only if pasteurized.

Keep your holiday memories free of food borne illnesses. Take a few simple precautions to enjoy holiday treats safely and start the new year in good health!



More than three quarters of the people who get mortgages choose fixed-rate mortgages.

Experience the wonders of Antarctica

Rivers of crystalline ice, throngs of penguins and icebergs the size of city blocks are just some of Antarctica's natural wonders you'll experience through an Oakton Community College travel/study tour. Trips are scheduled for December 5-14; 14-22; 22-30; January 8-18, 2002; and February 15-25, 2002.

Travelers will arrive at the "last continent" by way of the Drake Passage on a 386-foot vessel.

Whale watching, educational lectures, visits to research stations and landings at several penguin rookeries are just some of the exciting activities planned. On some of the trips, opportunities to camp and kayak are available.

For more information, and a complete itinerary of these tours, contact Bea Cornelissen at (847) 635-1812.

Understanding insurance

(NAPS) -- A few simple steps can go a surprisingly long way toward driving down the cost of your car insurance.

1. Shop around: You may be surprised to learn that auto insurance premiums for the exact same coverage on the same car can vary widely (by hundreds of dollars) between different insurers. A great place to start your search is Insurance.com, an affiliate of Fidelity Investments. It offers quotes from many of the nation's leading carriers. At www.insurance.com, it's easy to get quotes from many of the nation's leading carriers in all 50 states and the District of Columbia.

2. Increase your deductible: Sometimes you can reduce your annual premium by ten percent or more if you increase your deductible from, say, \$250 to \$500. Just make sure you have the financial resources to handle the larger deductible if the time comes.

3. Drive less: If you drive less than a certain number of miles in a year (e.g., 7,500), you may qualify for a low-mileage discount. If your insurer offers this discount, try to limit your driving as much as possible. If you commute to work, use public transportation instead of driving. When you go on vacation, fly or take the train.

4. Buy a low-profile car: Cars are rated on a risk scale for auto insurance purposes. In general, sports cars and other high-performance, "flashy" vehicles

are classified as higher risks because they are common targets for thieves and vandals and because, statistically, the people who own them tend to drive more recklessly. If you own such a vehicle, you will likely pay a higher premium than if you owned a station wagon, sedan, or other low-risk vehicle.

5. Keep your car in a garage: Cars parked in garages are less likely to be stolen, vandalized, or struck by other vehicles. Using a garage to store your car may entitle you to a slight premium reduction.

6. Have safety devices installed: You may receive discounts on your insurance if your car is equipped with one or more of the following options: anti-lock brakes, automatic seat belts, and airbags.

For more information, visit www.insurance.com.



The word rhythm comes from the Greek word rhythmos, meaning measured motion.

Poems sought from area poets

A \$1,000.00 grand prize is being offered in a new poetry contest sponsored by Celestial Arts, free to everyone. A whopping \$50,000.00 in prizes will be awarded during the coming year!

"Even if you have never entered a competition before," says Poetry Editor Michael Thomas, "this is your opportunity to win big. Even if you have written only one poem it deserves to be read and appreciated. Beginners are welcome!"

To enter send one poem, 21 lines or less; Celestial Arts, PO Box 1140, Talent, OR 97540. Or enter online at:

www.freecontest.com

Be sure your name and address is on the page with your poem. The deadline for entering is November 17, 2001. A winner's list will be sent to all entrants.

Auditions

Devonshire Playhouse 4400 Greenwood Street, Skokie will hold auditions November 26 & 27, at 7 p.m. for the musical revue "The Gay Nineties" featuring the music, songs and dancing of an era in America a century ago. Actors may be required to read excerpts, vocalists bring prepared song. Pianist will be in attendance. For an audition appointment, call (847) 674-1500, ext. 3.

African Violet Society

African Violet Society of Northern Illinois meet at 11 a.m. the first Monday of each month at the Maine Township Hall, 1700 Ballad Rd., Park Ridge (just west of Greenwood, north of Dempster). Bring a sack lunch, coffee and dessert provided.

Do you enjoy growing African Violets? Wish you knew more about them?

You are invited to join us at our meetings and meet people who share their knowledge. We have been in existence for over 35 years, and are affiliated with the African Violet Society of America which is a world wide plant organization.

For more information, phone Mr. Ed Johnson (708) 457-0661.

Children's author book signing

Book signings for Cornelias Callahan, author, *The Ring-bear*.

Saturday, Nov. 3, 1 p.m.: Barnes & Noble at Old Orchard, Skokie (847) 676-2230.

Saturday, Nov. 16, 7 p.m.: Barnes & Noble at Village Crossing Center, Skokie (847) 329-8460.

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

Seven tips for getting financially fit

(NAPS)-- The Internet is an increasingly valuable resource for consumers who strive to become "financially fit" -- whether they're looking for tips on investment strategies, saving techniques or money management.

MSN MoneyCentral (www.moneycentral.msn.com) is one Web site that offers a wealth of services to help consumers manage their money and set reasonable financial goals. The site's tools and services can help users:

1. Manage debt. First, determine how much money is needed each month to pay off debts and other obligations. The Debt Evaluation Calculator helps consumers figure out debt payments each month and whether their ratio of debt to income is acceptable or too high. There's also a **Managing Debt Guide to help** consumers understand the psychology of spending, create a budget, reduce expenses, find a low-cost credit card, connect with a debt counselor and work to repair bad credit.

2. Establish savings goals. The Savings Calculator helps consumers create a plan for setting aside money. Consumers simply enter their criteria to determine how much they want to save, how long they want to save and how much they can afford. The Savings Calculator then factors in taxes and rate of return.

3. Create a retirement plan. In order to reach goals for retirement, consumers must first map out a plan. With the Create Your Plan step-by-step guide, Money Central walks consumers through the process of identifying and establishing retirement goals.

4. Research and track investments. To check out new investment opportunities, consumers can use the Investment Finder, which screens an in-depth database of 16,000 stocks and mutual funds, or the Research Wizard which evaluates a stock's fundamental data and explains key issues to consider. Consumers can then track their holdings in the site's Portfolio Manager.

5. Prepare for next year's taxes. It's never too early to begin tax planning. MoneyCentral provides consumers with forms, articles, tips and tables to help them get a handle on their individual tax situation. Consumers can even get answers to their specific tax questions from Jeff Schnepfer, author of the best-selling book, *How to Pay Zero Taxes*.

6. Reassess insurance needs. It is important to reassess life, health, auto and home insurance needs regularly to ensure sufficient coverage at a good price. Through the Insurance Planner tool, consumers can find out in less than 15 minutes if they have the right kind of insurance -- and find links to tools and articles, plus get direct access to on-line quotes.

7. Monitor accounts regularly. The My Money Central tool delivers a personalized Web page where consumers can easily review their financial account balances, including portfolios, checking, savings or credit card accounts. Essentially, this is the "mission control" center for managing personal finances -- enabling consumers to see their entire financial picture in one place. Further information regarding these tools and other tips for getting financially fit is available at www.moneycentral.msn.com.

Property tax payments on internet

Cook County taxpayers can log onto the web site of the Cook County Treasurer's Office to see whether their property taxes have been paid this year.

"Using the internet gives Cook County homeowners easy access to their own property-tax records, allows them to ensure that mortgage companies paid their taxes out of escrow accounts, and enables children to check on their elderly parents' taxes," said Treasurer Maria Pappas.

Pappas announced the enhancement of: www.cookcountytreasurer.com as the second installment of property taxes for tax year 2000 was being collected in

Cook County. After the final payment due date of November 1, it can take about two weeks for payments to reach the web site, Pappas advised.

The web site will enable property owners to check on whether their mortgage companies paid their property taxes out of escrow accounts. Many will be able to ensure that the taxes of elderly parents, relatives and friends are paid, she said.

To use the Treasurer's Office's web site:

- Log onto www.cookcountytreasurer.com and click on "Payment Status."
- Enter the property's 14-

digit Property Index Number (PIN) in box field and click on "Search."

- View screen showing both tax installments for tax year 2000 and any amount owed for 2000.

Persons finding no mortgage payment when they check the web site should contact the mortgage firm immediately. Pappas said.

The amount "owed" will not reflect back taxes from previous years, adjustments from certificates of error or tax appeals. Persons who owe taxes from previous years should contact the Office of the Cook County Clerk

Today's high was recorded in Niles.

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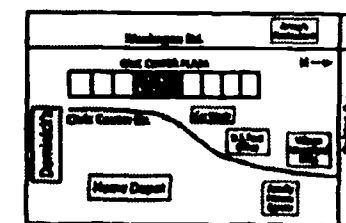
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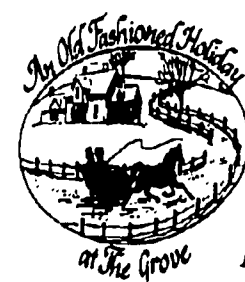
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A penalty may be imposed for early withdrawal. Effective 10/24/01 and subject to change at any time. Only investment in individual, joint and living trust accounts in amounts not to exceed \$100,000 per household will be accepted at these rates. Trusts, corporations, partnerships, public funds and IRAs are not eligible. Limited time offer. Other rates and terms are available for additional types of investments. This offer good only to individuals who are residents of and/or employed in Illinois, Chicago, Des Plaines, Glenview, Golf, Harwood Heights, and Park Ridge, IL. © 2001 First American Bank.

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Antiques Crafts & Collectibles

Antiques Show

The Fall edition of the Midwest's largest antique extravaganza for over 25 years - the Chicago O'Hare Fall Antiques Show & Sale - returns to the Donald E. Stephens Convention Center in suburban Rosemont on Nov. 16 - 18. The antiques show will offer tens of thousands of one-of-a-kind antiques and collectibles priced from under \$10 to over \$100,000.

Two hundred select dealers from across the U.S., Canada, and Europe will offer for sale a wide range of high quality antiques. The show will feature more fine furniture than ever before, including English, Country, Oak and Victorian. Antiques collectors will also find porcelain, sterling, art glass, Steuben, cut glass, Tiffany, paintings, textiles, maps and prints, antique jewelry, rugs, antiquarian books, bronzes, Judaica, pottery, clocks, quilts, lamps and much more, including a sale of pieces from the private collection of former Illinois Gov. James R. Thompson.

Show hours are: Friday, Noon to 8 p.m.; Saturday, Noon to 8 p.m.; and Sunday, Noon to 6 p.m. Admission is \$8; good for return entry all 3 days. Children under 12 are admitted free. The Donald E. Stephens Convention Center is located next to the O'Hare Hyatt Hotel on N. River Road in Rosemont, just off the Kennedy Expressway, or take I-294 to O'Hare exit.

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Home Style

Vacuum Cleaners That Really Do The Job

Here's some knowledge that may help clear the air at your home or office:

A testing certification program by carpet manufacturers makes it easier to choose a vacuum cleaner that not only works more efficiently but may improve the quality of your home's indoor air.

Today, air quality in the indoor environment is of utmost concern and importance.

One of the ways to protect the indoor air quality (IAQ) is to keep all indoor surfaces—including carpet—as clean as possible. Carpet's filter-like effect holds dust, keeping it out of the air until it can be vacuumed.

Carpet manufacturers want to be sure that the homeowner and workplace manager are able to identify vacuum cleaners that will do a good job of

removing dirt and dust (containing the dust within the vacuum cleaner and filter bag) and not damage the carpet. Keeping the dust out of the air helps in keeping all surfaces clean and in the quality of the indoor environment.

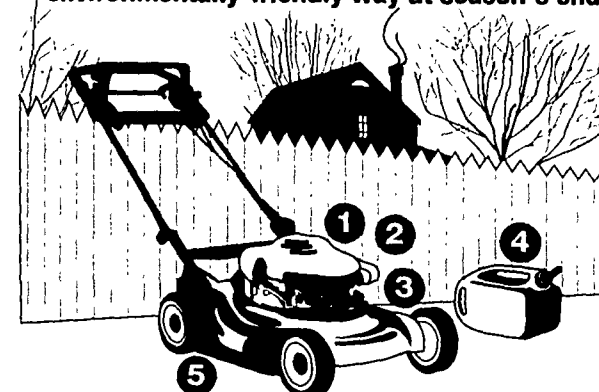
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easier for consumers and professionals to identify and purchase vacuum cleaners that do their cleaning jobs well while protecting the quality of indoor air.

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Store your lawn mower in an environmentally-friendly way at season's end



After another season of lawn care, be sure to follow these tips for storing your lawn mower:

1. Run the mower, and inject a gasoline stabilizer to prevent gumming in the carburetor.
2. Empty the oil crankcase and recycle the oil.
3. Remove the engine's air filter at the end of the summer, and prepare a fresh filter for the next mowing season.
4. Don't leave gasoline in the mower or store gas over the winter; always use clean, fresh gasoline at the start of the mowing season.
5. Have your lawn mower tuned-up and its blade sharpened by a trained professional after every 25 hours of use at the end of the mowing season.

Graphic supplied by Briggs & Stratton Corporation

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David O. Erb
Director of Finance
October 31, 2001

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Home Style

Energy efficient landscaping

If higher energy bills have drained your pocketbook, there may be a way to befriend your utility budget and be friendly to the earth at the same time. Properly placed, climate-appropriate landscaping can help the environment and lower your energy costs. According to the U.S. Department of Energy, the correct placement of only three trees will save an average household between \$100 and \$250 in heating and cooling costs annually.

Choose the Right Plants
The landscaping you choose and the time of year you plant should depend on the climate where you live. A home in a hot, arid climate will have different energy concerns than a home in a cool climate. Consider these strategies based on the four climate regions of the United States:

Cool -- In a windy, cool climate, landscaping can reduce

winter heating bills by one-third.* Protect your home from winter winds by planting dense windbreaks of evergreen trees and shrubs. Avoid planting windbreaks in front of south-facing windows that absorb the warmth of the winter sun. Temperate -- Use trees, fences and walls to funnel summer breezes toward the home and deflect winter winds.

Hot, arid -- Homes in hot, dry climates need shade to cool roofs, walls and windows. If your home is air-conditioned, use trees to block hot winds. Hot, humid -- Homes in hot, humid climates also benefit from shade. Place trees so they won't block cool summer breezes. To prevent mold, mildew and stagnant water, avoid planting dense vegetation too close to your home.

Consider Climate
Consider climate, as well as your landscaping objectives

when choosing plants. Some plants grow better in certain climates and won't thrive in others. If you live in a hot, arid climate and plant shrubs or trees to channel wind, it defeats the purpose of energy efficiency to plant trees that need lots of water. You may save on air conditioning, but you'll pay more for water. Many cities also have watering restrictions so choose trees, shrubs and grasses that are water-thrifty.

If you're planting a wind break, choose dense trees and shrubs such as evergreens. If you're trying to shade your home, choose deciduous trees with high, spreading leaves and branches.

Practice Responsible Watering
Even moisture-thrifty landscaping will need watering. A properly programmed underground sprinkler system may help you conserve water and lower your utility bills. You can set your system to turn on during the early morning hour: when the least amount of water will evaporate. To avoid wasting water, don't set your sprinkler to water on a regular schedule, such as every other day. Instead, water your landscaping according to its need and the weather. You may have to water certain zones one day and skip other zones. Make sure your system has a

sensor device that will shut off watering during rain or heavy cloud cover.

The costs of underground sprinkler systems vary around the country, but a professionally installed system can cost \$1,500 to \$3,000. The price will depend on how complicated your landscaping is and the size of your lot. If you install the system yourself, it can cost less than \$1,000.

Focus on the Environment

It's great to save money on utility bills, but it's even better

to save the environment. Tree planting and appropriate landscaping can control erosion, clean the air, reduce the need for pesticides and protect water supplies.

For more information about landscaping for energy efficiency, ask the landscaping professionals at your local nursery or visit the Energy Efficiency and Renewable Energy Network Web site at www.eren.doe.gov.

* Source: U.S. Department of Energy, www.eren.doe.gov.



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* Source: U.S. Department of Energy, www.eren.doe.gov.

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—Abraham Lincoln

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Obituaries

LUCY MARY SAMIS

Lucy Mary Samis, 86, of Morton Grove, died Saturday, September 8 in Morton Grove. She was born July 31, 1915 in Bancroft, IA. Beloved wife of the late Joseph. Beloved mother of Joan (Jack) Kelly, Marilyn (Terrence) Reileau and Michael (Sylvia) Samis. Grandmother of Julie (Mark) Rushniewicz, Jim (Linda) Kelly, Joy (John) Thissen, Michael (Robin) Belleau, Joseph (Chris) Belleau, Kevin and Laura Belleau. Michael and Erica Samis. Great-grandmother of Kelly, Kathleen and Jack Rushniewicz and Nicole, Brittany, Kristen and Megan Kelly. Sister of Kay (the late Robert) Britton and the late Elizabeth (the late Robert) Schartz and the late Barbara (the late Stan) Stewart. Services were held Tuesday, September 11 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in St. Mary's Cemetery, Buffalo

Grove. Memorials to: ENH Hospice of Skokie and Cancer Research Foundation.

JOSEPHINE M. CRISCI

Josephine M. Crisci (nee D'Amico), 88, of Niles, died September 25 at Brighton Gardens, Prospect Heights. She was born

October 25, 1912. Beloved wife of the late Angelio. Beloved mother of Vincent (Sharon), John, Gerald (Mary Lou), Joseph (Michelle), and Michael (Tance Terri Lynn Doremuse). Grandmother of 7. Great-grandmother of 4. Sister of Julie D'Amico, the

late Anna, the late Carmen and Albert. Services were held Friday, September 28 at St. Juliana Church, Chicago. Arrangements handled by Ochler Funeral Home, Des Plaines. Interment was in Hillside. Memorials to: Mother Cabrini League, 434 W.

Deming Place, Chicago. Former member of 55+ Club of St. Isaac Jogues Church and the Women's Club of St. Isaac Jogues.

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—Wendell Phillips

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BOWLING ALLEY PLAY ROOM ATTENDANT In Beautiful Nursery Part-Time - Seniors Welcome Must Love Kids! PORTERS CUSTOMER SERVICE REPS Part-Time Call: (847) 965-5300 CLASSIC BOWL MORTON GROVE	RECEPTIONIST Part-Time Evenings & Weekends Contact Mary Kay Or Terry (847) 647-8994 FOREST VILLA NURSING CENTER 6840 W. Touhy-Niles	MEDICAL/HEALTHCARE HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park. Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	MEDICAL CLAIMS BILLING No Exp. Needed FT/PT Data entry for local doctors Full training & certification provided Computer Required 1-800-518-9328 Dept. 5256	
THE BUGLE'S Business Service Directory is beckoning you to: LOOK AT THE BUGLE'S Low, low rates, which enable you to: ADVERTISE To attract potential customers! GO To your phone and CALL NOW (847) 588-1900	WEEKEND SHOPPER & WEEKEND JOB GUIDE CALL (847) 588-1900 THE BUGLE THE NEWSPAPERS THAT DELIVER	<p>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.</p> <p><i>Your donated vehicle can help change a Life!</i></p> <p>Since 1965, Rawhide Boys Ranch has been helping young men from communities like yours. Your donated car, truck, boat, camper, or real estate can help even more young men. Donors may receive a full tax benefit.</p> <p>RAWHIDE Call Today or visit us at www.rawhide.org 1-800-RAWHIDE</p>		
<p>Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds!</p> <p>Call us today for details. Beverly (847) 588-1900</p> <p>We're always available for your convenience</p>				

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NURSES RN's AND LPN's For Home Health Full-Time / Part-Time - All Shifts Flexible Scheduling Benefits For Full-Time AMERICAN HOME HEALTH 1-800-872-4427	EXCELLENT PAY! Benefits for Full-Time & Part-Time team members. We are looking for outstanding cashiers, salesfloor, backroom & supervisors. Please come to the TARGET-GLENVIEW 2241 Willow Road For Immediate Interview. Or Call Marlee At: (847) 657-0095	<p>Your credit is good with us! We accept Visa & MasterCard.</p> <p>Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.</p>		
MEDICAL ASSISTANT Part-Time 14-18 Hours Per Week Please Page: (847) 569-6464	Earn \$\$\$ helping MDs! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC.	<p>BUGLE CLASSIFIED ADS GET RESULTS</p> <p>READ THE BUGLE FOR SUBSCRIPTIONS CALL (847) 588-1900</p>		
<p>Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience.</p> <p>AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (847) 588-1900, and ask for our classified department. Our trained staff will be available to take your orders.</p>				



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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
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(No Phone interviews). 847-635-3319 www.horizonfoods.com</p> <p>BUGLE CLASSIFIED ADS GET RESULTS</p> <p>***** THE BUGLE CLASSIFIEDS are worth more than just a quick glance. Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! TO PLACE AN AD, CALL (847) 588-1900 THE BUGLE NEWSPAPERS THE NEWSPAPERS THAT DELIVER *****</p> <p>Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.</p>	<p>TRADES</p> <p>*HOMEMAKERS Help At Home, Inc., Skokie Branch, Is Looking For Homemakers. Older Adults Need Your Help. Help At Home Is Seeking Individuals With A Few Spare Hours Of Time Per Week To Assist Seniors In Their Home. We Are Offering Great Satisfaction From Helping Others, Competitive Wages, Flexible Scheduling Of Hours And Cases. Full-Time & Part-Time Hours Free Company Training Program North & Northwest Suburbs Call Pearl Braswell At: (847) 679-6400 We Do Criminal Background Check</p> <p>*BRICK LAYERS *LABORERS Needed For Construction Company (847) 367-0239</p>	<p>TRADES</p> <p>Laid off? Work from home. Be your own Boss! First, call the Federal Trade Commission to find out how to spot work-at-home schemes. 1-877-FTC-HELP A message from The Bugle and the FTC.</p> <p>ASSEMBLERS AND MACHINISTS Responsible for fabricating & assembling large machinery. Electrical, basic milling & turning & CNC, a plus. Please Apply In Person To: Colborne Corporation 1879 Chestnut Ave. Glenview, IL Or Call: (847) 724-5070 Ask For Jennifer</p> <p>*PIN TECH Full-Time Experience Preferred Call Dave: (847) 647-9433 Brunswick Niles Bowl 7333 N. Milwaukee Ave.</p> <p>Be your own Boss! Process medical claims from home on your computer. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC.</p> <p>All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com</p>	<p>TRADES</p> <p>Food Service SCHOOL MEAL ASSISTANT Set-up, serve, clean-up & oversee distribution of catered meals in Byron School at 6050 N. California. Sanitation certificate or willingness to obtain and High School or GED required. Part time shift: Monday-Friday, 11 a.m.-2 p.m. Send cover letter and resume to: Anixter Center, HR Dept. 6610 N. Clark, Chicago, IL 60626 Fax: 773-973-5268 Email: specima@anixter.org SMOKEFREE WORKPLACE • EOE M/F/D/V • www.anixter.org</p> <p>Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free: 1-877-FTC-HELP Or visit: www.ftc.gov. A message from The Bugle and the FTC.</p> <p>ESCAPE THE CORPORATE RAT RACE! Become Self-Employed. Mail-Order/E-Commerce. One-On-One Training. Free Booklet! (866) 362-7045 www.RPHOMEFREE.com</p> <p>STAY HOME WORK YOUR OWN HOURS! Receive step-by-step in home training. \$1,200-\$5,800 Mo. PT/FT-Free Booklet. (866) 412-8036 www.KES-HOMEBUSINESS.com</p> <p>Try a classified! Call today! 847-588-1900 CORRECTIONS Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.</p> <p>OUR CLASSIFIED ADS •REACH MORE PEOPLE PER WEEK• •FOR THE LEAST AMOUNT OF DOLLARS!• See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details. Beverly (847) 588-1900 We're always available for your convenience</p> <p>Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. 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THE BUGLE CLASSIFIEDS

MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
<p>REAL ESTATE</p> <p>APT. FOR RENT</p> <p>DES PLAINES Oakton/River Road 1 Bedroom-Appliances Electric Heat-Laundry Facilities Available Nov. 1 - \$690 (847) 375-8819</p> <p>Glenview, 2 bedroom, 1 bath, new carpet, laundry & parking. \$750/month. Gas included. 847-965-6531</p> <p>Edgebrook - 1 bd garden - newly decorated. All new appl., laundry avail., non smoking bldg. & no pets. AVAIL NOW. Ref. required \$750/mo. 773-774-3859</p> <p>NILES - 7632 N. Milwaukee 1 & 2 Bedroom - \$700-\$950 Month (773) 557-1315</p> <p>Niles - 2 bd, 2nd fl., garage laundry avail., tenant pays utilities. 847-583-1292 - Leave a message</p> <p>Niles quiet street. 2 bedrooms + den. Large kitchen + living room. New appliances. Washer + dryer and heat. \$1,200/month + security. No pets. 773-631-9627</p> <p>HOUSE FOR SALE</p> <p>Morton Grove - 9109 Mango - Split-level 3 bd, 2 bath, 2 car, C/A, fam rm, wood brn fp. GREAT NEIGHBORHOOD! 847-867-2798</p>	<p>REAL ESTATE</p> <p>AUTOS FOR SALE</p> <p>LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900</p> <p>'89 Camaro-RS-V8-Excellent Condition. \$3000/OBO. '81 Cadillac Sedan Deville-V8-Excellent Condition. \$2400/OBO. (847) 436-8195</p> <p>CHILD CARE</p> <p>Child care in my Morton Grove home (Church & Central) 6 days Mon.-Sat. 6 a.m.-6 p.m. References & Experience. Dani 847-966-7325</p> <p>DOG ADOPTION</p> <p>Furry Friends Foundation, A No-Kill, Non-Profit Animal Shelter, Will Hold A Dog Adoption Day From 1:00 PM-5:00 PM Sunday-November 4 At PetSmart 809 Civic Center-Niles For More Information Call Furry Friends Foundation At (312) 397-1001 Or Visit Their Website At www.furryfriendsfoundation.com</p> <p>All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com</p>	<p>FURNITURE FOR SALE</p> <p>Large Dining Room Set China Cabinet & Hutch 6 Chairs - Jade Green Color (847) 965-8524</p> <p>LOST DOG</p> <p>Black Lab - 2 years old. Male. Silver choke chain collar. Lost vicinity Harlem + Devon. 773-763-8031</p> <p>PERSONALS</p> <p>Most miraculous Lord, You have granted so many of my prayers but now I must place this petition in your hands. (name petition).. This now becomes your request and I ask you to place it in the hands of God the Father. I know He will grant this petition because of His love for you, His son. For this I thank you, O miraculous Lord. Amen. Say this prayer 3 times a day for 3 days and your petition will be granted. (Publish) B.D.</p> <p>BUGLE NEWSPAPERS CLASSIFIED ADVERTISING OFFICE HOURS and DEADLINES Our offices are located at 7400 Waukegan Road, Niles and we are open weekdays only, 9am-5pm. You may stop in or call (847) 588-1900 to place your ads. Our deadline for all insertions for our Thursday editions is Tuesday prior to publication at 2 pm. Call your representative for other specific information.</p>	<p>PERSONALS</p> <p>POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D.</p> <p>ROOMMATE WANTED</p> <p>NILES 3 Bedroom Townhouse Utilities Included - \$450/Month Available Immediately. Days: (847) 676-8802 Evenings/Weekends: (847) 966-0371</p>	<p>SITUATION WANTED</p> <p>Handyman avail. Chicago or subs. Experienced. Specializes in drywall, painting & electrical. Reasonable prices Call Costi - 847-520-8106 or 708-692-9368</p> <p>TANNING</p> <p>HIGH QUALITY • LOW PRICES WOLFF TANNING BEDS Payments From \$25/month Home Delivery FREE Color Catalog Call Toll Free 1-888-839-5160 www.np.estan.com</p> <p>WANTED TO BUY</p> <p>WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-5151</p> <p>Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.</p>

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Area firemen to compete

continued from page 1

event in Memphis that was held one day prior to the start of the national event.

Both Neville and Dunton worked out for six intensive weeks to prepare for the national in Memphis. Five consecutive competition exercises are performed by each individual. The time allotted is based on age and gender categories. Those under 40 must qualify in five consecutive competitions in under two minutes; over 40, time must be under three minutes; over 50, under four minutes and forty-five seconds.

At least 800 firefighters are expected to participate in events over four days, competing for time in each event, leading to the last day with the best and fastest narrowed down to one person from the U.S. and Canada. The winners will face each other for the national championship.

The combatants perform five fire-related challenges to try meeting their qualifying time within their age and gender categories.

Before the event even begins, participants don 40 to 50 lbs. of firefighting gear complete with breathing apparatus.

The first event starts by climbing up five flights of stairs. At the top they must hoist up a rolled up hose called a 'donut roll,' weighing 45 lbs, pulling it up five stories by rope. Combatants then run back down the five flights, pick up a nine pound sledgehammer to strike a 160 lb I-beam or "forcible entry sled," the I-beam must be moved by five feet.

Next, challengers run 140 ft and pick up a charged 1-3/4" hose filled with water, pull it 75 ft. and open the hose line to hit a bull's eye target. When fully extended and filled, this line ends up weighing 250 lbs.

The line is then dropped and the challenger runs over to a 175 lb mannequin and hauls it, while running backward 100 ft, to the finish line.

The current record holder for the fastest overall time is Bob Russell from Overland Park, Kans., holding the lead time of 1:25 seconds.

Neville said, "the competition is really a world event since participants in previous years have competed in the U.S. or in Canada, from as far away as Australia, Germany and France. Each competitor will be trying to beat Russell's world record time."

This event will be televised Nov. 3 on the ESPN network, where finalists will be interviewed, followed by the full five-day televised version of the national competition airing in late December 2001 or early January 2002.

Both Neville and Dunton specifically want to thank Carl Monoscalco, the Director of Fitness at the Niles Fitness Center, for his support in helping them promote and prepare for the upcoming competition.

Area youth center

continued from page 1

TV and couches if they want to hang out. Playstation, pool tables, arts and crafts. "We're trying to offer many things."

The center operates out of the former Maine North High School on 9511 W. Harrison in unincorporated Maine Township. Public Information officer Dick Barton estimated that the center sees an average of 100 kids per night from the community, which includes Niles, Des Plaines, Park Ridge, as well as parts of Glenview and Morton Grove.

The facility includes basketball courts to house its popular sporting leagues, as well as activity rooms for video games.

One of several programs in Maine Township's Mainstay Family Services, the Drop-IN Center receives funding by Maine Township. However, donations are accepted and received. For instance, the center was recently given 20 free tickets for the Chicago Wolves home opener earlier this month. well.

Next year, the Youth Drop-In Center will be celebrating 10 years of offering children an alternative of having no place to go after school or staying on the streets.

CORRECTION

PUBLIC MEETING NOTICE VILLAGE OF MORTON GROVE COMMUNITY DEVELOPMENT BLOCK GRANT PROJECTS PERFORMANCE REVIEW PROGRAM YEAR 2000-2001

A public meeting will be held to review the performance of Community Development Block Grant Program projects undertaken during Program Year 2000-2001 as listed below

- 99-038 - Senior Citizen Homecare Service Program
- 99-039 - Senior Center Space Needs and Analysis Plan
- 00-035 - Senior Citizen Homecare Service Program

The public meeting will be held on Saturday, November 3, 2001 in the Board of Trustees Conference Room on the second floor of the Richard T. Flickinger Municipal Center, 6101 Capulina, Morton Grove, Illinois, beginning at 9:00 p.m.

Daniel D. Scanlon
Village President

Prairie

continued from page 1

John Stroger imposed a temporary moratorium on restoration work that had been ongoing for more than 20 years.

The restoration was halted after a few residents from the woodsy, old Edgebrook neighborhood heard about the shrub eradication program. They opposed removing the targeted trees and shrubs, and they carried these objections to the Cook County Board, which, in response, imposed the moratorium.

Although the moratorium was imposed county-wide, it has been lifted for most areas after a series of public hearings and feedback from an ad-hoc Community Advisory Council. The moratorium remains in five areas adjacent to the North Branch of the Chicago River. Miami Woods in Morton Grove is one of those five.

"The moratorium was imposed to have a chance to find out the public's feelings and whether any concerns were justified," said John Phill of Friends of Morton Grove Forest Preserves. "In my opinion, the questions raised have been answered."

According to a recent press release from the group, the Community Advisory Council set up by President Stroger recommended reinstating brush control at Miami Woods in April, but that work has not been allowed to resume.

"The Morton Grove community is not opposed to the work we've done at Miami Woods," continued Phill. "We have shown that we have local support. We've had the bad luck to be swept up in what's happening nearby."

Cook County Commissioner and Niles Township Democratic Committeeman, Cal Sutker, commented that the signatures demonstrate the group's concern, sensitivity and willingness to put energy into this effort.

"They have successfully demonstrated their position," said Sutker. "It's my hope and expectation that a decision about the moratorium as it relates to Miami Woods will be reached in the near future." Sutker said that in a 20-minute phone conversation with Superintendent Joseph Nevius, he encouraged the superintendent to meet with President Stroger on this subject.

Sutker added that once the ban is lifted at Miami Woods, the chances are improved that it can be lifted at other locations as well.

'Charting Your Retirement Course'

First National Bank of Morton Grove offers a free seminar on how to prepare for your retirement through investment planning on Tuesday, November 6. The presentation, "Charting Your Retirement Course," starts at 6 p.m.

Maine Township Plan Commission

.....continued from page 1

project under consideration is the construction of 22 townhouses on a 2 acre site at Ballard and Knight. Cook County has already approved the developer's plans and a traffic study is completed.

The Commission's mission is to make sure construction rules are followed in building, restoration and tear-down projects. There should be no stepping on toes of local municipal plan commissions, as the township's focus remains outside of municipal jurisdiction.

Limited in power, the commission offers opinions to county approved projects. Cook County reviews the opinions and may overrule with a supermajority.

The Plan Commission meets the first Monday of the month at 7 p.m. at the Township offices. Current board members include former Morton Grove Planning Commissioner, Joseph Sweeney; printer Cornelio (Corkey) Morales; Sandy King, retired from the real estate industry; and Tom Schiro, who has an electrical contracting firm in Des Plaines.

Seton Engineering in Palatine will be technical consultants, providing technical services for Maine Township including sewage and water hookup systems.

International Cuisine

continued from page 1

request. The outcome was that there would be no more than ten seats allowed in this restaurant.

In other news, the Village of Niles Police Department awarded department commendations to the following officers: Sgt. John Huinker and Thomas Fragassi for monitoring some adolescents, where an individual was questioned on whether he could provide information on numerous cases of illegal damage found on various automobiles. This person was able to give the information concerning the criminal involved in the destruction of the cars.

Officer Fragassi was also awarded after assisting an individual who was at work on an automobile. After the individual was being questioned, it was then learned that the person was in fact stealing the tires.

Alliance Against Intoxicated Motorist (AAIM) gave recognition to Officer Nicholas Beyer and Detective Vincenz Genualdi for their great endeavors in the reduction of intoxicated drivers on the streets.

Finally, Skokie Automotive Corporation was recognized for providing resources to the Niles Fire Department. Skokie Automotive supplies the Fire Department with vehicles for vehicle extrication training.

Gottlieb Memorial Hospital November Events

The following events and meetings will be held in the Gottlieb Professional Building, 675 W. North Ave. (next to the hospital), in lower level classrooms, unless otherwise stated.

Prenatal Breastfeeding, Thursday, November 1, 7-9 p.m. Teaches the advantage and proper techniques of breastfeeding. Mothers-to-be should attend with their support person anytime during their third trimester. The cost is \$10. Call (708) 450-4910.

Pregnancy and Childbirth Class, Saturday, November 3 & 17, 9 a.m.-12:30 p.m. Topics include birth planning, emotional aspects of pregnancy, labor and delivery, cesarean birth, breathing and relaxation, labor techniques, and medicated labor interventions. Also learn about post-partum care and basic newborn care, and tour the Family Centered Care Unit. Plan to take this class with your support person anytime after your sixth month of pregnancy. The three-session class is \$35. Call (708) 450-4910.

Diabetes Support Group, Wednesday, November 7, 7:30-9 p.m. Adults with diabetes and their families discuss the challenges of coping with this chronic condition. To participate in this support group, call (708) 450-5799.

Classes Prenatals en Espanol, Wednesday, November 7 & 14, 7:30-9:30 p.m. Para mas informacion de clases prenatales en Espanol, llame a los Servicios Latinos al (708) 450-4944. El costo es \$20.

Change of Board Meeting location

The regular meeting of the Board of Education of East Maine School District No. 63, Cook County, Illinois scheduled to be held on Wednesday, November 7, 2001 at 7:30 p.m. at Donald C. Stetina Educational Center located at 10150 Dec Road, Des Plaines, Illinois has been relocated. The re-location meeting information is as follows:

Meeting Date: Wednesday, November 7, 2001.

Meeting Time: 7:30 p.m.

Meeting Site: Nelson School, 8901 Ozanam Avenue, Niles, Illinois 60714.

This meeting will be held to discuss regular Board business.



Don't leave your potted herbs out on the terrace during the winter. Instead, replant them in open ground and protect them with a good mulch.

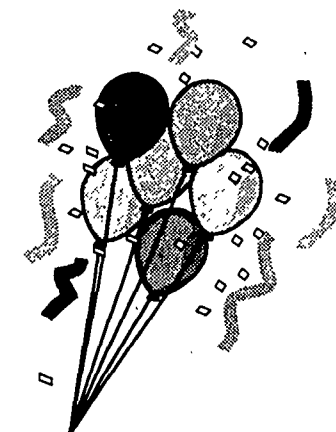
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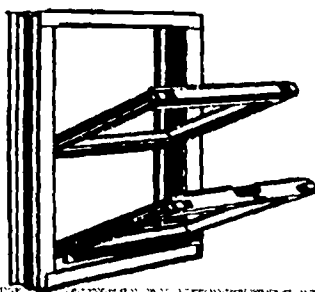
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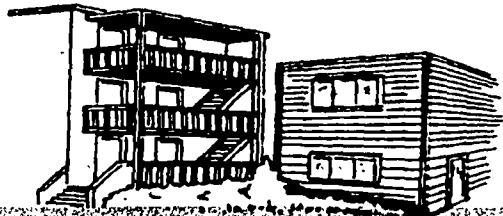
SIDING

- Soffit
- Fascia
- Gutters
- Trim



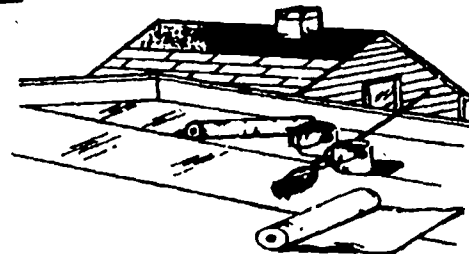
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