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The Niles Bugle

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THURSDAY, AUGUST 1, 2002

VOL. 46, NO. 5

'World's Greatest Grandma' passes away

She was declared the "World's Greatest Grandma" just hours before passing away at age 89.

She was Niles resident, Mildred "Nan" Rosen.

Rosen was perfectly content living an ordinary life for her first 85 years. A devoted wife for 50 years, a loving mother of two, a loyal grandmother to four and doting great-grandmother to three, Rosen had retired to a pleasant life at The Breakers, a senior community in Niles.

That would change, however. Rosen became a media darling when a cover story about her appeared in Chicagoland Senior News, then in a variety of other papers. She received fan mail from Regis Philbin, Vanna White, Alex Trebek, Pat Sajak, plus U.S. Senators Richard Durbin and Fred Thompson.

Said Durbin, "I congratulate you for being a powerful reminder of the need to love and re-

Continued on page 30



Nan Rosen

Leaning Tower opening draws 500

Now into its fifth season, the Niles Park District's free concert series at Leaning Tower Park kicked off the 2002 season with a performance by series favorite Enzo Incandela, and another by Meisner Magic.

The series will continue throughout the summer with performances on Aug. 1 by Joel

Daley & Prairie Moon; on Aug. 8 by Blooze Brothers; on Aug. 15 by Mr. Myers; on Aug. 22 by Jazmer, and on Aug. 29 by Stardust.

Niles Leaning Tower Park was modeled after the well-known bell tower of Pisa, Italy and is exactly one-half the original's size.

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D207 studies drug testing

While the Maine Township High School District 207 board continues to study codes of conduct for its students, the U.S. Supreme Court ruled this month that it is constitutional to perform random drug testing on students engaged in extracurricular activities.

The Court previously ruled it constitutional for a school to do random drug tests on high school athletes.

D207 does not have such a drug testing program for athletes at this time; however, a community taskforce headed by the school district has discussed testing students for drug use as part of a broader effort to define a code of conduct for extracurricular activities.

That discussion took place during brain-storming, where each idea is afforded equal validity.

Continued on page 30

Niles High School District 219 wants more money; Increase would be \$87 per \$1,000 in property taxes

School property tax increase to be on November ballot

Trustees of Niles Township High School District 219 have come out in favor of placing a tax rate increase referendum before the public in November.

Without more income the district might have to cut as much as \$14 million from future budgets, said board president Robert Silverman.

Although board members have agreed in principle to this action, it was not voted on at the recent meeting because trustees had not arrived at what amount to request.

Dist. 219 business manager Gerry Yeggy has said that a 70-cent increase in the education fund rate would give the district fiscal stability going forward.

Yeggy has equated such an increase to that of a property owner who pays a total tax bill of \$2,000. That taxpayer would pay approximately an additional \$175 under the new rate, Yeggy said.

Economy brings out fewer campers

The Morton Grove Park District is crunching early numbers from its summer camp season.

Pool passes have sold well this year, surely a factor of the hot summer.

But despite good sales, attendance is running behind last year. Park district director Jeff Fougere said pool attendance is running about 27,000, as opposed to last year's total of about 47,000. "Even with 4 to 5 weeks remaining, I can't see us picking up an additional 20,000 attendance," Fougere said.

But swimming lessons and pool rentals are up, so it's been a good year, he said.

He's seen a drop in registration for camp programs. The largest camp program, Mor-Grow, is down from 90-100 campers per session to 60-70 per session.

Overall, Morton Grove's camp registration is down about 15 percent, which Fougere says is a factor of the slower economy.

He learned by informal in-

Continued on page 30

District officials have a list of reasons for the increase ready for voters.

The district has increased its spending on state-mandated special education programs. Increases here have run about \$3.5 million over the past five years.

Employee health insurance costs in the district increased 20 percent last year and another 25 percent increase is projected for this year.

These higher district expenses are butting heads with lower district income. Decreased tax revenues are due in part to a greater number of tax appeals being filed by owners of commercial properties. This accounts for almost \$2 million of lost revenue during the past two years.

District officials also cite the Cook County tax cap and fewer dollars coming from state and federal funding.

On the other hand, an increase

Flashlight flasher strikes in Park Ridge

A man is being sought by Park Ridge police on three incidents involving indecent exposure late June through mid July.

The first appearance was about 9:30 p.m. on June 29 on Arthur Avenue. The second and third both occurred on July 13, on the 100 block of Berry Parkway about 9:30 p.m. and some 20 minutes later on Belle Plaine Avenue. All addresses lay close to the Chicago border.

Chicago Police are looking into a similar behavior in the Edison Park neighborhood, close by Park Ridge. Here too the dates were June 29 and July 13 and times ran between 9 and 11 p.m.

The three Park Ridge incidents and the two in Edison Park involved a male appearing unexpectedly before female or females on the street, and quickly exposing himself while focusing a flashlight beam on his lower body areas.

Witnesses told Park Ridge police that the offender covered his face with an item of clothing, al-

Continued on page 30

that benefits the school system is a good way to protect real estate values, trustees argue.

"The quickest way to decrease property values is to have a crumbling school district," Silverman said.

Dist. 207 OKs cell phone possession

In an annual review of student regulations, the District 207 Board has revised policy to allow students to carry cell phones in school, although they will not be allowed to use them during the school day.

State law had prohibited high school students from having cellular phones at school, but that changed recently.

Said Dennis Dresen, assistant superintendent for general administration, the change is primarily intended for kids who participate in after-school activities and need to contact a parent to pick them up.

Continued on page 30

911 referendum will not be on November ballot

The Village of Niles, at its monthly Board Meeting on July 23, 2002, rescinded previous action taken the month before regarding a 911 surcharge to be placed as a referendum question on the November, 2002 ballot.

By rescinding its original action, the 911 surcharge question will not be on the ballot in November. The reason for the change in the Board's action, which was unanimous, was because of the following:

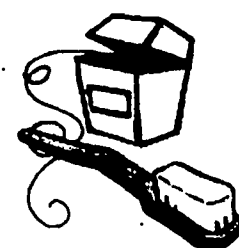
Officials determined that there were inequities in the process presently applicable by virtue of State Statute. If a homeowner has two, three or more telephone numbers, he is charged for each; while at the same time if a corporation has 100 numbers, through a system which allows it to have one major number off of which

Continued on page 30

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Two new models now open at Eagle Point Condominiums in Niles

The excitement is building at Eagle Point Condominiums in Niles, where two new model homes -- the Robin and the Peacock -- opened on July 20 at the 204-unit multifamily community being developed by Niles-based Newport Builders, Inc.

"More than any other condominium models I've ever seen, these two models truly emulate all of the amenities and features that people love about single-family homes and don't want to leave behind when they shift to a multifamily home," said Mary Lane of Alexander Lane Realty in Niles, exclusive sales agents for Eagle Point Condominiums.

"The models allow shoppers to see, touch and feel the product and achieve a level of comfort before making one of the most important decisions in their lives," Lane added.

The two-bedroom, two-bath models -- a 1,544-square-foot Peacock and a 1,923-square-foot Robin -- feature fully furnished interiors designed by Chicago-based Frosolone Interiors.

"One of the models conveys a very traditional feel with a combination of red, gold and creme colors," said Bill Frosolone, president of Frosolone Interiors.

The other has a more contemporary and transitional look that utilizes shades of chocolate brown, creme and aqua. Both models emanate a warm, soft and comfortable appearance that brings out the nice angles in the architecture.

The Robin and the Peacock represent two of the 13 total designs available at the community. Building I, which has just 4 condominiums remaining, offers three different designs featuring two bedrooms and one-and-one-half to two baths and ranging in size from 1,363 to 1,923 square feet and in base price from \$249,950 to \$319,950 (all prices subject to change without notice). First occupancies in Building I began in mid-June and will continue throughout the summer.

Building II, already half sold out, offers 10 different two and three-bedroom designs, with one-and-one-half or two baths, ranging in size from 1,340 to 2,234 square feet. Currently, base prices range from \$221,950 to \$374,950. Occupancies for Building II are projected for February of 2003.

Construction on the third and last 68-unit building is anticipated to begin in August.

Lane added that shoppers have plenty of incentives to act now at Eagle Point Condominiums.

"Interest rates remain low, there are still a few great units with incredible forest preserve views available, and all five residences remaining in Building I are corner units," Lane said.

Monthly assessments of Eagle Point Condominiums presently range from \$150 to \$270 and include radiant heating, natural gas for cooking, water, heated indoor parking, landscaping maintenance, snow removal and refuse disposal.

Eagle Point Condominiums is conveniently located at 6801 N. Milwaukee Avenue on a seven acre parcel along the North Branch of the Chicago River and adjoining the Bunker Hill Forest Preserve. Nearby transportation facilities include commuter train service from three nearby Metra train stations located in Edison Park Ridge and Edgebrook, as well as service from the Niles Free Bus.

For more information, phone (847) 588-2888 or visit the on-site sales center at 6801 N. Milwaukee Avenue. Sales office hours are 9 a.m. to 5 p.m., Monday through Friday; 10 a.m. to 4 p.m., Saturday; and noon to 4 p.m. Sunday.



Two new model homes recently opened at Eagle Point Condominiums, the 204-unit multifamily community being developed by Niles-based Newport Builders, Inc.

Area men and women in the military

May 07, 2002 - FHTNC - Marine Corps Pvt. Brian L. Woznicki, a 2001 graduate of Notre Dame High School, Niles, Ill., recently completed basic training at Marine Corps recruit depot, San Diego.

Woznicki successfully completed 12 weeks of training designed to challenge new Marine

recruits both physically and mentally.

Air Force 2nd Lt. Carl B. Rotermund, a grandson of Ruth Pasturczak of Niles, Ill., recently completed his first solo flight.

Rotermund is undergoing primary flight training with Training Squadron Three, Milton, Florida. The basis course included 65 flight training hours and the

initial steps of the Navy Integrated Flight Training System. Rotermund's follow-on training with jets, helicopters or multi-engine aircraft will lead to designation as a naval aviator.

Rotermund is a 1997 graduate of Lyons Township High School of Western Springs, Ill., and joined the Air Force in May 2001.

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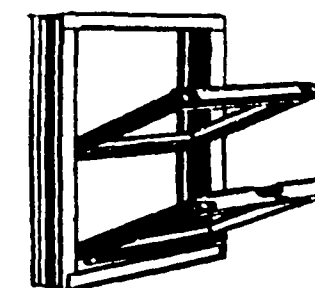
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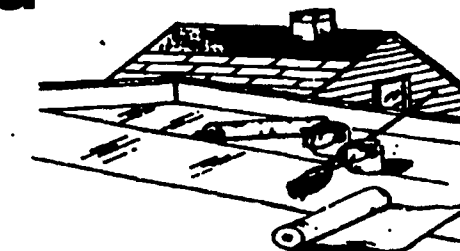
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- Porches Rebuilt and Enclosed

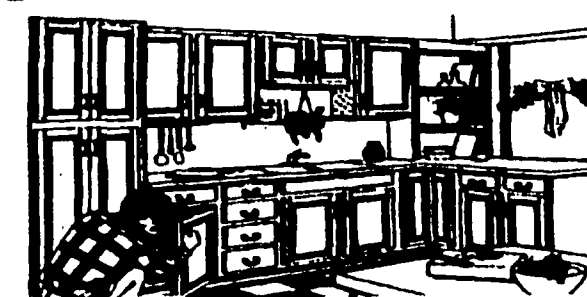


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Guerin student following her dream



Jessica McCafferty, a junior at Mother Guerin High School, and an aspiring writer, holds up a copy of the Hairstyle magazine in which she was recently published. McCafferty will be writing her own column, "Teen Scene" for the publication.

Local students on WIU spring 2002 dean's list

Maomb. IL - More than 1,600 undergraduate students at Western Illinois University were named to the Spring 2002 Dean's List. To receive this award, students must earn at least a 3.6 grade point average on a scale of 4.0 equals an A in 12 credit hours of graded courses to be eligible; pass-fail hours are not counted.

WIU's main residential campus is in Macomb. The WIU-Quad Cities campus, which is a division of Western's School of Extended and Continuing Education, serves placebound undergraduate and graduate students in the Quad Cities area (western Illinois-eastern Iowa).

Students named to the WIU Dean's List included, by county:
Des Plaines (60016) Monica A. Henstock (Sophomore); Michelle L. McCormick (Senior); Shefali Patel (Junior)
Glenview (60025) Jonathan

W. David (Junior): Steve H. Fahrenbach (Senior)
Harwood Heights (60706) Andrew Greg Zlec (Junior)
Niles (60714) Lisa M. Summerhill (Senior)
Norridge (60706) Valerie C. Sershon (Senior)
North Riverside Becky J. Abbatello (Sophomore)
Northbrook (60062) Sarah G. Cross (Sophomore); Jennifer L. Gersdorf (Senior)
Park Ridge (60068) Michael Curcio (Sophomore); Ryan Thomas Fox (Junior); Ethan N. Mosley (Junior); Christina M. Roig (Junior); Timothy E. Sapieka (Sophomore)
Skokie (60076) Jillian M. Goldberg (Senior); Amy M. Ogata (Sophomore); Lauren S. Ogata (Sophomore); Stephanie D. Snyder (Senior); Latisha S. Wright (Senior).

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STEADY RAINS TAKE HEAVY TOLL ON AREA BASEMENTS

Unrelenting rain this spring is taking a heavy toll on basements throughout the region.

"This is the time of the year when all our crews are busy responding to people who are tired of cleaning up after all the rain," says Bill Crawford, general manager for EverDry Waterproofing, "and there's been more of it this year than usual."

Calls to EverDry Waterproofing keep going up, he says. "That's because the word is about our patented waterproofing method and the life of the house warranty that comes with it," says Crawford.

People also know we've been around for more than 20 years, that we're one of the largest waterproofing operations in the country, and we stand behind everything we do.

"That kind of credibility and trust is no accident. To get it, you have to earn it, and the only way you earn it is by doing good work and dealing with customers fairly and openly over a long period of time."

Waterproofing has many benefits beyond common sense maintenance and the value it adds to the structure, he adds.

"It's incredible how popular a basement can become once it's dry. One of the most frequent uses today is as a home office. It simply doesn't make sense to put a computer and other expensive office equipment in a cold, damp environment." Other popular users include TV rooms, extra bedrooms, hobby centers and children's play area," Crawford points out.

The company offers a free basement inspection that includes inside and outside examination, a consultation, a report detailing the exact cause of the problem and information on the best way to resolve it. It even includes tips on how some problems can be solved by the property owner.

"Our inspectors know their business," says Crawford. "All of them are full time employees of a company that has installed its patented waterproofing system in more than 70,000 homes around the country, and every one of those jobs is backed by our life-of-the-house warranty, the best in the business."

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The Red Cross is Prepared for a Heat Emergency, Are You?

Red Cross Offers Tips for Dealing with Oppressive Heat and Humidity. The weather extremes known as "Chicago weather" has hit at full force with high temperatures and humidity dominating the predicted forecast. To keep the Chicagoland area safe, the American Red Cross of Greater Chicago urges area residents to take precautions during this bout of heat and throughout the summer.

To avoid weather-related emergencies such as heat cramps, heat exhaustion and heat stroke, the Red Cross advises you to:

- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning from 4 to 7 a.m.

- **Stay indoors** as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine or take advantage of public places with air conditioning such as libraries, movie theatres and malls. Remember that electric fans do not cool, they simply circulate air.

- **Wear lightweight, light-colored clothing.** Light colors will reflect some of the sun's energy away from the body.

- **Drink plenty of water often.** Your body needs water to keep cool.

- **Drink plenty of fluids** even if you don't feel thirsty.

- **Avoid drinks with caffeine and alcohol.** They can make you feel better briefly, but they make the heat's effects on your body worse. This is equally true with beer, which dehydrates the body.

- **Eat small meals and eat more often.** Avoid foods high in protein, which increase metabolic heat.

- **Avoid using salt tablets** unless directed to do so by a physician. Salt dehydrates the body increasing the likelihood of cramps.

To obtain a free heat safety brochure, contact the American Red Cross of Greater Chicago by calling (312) 729-6212. For more information on heat and other safety-related topics, log onto chicagoredcross.org.

The American Red Cross operates around the clock, every day of the year providing community disaster preparedness and relief, safety and health education, international services and assistance to military personnel and their families. The American Red Cross of Greater Chicago serves seven counties in northeastern Illinois.

Registration open for classes at Oakton

Register now for fall 2002 classes offered by the Alliance for Lifelong Learning (ALL), the continuing education program partnered by Oakton Community College and district high schools. Classes begin Monday, Aug. 26.

Each year more than 20,000 people take advantage of the many learning opportunities offered by the Alliance at various locations throughout the district. From "do it yourself" classes to courses for updating professional skills, ALL has a class to benefit every lifelong learner, including more than 50 online classes for those who enjoy learning at home.

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Peter J. Koziel

Navy Midshipman Peter J. Koziel, son of Ruth A. Bialek-Koziel and Donald J. Koziel of Glenview, recently completed six weeks of U.S. Naval Academy Indoctrination (Plebe Summer) in Annapolis, Md.

This demanding, fast-paced orientation begins four years of preparation for commissioning as naval or Marine Corps officers. During Plebe Summer, Koziel learned basic skills in seamanship, navigation, infantry drill, sailing and marksmanship. Koziel also learned the Brigade of Midshipmen's Honor Concept.

Koziel is a 2002 graduate of Loyola Academy of Wilmette, IL.

Foreign Teens Need Your Help

Pacific Intercultural Exchange is looking for homes for 5 girls and 6 boys in Illinois. There is no such thing as a typical host family! If you are a single parent, retired, have small children or teens you can have a great experience with these teens.

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Second graders visit JFK Healthworld



Pictured above: Grace Rueve, Michelle Hartogh, and Caitlin Connolly pose inside huge containers.

During the last week of school, the St. John Brebeuf second graders went on a field trip to JFK Healthworld in Barrington. The

students attended a workshop on building self-esteem and getting along with others. They participated in activities that promoted

self-confidence and team work. After a pizza lunch, everyone had a great time exploring the other exhibits in the museum.

Rosh Hashanah

Rosh Hashanah is soon approaching and Beth Hillel Sisterhood Catering of Wilmette is once again offering delicious homemade kosher food for the holiday. You can order from gourmet appetizers to desserts and everything in-between. The deadline for orders is Monday,

August 19. For further information, please call (847) 256-1213, ext. 13.

The Sisterhood is also selling fresh baked challahs and beautiful holiday mum plants. The pots can be delivered with your own personal message enclosed.

'Champions' gather in Chicago

Who/What: More than 500 leaders in eldercare and aging will gather in Chicago to attend the Pioneer Network's 3rd National Conference, "Becoming a Champion of Change" in August. With dozens of concurrent sessions, this conference is open to all interested individuals and organizations committed to creating a better world for our elders.

Invited attendees:

- Senior management, owners and board members from long term care provider organizations and groups.
- Regulatory and survey leadership from state and federal agencies.
- Professional and provider association leadership staff on the state and national level.
- Legislative and policy leaders on the state and national levels.
- Advocates, educators, professionals and researchers interested in advancing their skills and commitment in the Pioneer Network agenda for culture change.

Why: This conference is a call for new leadership at all levels of elder care, for "Champions of Change" who will help their organizations, and themselves, grow into a new century of aging and elder living.

When: August 14 to 17 (for complete schedule, call Nicole Heller (773) 907-3097).

Where: Hyatt Regency Hotel, 1909 Spring Road, Oak Brook, Illinois.

"Becoming a Champion of Change," is co-sponsored by the Rothschild Foundation of Chicago, the Retirement Research Foundation, the Commonwealth Fund and the Mather Institute on Aging.

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Area student receives degree

A Morton Grove student received a degree with honors from Bradley University in May.

Stamata M. Lymperopoulos graduated magna cum laude achieving between a 3.6 to 3.79 grade point average.

Lymperopoulos, daughter of Gus and Connie Lymperopoulos, received a Bachelor of Science degree.

Bradley University is an independent, privately endowed, co-educational institution. With an enrollment of approximately 6,000 students, Bradley is the ideal size for living and learning.

Wisconsin Dells September event

Event: Yukon Trails Door County-style Fish Boil

Date: September 6-8, 2002

Location: Yukon Trails Camping, N2330 Hwy. HH, Lyndon Station, Wis.

Activity: Wind down the summer camping season with a favorite traditional Wisconsin meal, including boiled fish, potatoes, carrots and onions. Participants can bring a desert dish to pass, with prizes being awarded to the top 3 recipes. A \$2.50 admission fee will be charged for campground guests; \$10.00 for non-guests. For further details, call (608) 666-3261.

For up-to-minute details on Wisconsin Dells events and activities, call 1-800-223-3557, ext.

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June Moon Helps 103 Year Old Man Clean House

Recently June Moon Estate Sales of DesPlaines was recommended by a local church to help a 103 year old parishioner with the sale of his household furnishings.

The man was moving out of state and needed very little of his possessions in his new home. June Moon Estate Sales suggested an estate sale on the premises of his home that would include items from his basement, attic and garage. Half of the items were antique or older and the rest were household or clutter of one type or another.

The June Moon staff uncovered, evaluated and displayed dozens of pieces of glassware, ceramics, furniture, tools, collectible objects and household bric-a-brac in preparation for the sale. Everything from confederate money to his wife's doll trunk were found throughout the home. The 103 year old man helped by providing information about long forgotten possessions and locating sales receipts for recent large purchases such as a television set and appliances.

The items still needed by the owner, who would not be moving for a few weeks, were tagged "not for sale." Other signage was placed around the home to block entrance to rooms or cabinets and to direct traffic inside the home. The garage was emptied out and saleable items brought into the basement so the entire sale could be held indoors if the weather was less than ideal.

On the day of the sale the 103 year old man, who wanted to stay and watch the sale first hand, became very popular with visitors who were amazed at his health and energy. Customers loved talking to him and even took pictures with the man. The estate sale was successful with most furniture and miscellaneous items finding a new home. The remaining items would be sold on consignment in the June Moon retail store in DesPlaines or donated to charity. And any worthless clutter would be cleaned out before the new owner moved in.

The 103 year old man was very pleased with June Moon Estate Sales. He would now be able to move in with his family once his home sale was complete and not have to worry about what to do with all of his "stuff."

June Moon Estate Sales regularly helps individuals who are planning to sell their home or are ready to move and need to dispose of unwanted possessions. Direct purchase of items, household and estate sales and attic to basement cleanouts are a few of the options available. Consultation is free and without obligation. Visit the June Moon store at 1486 Miner Street in downtown DesPlaines or call (847) 294-0018. Ask for Jim Frugoli. Store hours are 12 p.m. to 5 p.m. Tuesday to Thursday and 12 p.m. to 4 p.m. Friday and Saturday. References are available.

Antiques Show Offers Something for Everyone

Bob Smith & Dolphin Promotions, Inc. is pleased to announce that the 27th Annual Chicago O'Hare Summer Antiques Show & Sale will be held August 16-18, 2002 at the Donald E. Stephens (Rosemont) Convention Center in Rosemont, IL.

With over 400 dealers from 38 states plus Canada, England, France, Italy, Germany, and Argentina, the O'Hare Antiques Show is the Midwest's largest quality antiques event. It attracts thousands of antique lovers from the Chicago area as well as collectors from as far away as New

York, California, Florida, Europe and Asia.

A wide range of high quality antiques and objects d'art will be represented, including English, French, Victorian and early American furniture, silver, bronzes, Orientalia, porcelain, antique and estate jewelry, watches, paintings, prints, pottery, art glass, art nouveau, art deco, textiles, lamps, rugs, quilts, Americana, vintage clothing, folk art, tribal art, militaria, antiquarian books, architectural and garden ornaments, reference books, and much more. All items

are for sale, and prices range from \$10 to over \$100,000 offering opportunities for every collector.

Additionally, Dolphin Promotions is pleased to introduce the 4rd Annual Chicago Vintage Clothing & Antique Textiles Show, which will run concurrently with the Summer O'Hare Show. The Vintage Clothing Show will include 18th, 19th & 20th Century fashions, costume jewelry, and accessories, as well as fine linens, lace, and antique fabrics. It will feature 50 dealers and be held in Hall B of the Rosemont Convention Center.

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Jesse White announces Literacy Symposium



Illinois Secretary of State and State Librarian Jesse White announces "A Call to Literacy -- A Book in Every Hand" Literacy Symposium set for August 20 at DePaul University's Loop Campus. The Symposium will focus on a number of literacy initiatives through a unique partnership between the public and private sectors. Pictured above are, from left to right, Symposium participants Dr. Frank Gardner, Northern Trust Bank; Roberto Castaneda, Trammell Crow Company; Tenny Ahn, Barnes & Noble Booksellers; Secretary of State Jesse White; John Rosales, Coca-Cola Enterprises; Karen Kane, Federal Reserve Bank of Chicago; and Ralph Intagliata, Trammell Crow Company. For more information about the Symposium, contact Jodi Martinez at (312) 814-8299.

PACE installs more bus signs and tubes

Making it simpler to use public transportation is an important goal at Pace, and your suburban transit agency is doing just that this summer. Many bus routes in the north and northwest suburbs will become more familiar to area residents because Pace is installing many new bus stop signs and informational transit tubes.

A transit tube is a circular informational display that gets mounted on the pole of a bus stop sign, often at shopping centers, train stations and other key stops along the routes. Transit riders can rotate the tube and view local route maps to find out where they can go on Pace. This new concept is already a reality on 25 bus stop signs throughout Joliet, and Pace has dozens more transit tubes planned for the north, suburb this summer. There will be 7 transit tubes installed at various locations in the Waukegan area.

"We have often heard from people that they would like to ride Pace, but they are not sure when the bus is going," said Pace Executive Director T.J. Ross. "Transit tubes are convenient resource that give our customers the information they need where they need it."

Bus stop signs also help promote routes within a community and they indicate where passengers can safely stand while waiting for the next bus. Pace already has 15,000 signs posted throughout the six-county suburban area, and an additional 2,000 signs will be installed in the coming months along bus routes in the north and northwest suburbs.

"We continue to add signs every year to make communities more aware of where Pace is operating," Ross said. "It makes easier to take advantage of the benefits of public transportation."

For information on public transit, call the RTA Travel Information Center at 836-7000 from any suburban area code. The RTA TTY line for hearing impaired customers is (312) 836-4949. For bus schedules and other Pace information 24 hours a day from your home or office by visiting www.pacebus.com.

"Membership and Celebrations" Luncheon August 3

Congregation Bnai Emuna will be holding its "Membership and Celebrations" Luncheon August 3, 2002. Shabbat Service begin at 9:15 a.m. and will be followed by the luncheon for members celebrating special occasions during the month, as well as non-members interested in finding out more about the synagogue and its programs. There is no charge for this event, however, reservations are required by calling the synagogue office at (847) 674-9292.

Congregation Bnai Emuna is a conservative, egalitarian synagogue located at 9131 Niles Center Road, Skokie.

Ask your pharmacists: Don't Sweat It!

by Holly Vance

Q: Help! I sweat a lot when I'm nervous, especially on my palms. How can I keep them dry?

A: Perspiration is the body's natural response to vigorous physical activity, stress, or extreme heat. But if you sweat excessively, you probably have hyperhidrosis, a common condition.

Since anxiety brings on excessive sweating, first ask your doctor or a therapist to teach you relaxation techniques. Use the techniques before or during a stressful situation to reduce anxiety and boost your confidence.

If excessive sweating persists, talk to your doctor about prescription medications, surgery,

and other treatments.

The prescription medication Drysol prevents excessive sweating for up to 80 percent of users. It can be used for hands, feet, or underarms. Apply Drysol at bedtime and rinse it off in the morning. In most cases, you apply it nightly until perspiration is under control, usually within a few days. Then, reduce applications to once a week. The thick skin of the feet and hands usually requires longer daily treatment than underarms.

Q: What's the difference between an antiperspirant and a deodorant?

A: Deodorants are easily confused with antiperspirants.

But deodorants only cover up body odor -- antiperspirants prevent odor by keeping you dry.

Antiperspirants contain an aluminum compound that helps keep the skin dry. They come in many forms, such as roll-ons and gels. If you have excessive sweating, be sure to select a product labeled as an antiperspirant.

Q: All my white shirts have yellowish sweat rings that refuse to fade no matter how much bleach I use. What causes this?

A: In addition to cooling you down, perspiration helps your body release minerals and salts. Although the moisture evaporates, these substances build up on your shirt, causing it to change

color. Most sweat stains are permanent.

Help prevent sweat stains on your clothes by controlling perspiration. Try switching antiperspirants or talk to your doctor about prescription alternatives.

Q: I've heard that antiperspirants are bad for your health. Is there a natural way to stop perspiration?

A: Antiperspirants are safe to use as directed, despite some urban legends to the contrary. If you prefer a natural approach, consider some traditional, but unproven, herbal remedies or natural deodorants.

Sage leaf oil contains a variety of natural ingredients that may

help reduce sweating. It isn't known how it works to reduce sweat, and medical research has yet to prove its effectiveness. Some people like the aroma of sage and claim good results.

Walnut leaf can be used to dry the affected area, especially the hands and feet. Add 2 to 3 grams of the herb to about 3 ounces of water. Then soak the area or use the solution to make a compress. While walnut leaf may dry your skin, its efficacy hasn't been proven. And you will continue to perspire.

Natural deodorants (Tom's of Maine, Bum's Bees) may neutralize body odor, but they won't reduce perspiration.

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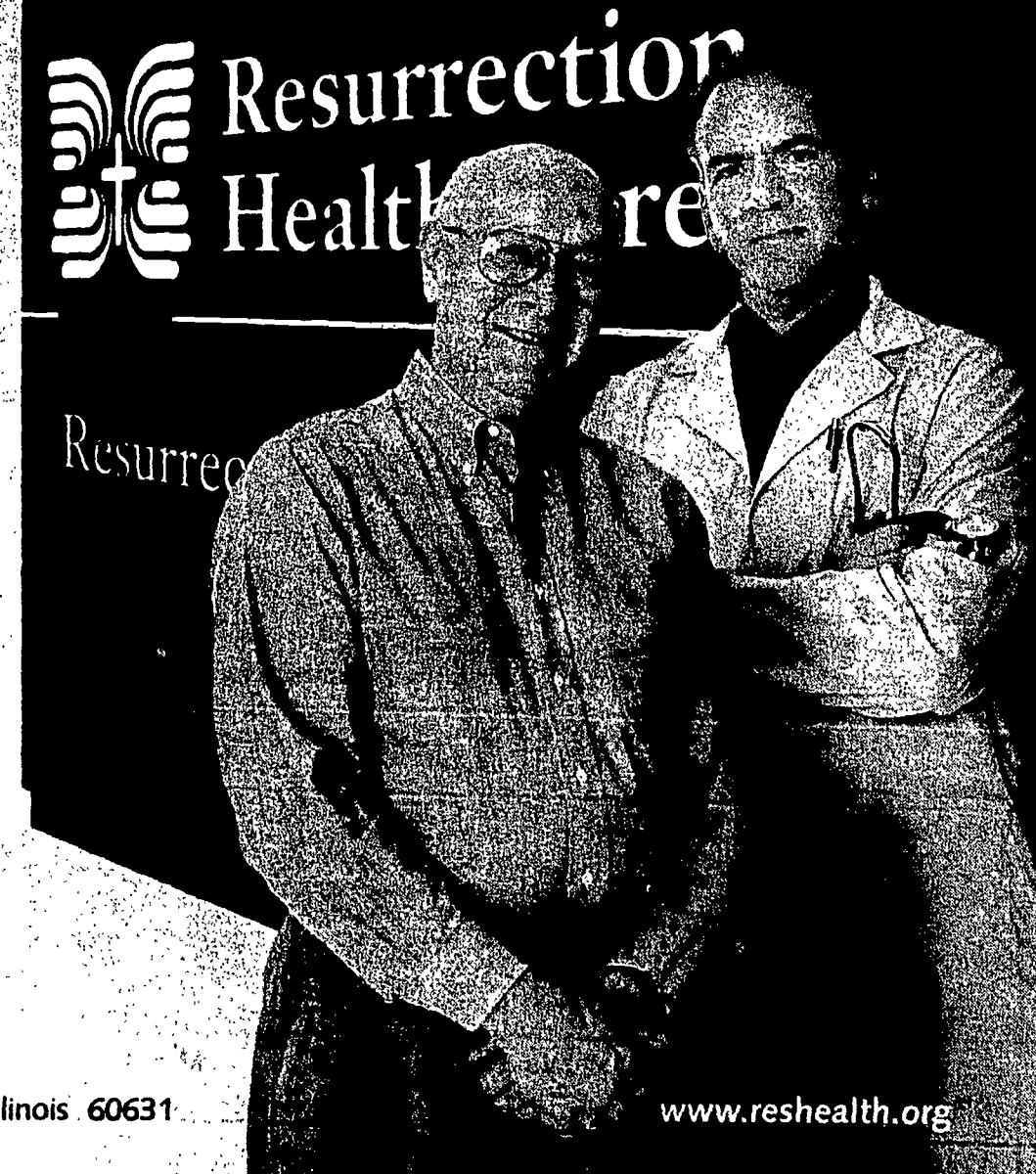
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*Source: IHHA CompData 2001
**Source: MEDPAR 2000 database

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Wisconsin Dells trip planning made easier

With today's on-the-go life-style, many people are finding they have little time to plan for recreation or vacation time. Many lodging establishments and attractions in Wisconsin Dells are addressing those time constraints by making vacation planning a lot easier. Room reservations and attraction ticket orders are now being accepted online by a growing number of area's hotels, resorts and attractions.

The following Wisconsin Dells attractions will allow visitors to bypass lines and ticket booths so that they can start the fun immediately upon their arrival:

Christmas Mountain Village Golf Course:
Golf enthusiasts will soon be able to schedule a tee time online by visiting: www.dells.com/christiansmountain.

Noah's Ark:
By logging onto: noahsark-waterpark.com, visitors can not only order their tickets in advance but can also save 20 percent. Season passes can be purchased online at a \$10 savings.

Passport to Savings:
Tickets for some of Wisconsin Dells' most popular attractions are available for advance purchase online at:

www.passporttosavings.com.
Additionally, visitors can save up to 35% by purchasing tickets for multiple attractions at one time.

Treasure Island Waterpark Resort:

Guests can order tickets to Family Land and Bay of Dreams waterparks by logging onto:

www.wisdellstreasureisland.com. Visitors interested in overnight lodging can also make reservations to stay at the resort.

Additionally, several Wisconsin Dells accommodations now allow potential guests to check room availability and make reservations online. In many cases, visitors will also find valuable coupons for their Wisconsin Dells vacation on these businesses' respective Web sites. Online reservations capabilities are offered by a variety of Dells accommodations:

Waterpark Resorts:

Book a room and take a virtual tour of these popular properties, including:

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(www.chulavistaresort.com).

Great Wolf Lodge
(www.greatwolfodge.com).

Polynesian resort Hotel & Suites
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Wilderness Hotel & Golf Resort
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Midrange Lodging:

Many affordable hotels with extensive waterpark offerings allow guests to book a room online, including:

Flamingo Hotel & Suites
(www.dellsflamingo.com),

Grand Marquis Hotel & Suites
(www.grandmarquis-dells.com),

Howard Johnson Hotel & Conference Center
(www.antiqubay.com),

Skyline Hotel & Suites
(www.skylinehotelsuites.com),

Wintergreen Resort & Conference Center
(www.wintergreen-resort.com).

Bed & Breakfasts:

Visitors can check room availability and rates as well as make reservations for the Buckley House Bed & Breakfast at:

(www.thebuckleyhouse.com)

To find a complete listing of Wisconsin Dells properties and attractions, including Web site links, log onto:

(www.wisdells.com).

For more information about Wisconsin Dells, or to receive a free 2002 Travel & Attraction Guide, contact the Wisconsin Dells Visitor & Convention Bureau at 1-800-223-3557.

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Courting Disaster new book examines stalkers/prey

Life for a woman being stalked can be summed up in one terse sentence. "It's like walking a tightrope held by an enemy over an abyss toward an unseen danger on the other end," says Jennifer L. Dunn, a sociologist from Southern Illinois University, Carbondale.

The unseen danger? No matter how this woman deals with the stalker or the criminal justice system, it's likely to be a misstep.

"Any compliance with the stalker's demands—even when done out of absolute terror—tends to make victims look as if they're not setting clear boundaries, as if they're participants in precipitating the violence," says Dunn, whose new book, "Courting Disaster," takes a close look at stalking and its aftermath.

"But if the victims get frustrated, fed up and angry, and they fight back, that comes back to haunt them too. To be a 'good' victim in a stalking case, you have to present yourself as being afraid. Both compliance and resistance violate expectations of what victims are supposed to be like."

"Another problem the women face is that because the stalking goes on and on and they have a hard time getting help, sometimes they can become very demanding when they do get help, leaving endless telephone messages, constantly coming by, wearing everyone out, acting almost like stalkers themselves."

TV and film stalkers tend to be obsessed psychopaths who encounter their victims by chance. In reality, stalkers are usually abusive husbands and boyfriends whom victims have managed to leave. That simple fact makes for several complicated problems.

"These are men with whom the victims have had a relationship, people they have cared about, and it's confusing because many stalkers aren't just being threatening and violent—they're also showering victims with love letters and cards and flowers," Dunn says. "Doing the book, I found out that you can be very frightened of someone and still care about him at the same time."

"Also, a lot of the ideological baggage that gets attached to domestic violence gets attached here too. You have skeptical police officers, prosecutors who don't believe the women have really left; defense attorneys who will try to claim that it's not really stalking because it involves intimates—even family and friends will ask, 'What did you do to bring this on yourself?'"

Finally, says Dunn, acknowledging that her next remark could bring a storm of controversy swirling about her head, when husbands and boyfriends are involved, women can inadvertently play a part in their own victimization.

"I'm not blaming them," she says. "I'm saying stalking and their response to it fits into a cul-

tural framework that has to do with our traditional constructions of courtship and romance. We teach girls that to be ardently pursued is to be desirable; we teach boys that if they want a woman, they must triumph over every obstacle in the way, and we call all this romance. We confuse jealousy with true love. Even our fairy tales tell us the Beast will be a prince if we accept him as he is."

"These ideas are part of what shape women's interpretations of stalking behavior. I surveyed sorority women as part of the research I did for the book. The survey included a situation where a woman says, 'No, I don't want to see you any more,' but the man leaves flowers at the door, calls, writes, begs, pleads—and the women surveyed thought these things were romantic. They would be annoyed and even frightened but flattered at the same time. There's ambivalence when stalking is cloaked in romantic imagery, which is why women are so susceptible to it. Sometimes stalking is normal courtship taken to extremes. It's one of the reasons I called my book, 'Courting Disaster.'"

The other reason for the book's title reflects what generally happens when women seek protection from the courts.

"The criminal justice system has limited resources, so at every step of the way, there are people who are assessing the victims' credibility," Dunn says. "Prosecutors, who are mainly interested in convictability, know that judges and juries tend to be critical of this type of victim. It can be incredibly frustrating."

"Some savvy women become skilled at negotiating these barriers and figure out how to work within the system to get the help they're looking for, but I think that's the exception rather than the rule."

While "Courting Disaster" is being published by Aldine de Gruyter, an academic press, as one volume in a sociological series on social problems and issues, Dunn hopes it will find a place on the must-read lists of women being stalked.

"The book lays out all the ways the victim makes the wrong move—you could almost look at it as a guidebook for successfully negotiating the criminal justice system," Dunn says.

She also would like to see it in the hands of anyone who knows or works with women living this kind of nightmare. "I want people to step into the role of what it's like to have your house trashed, your pets mutilated, to be followed everywhere, never, ever to be let alone and to have no one believe you," she says.

"If they can understand that, perhaps they can understand why victims do what they do—the kinds of things that don't make sense to people who have never been stalked."

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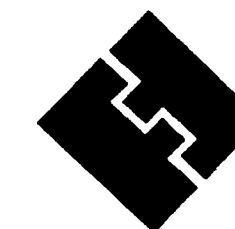
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Brian J. Pierce

Marine Corps Pvt. Brian J. Pierce, stepson of Roger L. and son of Mary R. Brown of Skokie, IL, recently completed basic training at Marine Corps Recruit Depot, San Diego.

Pierce and fellow recruits ended the training phase with The Crucible, a 54-hour team effort problem solving evolution which culminated with an emotional ceremony in which the recruits were presented the Marine Corps Emblem, and were addressed as "Marines" for the first time since boot camp began.

Pierce is a 2001 graduate of Niles North High School of Skokie.

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Caribou Coffee links charitable donation/purchase

Today, as part of Caribou Coffee's annual program to offer the best coffees from the coffee-producing countries of the world, customers at Caribou will have TWO new coffees to enjoy - Costa Rica Doka and Guatemala Atitlan. Caribou changes its origin coffees (one type or high-quality beans from a specific country) every year in order to offer the best coffee in the world. And to support coffee growing communities. Caribou has added a premium to be paid for the Guatemala Atitlan this year in order to fund educational, environmental and community concerns for the growers, their families and citizens of Guatemala - what's more: this contribution is being matched by the exporter to double the impact.

Costa Rica Doka, a lighter roast with a smooth, brisk, milk chocolate taste, hails from the Doka Estate on the soft slopes of the Volcan (volcano) Poas in the Central Valley region of Costa Rica. The rounded edges and fertile soils of the volcano are ideal for coffee farming - from some vantage points, it looks like a sea of green coffee trees! For generations, the Vargas family has worked this fine coffee farm, using age-old traditional agricultural methods balanced with new techniques. The result is a de-

lightful, award-winning coffee that typifies the pure chocolate subtlety of Costa Rican coffee.

Guatemala Atitlan

Similar in style to Caribou's Daybreak Blend, the Guatemala Atitlan is a light and lively roast that touts an intensely pleasing sweet-tart cranberry flavor with balanced heaviness that is sure to delight the senses of coffee lovers everywhere. The Atitlan is grown on the dramatic mountain slopes on the edge of the legendary Lago (Lake) Atitlan in Central Guatemala. Coffee growers from the region harvest small batches of beans, and several small producers' harvests are combined to make a single lot of this Guatemalan coffee. It's small-batch processing and the region's unique lakeside geography that contribute to the rich and winy fruit flavors that Atitlan is known for.

"Caribou Coffee has always worked very closely with the growers and workers at coffee plantations in countries around the world. It's important that coffee continues to be a sustainable product in coffee-producing countries especially during these times of very low market prices," said Chad Trewick, Director of Coffee and Tea at Caribou Coffee. "So we wanted to do more by helping to fund important educational, medical, and environmental projects in coffee-growing communities. By simply offering to pay more per pound, and ensuring we designate to whom the extra funds go, we can help out in a big way."

Funding from the donations in Guatemala and Costa Rica has been earmarked to pay for youth academic scholarships for students at an area high school, school supplies and furniture for several elementary schools; a day care for plantation workers' children; the construction of three waste water treatment plants in Costa Rica and local programs against deforestation.

Caribou has long been committed to supporting the social economic and environmental needs of coffee-producing countries. Even the coffee mills used by Caribou distributors in Costa Rica recently received the highest award given by the Costa Rican government for ecological efforts and environmentally friendly processing methods.

Caribou Coffee, founded in 1992, headquartered in Minneapolis, is the nation's second largest specialty coffee company with more than 190 stores and 2,000 employees in seven states. Caribou selects the finest beans to create unique and unparalleled blends. They offer pure origin coffees and employ the highest quality coffee standards from roasting through brewing for the ultimate taste sensation. Caribou's stores have the look and feel of an Alaskan lodge, with knotty-pine cabinetry, a fireplace and soft-seating.

For more information log on to: www.cariboucoffee.com.

Israeli dance workshop offered

Sheketak, the critically acclaimed Israeli dance troupe celebrated for their innovative dance number and wild music, will conduct a dance workshop at Skokie Public Library. Sponsored by the Library in conjunction with the Consulate General of Israel, the one-time session is scheduled for Tuesday, Aug. 13 at 5:30 p.m.

Sheketak is a combination of dance, percussion, live music and sound created by the performers on stage. The different styles of dance featured include body percussion, tap, hip-hop and free style. Three of the five performers in the show will lead the workshop, which will teach kids to use their bodies as instruments. All children must be registered in advance by calling Skokie Public Library's Youth Services desk at (847) 324-3149 to sign-up, or in person. A limited number of slots are available on a first-come, first-served basis beginning August 1.

The show premiered in Tel Aviv, Israel in 1997 and has been performed all over Israel and the world to critical acclaim, including Germany, France, Corsica, Russia, Hungary, Singapore, Spain, Czech Republic, and the

U.S. There are five men featured in the performance, three dancers/musicians, a drummer and a bass player. The name is taken from Hebrew, with *sheket* meaning silence and *tak*, a hit sound.

Created by Zahi Patish and Danny Rachom, the show was staged and developed by all performers on stage with accent on virtuosity and humor. The Creators of *Sheketak* recently won "The Young Artist Award" given every year to two choreographers in Israel by the Minister of Education.

For more information on SHEKETAK, go to <http://www.sheketak.com>.

The public may call (847) 673-7774 for further information about Library services and events. Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day at www.skokie-library.org.

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'Angels In The Fairway'

The 6th Annual "Angels In The Fairway" Golf Outing hosted by the "Joey's Angels" Chapter of the Evanston-based Leukemia Research Foundation will be held on Wednesday, Aug. 7, at both Midlane Country Club in Wadsworth and Thunderhawk Golf Club in Beach Park.

The event is sponsored by F. H. Paschen, S.N. Nielsen, Inc. in memory of Joey Mix, a Buffalo Grove youth who lost his life to leukemia in 1996 at the age of three. Individual and corporate foursomes are available for either morning or afternoon shotgun starts and numerous raffle and silent auction prizes are planned along with dinner festivities.

More than 2,200 golfers have participated in Angels In The Fairway over the last five years and have helped raise over \$625,000 for the Leukemia Research Foundation. To register or for more information, call (847) 808-1885, or visit the chapter's website at: www.joeyangels.org.

The Leukemia Research Foundation is made up of more than 1,500 volunteers from 21 regional chapters who have joined together to conquer leukemia, lymphoma, and myelodysplastic syndromes by funding research into their causes and cures and to enrich the quality of life of those touched by these diseases. For more information, visit the LRF web site at: www.leukemia-research.org or call (847) 424-0600.

The LRF has been funding research into the causes and cures of leukemia and related blood cancers for 55 years, issuing grants totaling \$24 million to more than 500 scientists and physicians.

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Ask your pharmacist: Poolside Tips

by Holly Vance

Q: How often should I reapply sunscreen at the beach or pool?

A: Before you step out into the sun, apply a waterproof sunscreen liberally on all exposed skin. Apply it 15 minutes before sun exposure and then again every two hours and after swimming or vigorous activity.

Select a waterproof sunscreen with a SPF of 15 or higher that protects against both UVA and UVB rays (brand names: Banana Boat, Coppertone). Use sunscreen even on overcast days -- 80 percent of the sun's burning

rays penetrate through clouds.

Q: Do I really need to wait one hour after eating before returning to the pool?

A: This myth began many years ago. It's best to avoid strenuous activity after a large meal, but lolling about in the pool or swimming soon after eating a small lunch will not cause any adverse side effects.

Q: My family is signing up for outdoor pool lessons this summer. How can I protect my daughter's long blond hair from the chlorine?

A: Chlorine can make hair brittle and dull and turn blond

hair green! Prevention is key -- once the damage is done, you'll have to wait for new growth to restore her locks.

To prevent chlorine damage, always rinse hair immediately after swimming. Use a shampoo and conditioner designed for swimmers (UltraSwim, Agree).

Your daughter can reduce her hair's exposure to chlorine by wearing a rubber swim cap in the pool. At the very least, the swim cap will help prevent sun damage.

Q: My son plagued with swimmer's ear last year. Is there anything we can do to prevent it from ruining this summer's fun?

A: Swimmer's ear is an inflammation of the ear canal caused by a bacteria or fungus. Symptoms include itching, pain, discharge, and a feeling of water in the ear.

To prevent swimmer's ear, dry ears carefully after swimming. Towel off, then use an ear-drying agent (Auro-Dri, Swim Ear). You can make your own solution by combining equal amounts of rubbing alcohol and vinegar. Drip one to three drops into each ear after swimming or showering. Consider using earplugs to keep water out of the ear, especially if you have frequent infections.

Swimmer's ear requires medical treatment. Your doctor may prescribe antibiotic eardrops that contain acetic acid (VoSol) or neomycin to clear the infection. Eardrops that also contain corticosteroids, such as Acetasol HC or VoSol-HC, can reduce swelling.

Q: I've seen toddlers wearing diapers in our local pool. Is that safe?

A: Specialized swim diapers are water-resistant and offer a tight fit around the thighs and waist (Huggies Little Swimmers). But they can't completely prevent leaks.

Check with the lifeguard prior to allowing a child with diapers into a public pool. Take your children on frequent potty breaks. And keep a child with stomach problems or diarrhea out of the pool.

Protect your children by choosing a pool that is well maintained and has clear water. Instruct your child to keep pool water out of her mouth and shower before and after swimming.

Q: What is swimmer's itch?

A: Swimmer's itch is a rash that can develop after swimming or wading in infested salt or fresh water. Microscopic parasites attach to the skin, die, and cause irritation. To minimize a rash, towel dry, remove wet clothes, and shower right after leaving the water.

Swimmer's itch generally clears up without treatment, but the uncomfortable symptoms can last up to two weeks. Soothe the itch with an oral antihistamine such as diphenhydramine (Benadryl) or hydrocortisone cream (Cortaid, Cortizone). Cool compresses and calamine lotion (Aveeno, Caladryl) can also help.



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Guidelines for Color-Coded Alert System

Yellow, red, blue, green. The recently released U.S. Homeland Security Advisory's color-coded alert system has left many wondering "what do these alerts mean to my family and what should I do to prepare?"

The American Red Cross of Greater Chicago has prepared a set of complementary guidelines to help families take specific actions in relation to whichever alert levels are released by government officials.

In response to a Low (Green) Alert:

- Obtain a copy of the Terrorism Preparing for the Unexpected brochure from your local Red Cross Chapter.
- Develop a personal disaster plan and disaster supplies kit using the Red Cross brochures *Your Family Disaster Plan* and *Your Family Disaster Supplies Kit*.

In response to a Guarded (Blue) Alert:

- Complete recommended actions at lower level.
- Be alert to suspicious activity and report it to proper authorities.
- Review stored disaster supplies and replace items that are outdated.
- Develop an emergency communication plan that all family members understand.
- Establish an alternate meeting place away from home with family/friends.

In response to an elevated (Yellow) Alert:

- Complete recommended actions at lower level.
- Be alert to suspicious activity and report it to proper authorities.
- Review stored disaster supplies and replace items that are outdated.
- Develop an emergency communication plan that all family members understand.
- Establish an alternate meeting place away from home with family/friends.

In response to a Severe (Red) Alert:

- Complete recommended actions at lower level.
- Listen to radio or TV for current information and instructions.
- Be alert to suspicious activity and report it to proper authorities immediately.
- Contact business/school to determine status of work/school day.
- Adhere to any travel restrictions announced by local government authorities.
- Be prepared to shelter in place or evacuate if instructed to do so by local government authorities.
- Discuss children's fears concerning possible or actual terrorist attacks.

Additional guidelines for individuals, schools, communities and businesses are also available from your local Red Cross. Call (312) 729-6100 or log on to www.chicagoredcross.org for more information.

The American Red Cross is committed to making communities safer and healthier places to live. The American Red Cross of Greater Chicago operates around the clock, every day of the year providing community disaster preparedness and relief, safety and health education, international services and assistance to military personnel and their families. The American Red Cross of Greater Chicago serves seven counties in northeastern Illinois.

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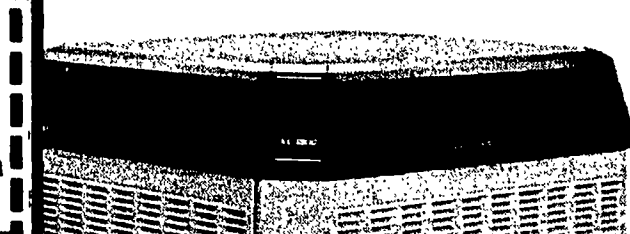
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Illinois Tollway Issues 800,000th I-Pass Unit

The Illinois State Toll Highway Authority reached a new milestone today, issuing its 800,000th I-PASS electronic toll collection unit. Thomas Cuculich, executive director, presented Karen Sterna of Western Springs with a \$100 I-PASS gift certificate to open a new I-PASS account.

Sterna made a special trip to the Hinsdale Oasis on the Tri-State Tollway, I-294, to sign up for I-PASS after she read in Western Spring's village newsletter that the I-PASS Mobile Unit visits the oasis on Tuesdays. Although she is an occasional Illinois Tollway driver, Sterna says her college-aged son and daughter will be frequent users of the new family I-PASS account.

"Every time I drive on the tollway and see people zooming through the I-PASS lanes, I tell myself that we've got to get an I-PASS for our family," Sterna said. "I especially like the fact that we can move the I-PASS unit from car to car. What could be more convenient?"

I-PASS users can pay tolls without having money on hand, rolling down the window, waiting for traffic or, in some cases, stopping. Launched in 1993 on the North-South Tollway, I-355, all of the Tollway's 65 ramp and mainline toll plazas are equipped with I-PASS. The I-PASS pro-

gram was expanded to include commercial vehicles, including trucks and busses, in December 2000.

The Illinois Tollway also offers dedicated I-PASS lanes including 18 Car I-PASS Only lanes which allow I-PASS users to travel through toll plazas at 30 m.p.h., 17 I-PASS Express lanes which allow cars and trucks to travel through at the posted speed limit, as well as 11 Truck I-PASS Only lanes on the Tri-State Tollway, I-294 and the Northwest Tollway, I-90.

"I-PASS is the most effective solution we've found to ease traffic congestion on the Illinois Tollway System," said Cuculich. "We're seeing a decrease in the length of traffic backups at toll plazas, and in many locations delays have been eliminated altogether. However, a large part of the credit for these strides is due to the Illinois Tollway driver, like Karen, who are embracing the I-PASS program."

How to Join the I-PASS Program. 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. Motorists can register for the I-PASS program and leave with a ready-to-use I-PASS unit at the James J. Wassell business Center in the Illinois Tollway's Downers Grove office at 2700 Ogden Avenue, during regular business hours, Monday through Friday between 7 a.m. and 6 p.m. I-PASS customers also can call 1-800-UC-I-PASS (1-800-824-7277) to open an I-PASS account, but must wait for the I-PASS unit to be delivered in the mail.

In addition, the I-PASS Mobile Unit makes schedule stops week days at five of the Illinois Tollway's seven cases. The I-PASS Mobile Unit's schedule is as follows:

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

More information about I-PASS is available on the Illinois Tollway's Web site at <http://www.illinoistollway.com>.

Edward Jones Office Administrator Promoted

Joanne Johnson of the financial services firm Edward Jones in Niles recently was named a meeting coordinator for branch office administrator meetings by the firm's regional leader, Dale Bradley.

In this role, Johnson is responsible for planning and facilitating the regional meeting for about 40 branch office administrators in the Northshore area.

"I am honored to have been chosen for this role," said Johnson. "I believe that it will really allow me to share my experience with other branch office administrators. Additionally, it allows me to further develop my leadership skills, as well as represent Niles Edward Jones office."

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

The largest firm in the nation in terms of branch offices, Edward Jones currently has more than 8,300 offices in the U.S. and, through its affiliates in Canada and the United Kingdom. Plans call for expansion to 10,000 offices by 2003.

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

Special Olympics announces plans for tribute park

Sponsors and supporters who have collectively committed nearly \$1 million in major gifts to Special Olympics Illinois joined athletes, key volunteers, board members and staff June 20 at the state headquarters, 605 E. Wilcox St., Normal, for the dedication of the Darrell and Ursula Beck Volunteer Training Center. After the dedication ceremony, Special Olympics Illinois announced plans for a tribute park to be built east of the headquarters building.

During the ceremony, long-time Special Olympics volunteer Darrell Beck of Decatur, along with other sponsors of the \$2.5 million expansion project, cut a ribbon signifying the official dedication of the addition. "Since I became involved in Special Olympics in 1970, I have been amazed and astounded at the capabilities of the coaches and volunteers who work with the athletes," says Beck. "As the number of athletes in Illinois has grown, so has the need for more well-trained coaches and assistants."

Other major supporters participating in the ceremonies were: Bill Spainhour of the Illinois Knights of Columbus; former Sen. John Maitland, representing the State of Illinois, which provided \$200,000 through the Illinois Legislative Initiative Grant; Kelly Lyons of State Farm Insurance Cos.; Jean Lawyer of Country Insurance & Financial, Growmark, Inc. and Illinois Farm Bureau; and John and Mollie Carroll of LaGrange. Unable to attend were representatives of the building and trade unions of Central Illinois who are providing significant in-kind support for the construction of Tribute Park.

"With Special Olympics athletes numbers expanding in Illinois to nearly 20,000, the need for more coaches and key volunteers dictated the need for this training center," said Special Olympics Illinois President & CEO Doug Snyder.

The Darrell and Ursula Beck Training center is part of an expansion of the Special Olympics Illinois headquarters building. The center will be able to accommodate up to 150 people at one time. Training sessions can range from general education and orientation about Special Olympics, to sport-specific training for coaches and educators, sessions

on how to manage competition. Global Messenger training for athletes, officials training and more.

After the dedication ceremony, participants moved to the east end of the property to break ground on the Special Olympics Illinois Tribute Park. The park will pay a lasting tribute to all the people who make Special Olympics a reality in Illinois.

The Tribute Park, scheduled to be complete by the 2003 Summer Games (June 13-15, 2003), will feature a commissioned life-size bronze statue of an athlete and a water wall. The park will become the basis for a fund for future generations, ensuring that the Special Olympics experience is around for many more generations of athletes, families and volunteers.

Throughout the park, bricks will be available for athletes to be individually recognized. A Team Walk with education tablets will showcase the scope of the program and will provide granite squares for individual agencies to become a part of the park. The critical roles that families, volunteers and donors play will be recognized by way of separate commemorative walls and plazas.

The Special Olympics Illinois Tribute Park is the first of its kind

movement. "We are confident the Tribute Park will attract many people to Bloomington-Normal from throughout the state and nation and will provide another attractive park setting to Bloomington-Normal," says Snyder.

Cingular Wireless, Illinois Knights of Columbus, the Law Enforcement Torch Run and ShopKo are official partners of Special Olympics of Illinois. Statewide sponsors are Clark Retail Enterprises Inc. and Six Flags Great America.

Special Olympics of Illinois is not-for-profit organization offering year round training and competition in 19 sports for nearly 19,000 athletes, ages 8 years and older, with mental retardation or closely related developmental disabilities.

Special Olympics programs enhance physical fitness, motor skills, self-confidence, social skills and encourage family support. If you are interested in learning more about Special Olympics, volunteering or providing financial support to help make Special Olympics programs possible, contact your local Special Olympics agency, call Special Olympics Illinois at 800-TEAM-ISO or visit the Web site at www.soill.org.



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GHB: A deadly, addictive drug

"Hilory J. Farias was 17 years old when someone slipped the deadly drug GHB into her soda. Hilory never drank, never participated in any drug use. She was very well respected by all of her classmates. She was going to be a senior in high school, she didn't attend her prom, and she never had a date."

"We learned that Kyle had never heard of GHB until only a few weeks prior to his death. Apparently a fellow classmate introduced him and other students to GHB as a safe supplement, which supposedly aids in muscle development and is used as a sleep aid, not as the potentially deadly drug

that it is. We feel that it is our obligation as parents to expose GHB for what it is, something deadly. Kyle was a quality young man with a promising and bright future, and if this tragedy happened to him, it could happen to anyone."

The heart-breaking accounts of young people who died from GHB, like those above, are displayed at the Web site for Project GHB (www.projectghb.org). Project GHB, a nonprofit group based in Pasadena, Calif., was formed two years ago to raise awareness about this dangerous, illegal drug known as gamma hydroxybutyrate, or GHB. The message is simple: GHB is a deadly drug.

No one knows how many deaths can be attributed to GHB. But Trinka Porra, director of the Project GHB helpline, has documented 225 deaths in the last two years. Many go undetected and unreported, she said, because coroners don't know to test for the drug and the Drug Enforcement Agency no longer tracks such deaths. Porra, who served as a member of the Los Angeles Police Department for 25 years, calls GHB the worst drug she's ever witnessed.

"GHB is the most dangerous drug because of misinformation about it on Web sites and because people can die so easily from it," she said. "It has a steep dosage curve. One dose for a 150-pound woman might kill a 300-pound man. It's unpredictable."

GHB belongs to the drug category called "club drugs," a group that is used for its intoxicating effects at nightclubs, raves, and other party settings. The category includes MDMA (ecstasy) and LSD. While MDMA has captured much of the headlines during the past two years, hospital emergencies involving GHB have quietly surpassed those from MDMA nationally, said Carol Falkowski, director of Research Communications at Hazelden and a drug trend researcher.

GHB is often mixed into bottles of spring water or other beverages, alcoholic and nonalcoholic. Onset of effects occurs within 15 minutes and lasts three to six

hours, said Falkowski. In low doses, GHB creates feelings of relaxation, depresses breathing and heart rate, and slows motor coordination. In higher doses, it produces sleep and a semiconscious state. Adverse overdose reactions can include vomiting, loss of consciousness, seizure-like activity, respiratory arrest, coma, and death.

GHB is also given to people without their knowledge to facilitate sexual assaults. The federal law enacted in 2000 to regulate GHB was named after Hilory Farias (mentioned above) and Samantha Reid. Health enthusiasts are attracted to the drug, and GHB has been used as a murder weapon in several states, including Florida, where a man was accused of drugging his wife with GHB and making it look like a suicide.

"The biggest secret is that GHB is highly addictive," said Porra. "It's popular among bodybuilders, actors, businessmen on the go, and others who are told it's a sleep aid or workout aid. But people taking it every day are at great risk for becoming addicted. Once hooked, GHB addicts take the drug around the clock, every two to three hours, to avoid the unpleasant and rapid onset of withdrawal."

"GHB is the hardest drug to detoxify," added Porra. "It takes 10 to 14 days to detox and the individual can't do it alone."

GHB addicts who miss a dose or try to stop will experience increasing blood pressure and heart rate, soaring anxiety levels, sleeplessness, hallucinations (which start within a few days after the last dose), and bizarre behavior. Withdrawal from the drug requires medical assistance and should involve prolonged follow-up with counseling. Addiction treatment and aftercare are essential or relapse is almost guaranteed, added Porra. Suicide is a concern given the intense depression during and after detoxification. The Project GHB Addition Helpline provides information to the addict, family members and treatment centers unfamiliar with GHB withdrawal.

For more information on GHB, contact the GHB Project at (626) 577-5204, or go to www.projectghb.org, or check out the National Institute on Drug Abuse Web site at: www.drugabuse.gov.

Winnie Moy featured in Syracuse University Magazine

Winnie Moy of Morton Grove, IL (8335 National Ave, 60053), a senior in the School of Architecture at Syracuse University, was recently profiled in the Spring issue of Syracuse University Magazine.

Syracuse University Magazine is published four times a year by Syracuse University and distributed free of charge to more than 200,000 alumni, friends, faculty, and staff members.

District 219 Illinois State Scholars

One hundred sixty students from District 219 have been announced as Illinois State Scholars. The Illinois State Scholar Program recognizes Illinois high school students for outstanding academic achievement.

Students ranking in the top ten percent of the state's high school graduating seniors have been named Illinois State Scholars. Selection is based on ACT and/or SAT I test score results (including the Prairie State Achievement Exam) and class rank at the end of the sixth semester in high school. While the program does not provide a monetary award, the designation as an Illinois State Scholar can be added to applications for college admission and scholarships.

Eighty-three students from Niles West High School were named scholars. They are: Ho Ahn, Arshia Ali, Mustafa Ali, Adam Bagnall, Svilen Balabanova, Tanya Balisevich, Natalie Bartl, Daniel Berkman, Nasir Bhanpuri, Alissa Catili, Agnes Cha, Elmer Chao, Mariann Chelampath, Aaron Cohn, Eric Davidson, Joshua Davis, Ann DiMarzio, Marilee Erickson, Emmet Gehrehiwet, Michael Goutlieb, Eugene Granovsky, Adi Hadzimiratovic, Samantha Hagio, Paul Hahn, Karen Heckerling, Adam Hirsch, Xin Hua, Michael Hui, Angela Kang, Amir Khatkhaie, Andrew Kim, Boyoung Kim, Erica Kim, Grace Kim, Susan Kraus, Fahim Kakhani, Jerry Lambrinos, Ada Lee, Jacob Lee, Michael Lehrer, Margaret Leisner, Maxim Levin, Inessa Makarova, Alex Makedonski, Matthew Margolis, Larry Masarsky, Alex Meng, Jessie Moskowitz, Melissa Motel, Michael Mueller, Cory Nelson, Peter Nelson, Claire Nowak-Boyd, Ake Paramadilok, Shivani Patel, Shruti Patel, Lindsay Perlen, David Perzov, Steven Phillips, Ida Plaza, Ryan Polyea, Alan Puric, Christina Puzzo, Amy Rainey, Vidhi Raval, Seth Reagen, Andy Roshangar, Bret Ruber, Sara Ryan, Suzanne Ryan, Danil Rybalko, Wafiqah Sadiq, Lori Sahakian, Jay Shah, Nadia Shamim, Marissa Spitz, Lindsay Thieleman, Julie Thomas, Irina Uk, Eli Winter, Sharon Wolf, Robert Yavich, and Ronson Yong.

Seventy-seven students from Niles North High School were named scholars. They are: Juveria Ahmad, Paul Ahn, Ilya Albert, Teresa Bae, Molly Bahr, Jacob Baron, Ilya Barshai, Cathy Bederman, Catherine Bianchi, Anila Bindal, Rebecca Cowin, Pamela Domash, Kevin Dux, Sergey Feldman, Kaie Feldt, Rebecca Fischer, Kathy Fujinaka, Cristina Gaita, Michael Golsen, Yelena Gorlina, Jeffrey Gottlieb, Jonah Grabelsky, David Greenstein, Karollina Guzek, Cynthia Hasselbring, Aaron Heller, Michael Hewitt, Aliaksandra Ilkevich, Maureen Jacob, Monique Kamar, Jared Kanofsky, Christoph Kaiz, Sivan Koenig, Jessica Kramer, Ben Krejcie, Goran Kuljanin, Anush Laxpati, Flora Lerrenman, Courtney Livingston, Jonathan Mann, Adam Maurer, Hao Meng, Beth Montoya, Suneira Munshi, Viktoria Muravina, Maria Muro, Carrie Ost, Theresa Pace, Ankur Patel, Roshni Patel, Aisha Pervaiz, Michelle Pilloff, Aleksandr Raginskiy, Sharon Rieger, Jamie Riess, Julien Roubaud, Sara Rubin, Tamar Rubin, Alex Rubinsteyn, Rosalynn Ruiz, Esther Sackett, Melissa Salcido, Yelena Shagall, Jason Shapiro, Pushkar Sharma, Shaun Smiles, Sarah Song, Stephanie Soelo, Megan Spina, Karen Stene, Joel Thomas, Alexander Tsinman, Ben Wallenberg, Meron Winkler, Sandra Yoon, Qingqing Zhang, and Jeffrey Zheng.

Jewish United Fund hits \$25 million mark

The Jewish United Fund of Metropolitan Chicago (JUF) has hit the \$25 million mark in its Israel Emergency Campaign to provide relief for the people and the State of Israel.

JUF's special second-line campaign was launched on April 5, 2002. It replicates actions taken when Israel's existence was threatened in 1948, 1967 and 1973 and provides an opportunity for Chicago's Jewish community to stand with Israel in the face of the current campaign of terror against the State of Israel.

Hundreds of millions of dollars are being raised by dozens of communities worldwide to meet the emergency needs of the people of Israel.

Monies raised through JUF's Israel Emergency Campaign help fund a wide range of unprecedented needs, such as emergency cash assistance for families who have lost their breadwinners, armored school buses, secured summer camps to keep Israel children out of harm's way, safe after-school activities, bullet-proof vests, ambulances, state-of-the-art trauma centers, and grief counseling.

It's wonderful that our Chicago Jewish community has reached

the milestone of raising \$25 million for terror relief for the people and the State of Israel," said Larry Hochberg, chairman of the Israel Emergency Campaign. "But, there is still a great deal of work to do. There are plenty of people who if they are reached and made aware of Israel's critical needs will contribute. We'll continue working hard to raise additional millions of dollars for the Israel Emergency Campaign."

The Jewish United Fund/Jewish Federation of Metropolitan Chicago has served as the central address for Chicago's Jewish community for more than a century. JUF/JF is the largest not-for-profit social welfare institution in Illinois and provides critically-needed humanitarian, health care and educational services for 300,000 people of all faiths in Chicago and 2 million Jews worldwide.

BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Don't Let Accounting Scandals Send You to Investment Sidelines

If you invest in stocks, then you probably haven't had a lot of good news over the last few months - or even the past couple of years. Of course, stock performance has always been cyclical, but now, it seems, a new wrinkle has been thrown in: corporate malfeasance. And the recent wave of accounting scandals may get you thinking of getting out of the market altogether.

Before you sell all your stocks, though, you may want to put recent events in the context of the emotional side of investing. It's been said that "fear and greed drive the market" - and there's evidence that this has been true the past several years.

During the raging bull market of the 1990s, many new investors became enamored of the stars of the era - particularly the high-flying technology and Internet stocks. In fact, investors flocked to these stocks even though, in many cases, the underlying companies had little or no earnings. Clearly, people hoped to "cash in" on the phenomenal rise in stock prices. A case could be made that greed overwhelmed good judgment.

Now, more than two years after the technology stock "bubble" has burst, things are quite different. The current bear market, already one of the longest in decades, is being exacerbated by investors' lack of trust in the companies in which they invest. And yet, many signs point to an economy that's on the rebound - which is almost always positive for the stock market. So it appears that, once again, stock prices are being determined, in part, by emotion, except this time, it's not greed - it's fear.

You can't let these emotions dictate how you should invest. Even though corporate greed and harmful accounting practices are obviously distressing, you need to look beyond the headlines and consider the hard facts. Specifically, the series of bookkeeping debacles, while serious, is not an epidemic - it's not "spreading" to other companies. That's not to say that we've seen the last of this type of problem. But thousands of companies - in fact, the vast majority of companies you could invest in - still work diligently to report their finances thoroughly and honestly.

Of course, you cannot be sure that any individual company you're interested in will be forever untainted. You may feel that you're taking a "risk" by investing anywhere. But the truth is that you're taking a bigger risk by not investing at all. If you head to the investment sidelines, you will unquestionably miss out on some good opportunities. Remember, historically bull markets have always followed bear markets.

So, instead of taking a "time out" from the market, just follow some tried-and-true investment techniques. Look for good, solid companies with competitive products, strong management and solid track records. Diversify your holdings among a wide array of stocks, bonds, government securities and other investments. And spread out your investment dollars over time, rather than making large lump-sum purchases. You can't control how a company chooses to behave. But you can control how you invest. And by following the few basic guidelines we've just discussed, you can go a long way toward achieving your most important financial goals.

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

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Neurofibromatosis Great Steps Walk-a-Thon

The Naperville Riverwalk will be the location of the Second Annual Great Steps for NF walk-a-thon, beginning at 9 a.m. September 21. The goal is to heighten the awareness of a disorder that is relatively unknown yet that affects more people than Muscular Dystrophy, Tay-Sachs and Huntington's disease combined! About one in every 3,500 people is affected.

Neurofibromatosis is a genetic disorder of the nervous system that causes tumors to form on the nerves anywhere in the body at any time. NF is a progressive disorder that affects all races and both sexes equally. There is no known cure or effective treatment.

Illinois NF Inc. is an organization dedicated to the support and education of people affected by NF, to the education of health care providers and to the investment in appropriate research.

Formed in 1982, Illinois NF Inc. has been a strong supporter of NF related research by donating more than \$500,000 to finding a cure and treatment.

Registration for the walk is under way. SIGN UP early to receive a T-shirt and start collecting donations. Prizes will be awarded for the individuals and teams who raise the most money. ALL entrants will have a chance to win other prizes.

The Walk is a little less than three miles and will begin at the NAPERVILLE RIVERWALK GRAND PAVILION. Registration will begin at 9 a.m. with the walk to kick-off at 10 a.m. There will be a celebration following the event.

To register or for information, call: Illinois NF Inc. at (630) 932-8111 or check out the registration form on the Web at: www.nfinc.org.

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The Village of Niles is seeking a part-time Secretary/Receptionist in the Family Services Department for evening hours Monday through Thursday, 5:00 p.m. - 9:00 p.m., and some Saturdays.

Responsibilities include: answering phones, contact with the public, word processing, data entry, filing, and recordkeeping. Ideal candidate should have prior office experience and proficiency with Microsoft Windows 97, Word & Excel and good verbal communication skills, telephone etiquette and interpersonal skills. Salary \$11.48 per hour. No benefits.

Apply to:
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APPLICATION PROCESS:

- Applications can be picked up from the Niles Fire and Police Commission or Det. Joseph Penze, 7200 N. Milwaukee Ave, Niles, IL 60714 (847) 588-6500. Applications start August 5 and are due by August 16, 2002, 4:00 P.M.
- Candidates will then proceed with a Background Investigation, Polygraph Examination and Assessment Review Panel. Candidates that qualify will then be given an Oral Interview, Psychological Examination and Medical Examination/Physical Agility.
- The Village of Niles Police Department has 10 open vacancies for this position.

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Applicant should possess BSN and/or MSN with recent experience in public health and/or strong background Med/Surg. and relevant work with senior citizens, including supervisory of staff experience preferred. Good written and verbal communication skills, telephone etiquette, interpersonal and computer skills are necessary.

Salary commensurate with experience, excellent benefits package. Apply to:

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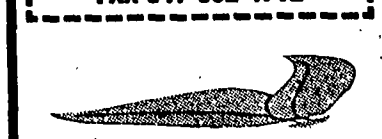
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tion). This now becomes your request
and I ask you to place it in the hands
of God the Father. I know he will grant
this petition because of His love for
you, his son. For this I thank you, O
miraculous Lord. Amen. Say 3 times a
day for 3 days and petition will be
granted. (Publish)
B.D.

MISCELLANEOUS

PERSONALS

ST. JUDE'S NOVENA
May the sacred heart of Jesus be
adored throughout the world now and
forever. Sacred Heart of Jesus pray
for us. St. Jude, worker of miracles
pray for us. St. Jude, helper of the
hopeless, pray for us. Say this prayer
nine times a day for nine days. On the
eighth day your prayers will be
answered. It has never been known to
fail. Publication must be promised.
Thank you St. Jude.
R.H.

NOVENA TO ST. THERESE

St. Therese of the Child Jesus and the
Holy Face, I come before you to offer
this Novena and beg you to answer
the request I now place before you
(state request).
Say 24 "Glory Be's" each followed by
"St. Therese of the child Jesus, pray
for us."
Say this Novena each day for 9 days
starting on the 9th day of the month
and ending on the 17th day of the
month and promise to spread word of
it so others may offer it.

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.

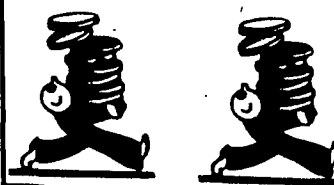
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'World's Greatest Grandma'

.....continued from page 1

spect our nation's elderly as one of our nation's most valuable resources."

Some time later, Rosen photographed a copy of the story in Chicagoland Senior News, had it framed and offered it for auction at the annual ShakingUpChicago.com gala. The item brought in a stunning \$5,000 from Michael Gillis, CEO of "Jonny on the Spot, Inc."

Grills, who had never met her before that night, signed her up as corporate spokesperson for his carpet cleaning service. Soon after she was featured in a full-page ad for O'Brien's Restaurant.

All this publicity resulted in her "World's Greatest Grandma" title, bestowed just hours before her death.

Rosen scoffed at the attention and observed that every grandma is the best, in the eyes of their grandkids.

Leaning Tower opening

.....continued from page 1

The Niles tower was built by Robert Ilg to service an early water park he built on the site. Completed in 1934, the structure concealed a water tower.

On his death in 1964 Ilg donated the tower and its land to the nearby YMCA on condition that the tower remain standing until 2059 and a minimum of \$500 per year be spent on its maintenance or the property would revert to his heirs.

AMY B. KLEIN

Coast Guard Seaman Apprentice, Amy B. Klein, daughter of Roberta G. Neal (Columbia, Md.) and Stephen Klein (Lincolnwood, Ill.), recently graduated from the U.S. Coast Guard Recruit Training Center in Cape May, N.J., and was promoted to her present rank.

During the eight-week training program, Klein completed a curriculum consisting of classroom academics and practical instruction on military customs and courtesies, water safety and survival, seamanship skills, first-aid, fire-fighting and marksmanship. A major emphasis is also placed on physical fitness and health.

Klein and other recruits also received instruction on the Coast Guard's three core values: honor, respect and devotion to duty - and how to apply them in their military performance and personal conduct.

To reinforce the team concept, Klein and other recruits were trained in preventing sexual harassment, drug and alcohol awareness, civil rights training, and the basics of the work-life balance, as well as total quality management. Klein is now among 36,000 men and women who comprise the Coast Guard's force.

School drug testing

.....continued from page 1

explained Superintendent Steven Snider.

Niles Township High School District 219 does conduct drug testing of its athletes, but has no plans to test students involved in after-school activities, a spokesman for Dist. 219 said.

Fewer campers enrolled in MG

.....continued from page 1

quiry that many households no longer have both parents working full-time, so day camp for the kids is not needed.

The lower registration also affected the numbers of personnel hired by the district. "We probably hired about five to seven less employees this year," said Fougere.

Park Ridge seeks flasher

.....continued from page 1

though some reports say the subject has an unkempt beard and mustache.

A similar appearance took place in Norridge in the vicinity of Harlem Avenue on July 12, in which the subject also used a flashlight.

Police urge that the public not confront an individual, but if a suspect is spotted, to try to get a license plate number.

Numerous Health Benefits from Moderate Beer Drinking

Beer Boosts the Mind, Bolsters the Heart and Much More, Researchers Say. Numerous Health Benefits from Moderate Beer Drinking, Researchers Say - Heart Attack, Stroke, Dementia and Diabetes Cited.

"Eat right, exercise and drink a beer a day" may be the way to keep the doctor away. Moderate beer consumption may help reduce the risk of heart disease, stroke, dementia and diabetes, and help control obesity, according to leading researchers speaking at a National Beer Wholesalers Association (NBWA) event on June 5, 2002, in New York City.

Research has documented several health benefits from all types of alcohol - beer, wine and spirits.

Although red wine has long been touted as the healthiest type of alcohol, new research shows that beer is just as good - and possibly even better - than wine or spirits when it comes to health protection.

Studies show that beer may offer protection against heart attack, stroke, hypertension and dementia, explained Norman Kaplan, M.D., Professor of Internal Medicine at the University of Texas - Southwestern Medical Center at Dallas. New evidence suggests that alcohol may help increase bone density to decrease risk of fracture.

911 referendum

.....continued from page 1

all of these other numbers work, then that corporation is charged a maximum of five telephone numbers. This inequity was deemed unfair to local homeowners and until it is corrected by the legislature, Village Officials will not proceed further to ask for an increase in the present 911 surcharge.

Dist. 207 accepts cell phones

.....continued from page 1

Otherwise, the spirit of the ban continues to apply during school hours. Parents will still need to contact the school first to reach their child in an emergency. Students will not be allowed to make calls during the day, to put phones on vibrate mode, or to use phones for text messaging.

Other changes to the student code manual include language that deals with terrorism concerns, like threats, hoaxes or pranks, and language about possession of toy guns.

A new student-conduct policy as relates to extra-curricular activities has not yet been enacted. Such a policy has been discussed and will probably go before the board at a meeting Aug. 5.

The revised discipline and procedures manual will be mailed to parents in August, said Dresen.

Guerin students lend a helping hand



Mother Guerin High School freshmen were happy to help St. Angela's Parish in Chicago as a part of their Service Learning project this year. Students planted flowers, painted, and helped with various odd jobs. One freshman commented, "We're doing something good for others and hopefully showing all the good things going on at Guerin."

Research links cancer and alcohol link

People who choose to drink may cite research on the "heart-healthy" effects of alcohol--the association between moderate drinking and reduced risk for heart disease. But two recent research summaries indicate that drinkers need to take another finding into account: the link between alcohol and cancer.

Studies from two countries help summarize the association. One was conducted by researchers from the Institute of Medical Statistics and Biometry at the University of Milan in Italy and published in the journal, *Alcohol Research & Health* (Vol 25, No. 4, 2001). The other is a research review included in the *Tenth Special Report to the U.S. Congress on Alcohol and Health*, published by the U.S. Department of Health and Human Services in 2000.

Both sources indicate that alcohol use can contribute to the risk of various cancers. These include colorectal cancer in men and women, and breast cancer in women--the most common and fatal forms of the disease (after lung cancer) found in developed countries.

By pooling the results of over 200 published studies, the Italian researchers discovered that drinking increases the risk of some cancers more than others. Most strongly associated with alcohol use were cancers of the oral cavity, pharynx, esophagus, and larynx. Lesser, but significant links also existed between alcohol and cancers of the

stomach, colon, rectum, liver, female breast, and ovaries.

There was also evidence for links between alcohol and pancreas, prostate, and endometrial cancers. However, these associations are weaker and still controversial.

Researchers concluded that the links between alcohol and cancer were "dose-dependent." That is, heavy drinkers--people who consume more than four alcoholic drinks per day--had the greatest cancer risk. But even people who drank moderately increased their risks. (The U.S. Department of Health and Human Services defines moderate drinking as a maximum of one drink per day for women and two for men.) This finding undermines the notion that there is a "safe" level of drinking--a level of alcohol consumption with no increased risk for cancer.

Research does not show alcohol by itself is a carcinogen, a substance that directly causes cancer. Instead, alcohol seems to accelerate the effect of known carcinogens.

Scientists don't understand how this takes place, though they offer some possible explanations. For example: long term, heavy drinking commonly leads to cirrhosis of the liver, a key factor in developing liver cancer. Heavy drinking can also increase the risk of infection with the hepatitis C virus, another cause of liver cancer.

Alcohol is just one factor in cancer risk, along with age, gender, family history, environment, and diet. Even so, current research underlines the risks of heavy drinking and offers findings relevant to anyone who wants to drink at any level.

Many drinkers also smoke, in

Suba commits to attend Millikin

Chris Suba of Park Ridge has committed to attend Millikin University and play football for Big Blue head coach Doug Neibuhr.

Suba, an honor student who was an offensive lineman for Maine South High School, is currently undecided on his major. He was named All-Conference and All-Area as he helped lead his team to a 12-1 record and the

Travel to exotic Belize on Oakton tour

Travel to exotic Belize on a tour offered by Oakton Community College's travel/study program. Three trips are scheduled in 2003: January 11 to 19, February 15 to 23, and March 1 to 9.

Located on the northeast coast of Central America, Belize is a country of natural beauty. You'll cruise to South Water Caye, a private island on Belize's 185-mile-long barrier reef, home to a multitude of colorful fish and other marine life. In the tall pine forests of Mountain Pine Ridge Forest Reserve, you'll observe unusual species of birds and butterflies. At the Ix Chel Farm and Tropical Research Center, you'll learn about the curative powers of many Central American plants.

Once the heart of Mayan civilization, Belize has more than 600 archeological sites. You'll visit Caracol, one of the great cities of Mayan civilization, and Altun Ha, where the famous jade carving of the head of the Mayan sun god, Kinich Ahau, was excavated in 1968.

An optional, two-day trip extension will take you across the Guatemalan border to Tikal National Park. This wildlife sanctuary is home to 285 species of birds, including blue and white herons, parrots, and hummingbirds. You'll visit the Mayan ruins at Tikal, once a powerful and thriving city until its decline in the tenth century.

For a complete itinerary and more information about the trip to Belize, call Bea Cornelissen at (847) 635-1812.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County.

File No. D0207817 on July 5, 2002, under the Assumed Name of Zojon with the business located at 1022 Walter Ave., Des Plaines, IL 60016. The true name(s) and residence address of the owner(s) is: Janet Lynn Bouris, Thomas William Bouris, 1022 Walter Ave., Des Plaines, IL 60016.

Class 8A State Semifinals. A two-year letter winner in football, Suba and Maine South won the IHSA 6A State Championship in 2000 with a 13-1 record. Suba also lettered once in track & field.

"We are very pleased that Chris has decided to attend Millikin," Neibuhr said. "He comes from one of the finest programs in the state and will be well prepared to excel. We look forward to having him with us."

Millikin's football program is steeped in tradition, winning 11 College Conference of Illinois and Wisconsin (CCIW) Championships. The most recent one came in the 2002 season. The Big Blue football team finished with an 8-2 record overall in the 2001 season. In 56 years, Millikin's football teams have won 10 CCIW championships and compiled a .636 win percentage.

Located in Decatur, Illinois, Millikin University is a coed, independent university with approximately 2,300 full-time students from 33 states and 13 foreign countries. The University awards degrees in Bachelor of Arts, Science, Fine Arts, Music, Science in Nursing and also offers a Master of Business Administration.

Kenneth J. Alvarado

Marine Corps Pvt. Kenneth J. Alvarado, son of Rosa V. and Kenneth Colon of Skokie, Ill., recently completed basic training at Marine Corps Recruit Depot, San Diego.

Alvarado successfully completed 12 weeks of training designed to challenge new Marine recruits, both physically and mentally.

Alvarado and fellow recruits began their training at 5 a.m. by running three miles and performing calisthenics. In addition to the physical conditioning program, Alvarado spent numerous hours in classroom and field assignments which included learning first aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat and assorted weapons training.

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File No. D0207856 on July 9, 2002, under the Assumed Name of Village Creamery with the business located at 8000 Waukegan Rd. Niles, IL 60714. The true name(s) and residence address of the owner(s) is: Rizalito Valeroso, Anunciacion Valeroso, Roderick Valeroso, 6966 N. Dowagiac, Chicago, IL 60646.

North Side Park renamed Wieboldt

The Chicago Park District renamed Park #449 at 1747 W. Nelson Street after William A. Wieboldt, founder of his namesake Chicago department stores, including the second store built in 1917 between Lincoln and Ashland Avenues, just north of Belmont Avenue. William Wieboldt Park was named in an official dedication held on Saturday, June 1. The park is located within two blocks of the former store, known for its good customer relations and value. The .29 acre park consists of a playground.

Richard Bjorklund, first vice president of The Ravenswood-Lake View Historical Association, which has worked extensively with the Park District's department of community relations in the renaming, said about Wieboldt, "Chicagoans know the name very well. The man was a generous philanthropist, and his foundation continues to be forward-looking and exemplary in its grants."

Wieboldt's name is honored at buildings he funded at the University of Chicago and Northwestern University, but the neighborhood park will be the first public memorial to recognize his local contributions to commercial and cultural life on the city's north side. A family member from the Wieboldt Foundation is scheduled to speak at the dedication event, and the Chicago Park District will unveil a sign designating William Wieboldt Park. Promotional fliers for the event use the store's signature sales slogan, "Wieboldt's Your Neighbor Invites You Over" to attract neighborhood residents old enough to have been shoppers at the Lincoln-Belmont store built 85 years ago.

William Wieboldt, a German immigrant, came to the United States at age 13 and witnessed the Great Chicago Fire in 1871. He opened his first department store on Milwaukee Avenue in 1884. Chicago's department stores became important icons and destinations in the early twentieth century.

Students complete G.R.E.A.T. program

More than 60 students from Rhodes School in River Grove recently completed the Gang Resistance Education And Training (G.R.E.A.T.) program, according to the office of Cook County Sheriff Michael F. Sheahan.

The students participated in a 13-week program that is designed to decrease gang violence by giving the students the tools they need to avoid gang involvement. The program is designed to

develop the students into responsible members of the community by teaching them to set goals for themselves, resist peer pressure, learn how to resolve conflicts in a non-violent manner and understand how gangs can negatively impact their quality of life.

G.R.E.A.T. is a successful national program originally developed by the Bureau of Alcohol Tobacco and Firearms, but is being conducted locally by the Cook County Sheriff's Office.

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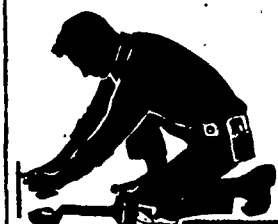
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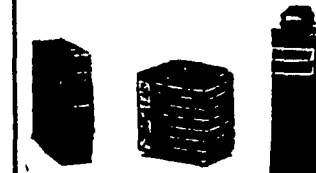
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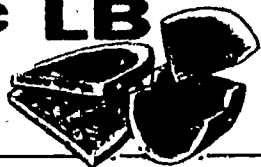


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