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# The Niles Bugle

AUG 29 2002

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Bugle News

7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, AUGUST 29, 2002

VOL. 46, NO. 9

## Pauline Yachtman dies; donated \$8 mil to LGH

Pauline Yachtman, whose \$8 million gift in 1991 was the largest gift ever received by Lutheran General Hospital from a single donor, died on August 19.

Yachtman's gift in memory of her first husband resulted in the Victor Yachtman Children's Pavilion at 1675 West Dempster St. on the campus of Advocate Lutheran General Medical Center.

Today the pavilion houses all pediatric outpatient services provided by Advocate Lutheran General, including general pediatrics, pediatric cancer treatment

and developmental pediatrics.

The center also houses the Midwest Children's Brain Tumor Center, as well as a pediatric resource area where lectures are held and computer-related data and published materials are available.

Yachtman chose this means to memorialize her husband because of care received by two Yachtman grandchildren at the hospital during the 1980s. The Victor Yachtman Children's Pavilion was dedicated in 1996.

Yachtman, of Lake Forest, previously resided in Glenview.

Exhibit will include photos and flags from Sept. 11 attack; Residents to sign Niles flag which will be flown in New York

## Ground Zero Flag Tour to visit Niles October 14-18

A touring collection of signed flags and photographs prompted by the 9-11 terrorist attack will be displayed at Niles Village Hall from Oct. 14 to 18.

Niles residents who view the collection will be invited to sign their names onto a Niles flag

that will eventually fly from a New York City firehouse.

The goal is to gather similar signed flags from villages across Illinois as a way of saying thanks to New York's emergency workers.

The flags and photos in the

traveling exhibit have, in turn, been signed by former New York City mayor, Rudolph Giuliani, as well as by New York City police and firefighters.

The program also includes a video about the events of 9-11.

## Student advocacy group grows in Dist. 63

An advocate group that started in District 63 as a support system for parents of special education students not only has expanded beyond the district, but will now expand its focus to support issues of all students.

To signal this change, the group "Parent-2-Parent for Special Students" will drop the word "special."

Newly-named "Parent-2-Parent for Students" will help parents resolve questions or concerns about school issues on behalf of all students.

Eva Roberts started the group in 1999 when she became concerned about the status of her son's individualized education plan.

Roberts said that when she

started asking questions she ran into a brick wall.

The advocate group's new president is Ari Ginzburg. Ginzburg welcomes input from all members of the community, including non-parents. Any taxpayer who is concerned about children deserves a voice, says Ginzburg, adding that this is an educated community with many professionals able to contribute.

"I think we have a dedicated team," Ginzburg says of his colleagues. The new vice president will be Cheryl Mix and the group's spokesman, Patrick Navin. The organization now consists of 20 core members, with a total membership of 65.

Roberts, who will soon move to Wisconsin, plans to organize a chapter there.

## Library Patch Club now signing up students

**Join the Reading Patch Club.** The Reading Patch Club wants you! Once again, the Reading Patch Club has returned to the Niles Public Library District - so sign up and earn cool patches for your backpack, jacket or cap! Children in kindergarten through grade 6 are invited to participate

in this unique reading and activity related program, which runs through Memorial Day weekend. By reading books of their choice and completing fun activities, participants can earn a variety of patches to decorate their clothes or school backpack. This year the Reading Patch Club has added

three new patches to the collection - adventure, folk and fairy tales and award winners. This special reading program is available to Niles Public Library District cardholders and students attending school in Niles. For more information, please call the Children's Department at (847) 663-6623.

## OLR students participate in Olympics Day



Our Lady of Ransom students participated in Olympic Day at the beginning of the summer. Students were grouped into teams representing one of fifteen different countries. Each team participated in twelve different events.

Shown in the Tug of War event are (l to r) Anna Pamula, Jeff Zientara, Sumeet Singh, Shama Simon, Victor Banek, Christian Robles and Peter Pepe.

## Culver opens for 2002-3

District 71 is looking at an enrollment of about 525 for the upcoming school year.

The enrollment number may be down somewhat because the 2001-02 class had an unusually large number of graduates, says Alexandra Nicholson, principal.

Nicholson adds that Culver is switching to a new curriculum this year for grades K through 5. The new program is a Houghton Mifflin reading series that connects the disciplines of reading, spelling, phonics and writing in a most effective way, says Nicholson. The system helps students make connections, which helps them retain what they learn, she adds.

The previous curriculum had

been in use for nine years.

The Houghton Mifflin curriculum was selected by a volunteer committee comprised of teachers, a reading specialist, and Nicholson herself.

The volunteer committee replaced a paid committee after financial challenges followed last year's failed referendum.

The district welcomes four new teachers this year; Kelly Newton, kindergarten; Eleni Kelly, third grade; Nimmi Cleve, fifth grade; and Paul Goldberg, fourth grade.

Because of the budget problems, no special program is planned this year for gifted students; rather each teacher will handle the needs of his or her gifted students.



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## Illinois Attorney General Jim Ryan greeted



Maine Township Supervisor Bob Dudycz, left, greets Illinois Attorney General Jim Ryan at the recent Self Reliance Ukrainian American Federal Credit Union's Annual "Fun Day". Township Plan Commission Chair Pete Stachiw, right, was also on hand. The event drew 2,000 from the suburbs and Chicago.

## Niles Youth Coordinator appointed

A Niles Youth Coordinator has been appointed through a cooperative effort between the Village of Niles and the Niles Park District. Ann Czapl, a resident of Niles, has accepted the position and begins working with the teens of the Niles Youth Council this month.

The Niles Youth Council was started in March 2001 with the teens participating from each of the grade schools located in Niles. Since then, the teens have held pep rallies, conducted weekly meetings, participated in two 4th of July parades, volunteered for community service, and worked together towards a skate park.

Up to this point, the Village of Niles and the Niles Park District have split the supervising duties with the teens, never really providing uninterrupted guidance from just one individual. Having a part-time Niles Youth Coordinator should provide the teens with the consistency necessary to bring the Niles Youth Council to the next level.

Teens who attend any school within the Village of Niles are en-

couraged to check out the Niles Youth Council for engaging, fun, and educational activities. To learn more about the Niles Youth Council, call Darcy Strack, at (847) 588-8403.

## Infant/Child CPR Course Offered at Advocate LGH

Advocate Lutheran General Hospital and the American Red Cross offer an Infant/Child CPR Course. This five-hour course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children. It also includes information on how to prevent injuries to infants and children at home and in play areas.

The next course will be held from 8 a.m. to 1 p.m. Saturday, September 7 at Advocate Lutheran General Hospital, 1775 Dempster, Park Ridge. Upcoming class dates are September 28, October 12 and October 19.

The fee for the course is \$47. Call 1-800-3-ADVOCATE (1-800-323-8622) to register.

## Bulletproof vests

The Village of Niles Police Department has received its second year of federal funding from the Bureau of Justice Administration BULLETPROOF VEST PARTNERSHIP.

Funding will be used to offset costs associated with equipping officers with protective body armor.

The number one goal of the Niles Police Department is Officer Safety, and protective body armor enables the officers to remain safe so that they can be of assistance to the citizens they serve and protect.

Chief Jerry Sheehan indicated that the federal funding is an extremely important program to keep officers safe and welcomed the second year of funding under the vest program. Chief Sheehan and Division Commander John Fryksdale worked with the Bureau of Justice Assistance to secure approximately \$6,000.00 in second year funding.

## Pooch, Pet and Pedal Parade

DesPlaines Special Events Commission presents Pooch, Pet and Pedal Parade. Come Watch or Participate! The Pooch, Pet and Pedal Parade is planned as a special event for DesPlaines families: pet owners and children of all ages, their pets and bikes. We invite everyone to decorate their non-motorized, bikes, wagons, strollers and if they wish, dress up their pets.

Prizes will be awarded for: Fanciest, Biggest, Smallest, Best Pet/Owner Look-Alike, Best Tail Wagger and other categories.

Saturday, September 7, 2002, Prairie Lakes Community Center (south end by Mountain View Mine Adventure Golf Course).

Registration: 8-9 a.m. Mountain View Mine.

Parade Kick-off: 9 a.m. Staging: Parking lot adjacent to Mountain View Mine.

Parking: Juno Lighting, north lot.

For more information on the Pooch, Pet and Pedal Parade, contact: Sandy Anderson 824-6324.

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## John Bachmann, Managing Partner, Edward Jones Views on Current Market Conditions

The recent stock market's upswings and downturns can be nerve-racking for even the most seasoned investor. But ours is a cyclical business, heavily influenced by business cycles and investor sentiment. Many of us have been through similar markets and we know this temporary down-turn is part of a normal cycle. What follows are my personal views. And while I believe strongly in what I've written, remember, no one has a patent on right answers.

1. The market periodically goes through a cleansing process. When markets reach unusually high levels, as the "new economy" securities did, some event invariably triggers a sudden slide. In 1987, it was program trading. This time, the trigger was a loss of confidence in financial reporting.

2. The current market will probably end with a day or two of free fall. That will be a very scary time. Historically, there has been a pattern to those cycles. The market slides steadily, but then we see a few periodic rallies which suggest we have reached the bottom. Before it truly bottoms, however, it drops sharply for several days in a row. One day, it opens significantly lower on huge volume, which scares the last shares out of weak hands. Absent some subsequent political event which is unforeseen, that represents the bottom.

3. There will be a flight to quality. It has already begun, as evidenced by the flow of investible dollars into fixed income. Here again, one must be careful. Fixed-income investments should be diversified by maturity date or interest rates rise. Individuals should also continue to buy good stocks.

4. Investors buy shares, not the

market. Some great companies have already reached their lows, so waiting doesn't guarantee a better price. Since almost no one buys at the low (it is statistically impossible), investors should focus on selection of companies rather than timing.

5. Bargains will abound. Good investments drop along with poor ones. Companies that have traditionally had strong prospects now sell at favorable prices. If the shares go lower, investors can average down by buying more.

6. Lazy investors will buy crummy companies just because they are cheap, expecting them to rebound with the rest of the market. Just remember, dropping a tennis ball on the sidewalk produces a different reaction than dropping an egg. Not everything bounces back.

7. Markets reflect both economics and psychology. In the current situation, the economy is recovering from recession, but psychology is focused on the quality of financial reporting. History tells us that at market highs, when psychology is wonderful, there are few bargains. However, when markets fall and psychology is poor, bargains abound.

8. Serious long-term buyers love markets like these. Not only can they buy at prices they never expected to see, they can switch from companies or industries judged to be less promising, into new investments that are priced attractively.

9. The strength of our overall economy is remarkable. We have lived through September 11 and a brief recession, but the economy has begun moving up again. Once corporations get their accounting issues settled, many of the attractive prices we see on individual

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## Water Conservation Op-ed by EPA Administrator

by EPA Administrator  
Christie Whitman

This summer's drought is reminding many Americans of the need to appreciate clean water as a valuable resource. As our population increases, the need for clean water supplies continues to grow dramatically and puts additional stress on our limited water resources. Efficient water use needs to be a basic part of our daily lives.

A typical family of four spends about \$820 a year on water supply fees and sewer charges, and an additional \$230 on heating the water. In many communities, the water and sewer costs can be more than twice that amount. Nationally, an average of 14 percent of the water we buy is lost through leaks. This is like paying a 14 percent sales tax on every gallon! And about eight percent of America's total energy production is used to treat, pump and heat water. Reducing water usage translates into critical energy savings. Just as important as the energy savings are the improvements in environmental quality.

I am asking Americans to accept a challenge: to reduce their annual water use by 10 percent or more. An ambitious target, yes. Communities all across the country, however, have shown that a 20 percent reduction is well within reach. Each of us can meet that

challenge - in homes, businesses, factories and in hotel rooms when we travel - by taking the simple steps I propose below. Many people do not realize how much money they can save through water conservation and the cumulative effects small steps can have on water resources and environmental quality.

There are lots of things that individuals can do, from fixing a leaky faucet to installing new fixtures and appliances that reduce water consumption. See the simple things you can do to fulfill the challenge by taking a virtual tour of a "water saver home" at [www.h2ouse.org](http://www.h2ouse.org). Learn more about what you can do, both in your home and at work, by visiting EPA and our partners in water conservation on our Web sites at [www.epa.gov/owm/water-efficiency/index.htm](http://www.epa.gov/owm/water-efficiency/index.htm) and [www.energystar.gov/products/clotheswashers](http://www.energystar.gov/products/clotheswashers).

As we celebrate the Year of Clean Water, it is a good time to recognize the critically important work of the local, state and tribal officials who are leading the way in our communities by implementing water efficiency measures. In doing so, these community leaders are not only saving water, but also are forestalling the need to build new, expensive water and wastewater treatment plants.



Greg Duray  
Vice President  
Branch Manager-Niles

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The Board of Directors, Officers, and Employees of CIB Bank are pleased to welcome Greg Duray as Vice President, Branch Manager. Greg has served the financial needs of individuals and businesses in Niles, Morton Grove and surrounding communities, for over 25 years.

Having served two terms as President of the Morton Grove Chamber of Commerce and serving on various committees for community projects and events, Greg is no stranger to the North Suburban Market. Greg truly exemplifies our motto, "Community Banking - The Way It Used To Be." His responsiveness and attention to Customer service needs has helped him build numerous long term banking relationships.

Please stop by and visit Greg Duray at our Niles facility and see how he can help you with your business or personal financial needs. If it is inconvenient to visit our Niles office, Greg can arrange to meet with you at your home or place of business. The Niles office is located at 8720 Dempster Street in Niles (Dempster and Greenwood). To learn more about CIB Bank, call Greg at 847-768-1040 or visit our website at: [www.cibbank.com](http://www.cibbank.com).

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**Renegades Baseball 2003 Tryout Information**

13 & 14 Year Old Players for the 2003 Season can tryout September 7 & September 8 at Notre Dame High School (7655 W. Dempster St., Niles). Tryout times are Sat. Sept. 7:

14 year olds - 10:30 a.m.-12:30 p.m.

13 year olds - 1 p.m.-3 p.m.

Sun. Sept. 8:

14 year olds - 10:30 a.m.-12:30 p.m.

13 year olds - 1 p.m.-3 p.m.

1. All players must be dressed in proper baseball attire with a hat.

2. Players should wear some type of shirt or jersey with a number on it.

3. Tryouts should last about 2-1/2 hours each day for each age group.

4. Please arrive 15 minutes prior to your start time to complete paperwork.

5. A parent must accompany each player to complete the proper paperwork for tryouts. Parents not required if forms completed prior to tryouts.

6. Any and all questions email Coach Bob Ugel at bobugel@aol.com or Coach Steve Bartman at Steve.Bartman@hewitt.com or leave a message on our hotline (847) 967-5533 ext. 2.

Class in black and grey. Renegades Baseball will be conducting tryouts for the 2003 13 and 14 teams on Saturday September 7 and Sunday September 8 at Notre Dame High School in Niles located at 7655 W. Dempster.

Established in 1988, as an independent traveling team, Renegades Baseball has been committed to excellence in baseball for youths for the past 15 years. It strives to develop their players into class individuals and superior baseball players in all facets of the game (mental, emotional, and physical).

Our philosophy is built on the premise that we can teach more than just baseball. Through baseball we can try to help instill a sense of self-responsibility, compassion for others, and sportsmanship in victory as well as defeat.

Our primary goal is to develop young men that demonstrate in both word and deed that they are 'class' athletes - on and off the playing field.

The Renegades are the only 14-year-old team in Illinois that has won 3 AABC State Championships in the last six years.

For details about our program and information about our tryouts, check out our website at renegadesbaseball.com.

**"College 101" aims for Academic Success**

**New Section Opens For Returning Adult Students**

Increase your chances for academic success by enrolling in the **College Success Seminar (COL 101)**, one of a series of courses offered by Oakton Community College's Instructional Support Services.

Known informally as "College 101", the three-credit-hour course covers a variety of topics, including study strategies, college and career goals, and computer literacy. Day and evening sections are offered at the Des Plaines campus, 1600 E. Golf Road, and at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. A complete list of available classes can be viewed at [www.oakton.edu](http://www.oakton.edu).

A new section, **COL 1010W1**, has been designed for students age 25 and older to address issues common to adults returning to school, including balancing studies, work and home; linking education to employability; and refreshing study and test-taking skills. This section also provides one-stop service to adult students by including assessment testing and advising. The 11-week class meets from 9 to 11:50 a.m. on Saturdays, beginning September 14, at the Des Plaines campus.

For more information, call Donna Younger, Director of Instructional Support Services, at (847) 635-1656.

**Catholic Charities Celebrates 85th Anniversary**

Catholic Charities of the Archdiocese of Chicago will celebrate its 85th Anniversary of serving the poor by dedicating a major work of public art at its first "Gala of the Arts," an outdoor fundraiser and art exhibition of the work of 25 artists that will benefit the agency's Emergency Services. The event will take place at Catholic Charities' Central Office building at 126 N. Desplaines Street in Chicago's West Loop from 6 to 10 p.m. on Friday evening, September 6, 2002. Dinner by Chef Charlie Trotter, dancing, a live auction and raffle will follow the dedication. Tickets are \$250 per person. Black tie is optional. Reservations are required. Francis Cardinal George, O.M.I., Archbishop of Chicago, will dedicate the 110 feet wide by 21 feet high aluminum shadow mural, "The Mandatum" (the Latin word for "mandate"), created by Brother Mark Elder, C.M., mounted against the west wall of the Catholic Charities Central Administration building overlooking the Kennedy expressway at Randolph Street in the West Loop. The work of art, "The Mandatum," represents the biblical origin of Catholic Charities' mission of charity to all those in need. The central image, that of Christ washing the feet of the Apostles at the Last Supper, is an act of service to one's neighbor that Christ has demanded of all his followers.

Flanking the central image of Christ are murals of St. Vincent de Paul, the universal patron of charitable organizations, and Blessed Frederic Ozanam, founder of the St. Vincent de Paul Society, the world's largest charitable organization.

Brother Mark, a member of the Vincentian religious order, is a visual artist and muralist who teaches in the Department of Art and Art History at DePaul University in Chicago. For further information, call Catholic Charities Special Events at (312) 655-7912 or check Catholic Charities' website: [www.catholiccharities.net/galaofthearts](http://www.catholiccharities.net/galaofthearts).

Catholic Charities Emergency Services provides emergency assistance and referral services to families and individuals in need of food, clothing, shelter, or rent or utility assistance due to poverty or crisis situations such as job loss, illness or eviction. Services include homeless prevention, crisis intervention, counseling, advocacy and referrals.

In fiscal year 2002, requests for emergency assistance more than doubled in Cook County and increased 800 percent in Lake County.

Founded in 1917, Catholic Charities of the Archdiocese of Chicago is the largest private, not-for-profit social service agency in the Midwest, annually assisting more than 600,000 families and individuals in Cook and Lake Counties without regard to religious, national, racial, ethnic or economic background.

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## Make-A-Wish Needs Lake County Residents' Help

The Make-A-Wish Foundation® of Northern Illinois brings strength, hope and joy to children with life-threatening illnesses. Make-A-Wish will present an orientation meeting on Monday, September 9, 2002 from 6-7:30 p.m. at the Lake County Business & Conference Centre, located at 1225 Tri-State Parkway in Gurnee, IL.

"Volunteering at Make-A-Wish is one of the most rewarding projects that I have ever experienced," says volunteer Deborah Fell. "When you meet the children and their families, you see

how important the wish is to them. It really touches your heart."

The orientation session will educate people about the mission of the Make-A-Wish Foundation, the many ways they can support the organization in their community, and share the touching stories of the children served by the organization. Support for Make-A-Wish is always needed through dedicated volunteers, funding for wishes, and community awareness of the organization.

The Make-A-Wish Foundation is the oldest and largest wish-granting organization in the world. Since its start locally in 1985, nearly 4,000 children have gained strength and hope as they experience a wish come true. Make-A-Wish has high ethical standards for fundraising and never solicits funds on the phone or by email. To secure your space in this session, please call Dan White at (312) 943-8710 ext. 40 or visit us on line at [www.wishes.org](http://www.wishes.org).

## Catholic Charities Adoption Information Meetings

Interested persons are invited to learn more about the adoption process and options available to them at informal meetings sponsored by the Catholic Charities Adoption Department. Persons of all religious, racial or ethnic backgrounds are welcome to attend.

Adoption Information Meetings will be held on:

September 5, 2002 at 6:30 p.m.

Catholic Charities  
1717 Rand Road  
DesPlaines, IL

September 14, 2002 at 10 a.m.

St. Bernard Hospital  
326 W. 64th Street  
Chicago, IL

September 19, 2002 at 6:30 p.m.

Catholic Charities  
10661 Roberts Road  
Palos Hills, IL

## Dancing Dogs Inaugurate Fall Seminar Series

Dogs will be dancing with joy as The Anti-Cruelty Society launches its fall seminar series Saturday, September 7 in the Education & Training Center at 169 W. Grand. From 3 to 5 p.m. the World Canine Freestyle Organization will provide an introduction to canine freestyle, a sport in which dog obedience and dance are combined. Steps are choreographed with music and both handler and dog participate. Other seminar topics on the fall lineup will include *Cute Pet Tricks*, *Animal Assisted Therapy*, *Animal Preventive Health and First Aid*, and *Dog Agility*.

Classes are held on Saturday and Sunday afternoons and require prior registration due to a limited number of spaces. Dogs are welcome to accompany their human companions to the *Dancing with Dogs*, *Cute Pet Tricks* and *Dog Agility* sessions. All classes are free of charge, with free parking in the Anti-Cruelty garage on Wells Street!

Could your pet be a star? *Cute Pet Tricks*, scheduled for Sunday, September 22 from 1 to 2:30 p.m., might be the first step on the road to a Letterman appearance. Anti-Cruelty Behavior and Training Manager, Karen Okura, will show participants in this session how to get the behavior they want from their pets while focusing on three core tricks.

*Animal Assisted Therapy* will be the topic of the third class in the series on Saturday, October 19 from 1 to 2:30 p.m. Training and certification requirements will be discussed by the Friends Animal Assisted Therapy Foundation and several therapy dogs will demonstrate their abilities in simulated therapy situations with audience participation.

Keeping your pet's health and safety first in mind, Ned Bartlett, D.V.M., from Harbor Animal Hospital, will present a class on *Animal Preventive Health Care and First Aid* on Saturday, October 26 from 1 to 4:30 p.m. Topics covered will include preventive measures to avoid disease, accidents, and other emergency situations, along with the basics of pet

first aid. Last not not least, doggies will become dexterous as they learn about *Dog Agility* from Stacy Hawk and Phyllis Biedron of Blairwood Dog Agility. This class, which will be held on Sunday, November 10 from 1:30 to 3 p.m., will include audience participation.

If you have any further questions regarding the classes of the fall seminar series or would like to reserve a space, contact Tammy Bouschor at (312) 644-8338 x344 or email her at [thouschor@anticruelty.org](mailto:thouschor@anticruelty.org) and include your name, address, phone, email, and the number of guests that will be attending.

The Anti-Cruelty Society operates the Chicago area's oldest and largest high-volume, low-cost spay/neuter clinic, shelter and adoption programs, and investigative and rescue services - helping more than 22,000 companion animals every year. For more information call (312) 644-8338.

## Foster Care Information Meetings

Catholic Charities is searching for loving foster homes. If you'd consider opening your home and your heart to someone in need of a home, you might plan on attending one of the following foster parenting classes. Everyone is welcome, regardless of race, religion, ethnicity or economic circumstances.

Information on how to become a Catholic Charities foster parent will be presented at the following meetings:

September 3, 2002 at 7 p.m.

Catholic Charities  
651 W. Lake Street  
Chicago, IL

September 9 at 7 p.m.

Catholic Charities Northwest  
Suburban Office  
1717 Rand Road  
DesPlaines, IL

September 19 at 7 p.m.

St. Ailbe's  
9038 S. Stony Island  
Chicago, IL

## Earn your GED certificate

### Test Preparation Courses Begin in September

It's never too late to earn your high school diploma. Alliance for Lifelong Learning (ALL), the continuing education program partnered by Oakton Community College and area high schools, has two, low-cost ways to help you achieve your goals.

**Evening High School** is open to Maine nad Niles Township residents, age 16 and above. Classes meet two times per week, 6 to 10 p.m., on Mondays and Wednesdays or Tuesdays and Thursdays, at Maine South High School, 1111 S. Dec Road, Park Ridge. For more information, call (847) 825-7719. Glenbrook district residents should contact Steven Von Boeckman, principal of the Evening High School, at (847) 998-6100, ext. 418.

**GED Preparation Classes** prepare students, age 19 and above, to pass the General Educational Development (GED) Test. The GED is a credential accepted by most employers and schools as equivalent to a high school diploma. The test covers five subject areas and is administered

at Oakton's Des Plaines campus by the Cook County GED Testing Service.

A variety of test preparation classes begin in late September. In addition to the pre-GED classes in English, reading, and math skills, ALL offers GED-level review classes in essay writing, reading, math, science, social studies, English, Spanish, and the U.S. Constitution.

Those who wish to enroll in GED test preparation classes must attend one of these free sessions for placement testing, counseling, and registration:

• **Session I:** Monday, Sept. 9, and Wednesday, Sept. 11 (must attend both nights), 6:45 to 10 p.m., in Room A-100 at Niles North High School, 9800 Lawler, Skokie.

• **Session II:** Tuesday, Sept. 17, and Thursday, Sept. 19 (must attend both nights), 6:45 to 10 p.m., in the cafeteria at Maine East High School, 2601 Dempster Street, Park Ridge.

For more information about Oakton GED Preparation Classes, call (847) 825-6299, or visit: [www.oakton.edu/cont\\_ed](http://www.oakton.edu/cont_ed).

## Families celebrate exotic cultures

Celebrate exotic cultures from around the world without leaving the country at Brookfield Zoo's Rhythm & Roots Festival. Live music, dance, crafts, and other fun activities for the entire family will take place every Saturday and Sunday thru September 1, and Monday Sept. 2, between 1 and 5 p.m.

Each weekend, American Airlines will help highlight cultures associated with some of the zoo's most popular animal exhibits, including The Living Coast (South America), Seven Seas (Caribbean Islands), The Swamp (bayous of Louisiana), Tropic World and The Fragile Rain Forest (Asia), and Children's Zoo (Native American). Guests will receive a map insert detailing dates, times, and locations of all the events and activities.

Festival activities are free with regular zoo admission: \$7 for

adults, \$3.50 for children ages 3 to 11 and seniors 65 and over. Children 2 and under are free. Parking is \$4. For more information, visit the zoo's Web site at: [www.BrookfieldZoo.org](http://www.BrookfieldZoo.org) or call (708) 485-0263, ext. 879.

Open every day of the year, Brookfield Zoo is known throughout the world for its innovative, naturalistic, multi-species exhibits, its international role in animal population management and wildlife conservation, and its devotion to helping people develop a sustainable and harmonious relationship with nature. The zoo is located off First Avenue between the Stevenson (I-55) and Eisenhower (I-290) expressways, just 14 miles west of downtown Chicago. The zoo is also accessible via the Tri-State Tollway (I-294), Metra commuter line, and PACE bus service.

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## Take It Outside!

Dear Editor:

The Cook County Department of Public Health (CCDPH) has launched a comprehensive public awareness campaign aimed at educating suburban Cook County residents about the serious health dangers associated with secondhand smoke. As part of this effort, CCDPH launched a new Web site: [www.takeitoutside.org](http://www.takeitoutside.org). This site provides residents with easy access to information about secondhand smoke, tips on reducing exposure and the opportunity to formally declare smoke-free zones by way of a simple, personal pledge.

Every day in Illinois, 770,000 kids are exposed to secondhand smoke. This exposure can lead to asthma, middle-ear infections, bronchial infections and other problems. Children regularly exposed to secondhand smoke in the home inhale the equivalent of 102 packs of cigarettes by the age of five! In adults, exposure can cause heart disease and emphysema, killing more than 53,000 Americans every year. Even limited exposure to secondhand smoke can be harmful and simply opening the window or installing a ventilation system is no protection from the more than 4,000

chemicals in tobacco smoke.

The Cook County Department of Public Health urges smokers to "Take It Outside!" It's a simple request and a simple action that will protect so many, and for some smokers, it can be the first step toward quitting smoking for good. Take the pledge today and help reduce tobacco's devastating toll.

Sincerely,  
Dr. Karen Scott, Director  
Cook County Department of Public Health  
1010 Lake Street, Ste. 300  
Oak Park, IL 60301  
(708) 492-2010.

## Special Plate to Honor September 11 Victims

Belleek Pottery Ltd., Ireland's oldest and most historic pottery, has produced a commemorative plate to raise funds for those affected by the tragic events of September 11, 2001. It features a painting of the imposing Twin Towers of the World Trade Center set against the Manhattan skyline bordered by the American and Irish flags.

The Belleek Irish American Disaster Relief Fund Twin Tower plate will be available for purchase at the Irish American Heritage Center, 4626 N. Knox Ave.

nue in Chicago, on Saturday, August 31, from noon to midnight. Each plate carries a special Belleek backstamp.

The cost of a plate is \$95, with \$50 for each plate sold donated to the Irish American Disaster Relief Fund. The IADRF is a non-profit organization established to raise funds for the Irish American victims and survivors of the September 11 attack, and to assist their families.

Established in 1857, Belleek Pottery is famous around the world for its distinctive Parat China giftware. Its historic pottery building is situated on the banks of Lough Erne, County Fermanagh, and straddles the North-South Irish border.

## Principles of Real Estate

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As a rule, agreements for the sale of real estate must be in writing to be enforceable. The agreement states the purchase price, details of financing, closing date, possession date, and other information. Buyers should also offer a substantial earnest money deposit as evidence of their serious intent.

As long as both buyer and seller are in perfect agreement, a verbal agreement could be consummated. If either buyer or seller disagree on any point, however, the transaction would not be enforceable.



Consider this. Sincere buyers, who truly intend to keep their end of the bargain, have no qualms about signing a written agreement or offering earnest money. If they hesitate, you might ask whether they are really serious buyers.

A real estate agent can represent your interests by qualifying buyers and preparing an agreement of sale. Marketing your home at the best possible price and terms is important too. Your agent understands the local real estate market and is able to provide buyers qualified to purchase your home. Take no shortcuts. To sell your home, be represented by an agent!

You've got questions? We are your answers. You can call us anytime.

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Paul Advertisement

## Junior Cancer League

Fifty years ago a small group of people living in our area on the south side of Chicago known as Jeffery Manor decided to form an organization to raise money for research to fight the dreaded disease CANCER. Thus, the JUNIOR CANCER LEAGUE was formed. Today we have a membership of over 200 senior members, living in all parts of Chicago and suburbs. These tireless senior citizens, go tinning at various neighborhoods, solicit ads for our annual Ad Book, sell Raffle Tickets in order to raise funds to beat cancer. In the year 2001 we donated \$51,000 for cancer research. This year is our 50th year in existence and our group is hoping for a banner year of fund raising. We have general meetings once a month from April through October.

Anyone interested in joining please contact Vice President Evarese Lantz, 8801 Golf Road, Apt. 4G, Niles, IL 60714 or President Ken Rabin, 8912 Oconto Ave., Morton Grove, IL 60053.

## Have Little Time But Want to Help?

Do you worry about your family and where our society is leading them? Are you concerned about the Catholic Church and your faith itself? So are the members of the Knights of Columbus!

Do you have little time for yourself, but want to make a difference? Take a few moments to talk to us. We are all concerned about the many issues in our community today and work toward making a difference. You can too!

All Catholic gentlemen are invited to join us, as we continue to help our community by improving the world - one person at a time!!

Call Membership Chairman of the North American Martyrs Council, Larry Huiras @ (847) 663-1484, to find out how we help and how you can be part of the solution!!

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Total league fees are \$25 per week and a non-refundable \$50 deposit to be collected on the first night. After we are done bowling for 32 weeks we will be on our way to Key West and Cozumel, Mexico on Carnival Cruise Lines Imagination on 5/8/03

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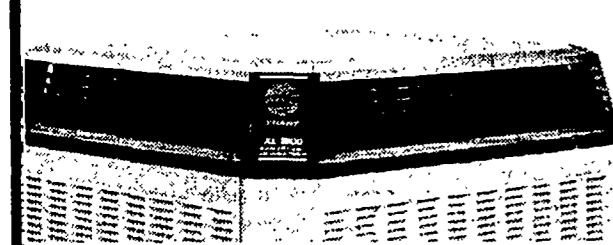
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### Workshops on Caregiver Assistance at Res

The Caregiver Assistance Workshops, free Saturday programs for people who provide care to aging family members, are being hosted by Resurrection Health Care. The workshops are co-sponsored by Resurrection Health Care, Mather LifeWays and Metropolitan Family Services and will be held at Resurrection Adult Day Services, 2433 North Harlem Avenue, Suite 100.

On Saturday, September 7, workshop presenters will discuss "Where to Turn if You Need a Break." The topic on Saturday, October 5 will be "Safe Home, Sweet Home," and "Getting Your Legal House in Order" will be presented on Saturday, November 2.

While the workshops are free, advance registration is required. For more information and to register, call (773) 237-3784.

Resurrection Medical Center is part of Resurrection Health Care, Chicago's largest Catholic health system, which includes eight hospitals, 10 nursing homes, four retirement communities, a surgery center, dozens of outpatient and medical office facilities, hospice services and one of the state's largest home health care networks. Resurrection Health Care is co-sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

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### NEWS FROM THE Niles Senior Center

CALL (847) 588-8420 FOR INFORMATION

#### FOR YOUR HEALTH - SEPTEMBER

**September 6 - The Wonderful World of Therapy Dogs** - At 10:30 a.m., Friday, Sept. 6, learn how seniors who interact with animals produce a healthier lifestyle. Join FRIENDS Animal assisted Therapy Foundation & learn the work that therapy dogs do.

**September 11 - Blood Pressure Screening** - Blood Pressure Screening is Wednesday, Sept. 11, 1 to 3:30 p.m. No appointment needed. This is a special day as it will be the last Blood Pressure Screening Day for Terry!

**September 18 - Alzheimer's Disease: It's More Than Just Memory Loss** - Alzheimer's Disease Program is Wednesday, Sept. 18 at 1 p.m. This seminar highlights the warning signs of Alzheimer's disease, the importance of early diagnosis and treatment, and tips on how families can deal with the disease. Presented by Terry Dalla Valle, RN, BSN and Bev Wessels, MSW, LSW, ACSW. Registration required.

**Niles Senior Center Closed For Labor Day, Monday, September 2**

#### VOLUNTEERS NEEDED

**MEALS ON WHEELS DRIVERS** are needed to deliver meals to Niles Homebound, weekdays between 11 a.m. to 12:30 p.m. Please contact Kelly at (847) 588-8420.

**COMPUTER LAB VOLUNTEERS** needed to assist older adults in learning to use computers (2 to 4 hrs/wk). Computer experience required. Training provided. Contact Jaymi.

**AARP TAX AIDE VOLUNTEERS** are needed to help seniors prepare tax returns (assignment dates: February 4 to April 10, 2003). Training sessions are now forming. If you are interested in learning more about how you can help, contact Mary Ann.

#### COMPUTER CLASS REGISTRATION

Computer class registration was on Tuesday, Aug. 6 at 8:45 a.m. There is still availability in the following classes, Pre-Introduction to Computers, Introduction to Computers, Microsoft Word Beginning and Intermediate, Excel, and Internet. If you are interested in participating, please contact Jaymi at (847) 588-8420.

#### GENERAL TICKET SALES

Please Call For Ticket Availability

**Poker Tournament - Friday, Aug. 30, 12 p.m.** Play seven-card stud and five-card draw. Cost includes lunch & prizes. Cost: \$3.50.

**September Lite Lunch & Movie - Friday, Sept. 6, 12 p.m.** Come and see the award winning picture, *A Beautiful Mind* (2001, PG-13) starring Russell Crowe. Prior to the film, enjoy pizza & soda. Cost: \$3.50. Registration required.

**Fall Bar B-Q - Friday, Sept. 13, 11:30 a.m. to 2:30 p.m.** Annual Fall Men's Club Bar B-Q features Fresh Grilled Brats & Hamburgers with beans and potato salad, and ice cream. With entertainment by international entertainers "Mike & Sally." Cost: \$8 includes lunch, entertainment, and raffle.

**Alaska & Canada Travelogue - Wednesday, Sept. 18, 12 p.m.** Enjoy a tuna salad on whole wheat bread. Then travel to Alaska & Canada. Cost: \$3.50.

**Poker Tournament - Friday, Sept. 20, 12 p.m.** Play seven-card stud and five-card draw. Cost includes lunch and prizes. Cost: \$3.50.

**Evening at the Center: Pizza & Movie Night - Tuesday, Sept. 24, 4 to 7 p.m.** Celebrate Grandparents Day! Bring your grandchildren for a pizza and movie night. After dinner, sit back and enjoy the film *E.T.* (PG), a classic for people of all ages. Cost: \$3.

**Potawatomi Bingo Casino Trip - Wednesday, Sept. 25, 9:30 a.m. to 3:30 p.m.** Travel with us up to Milwaukee, Wisconsin as we place our bets at the Potawatomi Casino. A lunch buffet and a \$10 match play will be included. Cost: \$15.

**An Autumn Adventure at Shabbonah - Tuesday, Oct. 1, 7 a.m. to 4:30 p.m.** Whether you like to fish or just enjoy the great outdoors, join us for our annual outing to Shabbonah State Park - home of many state record-catches! Lunch is chicken, dessert & drink. Boat or shore fishing. Cost: \$20, includes transportation, lunch, bait, & prizes.

**Annual Dinner Dance: The Crystal Ball - Friday, Oct. 4, 5 to 9 p.m.** Our annual dinner dance, *The Crystal Ball*, is an extra special evening of dining and dancing. Your meal, featuring St. Andrew Salad, rolls, London Broil with mushroom sauce, twice-baked potatoes, oven roasted vegetables and dessert will be served at 5:30 p.m. Then get ready for the music of Mario and His Society Orchestra. Cost: \$20.

#### KITCHEN BAND GROUP

We are looking for new members (vocalists and instrumentalists) to join us for our 2002-2003 season. The next practice is September 4 at 11 a.m. Starting in October, practices will return to the first and third Wednesday of every month. Please call Mary Ann.

#### CURRENT EVENTS GROUP

Current Events Group meets at 10:30 a.m. on the 2nd & 4th Wednesday of the month to discuss local and world issues. Please join us as the group starts up again on September 11.

### 116th Anniversary for Covenant Retirement Communities

Covenant Retirement Communities will be celebrating another year of ministry at their 15th Annual Benefit Dinner on Sunday, September 22 at the Hyatt Regency O'Hare. The dinner is hosted by Covenant Retirement Communities' four Illinois campuses: Covenant Village of Northbrook, Covenant Home of Chicago, The Holmstad in Batavia and Windward Park Manor in Carol Stream. Proceeds from the dinner go to a benevolent care fund that assists residents of our Illinois campuses whose financial resources have become depleted.

This special evening promises to have something for all ages with Mike Singletary, former Chicago Bear and member of the Pro Football Hall of Fame, as our featured speaker. Captain of the Bears for 10 years, Mike directed his team to a Super Bowl victory and played in a record-setting 10 consecutive Pro Bowls. He is a successful entrepreneur, author and motivational speaker.

With more than a century of experience and a network of 15 communities, Covenant Retirement Communities, a not-for-profit corporation, is a benevolent extension of the Evangelical Covenant Church. From the first caring community established in Chicago in 1886, the mission to provide a fulfilling retirement experience was expanded across the country. Today, Covenant Retirement Communities serves more than 4,500 residents in communities offering lifetime care through multiple levels of service.

For information or to make a reservation, please call 1-800-903-2573.

**'Getting Your Back on Track' Lecture**

Learn techniques for preventing back and injury and how to handle acute episodes of back pain at a free lecture offered by Advocate Lutheran General Hospital.

William Briner, M.D., medical director of the Sports Medicine Center at Advocate Lutheran General Hospital will present "Getting Your Back on Track" from 7 to 8 p.m. Wednesday, September 25.

The presentation will take place at the Indian Trails Library, 355 S. Schoenbeck Road, Wheeling.

For more information and to register, call 1-800-3-ADVOCATE (1-800-323-8622).

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## 10-Hour Blood Drive Sept. 6 at Res Medical Center

True friends will roll up their sleeves and give you their blood. Just ask Terry O'Brien and his wife, Maureen, of Norwood Park.

Terry receives regular transfusions of packed red blood cells as part of his ongoing cancer treatment at Resurrection Medical Center. At the most recent hospital blood drive, six of the 165 pints of blood collected came from friends and neighbors recruited by Maureen.

Resurrection Medical Center and LifeSource Blood Center usually conduct two blood drives a year at the hospital, but due to the continuing need for blood by people like Terry O'Brien, and in observance of the terrorist attacks of last September 11, a special 10-hour blood drive will be held on Friday, September 6, from 8 a.m. to 6 p.m. in the Mother Celine Room on the ground floor of the hospital at 7435 West Talcott Avenue. Each donor will receive a free September 11 commemorative T-shirt with the words "Honor the Memory."

Kathy Georgakis, Senior Medical Technologist in Resurrection Medical Center's blood bank, said that the hospital is in critical need of all blood types.

"Each day, we assess whether or not existing supplies can support scheduled elective surgeries. If the shortage worsens just a lit-



Terry O'Brien (left), of Norwood Park, receives a transfusion of red blood cells, with assistance from Mariann Gremo, R.N., at Resurrection Medical Center.

tle, we will have to ask our doctors to postpone their elective surgeries," Georgakis said.

Persons wishing to donate blood and who have questions about donating are urged to call LifeSource at (847) 298-9660, or the Resurrection Medical Center blood bank weekdays from 7:30 a.m. to 4 p.m. at (773) 792-5042.

There is no upper age limit for donors, but 17 is the minimum age. A donor must weigh at least 110 pounds and be in reasonably good health. Potential donors are advised to have a meal and drink

liquids prior to a donation.

Resurrection Medical Center is part of Resurrection Health Care, Chicago's largest Catholic health system which includes eight hospitals, 10 nursing homes, four retirement communities, a surgery center, dozens of outpatient and medical office facilities, hospice services and one of the state's largest home health care networks. Resurrection Health Care is co-sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.

### Northwest Choral Society Welcomes Singers for 2002-2003

The Northwest Choral Society (NWCS) invites experienced singers who enjoy performing four-part choral literature to become new members for its 37th anniversary season. The NWCS annually performs a winter holiday concert, spring classical concert and summer Broadway concert. The chorus also sponsors educational workshops for members and the public that focus on vocal technique and principles of musicianship.

The NWCS rehearses Tuesday nights from September to June from 8 to 10:10 p.m. at Immanuel Lutheran Church, 855 Lee Street, Des Plaines, IL. Rehearsals for the 2002-2003 concert season will begin on September 3. Prospective new members who are at least 17 years of age are invited to call (847) 438-6740 to attend a NWCS rehearsal and arrange an audition with Music Director John H. Melcher.

The NWCS is a nonprofit community organization that has been performing classical and popular music in northwest Chicago and the surrounding suburbs since 1965. Numbering nearly 50 men and women, it is dedicated to encouraging the appreciation, study and performance of imaginatively programmed and carefully prepared choral works.

## Morton Grove Seniors

### MUSIC APPRECIATION SERIES

This is a series of six lectures presented by Kimber Stonehouse, piano and music instructor with the Morton Grove Park District on Tuesdays from 9:30 to 11 a.m. in the Morton Grove Civic Center's Community Hall. The series features six different periods, composer, and types of music:

9/10 Renaissance and Baroque "Writing Down The Notes"  
9/24 Mozart and Beethoven "The Laughter and The Fire"  
10/8 Schubert, Chopin, and Liszt "Those Romantic Guys"  
10/22 Gospel, Blues, and Jazz "The Common Thread"  
11/5 American Musical Theater "The Broadway Phenomenon"

11/19 Contemporary 20th Century "Why Do You Hate The Way It Sounds"

The cost is \$6 per lecture for residents and \$8 per lecture for non-residents. Registration forms are available at the front desk in the Civic Center.

### WOOD SCULPTURE

Learn the art of wood sculpture using a knife and other hand tools to create fine sculptures of animals, human forms, and other both realistic and abstract figures. Beginners or those with experience are welcome to join this ten-week class, taught by the Civic Center's own wood expert, Irv Marion. Techniques of wood selection, tool sharpening, and wood finishing will be covered. Tools are provided and materials may be purchased in class, which meets from 9 to 11:30 a.m. on Wednesdays starting Sept. 11 through Nov. 13 in the Craft Room. The cost for this series of classes is \$37 for residents and \$48 for non-residents. Registration forms are available at the front desk in the Civic Center.

### ART INSTITUTE "SENIOR CELEBRATION"

Join Morton Grove seniors as they travel to Chicago's Art Institute for the eighth annual "Senior Citizens Celebrations Program" on Wednesday, Sept. 18. Participants will view slide presentations on current exhibitions and visit a selection of objects in the galleries where Art Insights presenters lead five to seven-minute discussions. Each small, informal talk is enhanced with a souvenir postcard. Music and art demonstrations are included in the day's events as well as a box lunch.

The bus leaves the Morton Grove Civic Center at 9:30 a.m. and returns at approximately 4 p.m. The cost is \$22 for residents and \$25 for non-residents. Pick up a registration form at the Civic Center today. For details contact Senior Citizens Activities Coordinator, Debra Blakely at (847) 663-6127.

### WITH AGE, CALORIE NEEDS GO DOWN BUT NUTRIENT NEEDS GO UP

It's kind of a Catch-22. The older we get, the fewer the calories we need, in part because we tend to expend less energy engaging in physical activities and in part because we gradually lose lean muscle tissue, which requires a lot of calories to sustain itself. The hitch is that as our calorie requirements drop with age, we need as much as or more of certain nutrients for our bodies to keep running as close as possible to peak efficiency.

How do we get more nutrients on fewer calories? Well, a lot of people don't. By some estimates, as many as 25% of Americans in their 60s and older are malnourished. That does not mean that such a large proportion of people have clinically diagnosable nutrient deficiencies, such as scurvy due to a lack of vitamin C or goiter resulting from too little iodine. But there are marked increases in subclinical deficiencies that have direct impact on body function.

Take the case of vitamin D. On average, older adults take in about 100 International Units each day of vitamin D, a nutrient in milk, fatty fish, and certain fortified cereals that is needed for the body to absorb calcium and thereby keep the bones as strong as possible. But 100 units are not enough even for adults through age 50, who should be consuming 200 units daily. For men and women ages 51 through 70, the recommendation is 400 units a day, while those 71 and older should be getting 800 units.

Other nutrients for which older people as a group share a consumption shortfall: calcium, folate, riboflavin, and B12. The trick to getting enough nutrients in a diet with fewer calories is to eat as many foods as possible that are nutrient-dense, meaning that they have high levels of nutrients for their calories. For more information, or to apply a higher nutrient diet, visit the Morton Grove Community Nutrition Network's daily "Lunch Bunch" which serves hot, nutritious, and low-cost meals designed specifically for seniors at the Morton Grove Civic Center (847) 967-6876.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at (847) 478-5223.

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## Former Mr. America reveals how to stay fit

At a time when obesity has reached epidemic proportions, a man with a world-famous physique has come forward with detailed information on how to lose weight and get physically fit. Dave Draper - former Mr. America, Mr. World and Mr. Universe - reveals the tricks in the quest for fitness in his new book, **Your Body Revival: Weight Loss Straight Talk**. ISBN 1-931046-35-2. \$18.95, published August 2002.

Unlike gimmicks and fad diets that falsely promote quick results

with no effort, Draper emphasizes his recommendations are "simple but not easy." Draper: "With few exceptions the following techniques will work for 'every-one' with 'every body' needs - strong back, flat stomach, healthy heart and a winning attitude.

1. Eat five or six smaller meals equally spaced throughout the day, starting with an energizing breakfast.

2. Increase the animal protein and decrease the sugar; increase the EFAs and reduce the hydrogenated fat; eliminate the junk

food and watch out for the fast food...no smoking and beware of the booze.

3. Aim for a 40-35-25 balance - the protein stays high.

4. Feed your fuel and muscle-building needs; feed your hunger and not your cravings or boredom.

5. Eat plenty of the living food we have in abundance - fresh fruits and vegetables.

6. Take a prime, highly absorbable vitamin and mineral formulation dense in anti-oxidants daily.

The decision to lose weight is a lifestyle change and there is no quick fix. "Discipline is required," Draper notes, "Fat loss and muscle development are directly proportional to one's discipline."

Draper was the poster boy for bodybuilding in the 1960s and '70s. He acted in several movies, appeared frequently on TV and in print and now, 35 years later, is the subject of a current E! Entertainment Network "True Hollywood Story" biography known as the "The Blond Bomber" by today's aging Baby Boomers, his amazing physique encouraged tens of thousands of boys to start a lifetime of fitness.

The former Mr. America is on a 33-city US tour with this book, his second.

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## Research shows that walking can help save lives

A study by the American Heart Association shows that elderly men who walk at least one half mile each day can extend their lives by reducing their risk of heart attack. That's why the American Heart Association encourages walkers of all ages to begin or continue their walking program by participating in an American Heart Walk in their area. By joining an American Heart Walk, walkers can reduce their risk of heart attack while helping raise money to fund research to fight America's number one and number three killers among men and women: heart disease and stroke.

"Everyone - individuals, organizations, businesses and corporations - can participate in their local American Heart Walk by collecting donations from family, friends and co-workers to help fund lifesaving research," said Karen Lambert, President and CEO of Advocate Good Shepherd Hospital and co-chairman of this year's Northwest Suburban Walk.

Thousands of Chicagoans will step up to fight against heart disease and stroke at various American Heart Walk's taking place across Chicagoland on September 13 to 15. Many corporate Walk teams and individuals are expected to participate. The 2002 Northwest Suburban American Heart Walk is scheduled for 8:30 a.m. on Sunday, Sept. 15 at Busse Woods, Ned Brown Meadow, Golf Road in Rolling Meadows.

"Research suggests that we should become active as early in life as possible. The earlier we start, the easier it is to continue."

**Childbirth Class in Polish at Advocate LGH**

Advocate Lutheran General Hospital in Park Ridge offers a childbirth course presented in Polish. This 12-hour course is designed for couples experiencing the last three months of pregnancy.

The next course will be held from 9 a.m. to 1 p.m. on three consecutive Sundays, September 8, 15 and 22 at the hospital, 1775 Dempster in Park Ridge.

Coping skills, including Lamaze-style breathing and relaxation techniques will be practiced. Additional labor topics include the importance of support during labor, variations in the labor process, medication/anesthesia, common medical procedures, and hospital procedures. Other topics stressed are postpartum care of the mother, adjustment to new parenthood, common characteristics of the newborn, infant feeding options, bathing, diapering, safety and health care.

The fee for the class is \$114 per couple. For enrollment information, dates and times of additional classes, call 1-800-3-ADVOCATE (1-800-323-8622).

those habits later on," says Robert D. Abbott, Ph.D. professor of biostatistics at the University of Virginia School of Medicine, and one of the study's authors.

Peter G. Snell, Ph.D., assistant professor of internal medicine at the University of Texas Southwestern Medical Center in Dallas, and Jeric H. Mitchell, M.D., chief of the cardiopulmonary division at the same institution, say that walking helps prevent heart disease by reducing the risk of atherosclerosis - the buildup of fatty deposits that can clog heart arteries - and of blood clots and irregular heartbeat, both of which can trigger a heart attack.

The study's findings may extend to younger men as well as women, according to Snell and Mitchell. They also add, "From a public health standpoint, the finding that exercise that is neither strenuous nor prolonged can benefit an individual at any age is encouraging. As personal computers invade our lives and society becomes increasingly successful at reducing our need to move, opportunities for everyone to become more physically active should be given a high priority."

The American Heart Walk, a national American Heart Association event, has raised more than \$286 million in its ten-year history. This year, more than 700,000 walkers will participate in over

750 locations. Funds raised from the Walks will support heart and stroke research as well as public and professional education programs. Research funded by the American Heart Association has yielded important discoveries such as CPR, life-extending drugs, pacemakers, bypass surgery and surgical techniques to repair heart defects.

The American Heart Walk is presented nationally by Nutri-Soy® and Subway®. Sponsors for this year's Chicagoland Walks include: Experian, Abbott Laboratories, Omron, the Daily Herald, ABC TV, ABC Radio, DePaul University, the University of Chicago Hospitals, Northwest Community Healthcare, Alexian Brothers Health System, Central DePaul Hospital, Edward Cardiovascular Institute, Loyola University Health System, and First Health.

For more information about the Heart Walks, visit: heartwalk.kintera.org/metrochicago.

The American Heart Association spent about \$382 million during fiscal year 2000-2001 on research support, public and professional education, and community programs. Nationwide, the organization has grown to include more than 22.5 million volunteers and supporters who carry out its mission in communities across the country.

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## Know "Gift Tax" Rules Before Handing Out Presents

If you plan on giving cash or financial assets to your family, you'll want to make sure you avoid a side effect of your generosity - gift taxes.

Gift tax laws are designed to discourage people from giving away all their assets to reduce the estate tax burden on their heirs. And yet, by being creative, you can still make sizable presents to your loved ones, without being hit by heavy gift taxes.

Before making any gifts, though, you'll want to familiarize yourself with gift tax regulations. To begin with, you can give away \$11,000 to any one person in any one year. Gifts above that amount may be subject to the gift tax, which, in 2002, can be as high as 50 percent, depending on the size of your taxable estate. The top gift tax rate is scheduled to gradually decline, until it reaches 35 percent in 2010.

Of course, \$11,000 is not an insignificant sum. But if you want to give your child or grandchild even more, your spouse can also contribute \$11,000, thereby doubling your gift. And the two of you can keep making the cumulative \$22,000 gift year after year.

Furthermore, there's no limit on the number of people to whom you can give the \$11,000 annual gifts. You can make gifts to your children, your children's spouses, your grandchildren, your nephews and nieces, your friends - anyone you choose.

In fact, by making multiple, repetitive gifts, you can greatly reduce the size of your taxable estate. Under current law, you can give away up to \$1 million in your lifetime, in addition to the \$11,000 annual gifts, without being required to pay gift taxes. Consequently, gifting can be an important estate-planning tool. (Right now, estate taxes are slated for elimination in 2010, but there's no guarantee they won't be reinstated by a future Congress and administration.)

### Gifts of financial assets

Thus far, we've only talked about cash gifts. But you may well decide to give your children or other family members gifts of other financial assets, such as stocks. If you do, you'll still face the same \$11,000 limit, but you'll also have some other issues to consider.

Suppose, for example, that, many years ago, you bought some stock worth \$7,000. Today, your shares are worth \$11,000. If you were to sell your shares, you'd have to pay capital gains taxes on your \$4,000 profit. If you decided to give these shares to your grandson, you could escape the capital gains tax - but your grandson couldn't. Even though he only acquired the stock when it was at the \$11,000 level, he will have to pay capital gains on the \$4,000 appreciation - plus any other price increase - when he sells the stock.

Does this mean you should never make a gift of appreciated stock? Not necessarily. But if you do, make sure you communicate all the tax ramifications to your intended recipient - before you make the gift.

In fact, it's a good idea to talk beforehand to everyone to whom you plan to give a gift. By providing them with some advance notice, you'll give them a chance to plan ahead - and to get the most out of your philanthropy.

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

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### Sunday School Rally Day Sept. 8 at Trinity Lutheran

Trinity Lutheran Church, 5106 N. LaCrosse Avenue in Chicago invites you to come and join our Sunday School Rally Day on Sunday, September 8 at 9:15 a.m. We will be registering children between Pre-K and 8th grade for Sunday School. Registration forms will be available at this time. A breakfast buffet will also be served.

For more information please call the church office at (773) 545-7300 between 9 a.m.-4 p.m. Monday through Friday.

### Prevent Blindness America proceeds to help save sight

Prevent Blindness America (PBA) is putting out the call for golfers of all abilities to join them on September 19 at the White Deer Run Golf Club in Vernon Hills for a day of fun and fund-raising. The *Swing fore Sight* Golf Challenge will help PBA raise funds for the prevention, education, and/or research programs of preventable blindness in both children and adults.

There will be an array of valuable raffle prizes, lunch, a cocktail reception, and silent auction. Chi-

cago broadcasting legend Tom Shaer, former sports anchor at NBC5, will emcee the event. Several famous celebrities with ties to Chicago have been invited to attend, including five-time Olympian Willye White, who is confirmed.

The goal of the event is to increase the awareness of PBA vision programs in the Chicago area and to raise financial funds to support PBA vision screenings, early detection, prevention and research. For more information, or to register for this event, call Amy Patterson at (312) 346-9110.

**WHO:** Prevent Blindness America and Celebrity Emcee Tom Shaer  
**WHAT:** 12th Annual *Swing fore Sight* Golf Challenge  
**WHEN:** September 19, 2002  
• Registration and Lunch - 11 a.m. to 1 p.m.  
• Shotgun Scramble Start - 1 p.m.  
• Cocktail Reception, Silent Auction and Awards Presentation - 6 to 8 p.m.

**WHERE:** White Deer Run Golf Club, 250 West Gregg Parkway, Vernon Hills, IL 60061  
**COST:** Individual: \$250 for one round of golf. A variety of group sponsorships are available from twosomes to teams of four-- call for detailed information.

### Res Offers Programs to Promote Healthy Living

Resurrection Medical Center is offering a variety of programs and classes designed to answer questions about specific medical conditions and to promote healthier living. They are:

**Go Baby Go!** Mondays and Wednesdays, 5 to 6 p.m. Low-impact aerobics, toning and stretching exercise classes for pregnant women, conducted by a physical therapist in the aerobics studio and in the pool at Resurrection's Club Res fitness center. Fee is \$60 for 12 sessions (six weeks). Advance registration and a physician's written consent are required. Class size limited to 10. New sessions begin September 9, October 21 and December 2. To register, call the Physical Therapy Department, (773) 792-5181.

**Just For the Swing of It.** Wednesday, September 11, 5 to 6:30 p.m. A class for golfers who have had an injury and would like to safely return to playing golf, or who simply would like to learn how to avoid potential injuries while swinging a golf club. Fee is \$15. Class size limited to 10. Call toll-free to register: 877-RES-INFO (877-737-4636).

**Win at Losing Weight.** Wednesday, September 11 through Wednesday, November 13, 6 to 7 p.m. Ten-week program conducted by a Registered Dieti-

tian and an exercise physiologist teaches you how to lose weight and keep it off through healthy food choices, exercise and behavior modification. Advance registration, payment required. Three options available: option 1 (class only) - \$120; option 2 (class and fitness assessment) - \$150; option 3 (class plus two-month Club Res fitness center membership) - \$180. For more information and to register, call (773) 792-5022.

**Benefits of Exercise with Pregnancy.** Thursday, September 19, 5:30 to 7 p.m. Staff physical therapist discusses latest medical guidelines for exercise during and after pregnancy. Includes an introduction to Resurrection Medical Center's *Go Baby Go!* program. Free program. Advance registration required. Call toll-free to register: 877-RES-INFO (877-737-4636).

**Eating With Your Heart in Mind.** Thursday, September 19, 7 to 8 p.m. A registered dietitian discusses food choices for heart health and offers tasteful suggestions for reducing total fat, saturated fat and cholesterol. Information presented on interpreting food labels and making low-fat choices when dining out. Fee is \$5. Advance registration required. Call toll-free to register: 877-RES-INFO (877-737-4636).

### Junior Luvabulls are seeking new members

**WHAT:** Come join the *Luvabulls* and perform at Chicago Bulls home games on the court at the United Center and all throughout the Chicagoland area.

All girls ages 7 to 17 are invited to join our team. No auditions or tryouts! This is the 9th year for the Junior *Luvabulls* program. Girls will build self-confidence, self-esteem and teamwork skills throughout the year.

**WHEN:** Training camp is scheduled for Saturday, September 7 (season runs from October 2002 - April 2003).

**WHERE:** Hilton Hotel & Towers, 720 South Michigan Avenue.

**HOW:** Registration is easy! Applicants should write C.C. Company of Illinois, Inc., P.O. Box 4712, Wheaton, IL 60189 and enclose a self-addressed stamped legal-sized envelope to receive a registration form or print out a form from the Bulls Web site: [www.bulls.com](http://www.bulls.com). You will receive confirmation by mail giving specific details regarding the training camp. Parents are required to accompany their child to registration and attend parent orientation. Registration fee is \$195, which includes registration costs, training camp, pom poms, t-shirt and three Chicago Bulls tickets to each Jr. *Luvabull* game performance. Monthly tuition is \$45, and the Jr. *Luvabull* uniform costs \$89.

Registration forms must be received by Friday, Aug. 30. For more information about the Junior *Luvabulls* program, call C.C. Company at (630) 668-7915.

### Chicago Children's Choir Open Auditions for 2002-2003

Founded in 1956, The Chicago Children's Choir is a multicultural, multicultural choral music education organization, shaping the future by making a difference in the lives of children and youth through musical excellence. Today the Choir conducts one of the largest, most comprehensive choral performance and training programs of its kind in the United States currently serving nearly 3,000 children from throughout the Chicagoland and neighboring suburbs. The Choir is tuition based. However, fees are based on a sliding scale to ensure that no child is excluded for financial reasons. Open auditions for the Choir will be held over a three-week period starting August 28, 2002 through September 12, 2002. Rehearsals for the 2002-2003 season begin the week of September 16, 2002.

**Audition Process:** Families should decide which Choir level and location is most convenient for their child and schedule an audition. Children do not need to bring a prepared piece to audition for the After-School Program. It's quick and simple. A conductor will listen for the singer's vocal quality, ability to match pitch, independent part-singing and music reading skills.

**Our 6 Neighborhood Choirs.** For singers ages 9-16, provide beginning and intermediate level training in vocal technique, mu-

sic reading, and performance skills. Each Neighborhood Choir performs several times during the year and usually takes a short tour in the spring.

**Men's Chorus in Training,** for boys whose voices are changing, performs several times during the year. Attention and focus is given to vocal technique, ear training and music reading skills. Training is geared toward developing the male voice in preparation for the Concert Choir - Men's Chorus.

**Neighborhood Choir Sites**  
**Austin Neighborhood Choir\*** Austin Town Hall, 5610 West Lake Street, Chicago.

**Beverly Neighborhood Choir,** Beverly Art Center (new location), 2407 West 111th Street.

**DePaul Neighborhood Choir\*\*** DePaul University, 804 West Belden Avenue, School of Music building.

**Humboldt Park Neighborhood Choir,** Casa Central, 1343 North California Avenue.

**Hyde Park Neighborhood Choir,** First Unitarian Church, 5650 South Woodlawn Avenue.

**Rogers Park Neighborhood Choir,** St. Scholastica Academy, 7416 North Ridge Avenue.

**Men's Chorus in Training,** Chicago Cultural Center, 78 East Washington.

\*To join our Austin Neighbor-

hood Choir please contact dione Hawkins (312) 746-5006.

\*\*If you are interested in joining our DePaul Neighborhood Choir, please contact Suzanne Baker at DePaul University, Community Music School, 804 West Belden, (773) 325-7262.

To schedule an audition or for more information about the Choir please write or call CeCe Hill, Program Coordinator, Chicago Children's Choir, Chicago Cultural Center, 78 East Washington, Chicago, IL 60602, (312) 849-8300 et. 250. Visit us on the web at [www.ccchoir.org](http://www.ccchoir.org).

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### Open Call for "Never the Sinner" at OCC

Auditions for *Never the Sinner*, Oakton Community College's first theater production of the fall season, are scheduled from 7 to 9:30 p.m. on Tuesday, Sept. 3, and Wednesday, Sept. 4, in Studio One at the DesPlaines campus, 1600 E. Golf Road. No appointment is required.

Written by John Logan, *Never the Sinner* explores the psychology behind the 1924 thrill killing of a 14-year-old boy by Nathan Leopold and Richard Loeb, the gifted sons of two wealthy Chicago families. Challenging parts are available for two male actors in their early twenties, an older male to play the role of famous attorney Clarence Darrow, and several female characters. Actors will be required to do readings from the script: copies are on reserve at the Oakton Library. Prepared monologues will be heard as well.

Rehearsals begin Friday, Sept. 6. Performances are scheduled at 8 p.m. on Oct. 11, 12, 18, and 19; and at 2 p.m. on Oct. 13 and 20. For more information, call Karol Verson at (847) 635-2185.

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## Oakton Six Piano Ensemble Schedules Auditions

Be part of a unique musical experience as a member of the Oakton Six Piano Ensemble. Auditions for this internationally acclaimed touring group are scheduled from 7 to 9 p.m. on Monday and Tuesday, Sept. 9 and 10, in Room 1360 at Oakton Community College's Des Plaines campus, 1600 E. Golf Road. Music is provided, but those interested in auditioning may also bring a prepared piano piece.

Membership in the Six Piano Ensemble is an excellent opportunity for pianists who enjoy performing with others and who wish to expand their repertoires. Conducted by Glenna Sprague, professor and coordinator of music at Oakton, the Ensemble performs classical, jazz, ragtime, and popular arrangements. The only musical group of its kind in the nation, the Ensemble

has performed at the International Conference of the College Music Society in Vienna, Austria; Chicago Civic Opera House; the National-Louis University Performing Artist Series; and the Music Teachers National Association Convention and various MTNA state conventions.

The Six Piano Ensemble will have the opportunity to perform in the coming year at various locations around the country, including Eastern Mennonite University in Harrisonburg, VA, the "Sound of Our City" program at Chicago's Harold Washington Library Center; and Salisbury University in Maryland. In addition, the Ensemble has been invited to the 2005 National Conference on Keyboard Pedagogy in Chicago.

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

## St. Martin's Episcopal Church

St. Martin's Episcopal Church, Thacker and Margaret sts. in Des Plaines, will observe the 9/11 First Anniversary with a special service on Wednesday, September 11 at 9:30 a.m. in the church. Fr. Robert Setmeyer, Rector, invites the community to participate in the service offering prayers for peace and forgiveness, for guidance for our country

and its leaders, and for world leaders.

Those who perished on Flights 11, 77, 93, and 175, those who worked at the Trade Center and the Pentagon, and emergency workers who sacrificed their lives for others, as well as those everywhere who have died as a result of terrorist acts or in retaliation for terrorism will be memorialized.

## Catholic Women's Bowling League -- needs bowlers !!!

If you can lift and throw a bowling ball, we're looking for women bowlers for our Wednesday night Catholic Women's Bowling League at Classic Bowl at 7:30 p.m., starting August 28.

If interested, please call: Mary Wasilewski at: 1-847-965-7366, or Gertie Schultz at: 1-847-966-6266. Thank you!

## Dance for Singles

The Spares Sunday Evening Club for Widowed, Divorced and Single adults -- 55 and over -- will be dancing to live music by the Variety Pack. Join us and bring a friend, on Sunday, Sept. 8, at 7:30 to 10:30 p.m.

For location, refer to your News Letter, or call Hotline 1-847-965-5730. Cost: \$6 for members, \$7 for guests.

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## Des Plaines Chamber Golf Outing

Reservations are being taken for foursomes, singles and anything in between for the Des Plaines Chamber of Commerce annual fundraiser Golf Outing on September 17. The annual outing, which raises funds for educational scholarships, disabled scholarships, seminars, workshops and chamber programs, will be held at Poplar Creek Country Club in Hoffman Estates. Golf and Dinner package, which includes golf, power cart, green fees, lunch & buffet dinner with open bar is \$125. Golf only and Dinner only packages are also available.

"This is a great opportunity for employers to treat their staff and employees, for companies to entertain customers and valued vendors, and have a lot of fun with our Scramble format this year," said Chamber Executive Director Rick Ornberg. "We're inviting sponsors at all levels, from those donating items for our 'goodie bags', raffle prize donations, Hole and Cart Sponsors, along with the more prestigious Corporate, Power and Major Sponsor levels." The Scramble Shotgun Start is set for 11 a.m., with registration beginning at 10 a.m.

For information or to make reservations, call the Des Plaines Chamber of Commerce & Industry at (847) 824-4200 or check out the Chamber website at: www.DesPlainesChamber.com.

The Des Plaines Chamber of Commerce & Industry is a not-for-profit organization whose mission is to promote, support, and assist the Des Plaines business community through effective communication and quality service.

## Kathleen M. Weymer

Air Force 1st Lt. Kathleen M. Weymer has graduated from the flight nurse course at the School of Aerospace Medicine, Brooks Air Force Base, San Antonio, Texas. The nurse is trained to perform duties as a medical crewmember serving in aeromedical evacuation units.

The training included principles of aerospace medicine, altitude physiology, specialized techniques necessary for safe and efficient transportation of patients during peacetime and wartime; survival skills, life support principles, procedures, equipment and techniques; and knowledge and skills required for management and nursing care of in-flight patients.

Weymer is a clinical nurse assigned to the 60th Medical Group, Travis Air Force Base, Fairfield, California.

She is the daughter of Karen L. and Stanley R. Weymer of Glenview, IL.

The lieutenant is a 1994 graduate of Maine East High School, Park Ridge.

# LABOR DAY

On Labor Day, September 3, 2002, we salute all the hard-working men and women of this great country of ours for their important part in making the good life even better for us. This winning team who make up our labor force - earning, learning and gaining dignity and pride in a job well done - generates assurance of an ever brighter future for America. We honor and thank you!

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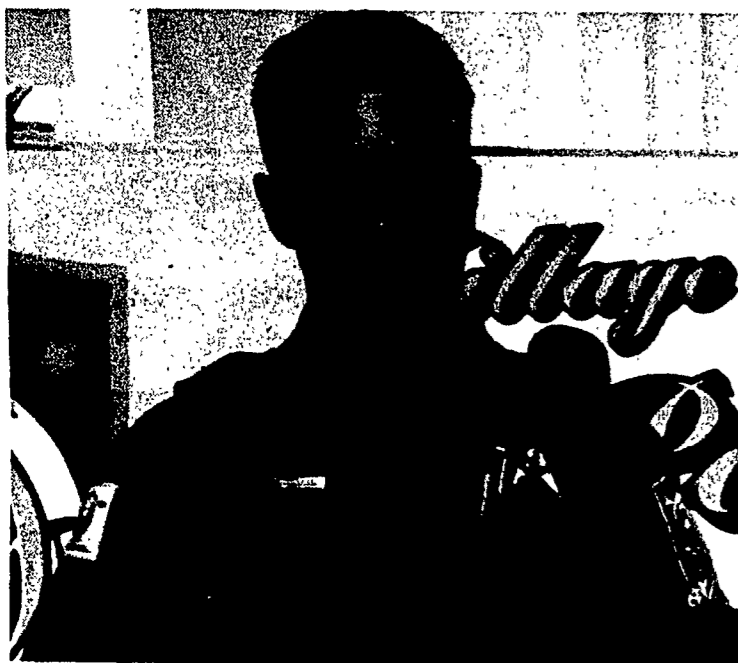
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## Officer John Gaba To Patrol Division



The Village of Niles Police Department wants to welcome Officer John Gaba to the Patrol Division of the Niles Police Department.

Officer Gaba is a long time Niles resident and formerly worked for the Village of Niles Public Works Department.

Officer John Gaba, has recently completed his in service Field Training with several veteran Field Training Officers, and is now on solo patrol working monthly rotating shifts.

## Officer James Elenz Promoted



The Village of Niles Police Department is very pleased to announce the promotion of Officer James Elenz to the position of SERGEANT.

Sergeant James Elenz began his career as a part-time Community Service Officer and later being sworn in as a full time Patrol Officer.

Sergeant Elenz was recently promoted after spending several years in the Niles Police Detective Division.

## Violence and substance abuse awareness

Violence and substance abuse are growing problems in schools today. In the past, teachers have not been trained to incorporate these issues into their curriculum.

Northeastern Illinois University (NEIU), along with three other Chicago-area universities, is working with the Network for Dissemination of Curriculum Infusion (NDCI) to prepare future teachers to seamlessly integrate drug, alcohol, tobacco and violence prevention strategies into kindergarten through twelfth grade lesson plans.

Curriculum Infusion is the process of integrating substance abuse prevention content into courses across the curriculum. The principle objective of the NDCI project is to substantially expand the number of educators who address K-12 drug and violence problems by training future teachers to integrate prevention into classes in all grade levels and subject areas.

"Research shows that just talking to K-12 students about substance abuse or violence isn't effective. There are many creative ways to actively engage in the process instead of just talking," explained Bruce Joleaud, project coordinator, NDCI. "We focus on recognizing individual training needs and cultural sensitivity and developing appropriate instructional methodologies that will address students' needs."

The project works with the colleges of education at Chicago State University, DePaul, North Park University and NEIU in preparing Chicago's future teachers through collaborative partnerships.

## Heavy rains force opening of locks

More than 5" of rain fell overnight in Wilmette, completely filling the local sewers and the Deep Tunnel system. The locks at Wilmette Harbor were opened at 5:27 a.m. when the elevation of the North Shore Channel rose higher than the level in Lake Michigan. The locks remain open while the rain continues to fall.

The locks at the mouth of the Chicago River were opened at 6:35 a.m. when the level of the river rose higher than the level in the lake. As of 8 a.m., 3.8" of rain were recorded in downtown Chicago.

A total of 850 million gallons had gone into the lake from the Chicago River and the North Shore Channel by 9 a.m.

The Metropolitan Water Reclamation District has all seven treatment plants working at full capacity to handle the additional flow from the rainfall. The plants normally handle 1.2 billion gallons per day; today the plants will treat more than 2.4 billion gallons of wastewater.

## Ten ways to get the most out of a trade show or conference

Going to a trade show or conference can be fun, educational, and profitable. On the other hand, it can be exhausting, time-consuming, and confusing. The outcome depends on advance planning, says Hedy Ratner, Co-President of the Women's Business Development Center (WBDC).

Ms. Ratner should know what she's talking about. Besides personally attending dozens of business trade shows each year, her non-profit organization has hosted its own major event for the past 15. This year, the group's 16th Annual Entrepreneurial Woman's Conference will be held September 4 and 5 at Chicago's Navy Pier, and Ms. Ratner expects some 2,500 women from across the country to be exhibitors or visitors.

Here are 10 tips Ratner offers to help women who plan to attend her show, or any other similar event:

1. Take advantage of advance registration. Most shows offer a discount for signing up early.

2. Check the web site of the conference or trade show hosts. The site should provide information and credibility about the group, and tell you what's planned for the upcoming event.

3. If you can obtain the show directory prior to the event, review the list of exhibitors and list those you want to zero in on. Check out their web sites so you can learn their purchasing policies. At the trade show, find the booth numbers of your targeted exhibitors. Write these numbers on the front of the directory so you won't forget them. "More than 120 top corporations and government agencies who are committed to buying from women-owned businesses will be exhibitors at the Women's Business

& Buyers Mart portion of our conference," Ms. Ratner says.

4. Review the daily schedule of events and decide ahead of time what seminars or workshops you want to attend. Jot down the room numbers so you won't be wandering the exhibit hall at key class times.

5. Take several pens, a notepad, and a tape recorder. Record ideas, names of people you want to follow up with, lessons learned from workshops, or other vital information.

6. Bring a stack of business cards. You'll need them to hand out to exhibitors who may be interested in your product or service or for others you'd like to keep in contact with.

7. Dress comfortably but stylishly. Many of the exhibitors may turn out to be customers so you want their first impression to be positive. Be creative in your wardrobe choice if you want to be memorable, says Ms. Ratner. "One of the last year's visitors wore a ribbon across her body -- like Ms. America -- decorated with her business cards. And wear something with pockets. Very handy for storing business cards -- yours and theirs."

8. Be friendly. Chat up others in bathroom or buffet lines or at your luncheon table. You may meet a colleague in your field, a great contact, or even a new customer.

9. Give yourself enough time to take in the entire show or conference. Many shows last more than one day. The Entrepreneurial Woman's Conference, for example, is a two-day event. Take the time to attend breakfast or lunch events. These are great opportunities for networking, recuperation, and to hear inspirational stories. The Hall of Fame Awards Breakfast and Women's Forum

Luncheon at the WBDC conference are big draws.

10. Follow up after the conference. This is where the real work begins, Ratner suggests. "Send a letter to prospects reminding them of your visit to their booth. Include materials that make your company's products or services memorable. Request a meeting. If you win business, the trade show will have paid for itself."

**The Entrepreneurial Woman's Conference**

For more information about the upcoming Entrepreneurial Woman's Conference, or to register, go online at [www.wbdc.org](http://www.wbdc.org) or call (312) 853-3477, ext. 24. Tickets are \$155 before August 26, and \$200 after that. The fee includes all conference events. Tickets for the Hall of Fame Awards Breakfast alone are \$50. For only the Women's Forum Luncheon, it is \$100.

**The Women's Business Development Center**

The 17-year-old non-profit Women's Business Development Center provides business assistance and is an advocate for women entrepreneurs. It is the oldest and most comprehensive women's business assistance center in the U.S. The Center is located at 8 S. Michigan Ave., Suite 400, Chicago, IL 60603 with a satellite site at Bank One in Little Village, 3856 W. 26th St., Chicago.

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## Childbirth Preparation and Parenting Classes

Having a baby is an exciting event! To make this time as meaningful and joyous as possible, Advocate Lutheran General Hospital offers a variety of classes to meet the needs of new parents. All classes are taught by health care professionals who have been certified in the American Red Cross Healthy Pregnancy, Healthy Baby course.

**Early Pregnancy Class** - The Healthy Pregnancy, Healthy Baby course begins in early pregnancy (during the first five months) with a two-week class. Topics include the physical and emotional changes during pregnancy, as well as fetal growth and development. Emphasis is placed on health promotion related to nutrition, body care, fitness and exercise.

The two-week course will be

offered from 7 to 9:30 p.m. on Tuesday, September 10 and 17. A second course will be offered from 7 to 9:30 p.m. on Thursday, October 17 and 24. The fee is \$40 per couple.

**Childbirth Class** - This 12-1/2 hour course is designed for couples experiencing the last three months of pregnancy. Topics include what to expect during late pregnancy, labor, birth and the postpartum period. Classes are also offered in Polish and Spanish.

Additional classes that cover Breastfeeding and Cesarean Births are also available.

Please register early, as space is limited. For enrollment information, fees, dates and times of classes, call 1-800-3-ADVOCATE (1-800-323-8622).

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## Guerin teacher honored for foresight

The National Youth Leadership Forum (NYLF), in commemoration of National Teacher Appreciation Week, recognized the efforts of Annamie Smaha for encouraging students to pursue their career interests. Smaha, a Guerin alum herself, has been an integral part of Guerin's Social Science department, teaching at her alma mater for 25 years. Smaha shows commitment to enhancing the educational experience by nominating Guerin students to explore NYLF programs in Law, Medicine and/or Defense, Intelligence and Diplomacy. Donna Weldin, executive director of NYLF said, "As we celebrate our tenth anniversary this year, the National Youth Leadership Forum is proud of educators like Annamie Smaha because they demonstrate the concern and knowledge necessary to help their students get to where they want to go."

## Tutor/Mentor Recruitment Campaign

The 8th annual Tutor/Mentor Volunteer Recruitment Campaign, "What A Difference A Day Makes" kicks off across the Chicagoland area.

The campaign hopes to encourage adults to pair up with educationally disadvantaged kids in time for the new school year. More than 300 tutor-mentor programs are looking for volunteers to mentor at-risk kids.

The campaign culminates in city-wide volunteer recruitment fairs, September 12 to 14.

Sponsoring the campaign is Tutor/Mentor Connection, a non-profit organization linking more than 300 Chicago-area tutor/mentor programs and is committed to providing at-risk kids with educational and motivational skills to succeed in life.

For more information about volunteer recruitment sites, go to: [www.tutormentorexchange.net](http://www.tutormentorexchange.net) or call (312) 492-9614.

## Armed Forces News

Navy Ensign Raymond C. Jaskowski, son of Marilyn R. and Raymond W. Jaskowski of Des Plaines, recently graduated with distinction from the Basic Civil Engineer Corps Officer School at Naval School Civil Engineer Corps Officers, Port Hueneme, California.

During the course, Jaskowski received instruction in engineering management, network analysis, financial management and the Navy's organization.

Studies also include military and civilian personnel management and administration. Navy industrial funding, shore facility planning, and construction battalion operations.

He is a graduate of University of Illinois at Chicago, with a BSEE degree. He is a 1986 graduate of Maine West High School of Des Plaines, and joined the Navy in August 1987.

Air Force Airman Javier R. Pineda has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs; performed drill and ceremony marches, and received physical training and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Pineda is the son of Socorro Pineda, and nephew of Lupe Brueck, both of Des Plaines.

He is a 1993 graduate of Loyola Academy, Wilmette, IL.

Army Pvt. James P. Alamnos has graduated from basic combat military training at Fort Sill, Lawton, Okla.

During training, the soldier received instruction in drill and ceremony, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history and traditions.

Alamnos is the son of Mary Alamnos of Foster Lane, Niles, IL.

## Financial information services online

Are you looking for information about investments? Financial Services Online is a new electronic database available in the Library and to Morton Grove Library card-holders from their home or office computers. Merger's FISOnline enables you to find out any national or international public company's history, structure, financial statements, stock history, annual reports and more. Also included are records for thousands of companies that have gone out of existence since 1995. Paul Hazlett, a representative of Merger, Inc., will discuss how to use Merger's FISOnline on Monday, September 9, at 7 p.m. Registration began August 5; please call (847) 965-4220, or stop by the Reference Services Desk to register.

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

## Shirley Engelstein fiber art piece in French show

Fiber artist Shirley Engelstein is one of only 13 Americans who were selected to exhibit their work in the prestigious 5th International Biennial of Tapestry and Fiber Art in Beauvais, France. The show continues through September 11.

"It is a highlight of my artistic career to be chosen to show at this festival of contemporary tapestry and fine fiber works," she said. Although the long-time Lincolnwood resident studied painting and sculpture in her early years and worked in those mediums, she has been a fiber artist since 1975. Her works are in a number of private collections.

Ms. Engelstein is the Fine Arts Coordinator for the Village of Lincolnwood. Local artists interested in showing their work in the Gallery there, can contact her at (847) 674-3806.

## Yom Kippur Memorial (Yizkor) Service

Congregation Bnai Emunah... will be holding a Community Memorial (Yizkor) Service at 3 p.m. on Monday, Sept. 16. This service of remembrance is part of the annual High Holy Day Services.

There is no charge for attendance; however, due to space limitations, advance reservations are requested. For reservations and more information, please call (847) 674-9292.

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

## That Every Child May Learn

East Maine School District 63 is beginning to explore community interest in a Spanish Dual Language Program. What are Dual Language Education Programs? Dual language education programs have a variety of names: bilingual immersion, dual language immersion, two-way immersion, two-way bilingual, developmental bilingual education (DBE - the name the U.S. Department of Education uses).

Dual language education integrates language minority and language majority students for academic instruction that is presented separately through two languages. For both groups of students, one of the languages is their native language and one is a second language (although for some students one could be a third or fourth language).

The major goals of a dual language program are high levels of bilingual proficiency, biliteracy - read and write at grade level in both languages, content area (mathematics, science, social studies) achievement at or above grade level, multicultural competencies. This information is from the *Biliteracy for a Global Society: An Idea Book on dual Language Education*, National Clearinghouse for Bilingual Education

(NCBE), available on the following website: <http://www.ncbe.gwu.edu/ncbepubs/ideabook/dual/biliteracy.pdf>. There is a link to this site offered on our District web site.

During the 2002-2003 school year, community interest will be assessed and if the interest existed a recommendation will be made to the Board of Education. New federal dollars may be available to fund this program. If the Board of Education approves the proposal, the dual language program would most likely start in the 2003-2004 school year at one site with a kindergarten class.

Residents in the district are encouraged to visit the district web site at [www.emsd63-n-csok.k12.il.us](http://www.emsd63-n-csok.k12.il.us), then refer to the ESL/Bilingual program link and then to the dual language link. Information regarding dual language is available on the site. A copy of the interest survey that appeared in the 2001-2002 annual report is also available on the site. Please feel free to download a copy of the survey, complete it and return it to the district.

A community informational meeting to share the results of the survey and obtain community input will be scheduled in September 2002.

Free meeting rooms are available to any business, civic or religious organization, courtesy of Lincolnwood Place, 7000 N. McCormick, Lincolnwood, IL 60712.

Meeting rooms include tables, chairs, a podium, and a microphone.

"Coffee and refreshments are served at no charge to all our guests," says Phyllis Custer, Outreach Coordinator for Lincolnwood Place.

Lincolnwood Place provides three levels of service to senior citizens: apartment homes, assisted living, and 24-hour skilled nursing services.

For further information about meeting rooms, call Phyllis Custer at (847) 982-2605, ex. 3209.

## Intergenerational Group Needs Tots

A group for tots and their mothers meets monthly at Council for Jewish Elderly's Lieberman Geriatric Health Centre, 9700 Gross Point Rd., Skokie.

Children and their moms meet with older Lieberman residents to do special activities, observe holidays and celebrate birthdays. New members are welcome. For further information, call (773) 508-1000.

## Management of Cardiovascular Disease

'New Insights into the Management of Cardiovascular Disease' will be the focus of the next Cardiovascular Lecture Series offered by Advocate Lutheran General Hospital.

Parag Patel, D.O., cardiologist, will discuss recent innovations in the prevention of heart disease and methods to curb the progression of coronary heart disease once it is diagnosed.

The free lecture will be held from 7 p.m. to 8 p.m., Wednesday, September 4 in Johnson Auditorium, Lutheran General Hospital, 1775 Dempster, Park Ridge.

To register for this program call 1-800-3-ADVOCATE (1-800-323-8622).

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## 22nd Annual Misericordia Family Fest

There is something for everyone at the twenty-second annual Misericordia Family Fest, scheduled for Sunday, September 8 from 11 a.m. to 6 p.m. at the North Campus, located at 6300 North Ridge Avenue in Chicago. Choose from a vast array of food, drinks, entertainment, shopping, children's games, raffles and much, much more. Admission fees range from \$4 (children and seniors) to \$7 (adults). Food and drink tickets are also available for purchase. Discounted advance purchase tickets are available now.

An exciting live auction will be held at 3:30 p.m. that includes: round-trip airline tickets, sports memorabilia, fabulous trips, and much more! WXRT disk jockey Lin Brehrer will again act as our celebrity auctioneer.

Other fest favorites include a flea market, handmade craft items, bingo, and two stages with live entertainment throughout the day for all ages.

All Family Fest proceeds will benefit Misericordia's 560 children and adults with developmental disabilities. Please call (773) 273-2766 for advance tickets or for more information.

## Seniors filling prescriptions overseas with email

Thousands of U.S. senior citizens have found legitimate email order links to the world's lowest prices on prescription drugs, and they are now having their prescriptions filled by licensed pharmacies abroad.

Previously seniors had to travel to Canada or Mexico to obtain their prescriptions for pennies on the dollar -- until now. "U.S. seniors are now able to use email to fill their prescriptions abroad according to FDA guidelines," says M.J. McCormick, developer of [www.SeniorDrugs.org](http://www.SeniorDrugs.org).

## Niles West Grad Receives \$1,000 Scholarship

Kayakalp V. Prajapati of Skokie, a graduate of Niles West High School, is recipient of a \$1,000 Select Scholarship awarded by Lincoln Technical Institute in Melrose Park.

Melrose Park LTI is located at 8317 W. North Ave. and is one of 23 facilities operated nationally by Lincoln Educational Services, which has been providing career education for more than a half century. Open for day and evening sessions, it offers automotive technology and electronic systems technician programs.

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Experience Helpful but will train. <b>8am-12pm Mon-Fri</b> <b>RECEPTIONIST</b> Part-Time <b>8am-12pm Tues-Fri</b> <b>ANIMAL CARETAKER</b> Sat. Only <b>6:30am - 1:00pm</b> Apply In Person <b>Glencoe Animal Hospital</b> <b>1820 Frontage Rd. Northbrook, IL</b> <b>or Call: 847-835-1302</b>		<b>CDL - A &amp; B - Days</b> <b>3 Years + Hazmat</b> <b>847-616-4020</b> <b>DRIVERS LOCAL</b> Trucking Company Seeks Full-Time Semi Drivers Class A CDL Required Minimum 2 Years Experience 1st & 2nd Shift Available Excellent Pay & Benefits Des Plaines Location Call Brian: <b>1-800-621-1478 Ext.144</b>		<b>RESPIRATORY THERAPIST</b> Rapidly growing home medical equipment company has a full time opening for highly motivated CRTT/RRT to service home care patients and market referral sources. Minimum one year hospital experience required. Competitive Salary Plus Commission - Full Benefits Package. <b>Fitzsimmons</b> Home Medical Equipment A Division of Fitzsimmons Surgical Supply, Inc. Apply in Person or Forward/Fax Resume's <b>6428 North Milwaukee Chicago, IL 60631</b> Phone: (773) 631-6316 FAX: (773) 631-3185
<b>EDUCATION</b>		<b>DRIVERS</b>		
<b>EDUCATION INSTRUCTORS</b> Spanish & French For Before & After Elementary School Program North and Northwest Suburbs \$25-\$30 / Per Hour Teaching Experience Preferred Car Necessary Fax Resume to: <b>1-847-843-2732</b> <b>Or Call: 1-847-843-2457</b>		<b>OUTSTANDING OPPORTUNITIES FOR OUTSTANDING DRIVERS!</b> ☆ More Miles, More Money ☆ 90% no touch freight ☆ Late model assign. conv's ☆ Quality home time ☆ Great Benefits & Much More <b>USA TRUCK</b> <b>800-237-4642</b> To fill out an application, visit our website at <a href="http://www.usa-truck.com">www.usa-truck.com</a> EOE M/F/H/V		
<b>LEYDEN HIGH SCHOOLS DISTRICT 212</b>				
Leyden High Schools Are Currently Hiring <b>SUBSTITUTE TEACHERS</b> Please Call For Information <b>847-451-3021</b>				

DELIVERED TO ALL 11,000 HOMES IN NILES  
EVERY WEEK OF THE YEAR

## THE BUGLE CLASSIFIEDS

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EVERY WEEK OF THE YEAR

FULL/PART-TIME	FULL/PART-TIME	FULL/PART-TIME	FULL/PART-TIME	FULL/PART-TIME
<b>RETAIL</b>		<b>SALES</b>		<b>Business Job Board</b>
<b>TIRED OF THE USUAL DATA ENTRY POSITIONS?</b> Put Your 10 Key Skills To Work With <b>RGIS INVENTORY SPECIALIST</b> Earn \$8 Per Hour Counting Inventory In Retail Stores Interesting Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates <b>847-296-3031</b> Equal Opportunity Employer		<b>SALES POSITIONS-JOIN OUR WINNING TEAM!</b> <b>Dollar Rent A Car At O'Hare</b> We are looking for motivated Sales people that can sell. You can earn up to \$15 per hour within 90 days. Previous sales experience a must. There is more-medical, dental & vision benefits in addition to 401K, profit sharing & tuition reimbursement. Interested in your future, call right now! <b>1-773-694-0205-Press 4</b>		<b>GROWING BUSINESS NEEDS HELP!</b> Work from home. Mail-order/E-commerce. PT/FT. Free Information. <a href="http://www.RunToFreedom.com">www.RunToFreedom.com</a> 888-709-9163 <b>WORK FROM HOME!</b> Mail order business. Need help immediately. Full Training. Free Booklet. <a href="http://www.breathetofreedom.com">www.breathetofreedom.com</a> 888-601-8404 <b>EARN INCOME FROM HOME!</b> Your own business! Mail order/Internet. Full training & support. Free info. <a href="http://TH-HomeBiz.com">TH-HomeBiz.com</a> 888-239-4614
<b>Don't Get Stuck! GET HELP....LOOK IN THE CLASSIFIEDS!</b>		<b>TELEPHONE WORK FROM HOME</b>		<b>Bugle Newspapers Classified Advertising Office Hours And Deadlines</b>
Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! <b>TO PLACE AN AD. CALL</b> <b>(847) 588-1900</b> <b>THE BUGLE NEWSPAPERS</b> THE NEWSPAPERS THAT DELIVER		Scheduling Pick-Ups Of Discarded Items For A Major Charity No Selling - Flexible Hours Paid Weekly Pleasant Personality Reliability A Must! Please Call: <b>1-630-588-0025</b>		Our offices are located At 7400 N. Waukegan Niles - 60714 We Are Open Weekdays Only- 9 AM - 5 PM You May Stop In Or Call: 847-588-1900 To Place Your Ads Our Deadlines Are Tuesday at 4 PM For Thursday Edition Or Friday at 4 PM For Saturday Edition
<b>wrong tree?</b>		<b>TRADES</b>		<b>ESCAPE THE CORPORATE RATRACE!</b>
Reaching More Niles, Morton Grove, & Golf Meade Area Households Than Any Other Publication. Effective advertising cannot be achieved without your reaching the right prospects. Where you advertise can be as important as what you advertise. This publication's proven track record is your key to getting results. We saturate the marketplace with our total Market Coverage. For complete information without obligation, call us right now! The Bugle Newspapers		<b>SECURITY OFFICERS</b> Part-Time/Full Time Positions Available For Home Improvement Store No Experience Required Paid Training <b>MORTON GROVE</b> Please Call: <b>708-424-4603</b> Monday-Friday / 9 AM-3 PM		Be Self-Employed. Mail order/Internet. One-on-One Training. Free Booklet. <a href="http://www.thegoldenplan.com">www.thegoldenplan.com</a> (888) 724-8770 Learn to earn income with your own home business. Full training. Bilinguals also needed. Free ebook <a href="http://www.2MoreMoney.com/betheboss">www.2MoreMoney.com/betheboss</a>
<b>We Accept Visa and Master Card!</b>		<b>POSTAL JOBS</b>		<b>EXPERIENCED SOLDER PERSON</b>
Call: 847-588-1900 <b>Don't Get Stuck! GET HELP....LOOK IN THE CLASSIFIEDS!</b>		<b>\$8.19-\$14.32 + Benefits</b> No Experience For Appt & Exam Info Call: <b>1-800-495-5514-Ext. 1810</b> <b>8 AM-9 PM / 7 Days</b>		Part-Time Skokie Mr. Ralph 847-676-2222
<b>READ THE BUGLE</b>		<b>Bugle Classifieds</b>		<b>Don't Get Stuck! GET HELP....LOOK IN THE CLASSIFIEDS!</b>
Turn your dusty treasures into cash! Call 847-588-1900		<b>Don't Get Stuck! GET HELP....LOOK IN THE CLASSIFIEDS!</b>		<b>All Classified Help Wanted Ads Can Now Be Found On The Internet!</b> <a href="http://www.Chicagometrojobs.com">www.Chicagometrojobs.com</a>

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EVERY WEEK OF THE YEAR

REAL ESTATE	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
<b>APARTMENT FOR RENT</b> <b>NILES - 7632 1/2 N. Milwaukee</b> <b>1 Bedroom - \$675-\$700/Month</b> <b>773-557-1315</b> <b>GLENVIEW - 1 Bd. \$830 &amp; 2 Bd. \$950</b> <b>Heat Incl., Own Parking, A/C &amp; Laundry.</b> <b>No Pets. 847-470-0014</b> <b>Garden Apt. 1 Bd. LR &amp; KIL.</b> <b>Dumpster &amp; Milw. Area. 773-589-9414</b> <b>Margo. \$675 w/Utilities (shower only)</b> <b>NILES - 2 Bedroom - 1 1/2 Bath</b> <b>Carpet/Laundry/New Appliances</b> <b>Fresh Paint/Large Living Room</b> <b>Tenant Pays Utilities-No Pets</b> <b>\$950 / Month-847-583-1903</b> <b>CONDO FOR SALE</b> <b>NILES - Renaissance - Newer Bldg. Lg. 1</b> <b>BD., 1 Bk., in-unit Laundry. KIL. Appl., C/A.</b> <b>Includes Indoor Heated Parking with Storage.</b> <b>\$199,500 (Neg.) Call 847-738-1998</b> <b>NOTICE</b> <b>The Bugle Newspapers does its</b> <b>best to screen advertisements for</b> <b>their authenticity and legitimacy.</b> <b>However, we cannot be responsible</b> <b>for all claims, products and</b> <b>services of advertisers.</b> <b>We Accept Visa</b> <b>and Master Card!</b> <b>Call 847-588-1900</b>  <b>AT THEIR</b> <b>FINGERTIPS!</b> <b>READ</b> <b>THE</b> <b>CLASSIFIEDS</b> <b>and you're</b> <b>guaranteed</b> <b>a spin around</b> <b>the world of</b> <b>buying and selling</b> <b>jobs and homes,</b> <b>choice business</b> <b>opportunities</b> <b>and sometimes</b> <b>just a friend...</b> <b>CALL</b> <b>(847) 588-1900</b> <b>Bugle Classifieds</b> <b>Matching Area Residents With Area</b> <b>Employers Since 1957!</b> <b>Call 847-588-1900</b>  	<b>AUTO FOR SALE</b> <b>LOREN BUCK/HYUNDAI</b> <b>1620 Waukegan Road, Glenview</b> <b>(847) 729-8900</b> <b>'89 Toyota Celica, GTS.</b> <b>RED w/Black Leather. Stick,</b> <b>All Power, 124k. Runs Great!</b> <b>\$1,500 OBO 773-743-4966</b> <b>NILES - 1984 Ford Tempo</b> <b>Good Cond., Orig. Owner.</b> <b>\$795. CALL 847-470-1434</b> <b>DOG ADOPTION</b> <b>Looking For A Loving Home</b> <b>For A Large Mixed Lab</b> <b>Female-6 Years Old</b> <b>Has All Updated Shots</b> <b>Needs Someone At Home</b> <b>Most Of Time</b> <b>Call: 847-965-0328</b> <b>Looking For Loving Family</b> <b>To Adopt Our Dog. Moving.</b> <b>Must Give Up To A Good</b> <b>Home! 3 Years Old,</b> <b>Healthy Black Lab Male -</b> <b>Up To Date With Shots</b> <b>Excellent With Children!</b> <b>847-877-3926</b> <b>or 773-334-2141</b> <b>FOR SALE</b> <b>INVACARE LX3 SCOOTER.</b> <b>New 1 Yr., Never used. \$1,875.</b> <b>Call Glen 1-773-486-3998</b> <b>DISNEY AREA - 6 Nights at</b> <b>Ramada - Good 1 year. Paid \$599.</b> <b>Sell for \$199. 312-410-8791</b> <b>WEEKEND</b> <b>SHOPPER</b> <b>&amp;</b> <b>WEEKEND</b> <b>JOB</b> <b>GUIDE</b> <b>CALL</b> <b>(847)</b> <b>588-1900</b>	<b>GARAGE SALE</b> <b>NILES - 8419 N. Chester Ave.</b> <b>Fri. 8/30, Sat. 8/31 &amp; Sun. 9/1</b> <b>9 to 5. Must See to Believe!</b> <b>PERSONALS</b> <b>POWERFUL PRAYER TO THE HOLY SPIRIT</b> <b>You who solve all problems, who</b> <b>light all roads so that I can obtain my</b> <b>goals. You, who give me the divine gift</b> <b>to forgive and to forget all evil against</b> <b>me and that in all instances of my life,</b> <b>you are with me. I want in this short</b> <b>prayer to thank you for all things and</b> <b>to confirm that I never want to be sepa-</b> <b>rated from you, even in spite of all</b> <b>material illusions. I wish to be with</b> <b>you in eternal glory. Thank you for</b> <b>your mercy towards me and mine. Say</b> <b>this prayer for 3 consecutive days and</b> <b>a favor will be granted.</b> <b>Thank you.</b> <b>B.D.</b> <b>MOST MIRACULOUS</b> <b>LORD</b> <b>You have granted so many of my</b> <b>prayers but now I must place this</b> <b>petition in your hands (name</b> <b>petition). This now becomes your</b> <b>request and I ask you to place it</b> <b>in the hands of God the Father. I</b> <b>know He will grant this petition</b> <b>because of His love for you, His</b> <b>son. For this I thank you, O</b> <b>Miraculous Lord. Amen. Say 3</b> <b>times a day for 3 days and peti-</b> <b>tion will be granted. (Publish)</b> <b>B.D.</b> <b>NOVENA TO</b> <b>ST. TERESE</b> <b>St. Therese of the Child Jesus and the</b> <b>Holy Face, I come before you to offer</b> <b>this Novena and beg you to answer</b> <b>the request I now place before you</b> <b>(state request). Say 24 "Glory Be's"</b> <b>each followed by "St. Therese of the</b> <b>Child Jesus, pray for us." Say this</b> <b>Novena each day for 9 days starting</b> <b>on the 9th day of the month and</b> <b>ending on the 17th day of the month</b> <b>and promise to spread word of it so</b> <b>others may offer it.</b> <b>A Prayer</b> <b>St. Jude's Novena</b> <b>May the Sacred Heart of Jesus be</b> <b>adored, glorified, loved and pre-</b> <b>served throughout the world,</b> <b>now and forever. Sacred Heart of</b> <b>Jesus, pray for us. St. Jude,</b> <b>worker of miracles, pray for us.</b> <b>St. Jude, helper of the helpless,</b> <b>pray for us. Say this prayer nine</b> <b>times a day, for nine days. On the</b> <b>eight day your prayers will be</b> <b>answered. It has never been</b> <b>known to fail. Publication must</b> <b>be promised. Thank you. St.</b> <b>Jude.</b> <b>O.J.</b> <b>All Classified Help</b> <b>Wanted Ads Can</b> <b>Now Be Found On</b> <b>The Internet!</b> <b>www.Chicagometrojobs.com</b> <b>NOTICE</b> <b>Bugle Newspapers</b> <b>reserves the right at</b> <b>any time to classify</b> <b>all advertisements and</b> <b>to reject any advertising</b> <b>deemed objectionable.</b> <b>We cannot be responsible</b> <b>for verbal statements in</b> <b>conflict with our policies.</b> <b>All Help Want ads</b> <b>must specify the nature</b> <b>of the work offered.</b> <b>Bugle Newspapers does</b> <b>not knowingly accept</b> <b>Help Wanted Advertising</b> <b>that in any way violates</b> <b>the Human Rights Act.</b> <b>For further information</b> <b>contact the Department</b> <b>of Human Rights, 32 W.</b> <b>Randolph St., Chicago.</b> <b>312-793-6490</b> <b>DON'T GET STUCK!</b> <b>GET HELP....LOOK</b> <b>IN THE CLASSIFIEDS!</b> <b>Bugle Classifieds</b> <b>Turn your dusty</b> <b>treasures into cash!</b> <b>Call 847-588-1900</b>  	<b>SITUATION WANTED</b> <b>WANT TO RENT - Garage in</b> <b>Niles - Morton Grove Area. for</b> <b>storage. Call 847-370-3776</b> <b>TANNING</b> <b>HIGH QUALITY • LOW PRICES</b> <b>WOLFF TANNING BEDS</b> <b>Payments From \$25 / month</b> <b>Home Delivery</b> <b>FREE Color Catalog</b> <b>Call Today 1-888-839-5160</b> <b>www.np.estan.com</b> <b>WANTED TO BUY</b> <b>WANTED</b> <b>WURLITZERS</b> <b>JUKE BOXES</b> <b>ALSO</b> <b>Slot Machines</b> <b>Any Condition</b> <b>1-830-988-2742</b> <b>Fax: 1-830-988-1811</b> <b>READ THE BUGLE</b> <b>NOTICE</b> <b>Bugle Newspapers</b> <b>reserves the right at</b> <b>any time to classify</b> <b>all advertisements and</b> <b>to reject any advertising</b> <b>deemed objectionable.</b> <b>We cannot be responsible</b> <b>for verbal statements in</b> <b>conflict with our policies.</b> <b>All Help Want ads</b> <b>must specify the nature</b> <b>of the work offered.</b> <b>Bugle Newspapers does</b> <b>not knowingly accept</b> <b>Help Wanted Advertising</b> <b>that in any way violates</b> <b>the Human Rights Act.</b> <b>For further information</b> <b>contact the Department</b> <b>of Human Rights, 32 W.</b> <b>Randolph St., Chicago.</b> <b>312-793-6490</b> <b>DON'T GET STUCK!</b> <b>GET HELP....LOOK</b> <b>IN THE CLASSIFIEDS!</b> <b>Bugle Classifieds</b> <b>Turn your dusty</b> <b>treasures into cash!</b> <b>Call 847-588-1900</b>  	

## The Bugle Newspapers

# COMMUNITY DIRECTORY

To Advertise In This Directory  
Call Beverly 847-588-1900

<b>ALUMINUM SIDING</b> <b>SEAMLESS GUTTERS</b> <b>35 Colors</b> <b>Vinyl &amp; Aluminum Siding</b> <b>Soffit &amp; Fascia/Window Trim</b> <b>Replacement Windows &amp; Doors</b> <b>Roots &amp; Repairs</b> <b>Handyman Services</b> <b>773-631-1555</b> <b>NORWOOD SERVICES</b> <b>Free Estimates-Insured</b>	<b>BRICKWORK</b> <b>MIKWAY</b> <b>• Tuckpointing • Brickwork</b> <b>• Masonry • Concrete</b> <b>Chimneys Repaired &amp; Rebuilt</b> <b>Glass Block Installation</b> <b>Window Cleaning • Building Cleaning</b> <b>Residential-Commercial-Industrial</b> <b>• Fully Insured • Free Estimate</b> <b>(847) 965-2146</b>	<b>CONCRETE WORK</b> <b>MIKE NITTI</b> <b>CEMENT CONTRACTOR</b> <b>• Patio Decks</b> <b>• Driveways</b> <b>• Sidewalks</b> <b>FREE ESTIMATES</b> <b>Licensed</b> <b>Fully Insured</b> <b>(847) 965-6606</b>	<b>GUTTERS</b> <b>Amex Builders</b> <b>MEMBER OF BETTER BUSINESS BUREAU</b> <b>GUTTERS</b> <b>Replacement • Repairs</b> <b>Cleaning • SOFFIT • FASCIA</b> <b>773-763-9276</b> <b>5682 N. MILWAUKEE AVE CHICAGO</b> <b>FREE ESTIMATES • WE DO IT ALL</b> <b>FULLY INSURED • LICENSED &amp; BONDED</b>	<p>To Advertise In The Bugle Newspapers <b>Community</b> <b>Directory</b> Call: Beverly <b>(847) 588-1900</b></p>	<b>Amex Builders</b> <b>MEMBER OF BETTER BUSINESS BUREAU</b> <b>HANDYMAN</b> <b>All Kind Of Home Repairs</b> <b>TELL US WHAT YOU NEED</b> <b>773-763-9276</b> <b>5682 N. MILWAUKEE AVE CHICAGO</b> <b>FREE ESTIMATES • WE DO IT ALL</b> <b>FULLY INSURED • LICENSED &amp; BONDED</b>
<b>ANTIQUE &amp; COLLECTIBLES</b> <b>\$\$\$ WANTED \$\$\$</b> <b>Need Old Things</b> <b>Estate Sales</b> <b>Conducted</b> <b>Call Brad</b> <b>(773) 763-1928</b> <b>or</b> <b>(773) 718-1928</b>	<b>BUSH TRIMMING</b> <b>BUSHWACKER'S</b> <b>Professional Trimmers Of</b> <b>SHRUBS/</b> <b>HEDGES/</b> <b>EVERGREENS</b> <b>ALL DEBRIS REMOVED</b> <b>Call for free estimates</b> <b>20 years experience</b> <b>(847) 966-7623</b>	<b>CONSTRUCTION</b> <b>Amex Builders</b> <b>MEMBER OF BETTER BUSINESS BUREAU</b> <b>REMODELING</b> <b>Baths • Kitchens Baths • Dormers</b> <b>Additions • Decks • Porches</b> <b>773-763-9276</b> <b>5682 N. MILWAUKEE AVE CHICAGO</b> <b>FREE ESTIMATES • WE DO IT ALL</b> <b>FULLY INSURED • LICENSED &amp; BONDED</b>	<b>ELECTRICAL</b> <b>W P ELECTRICAL</b> <b>General Electrical Contractor</b> <b>All Electrical Installations</b> <b>• RESIDENTIAL •</b> <b>• COMMERCIAL • INDUSTRIAL •</b> <b>Licensed—Insured—Bonded</b> <b>800-468-7457</b> <b>773-481-9465</b>	<b>Amex Builders</b> <b>MEMBER OF BETTER BUSINESS BUREAU</b> <b>HANDYMAN</b> <b>All Kind Of Home Repairs</b> <b>TELL US WHAT YOU NEED</b> <b>773-763-9276</b> <b>5682 N. MILWAUKEE AVE CHICAGO</b> <b>FREE ESTIMATES • WE DO IT ALL</b> <b>FULLY INSURED • LICENSED &amp; BONDED</b>	
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PLEASE TAKE NOTICE - THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on WEDNESDAY, SEPTEMBER 18, 2002 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following cases:

**CASE 1377**  
Requesting a variation from Section 2.6.4.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to enlarge an existing one-car attached garage to a two-car attached garage.

Front Yard	
Required	38.00 feet
Requested	23.00 feet
Variation necessary	13.00 feet

The parcel is located in the R-1 Single Family Residence District and is commonly known as 6707 Golf Road, Morton Grove, Illinois. The petitioner is Jo Anne Ballauer.

**CASE 1378**  
Requesting a variation from Section 6.2.7.1 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to replace the existing front stoop and awning with a covered wood porch.

Front Yard	
Required	25.00 feet
Requested	17.91 feet
Variation necessary	7.09 feet

The parcel is located in the R-2 Single Family Residence District and is commonly known as 9011 McVicker Avenue, Morton Grove, Illinois. The petitioner is Michael Dahm.

**CASE 1379**  
Requesting a variation from Sections 2.5.5.4 and 2.5.5.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to build a second floor addition to the existing one-story residence:

Side Yard - Accessory Structure	
Required	3.00 feet
Requested	2.22 feet
Variation necessary	0.78 feet (after the fact)
Distance Between Principal Structure and Accessory Structure	
Required	10.00 feet
Requested	5.00 feet
Variation Necessary	5.00 feet

The parcel is located in the R-2 Single Family Residence District and is commonly known as 8240 Major Avenue, Morton Grove, Illinois. The petitioners are Dan and Stacy Sopkin.

**CASE 1380**  
Requesting a variation from Sections 6.3.5.1, 6.3.6.1, 6.3.7.1 and 6.3.6.3 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to build a second floor addition to the existing one-story residence:

Lot Area	
Required	5,000 sq. ft.
Requested	3,100 sq. ft.
Variation Necessary	1,900 sq. ft. (after the fact)
Lot Width	
Required	45.00 feet
Requested	25.00 feet
Variation Necessary	20.00 feet (after the fact)
Front Yard	
Required	25.00 feet
Requested	13.62 feet
Variation Necessary	11.38 feet (after the fact)
Side Yard - North	
Required	5.00 feet
Requested	.96 feet
Variation Necessary	4.04 feet (after the fact)
Side Yard - South	
Required	5.00 feet
Requested	3.36 feet
Variation Necessary	1.64 feet (after the fact)

The parcel is located in the R-3 General Residence District and is commonly known as 8611 Callie Avenue, Morton Grove, Illinois. The petitioner is James Webb.

All interested parties are invited to attend and be heard.

Steven Blonz  
Chairman

## Alzheimer's Support Group Sept. 16 at Bethany Terrace

Bethany Terrace Nursing Center, 8435 N. Waukegan Road, Morton Grove, will be holding its next evening Alzheimer's Support Group on Monday, September 16 from 7 p.m. to 8 p.m. in their Forest View Center. This is an extension of Bethany's A.D.A.P.T. Program - Alzheimer and Dementia Assistance Program of the Terrace, an outreach of support and referrals to care

givers in the community. Activities are available for loved ones at the facility while family members attend the support group. If you would like to attend, please contact the Alzheimer's Program Director or Social Services, (847) 965-8100. The evening support group is scheduled to meet the third Monday of each month, 7-8 p.m.

PLEASE TAKE NOTICE - THE MORTON GROVE PLAN COMMISSION will hold a public hearing on WEDNESDAY, SEPTEMBER 18, 2002 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following case:

**CASE PC02-02**

Requesting a Special Use Amendment to add twenty (20) additional parking spaces on the northwest side of the Avon building. The property is located in the M-1 Restricted Manufacturing District. The applicant is Avon Products, 6901 Golf Road, Morton Grove, Illinois 60053.

**CASE PC02-08**

Requesting approval of a subarea plan for the Lehigh/Ferris subarea as one of the elements of the Village's Comprehensive Plan. The applicant is the Village of Morton Grove, 6101 Capulina Avenue, Morton Grove, Illinois 60053.

All interested parties are invited to attend and be heard.

Steven L. Blonz  
Chairman

## Frank Sacks Tennis Camps, Inc. Programs

**2002 Fall Tennis Program begins September 9 at the Deerfield Park District and there is still time left to register.**

For more information contact: Lea Anne Randall, Deerfield Park District at (847) 945-0650 or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

**The Evanston Parks & Recreation Department announces that registration is underway for 2002 Fall Tennis Programs which begin September 9.**

For more information contact: Kevin Wallin, Evanston Parks & Recreation, at (847) 866-8490 or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

**The River Trails Park District announces that there is still time left to register for their popular Fall Tennis Programs which begin September 9.**

For more information contact: Chris Schneider, River Trails Park District at (847) 298-4445, or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

**The Skokie Park District announces that registration is underway for Adult and Youth Fall Tennis programs which begin September 10. Fall tennis classes will be held at the Skokie Park Tennis Center.**

For more information contact: Jason Clevelle, Athletics Supervisor, Skokie Park District at (847) 674-1500 or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

**The Village of Lake Zurich announces that registration is now underway for Fall youth and adult tennis programs which begin September 14. Fall classes will be held at Middle School North Tennis Courts.**

For more information contact: Joe Bruntmeyer, Recreation Supervisor, Village of Lake Zurich (847) 438-5146 or Frank Sacks, Frank Sacks Tennis Camps at (847) 933-0002.

Programs are under the direction of the Frank Sacks Tennis Camps, Inc. and follow the guidelines of the United States Tennis Association USA Tennis 1-2-3 programs and grow-the-game initiatives.

These tennis programs emphasize fun, fitness, and friendship

and offer professional tennis instruction at a fraction of the rates charged by private clubs and resorts. Private lessons are also available. All programs are directed by Frank Sacks, who is a certified USPTA and USPTR tennis professional and former Head Men's and Women's Tennis Coach at Northeastern Illinois University and Niles West and Niles North High Schools.

## DesPlaines Chamber Golf Outing Sept. 17

Reservations are being taken for foursomes, singles and anything in between for the Des Plaines Chamber of Commerce annual fundraiser Golf Outing on September 17, 2002. The annual outing, which raises funds for educational scholarships, disabled scholarships, seminars, workshops and chamber programs, will be held at Poplar Creek Country Club in Hoffman Estates. Golf and Dinner package, which includes golf, power cart, green fees, lunch & buffet dinner with open bar is \$125. Golf only and Dinner only packages are also available.

"This is a great opportunity for employers to treat their staff and employees, for companies to entertain customers and valued vendors, and have a lot of fun with our Scramble format this year," said Chamber Executive Director Rick Ormberg. "We're inviting sponsors at all levels, from those donating items for our 'goodie bags,' raffle prize donations, Hole and Cart Sponsors, along with the more prestigious Corporate, Power and Major Sponsor levels." The Scramble Shotgun Start is set for 11 a.m., with registration beginning at 10 a.m.

For information or to make reservations, call the DesPlaines Chamber of Commerce & Industry at (847) 824-4200 or check out the Chamber website at [www.DesPlainesChamber.com](http://www.DesPlainesChamber.com).

The DesPlaines Chamber of Commerce & Industry is a not-for-profit organization whose mission is to promote, support, and assist the DesPlaines business community through effective communication and quality service.

## 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. D02079291 on August 5, 2002, under the Assumed Name of United Diecast with the business located at 784 Greenwood, Northbrook, IL 60062. The true name(s) and residence address of the owner(s) is: Gregory Feldman, 784 Greenwood, Northbrook, IL 60062.

## 16th Annual Grove Avenue School Carnival

Mark your calendars for a weekend of rides, games and even a traditional cakewalk at Grove Avenue School's 16th annual Carnival of Fun, Sept. 13-15, 2002.

Hosted by Grove Avenue School PTO, the carnival offers rides for all ages, ranging from the merry-go-round to the upside down thrill rides. Former Grove parents, Jeff and Patti Blomness, owners of All-Star Amusements, generously donate the rides. This is by far the PTO's most important fundraiser, and all carnival proceeds benefit Grove Avenue School and other District 220 schools.

The carnival will include creative games, tasty fair food and free entertainment. As always, parking is free.

Grove Avenue School is located just east of Route 59 and Barrington Road. Rain or shine, a weekend of family fun is awaiting you!

Don't miss the carnival... three great days of good ol' fashioned fun!!

Friday, September 13, 3-10:30 p.m.

Saturday, September 14, 12 noon-10:30 p.m.

Sunday, September 15, 12 noon-6 p.m.

## Community Bible Study at Northwest Covenant Church

Fall registration is open for the northwest suburban evening class of Community Bible Study.

This co-educational group will meet from 7:30 to 9 p.m. for 30 weeks beginning Tuesday, September 10, at Northwest Covenant Church, 300 N. Elmhurst Avenue, Mount Prospect.

This year, using professionally written home study materials and lay lectures, the group will study the Apostle Paul's two letters to the Corinthians in the New Testament.

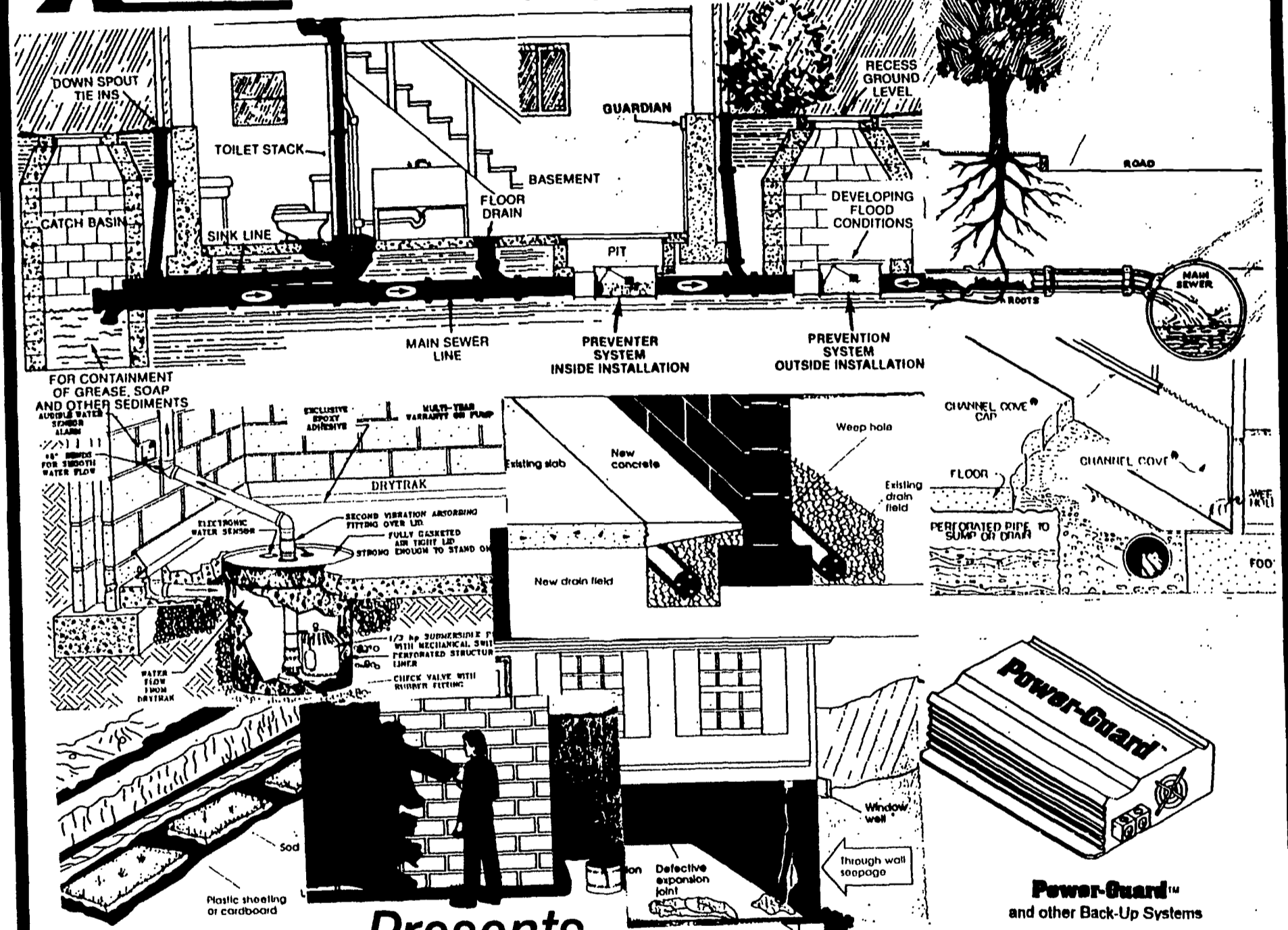
For information or to register, please call coordinator Adrienne Gullberg at (262) 877-2618 or her assistant Pam Reed at (847) 222-9357.

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# H HIGHLAND HOME IMPROVEMENTS

## (773) 283-5700

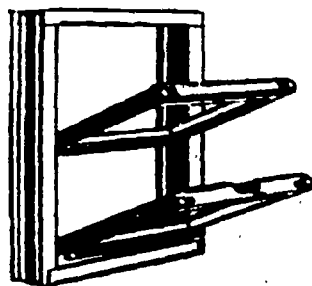
SHOWROOM: 4962 N. Milwaukee Avenue, Chicago, Illinois 60603



## SIZZLING SUMMER SALE

### WINDOWS

- Replacement Windows
- Thermal Panes
- Tilt-To Clean



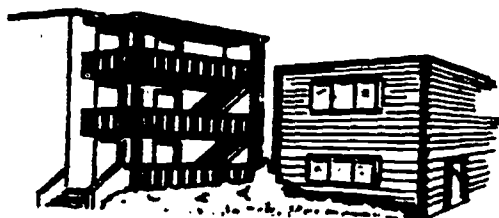
### SIDING

- Soffit
- Fascia
- Gutters
- Trim



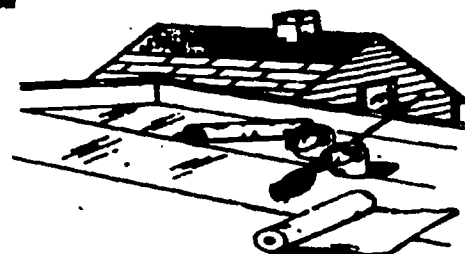
### PORCHES & DECKS

- Porches Rebuilt and Enclosed

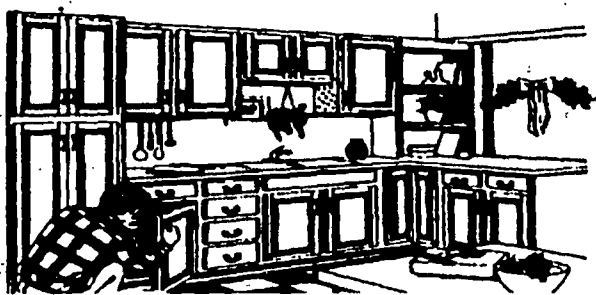


### ROOFING

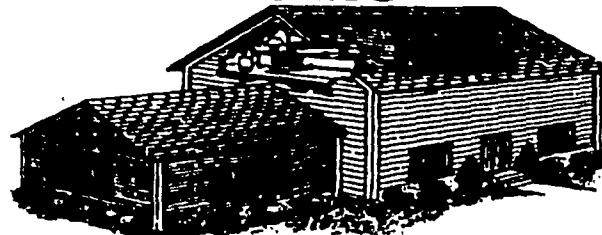
- Shingle
- Hot Tar
- Rubber
- Roll



### KITCHENS & BATHS



### ADDITIONS, DORMERS & REC ROOMS



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## 773-283-5700

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