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Bugle News

7400 WAUKEGAN RD., NILES, IL 60714

THURSDAY, JANUARY 23, 2003

VOL. 46, NO. 30

COMMUNITY CALENDAR

FAMILY FUN NIGHT

January 25 from 6 to 8 pm at Niles Fitness Center. Shoot hoops or try the water slide. Call 847-588-8400.

LOSING WEIGHT AFTER THE HOLIDAYS

Lutheran General program focusing on diet, exercise and lifestyle changes. Program begins February 4. Call 800-323-8622.

COMPUTER CLASSES FOR ADULTS

Wide range of computer programs offered at Notre Dame High School beginning February 3. For information call 847-779-8629.

REGISTER NOW FOR PARK DISTRICT TEE BALL

Registration now open at Niles Park District for spring tee ball for girls and boys age 5 to 7 years. Call 847-967-6975 for more information.

CATHOLIC SCHOOLS WEEK

A special mass at St. John Brebeuf will be held on January 26 at 9 am. This will be followed by an open house at the school from 10 am till noon. Call the parish for more information.

LOOKING FOR SNOW SHOVELERS

The Niles Senior Center is looking for volunteers to shovel snow for Niles Seniors. Call 847-588-8420 for information.

PLEASURES OF PAINTING COURSE

Six week course in painting with water colors. Classes begin February 5. For more information call 847-470-5223.

Snapshots From Our Town



Our Lady of Ransom students recently held a costume parade for residents of St. Mathews Lutheran Home. Shown above are Francis Ermino (left) and Victor Banek (right) talking with a resident.



Niles North students, faculty and staff recently held a Knit-In. Participants worked together to knit afghans to be donated to area charities. This was an opportunity for those who did not know how to knit to learn a popular skill, and for those already skilled in knitting to impart their knowledge to others.

M.G. gains candidates with new Caucus Party

New candidates for Morton Grove's village government are waiting in the pipeline now that filings ended Tuesday, Jan. 14.

A new party, the Morton Grove Caucus, offers its candidates for village trustee and village clerk.

Rick Krier, a current member of the Traffic Safety Committee and the new Caucus party, says the new party seeks to represent the overall village population.

His slate includes a candidate from the village's growing Indi-

an community, Krier said, referring to Jaysiree Patel, the party's candidate for village clerk.

Krier, a village resident for 25 years, takes issue with the agenda review sessions which are held prior to the regular meetings.

These meetings are open to the public, but most residents don't know about them, Krier says. All questions should be debated at regular meetings, he adds.

Also on the slate, Georgianne Brunner, a pediatric nurse, is critical of efforts to bring business into the Waukegan Road district and the lack of progress on the Dempster Street redevelopment.

Dale Senensky, a former police officer, is also running on the Caucus Party slate.

SJB Celebrates Catholic Schools Week

St. John Brebeuf School will begin celebrating Catholic Schools week with a special mass on January 26 at 9 a.m. in the SJB church. An Open House in the school will follow the mass. The hours for the Open House will be from 10 a.m. until Noon. Families, parishioners and all others are welcome to attend the mass and Open House.

Teachers from preschool through eighth grade will be on hand to welcome everyone into their classrooms. There are other activities planned for the week to appreciate the teachers, staff, students, and many community services that help SJB in various ways.

Debate over M.G. bank drive-thru continues

The MB Financial Bank got a second hearing last week for the special-use permit and rezoning it needs from the Morton Grove Plan Commission.

This is the second attempt to reach a compromise between the bank and its neighbors.

The bank wants to build a new drive-through facility on the south side of Dempster.

It presently has a drive-through facility on the north side of Dempster.

If the plan goes through, the present site would be cleared and used by the village as open space to complement the village's American Legion Memorial Civic Center.

Plans for the proposed drive-through call for entry off Fernald Avenue and an exit onto Georgiana Avenue.

Neighbors fear increased residential traffic from bank customers who want to avoid

Enrichment classes for adults offered

Starting February 3, 2003 Notre Dame High School will be offering five enrichment courses to benefit adults in the community. The courses will be taught by Notre Dame Faculty during the evening at Notre Dame High School. Space is limited and there will be a \$20 fee for each course.

The following is a list of courses and times at which they are taught:

- Word Processing (Thursdays from 5 to 6:30 p.m.)
- E-Mail (Thursdays from 3 to 4:30 p.m.)
- Digital Photography (Thursdays from 7 to 8:30 p.m.)
- Intro to Ancient Scriptures (Mondays from 7:30 to 9 p.m.)
- Intro to Art and Architecture (Tuesdays from 7:30 to 9:30 p.m.)

For more information regarding the Adult Enrichment Courses at Notre Dame High School, please contact Mrs. Marge Boylan at (847) 779-8629 or e-mail at: mboylan@ndhsdons.org.

Dempster Street. They also fear the added traffic will create a hazard to students at a nearby school. Neighbors would like to see both Georgiana and Fernald used as exits.

But exiting onto Fernald would be cost-prohibitive, said MB Financial's executive vice president, William McCarty, calling that a "deal-breaker."

If agreement can't be reached MB Financial will retain its present drive-through on the north side of Dempster.

Officials at the village and the bank have agreed on a price of \$262,000 for the property on the north side of Dempster.

But village administrator Larry Arlt said "Just because they (MB Financial) have the deal with the village doesn't mean they'll get any special treatment."

Plan Commissioner Steve Blonz, referring to the split vote during the December meeting, called it a hard decision.

If agreement can't be reached MB Financial will retain its present drive-through facility, bank officials say.

Niles Park District Co-Ed Tee Ball for 5 to 7 year olds

Registration has begun for Niles Park District Park District Co-Ed Tee Ball 2003. This program is for girls and boys ages 5 to 7 years. Tee Ball is an excellent introduction to baseball and softball. Participants are taught skills with a fun approach. All teams participate in the Niles Opening Day Parade and play a special game at Thillens Stadium. Team shirts and Major League replica hats are provided. All players receive awards. Practices and games are held on Saturday mornings beginning April 12 at Grennan Heights, 8255 Okeo. For more information about Tee Ball, please call (847) 967-6975. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street.

Skokie considers condemnation plan

Skokie trustees will consider placing condemnation proceedings on two Dempster Street properties in a move to redevelop the Skokie Swift station area.

The properties at 4933, 57 Dempster St. and 8734 38 N. Bronx Ave. are poorly maintained, say village officials.

The Dempster Street property of strip stores has five stores vacant. One business a fast food, is scheduled to open soon. Four other tenants rent on a month-to-month basis.

The owner was given notice to contact the village by Jan. 21.

Preservationists rally for Des Plaines Theater

A newly-formed preservationist group hopes to rescue the darkened downtown Des Plaines Theater.

This group of theater enthusiasts rallied when it learned that the Mount Prospect National Bank holds a tentative contract to purchase the property.

The Des Plaines Theater, at Mimer and Lee Streets, was built in 1924 and remained a focal point on that block until its closing.

When the director of theater planning for GSI Architects of Ohio visited the theater about a year ago, he estimated that an

amount between \$4 and \$6 million would be needed to create a viable attraction, an amount on top of the \$1.2 million selling price set by owners.

Des Plaines' mayor, Anthony Arredia, would like to see the theater saved, but he says, money is the issue.

Its rental as a moviehouse operation is reportedly \$3,000 a month. That requires lots of patrons if ticket prices are kept low, Arredia observed.

The bank doesn't need permission to build there, only approval from the city zoning board to

add a drive-through facility.

The city council might be amenable to a solid renovation plan, perhaps even condemn the theater for market value, if enough people and sufficient funding stood behind the project, said Paul Saletnik, a founding member of the Des Plaines Theater Preservation Society.

Contributions may be sent to "Save the Theater Fund," c/o CoVest Bank, 749 Lee St., Des Plaines, 60016.

"If our effort is unsuccessful, donations will be returned," said Saletnik.

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OLR Students Reach Out to Others

As the New Year gets underway, it seems like the right time to take a step back and think of accomplishments from the past year. Within the walls of our Lady of Ransom School, that means more than just studying for good grades and working on projects. It means looking inside yourself to see if you have made a difference in the world. Throughout the year, the students at OLR have been changing the world in their own way by continually reaching out to others. During just the past few months, every student in the school has had the opportunity to participate in at least one project.

In October the 1st through 3rd graders visited St. Matthew's Lutheran Home entertaining the residents with a costume parade and fun songs. The second graders also prepared special baskets filled with candy for The Loyola Medical Center after hearing about patients with long stays at the hospital. The baskets, delivered by Dr. Cichon, a student's father, were received with smiles as big as the ones from the students who prepared them.

During November, the students prepared Thanksgiving food baskets for a number of families in the area. Each class, from kindergarten to 8th grade, participated in donating food to fill the baskets. Students were asked to bring a certain item for the basket to insure the families received a complete meal for the holiday. The students also made and sent Holiday cards out to people who have difficulty getting out of their house due to medical reasons. One 1st grader said he put several "Happys" on the card he made to be sure the recipient stayed happy.

Although projects may not be huge in scope, they all carry the message that reaching out to others is an important part of life and that even the smallest gesture can make a world of difference.

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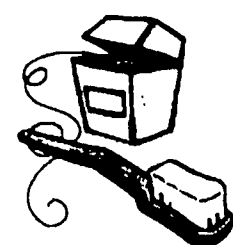
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Will FOIA report shed light on this lamp?

When Gregg Swiderski of Park Ridge went walking in Robinson Woods last summer, he found something that piqued his curiosity.

Swiderski suspected "it" had been part of an airplane.

He kept it and made inquiries.

KOC Annual Free-Throw Contest

Free-Throw Contest Announced. North American Martyrs Council 4338 Past Grand Knight Bob Bianchi reminds everyone that the annual Free-Throw Contest for Knights of Columbus is scheduled for Saturday afternoon, January 25, 2003. Competition will be held in St. John Brebeuf Gymnasium, 8301 N. Harlem Ave., Niles, starting at 2 p.m.

Bob Bianchi, Chairman for his 22nd consecutive year, invites members to assist him as this tradition for youth continues for the Council's 47th year.

All boys & girls from 10 to 14 invited to compete. Gym opens 2 p.m.; competition starts: 10 yrs old = 2:30 p.m.; 11 yrs old = 3 p.m.; 12 yrs old = 3:30 p.m.; 13 & 14 yrs old = 4 p.m.

The Brothers of North American Martyrs Council proudly support many youth events throughout the year. Every Brother offers their congratulations to all the participants. By competing, you have proven you are a winner!!

ies. He spoke with an airline mechanic who promised to check a data base, but Swiderski never heard back from the mechanic. He tried contacting O'Hare International Airport. Finally, he turned it over to the Federal Aviation Administration.

Swiderski finally has his answer, sort of.

FAA spokesperson, Elizabeth Isham Cory, says "we're fairly sure it is a piece from an MD-11 aircraft, a large passenger

plane." Swiderski, who has possession of the piece again, is waiting, again.

He's waiting for a report. In October he filed a Freedom of Information Act request about the part.

What drives him? Swiderski thinks it might make a "really cool lamp." He plans to make a pedestal and incorporate the report into the lamp base.

His year began with a bang

A Chicago man set off a mad-cap chain of events while he passed through Niles on Sunday, Jan. 5.

Witnesses said his 1995 Chevrolet went out of control after it struck another vehicle stopped in traffic. The driver was ejected from the moving car, but, undaunted, he gave chase on foot.

His car struck, then felled a traffic signal light at Cumberland Avenue and Dempster Street. That allowed the driver to reenter his vehicle.

Niles Police arrived to find (a) a traffic signal unit lying across the entire southbound lane of Cumberland Avenue, (b) a Chevy

on the lawn of Niles Fire Dept Station 2, and (c) the driver receiving medical attention from firemen on duty.

The police report states that an alcohol odor was discernable on the driver's breath. An empty beer can was found on the car floor.

Firemen accompanied the driver to Lutheran General Medical Center where he was checked out and subsequently released.

Other news was not as good. At the end of the day, the driver had six citations, a bond levied in the amount of \$3,000, and an order to appear at Skokie Division Cook County Circuit Court.

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<p>CENTRELLA TORTILLA CHIPS \$1.19 <small>14.5 OZ BAG</small></p>	<p>VIA MIA BALSAMIC VINEGAR \$1.99 16.9 OZ BTL</p>	<p>MINELLI'S HOMEMADE PIZZA 2 FOR \$8.99 12" CHEESE 2 FOR \$9.99 12" SAUSAGE</p>

<p>~LIQUORS~</p> <p>STROHS \$10.49 <small>30 PKG - 12 OZ CANS</small></p>	<p>CARLO ROSSI WINES \$6.99 <small>4 LIT.</small></p>	<p>SMIRNOFF VODKA \$9.99 <small>750 ML</small></p>
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Kick-off scheduled in walk for cancer

The Skokie Valley Chapter of the American Cancer Society is gearing up for May's "Relay for Life" walk, an event that co-chairman Barry Liss hopes will raise at least \$60,000.

Last year the walk raised \$34,000, which was a full \$10,000 over its goal.

"We believe that with 48 teams this year, \$60,000 is not an outrageous goal," Liss said.

Although many sign up in teams, the organization will make teams up from volunteers

who want to participate but haven't been able to put a team together.

The relay event will be held May 30-31 at Niles West High School. Anyone wishing information about the relay may call (847) 328-5147 for information.

Participants are sought from Skokie, Morton Grove, Lincolnwood and the Niles Township portion of Niles.

Morton Grove Blood Drive February 6

Morton Grove Community Blood Drive, Thursday, February 6, 2 p.m.-6 p.m. at American Legion memorial Civic Center, 6140 Dempster St.

For more information or to schedule an appointment, please call (847) 803-7943.

Please bring identification showing your name, date of birth and one of the following numbers: social security, driver's license/state ID or passport.

Appointments Recommended.

All persons, 18 years or older, who register to donate blood, will be entered in a raffle to win a 2003 Chrysler PT Cruiser. Drawing for car will be held March 5. LifeSource Blood Services

Traffic accident death ruled natural cause

A 75-year-old Chicago man driving through Niles was found dead in his car after his auto struck a tree.

Police who came in response to the accident found the driver in the front seat with his head resting on the passenger's seat and legs lying across the driver's seat. The right side of the driver's face showed a large bruise.

According to Cook County Medical Examiner's Office, the cause of death was not accident trauma, but cardiovascular.

Niles police officers reported to the accident scene in the 6500 block of North Milwaukee Ave., early morning, Jan. 8.

According to Niles police, the car appeared to be traveling south on Milwaukee Avenue.

OLR Battle of the Books Team



Pictured is the OLR Battle of the Books Team along with their coaches. Front row (left to right): Brian Maisel, Brendan Besetzny, Kelly O'Connell, Jannard Remo, Asha Kirchoff, Nicole Szymanski, and Grace Wechman.

Back row (left to right): Steven Veselka, Mrs. Veselka, Anna Pamula, Mrs. Puszynski, Dora Korpar, Hannah Johnson, Connie Chin, Suzanne Hansel, Douglas Hansel, Mrs. Hansel, Kevin Honeman, and Mrs. Honeman.

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Shabbat Singles January 31

Shabbat Singles for Jewish singles 45+ will have Sabbath services followed by an Oneg Shabbat (social hour and refreshments) at Congregation Beth Shalom, 3433 Walters Ave. in Northbrook, IL at 8 p.m. on Friday, January 31, 2003. A Beth Shalom clergy person will conduct services.

For detailed directions or other information call Rosanne at (773) 761-6862 or email shabbatsingles@aol.com.

Condo association rule challenged, point won

Scott Gordon, who is a resident of Skokie's Enclave Condominiums but not an owner, won his fight for keys and use of a parking space.

The dispute was decided by the Skokie Human Rights Commission, which ruled that Gordon had been discriminated against.

Morton Grove Public Library Events

Art Exhibits at the Morton Grove Public Library. During the month of January, the *American Spirit*, a quilt created by Morton Grove residents, will be on display in the Baxter Room. The quilt has been exhibited at several sites in Morton Grove and will be going on tour later in the year.

Watercolors by Evanston resident Lowell Richardson will also be on display in the Baxter Room during January. Mr. Richardson's exhibit, *Traveling Notes*, includes watercolors painted on site in Alaska, the Ozarks, and Europe.

Justin Gerbich exhibits hand-made pottery in the Lincoln Avenue display case through January 31. As Mr. Gerbich says, his "career is clay." He has an MA in ceramics, teaches art at Glenbrook North High School, and creates unusual pots in his home studio.

Peter Roothaan Jazz Ensemble to Perform Sunday, January 26 at 2 p.m. The Peter Roothaan Jazz Ensemble performs a style of jazz that is swinging, accessible, and soulful. The organ-based quartet will be appearing Sunday, January 26, at 2 p.m. with jazz to set your toes to tapping and your body moving to the music. Peter has performed on National Public Radio broadcasts, at the Chicago Jazz Fest and at major jazz clubs. Doors open at 1:30, seating on a first-come, first-served basis.

For additional information about the Library exhibits, please call (847) 965-4220, TDD (847) 965-4236.

New Teen Advisory Board to Meet January 29. The Morton Grove Public Library's new Teen Advisory Board will meet on Wednesday, January 29, at 7 p.m. The Teen Advisory Board will meet monthly and will be involved in planning teen events at the Library. Students in grades 7-12 are invited to join. Please contact Melissa Rice, Young Adult Librarian, for additional information at (847) 965-4220.

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

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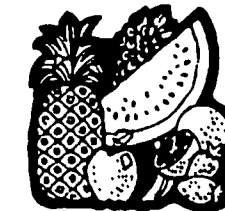
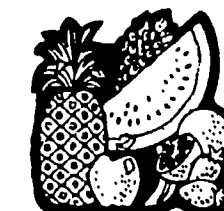
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First Baby Born in Res Medical Center in 2003



Ola Klimek holds her newborn daughter, Maya, the first baby born in Resurrection Medical Center in 2003 - the hospital's Golden Jubilee year.

Maya Skrzyniarz of Chicago's Dunning neighborhood arrived at 3:39 a.m. on January 1, 2003, becoming the first baby to be born at Resurrection Medical Center (RMC) in the hospital's Golden Jubilee year.

The daughter of Ola Klimek and Adam Skrzyniarz, Maya weighed 7 pounds, 7 ounces and was 19 inches at birth. As the first baby born in 2003 at Resurrection Medical Center, Maya received a special gift basket. The hospital opened its doors to the community on November 3, 1953. Celebrations marking the anniversary are being held throughout the year.

Maureen B. Walsh

Navy Petty Officer 3rd Class Maureen B. Walsh, daughter of Margaret T. and John P. Walsh of Niles, IL, recently returned from a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the aircraft carrier USS George Washington, home ported in Norfolk, Va.

Walsh is one of more than 10,000 Atlantic Fleet Sailors and Marines aboard the ships of the USS George Washington Carrier Battle Group and USS Nassau Amphibious Ready Group.

During the deployment, Walsh's ship traveled more than 50,000 miles, launched more than 10,000 sorties, dropped nine-and-a-half tons of ordinance and visited the ports of Greece, the United Arab Emirates, Portugal, Italy and Slovenia. Volunteers served as American ambassadors during the port visits by feeding

the homeless and repairing schools and churches. They also had the opportunity to shop, sightsee and enjoy the local culture and cuisine.

Carriers like USS George Washington, are deployed throughout the world to maintain U.S. presence and provide rapid response in times of crisis. They serve as a highly visible deterrent to would-be aggressors, and are equipped with the most versatile and powerful weapons and aircraft available.

Walsh is a 1999 graduate of Maine South High School of Park Ridge, IL and joined the Navy in March 2000. For more information about the deployment with high resolution photos visit the USS George Washington web site at: <http://www.spear.navy.mil/gw/>

Lewis University begins Parish Nursing Program

Registration continues at Lewis University for a new program offering a series of preparatory sessions in the area of parish nursing. The five-session course is scheduled for the first time this spring semester and will begin on Monday, Feb. 3. The course will be held from 9 a.m. to 5 p.m. at Lewis' Oak Brook campus, at 2122 York Road. The remaining four sessions of the semester are also scheduled on Mondays from 9 a.m. to 5 p.m. at the Oak Brook site. Dates for these sessions are February 10 and 24, and March 3 and 10.

The course consists of 21 modules pertinent to parish nursing and other health specialties providing holistic care including spiritual wellness. Modules include starting a parish nurse/health ministry program; the role of congregation in health, healing and wholeness; leading prayer and worship; grief and loss; health promotion and maintenance; budgeting and grant writing; legal considerations; and history, ethics and self care.

The course may be taken for 36 continuing education contact hours at a cost of \$490, three hours of undergraduate credit for \$902, or three hours of graduate credit for \$960. Fees for graduate and undergraduate credit represent a discounted rate from Lewis University's standard tuition.

Dr. Kathie Blanchfield and Dr. Janice Smith, Lewis faculty in the College of Nursing and Health Professions, will serve as the course facilitators. Dr. Blanchfield is a certified parish nurse responsible for parish nurse ministry with St. Michael Parish of Orland Park/Advocate Health Care. She is a national speaker and has written extensively on the topic of parish nursing. Dr. Smith is a community health nursing specialist, and has conducted research on assessing the spiritual needs of adults with developmental disabilities.

For more information on Lewis' Parish Nursing Program, call Dr. Smith at (630) 752-0776. Summer sessions will be offered June 9 to 13 in a five-day retreat format. Fall 2003 classes will be offered October 9, 16, 23, 30 and November 6 at the Lewis Oak Brook campus.

The College of Nursing and Health Professions has a more than 25-year history of preparing quality nursing practitioners who serve the immediate region. The college's baccalaureate and master's degree programs in nursing are fully accredited by the Commission on Collegiate Nursing Education (CCNE) for the 10-year maximum term. The baccalaureate degree nursing program is an approved program of Professional Nursing Education in the State of Illinois. It is also recognized as the only Partnership in Nursing Excellence (PNE) program in the State of Illinois by the U.S. Army ROTC.

While changes in the industry have impacted many healthcare programs nationwide, planning in Lewis' College of Nursing and Health Professions has been ongoing to expand its traditional prelicensure program, its RN/BSN degree completion program and its graduate nursing program and to develop new offerings in the health professions.

A Catholic university sponsored by the De La Salle Christian Brothers, Lewis is the twelfth largest among more than 60 pri-

ivate colleges and universities in Illinois. The University offers bachelor's degrees in more than 40 majors; degree completion programs for working adults; a variety of aviation programs, and 11 graduate programs in eight fields including business administration (MBA), counseling psychology, criminal/social justice education, leadership studies, nursing, public safety administration and school counseling and guidance.

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A Wily Predator Calls Niles Home

We have all seen one on TV. In fact, many of us including me used to watch him every Saturday morning chasing the Roadrunner. Give up? His name is Wil E. Coyote. The coyote has been living in Niles for many years but now seems to be thriving. Some people may think that it is not good having coyotes around but they are more beneficial than harmful.

Illinois' largest predator, the coyote, can easily be mistaken for a small German Shepherd dog. Upon closer inspection, one would notice that coyotes carry their tails low rather than upward like a dog. Also, their tail usually has a black tip. Coloration on a coyote varies from gray to dull yellow to mostly black to white thus making them more distinguishable than domestic dogs. They can be found living in all types of habitat but prefer open areas such as farmland, near woodlands, and suburban parks, etc. An average coyote will range in size from 22-45 pounds (in the winter).

Unlike wolves, coyotes do not

Oakton & Advocate Present 14th Annual Heart Fair

Learn new techniques for the prevention and treatment of heart disease and cardiovascular stress at Advocate Lutheran General Hospital's 14th annual Heart Fair, Saturday, Jan. 25, at Oakton Community College, 1600 E. Golf Road. The free event will be held from 8:15 a.m. to noon.

Presentations by Advocate Lutheran General's nationally renowned cardiac experts will include "Coping Strategies in Heart Disease Prevention." Interactive displays will include information about off-pump coronary artery bypass surgery, aortic aneurysms, vascular disease, stress management, sleep apnea, weight management, and nutrition. Free blood pressure screenings will be available to attendees.

A continental breakfast will be provided at this event, which is co-sponsored by Oakton Community College. Admission is free, but registration is required.

To register or for more information, call 1-800-323-8622.

NCC Piano Academy Faculty Recital

A select group of four faculty from the North Central College Piano Academy present a Faculty Recital consisting of classical compositions on Saturday, Feb. 1, at 7:30 p.m. in Pfeiffer Hall, 310 E. Benton Ave. The pianists are Ann August Waldron of Plainfield, IL; Annie Armitian of Long Grove, IL; Kathy Christian of Glen Ellyn, IL; and Dara Konataravic of Woodridge, IL, who will also play a classical bayan (accordion). Admission is free.

typically hunt in packs, rather they will hunt alone. It is more advantageous to hunt alone or with another coyote considering that their main prey consists of rabbits, small rodents and other small animals, and carrion (dead animals). They have been known to take down sick or injured deer, domestic cats or small dogs that are left alone and unattended. In times of abundance, coyotes will even eat insects, fruits and berries. As you can see coyotes are very opportunistic feeders.

A family unit will usually consist of a mating pair and their offspring from that year. They can also be seen in other groups such as a female and her young or several males. Mating season is usually from February into April with the pups being born from late March into May. An average litter consists of 3-8 young but there have been larger documented litters. The pups begin to venture out of the den after 21 days eventually leaving their parents in late summer or early fall.

Coyotes do not like to make their own dens, rather they prefer to use old holes used by groundhogs, foxes, or other mammals. Their range typically covers 20-30 miles in diameter with several individuals sharing the same territory. They can be active at any time of the day but most of their activity is at dawn or dusk.

Some ailments that affect domestic dogs also afflict coyotes. The more common and potentially serious disease is canine distemper. Also, heartworm infections are common. One of the more contagious infections is sarcoptic mange. A small mite causes this and it affects the skin causing irritations. In severe cases it can lead to major hair loss leaving the skin covered with scabs. A final result can be death due to secondary infections, exposure or diseases compromising a weakened immune system. Mange mites can infect humans, but the symptoms are usually milder.

Overall, coyotes are valuable to the ecosystem and are more beneficial than harmful to humans. A more beneficial like the coyote has been missing in a part of the ecosystem where humans have been the more destructive "predator." Coyotes help in controlling the populations of rodents and small mammals. They will not readily attack a human nor are they known for stalking people. If anything, they are very curious and follow a person but will stop once they are bored. Even though coyotes are typically shy, secretive animals there are some precautions that people can take to minimize their encounters with coyotes. Some of them are as follows:

- Do NOT feed or leave food outside for this will attract them.
- Walk your dog(s) on a leash, especially small dogs. Also, DO NOT leave small dogs unattended.
- Cats that are allowed to go

outdoors are susceptible to being attached, thus leave your cat indoors at all times if possible.

Do NOT leave small children alone outside for other safety reasons as well. Even though coyote attacks on humans are extremely rare, anything is possible.

If you should have any questions feel free to call Peter Babikan, Niles Animal Control Officer at (847) 588-6508. I want to thank the Illinois Natural History Survey and Jim Chelsvig of the Cook County Forest Preserve District for providing information.

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February events at Des Plaines Library

Children Invited to Participate in LEGO Building Event
Children ages 7 to 14 are invited to participate in a special LEGO building event at the Des Plaines Public Library on Saturday, February 1 from 2-4 p.m. Advance registration is required at the Youth Services Desk.

Participants will have table space reserved to complete their favorite LEGO constructions. They will choose from one of several categories and will have 30 minutes for building. (If the project will take more than 30 minutes to complete, it can be brought to the event partially built.)

Each exhibitor will receive a certificate of participation and will have a photo taken with his or her project. There will also be a contest where builders try to guess how many LEGO pieces are in a large jar. Handouts with other suggested LEGO projects will be distributed, and light refreshments will be served.

Parents, family members, and friends may view the LEGO models from 3:30-4 p.m. on the day of the event.

For information or to register, please phone the Youth Services Desk at (847) 376-2839.

Children Invited to Drop in for Programs. Free, "drop-in" programs for children of various ages are scheduled throughout the month of February at the Des Plaines Public Library.

Drop-in storytimes for preschoolers are held from 10-10:30 a.m. on Saturdays, February 1, 8, and 15.

A drop-in chess club for children of all ages who know how to play chess will be held from 4-5 p.m. on Wednesdays, February 5 and 19.

Movies for preschoolers will be shown from 10-10:30 a.m. on Fridays, February 7, 14, 21, and 28.

A drop-in Valentine's Day craft for children of all ages will be held from 11 a.m.-3 p.m. on Saturday, February 8. Materials will be supplied.

A "no school day" movie for children will be shown at 1 p.m. on Monday, February 17.

For information about these and other children's programs, phone the Youth Services Department at (847) 376-2839.

Book Group Discusses The Rich Part of Life. At 10 a.m. on Tuesday, February 4 at the Des Plaines Public Library, Library Assistant Corkey Lee will lead a discussion of *The Rich Part of Life* by Jim Kokoris. Books are available one month prior at the Registration Desk. The program is free, and advance registration is necessary.

In Kokoris's novel, eleven-year-old Teddy Pappas lives with his younger brother and their eccentric father, a Civil War historian. Teddy's mother died in a tragic car accident. On the one-year anniversary of her death, his father plays her favorite lonesome number. When it is discovered that the Pappas family holds the

winning ticket, their world is instantly transformed. Now everyone wants something from Teddy's father, and money is not the only thing they want.

Jim Kokoris is a graduate of the University of Illinois in Champaign. His work has been published in the *Chicago Sun-Times*, the *Chicago Tribune*, *Reader's Digest* and *USA Weekend Magazine*. He lives with his wife Anne and three sons in a suburb of Chicago where he is at work on his second novel.

For information, please phone the Registration Desk at (847) 376-2787.

Learn to Balance Your Port-

Nursing Home Resident Says Thanks

Dear Editor,

When saying thanks just wasn't enough.

Over the past few months I have read and watched on several television news programs more and more about the improper treatment of the elderly in nursing homes. Why is it that I never read about anything "GOOD" in nursing homes. Happen to know for a fact, that there are many, many positive things happening in the long-term care facility that I live in and I am tired of all the negative publicity. Don't misunderstand me.

I know that there are some homes that have some problems. This is true in every business that we have. I just don't understand why there is this constant badgering. I see so many residents with broken hips, knee replacements, various surgeries, and heart attacks come into The Arlington over and over again, only to go through the excellent therapy program, while receiving superior nursing care allowing them to return home again. Yes, we do have their pictures displayed on "The Arlington" put the pep back in my step" bulletin board with their success story.

Nevertheless, this is only a tiny segment of a big, big picture. I would just like to read about positive experiences once in a while and let the people that work in this industry know how very important they are. Respect for these workers needs to be re-established. We appreciate all the wonderful, dedicated employees that we have taking care of us.

My name is Nat Markowitz, and I am the writer of this story and I just want everyone to know that there are so many great things happening at my home. The Arlington. Come by and visit me and I can share with you the "good" things that you won't hear about on the t.v. Oh, I also want to mention that I am 97 years of age.

Nat Markowitz
3 year resident at The Arlington
Rehabilitation & Living Center
Long Grove, IL

folio in Good Times or Bad. At 7 p.m. on Wednesday, February 5, the Des Plaines Public Library will present a seminar entitled "Balancing Your Portfolio in Good Times or Bad." The program is free, but advance registration is required. Jeremi Rump, Financial Advisor at Morgan Stanley, will be the seminar.

Topics include wealth strategies, asset allocation, and tax-advantaged investments. Rump will also discuss equity terminology, such as stocks and mutual funds, and how to use municipal bonds, corporate bonds, and more.

For information or to register for the seminar, please phone the Registration Desk at (847) 376-2787.

Seminar Focuses on "Divorce with Dignity." The Des Plaines Public Library will present a seminar on "Divorce with Dignity" from 1-4 p.m. on Saturday, February 8. The program is free, but advance registration is required.

Dissolution of a marriage can leave someone feeling emotionally and financially drained. The seminar will provide the process, information, preparation, and coping skills.

This seminar is designed to be a divorce survival kit. It will be led by a panel that includes a mediator Carol Blauw Smith, a divorce attorney, and a financial planner. The seminar is free, but advance registration is required. For information or to register for the seminar, please phone the Registration Desk at (847) 376-2787.

Robots at Lincolnwood Public Library

Kids can meet the future with a family of robots on Sunday, January 26, at the Lincolnwood Public Library when Tom Swenson demonstrates the amazing abilities of robots XR, Hero Junior, Hero 2000, and Max Steele. In his presentation *Our World of Robotics* he provides a glimpse into the future, showing how highly interactive our lives can be with these remarkable instruments.

For example the deluxe domestic robot Hero 2000 has a voice, full range of movement and an on-board computer brain. Under Swenson's direction the robots amuse, entertain, play games and demonstrate their relationship with the exploding world of computers and robotics.

The program is at 2 p.m. Free tickets are available at the circulation desk three weeks in advance to Lincolnwood residents and one week to non-residents. The library is at 4000 W. Pratt Ave., phone (847) 677-5277.

Food drive for Catholic Charities

The numbers tell the story:

ANNUALLY: In the fiscal year ending June 30, 2001, the Catholic Charities Emergency Assistance Program provided food, clothing and financial assistance to 31,309 individuals. In the year ending June 30, 2002, Catholic Charities Emergency Assistance Program assisted a total of 47,870 clients.

MONTHLY: From July 1, 2001 until June 30, 2002, Catholic Charities Emergency Assistance Program helped an average of 3,500 clients each month. For the 5 month period from July 1, 2002 until November 26, 2002 (FY2003), the Emergency Assistance Program has served 5,000 people monthly.

Christine Dykes-Sorrells, Director of the Catholic Charities Emergency Assistance Program, stated, "We are seeing more people who are unemployed, who are in the interim waiting for unemployment to begin, or who have just exhausted their benefits while trying to find employment. And unemployment benefits stretch only so far."

Persons wishing to make monetary donations to the Catholic Charities Emergency Assistance Program may call (312) 655-7012.

Suggested Food Donation List
Spam, Corn Beef Hash, Ravioli, Beef Stew, Chili w/Beans, Pork & Beans, Chopped Spinach, Rice, Mashed Potatoes, Peas & Shred Carrots, Green Beans, Cui Yams, Crackers, Rice-A-Roni, Spaghetti, Macaroni & Cheese, Whole Kernel Corn, Oat Meal, Grits, and Cereal.

Facts about Catholic Charities of the Archdiocese of Chicago
Catholic Charities of the Archdiocese of Chicago, founded in 1971, serves all of Cook and Lake Counties.

The Lilac Tree Halfday Workshop

In this multi-part workshop, Saturday, Feb. 8, 11:15 to 4:45 p.m., you'll hear lawyers, a mediator and a financial advisor outline the basics of the divorce process. Ask the questions that are important to you. Family law attorneys Ilene Goldstein and Dean Taradash will discuss how to choose an attorney, what your rights are and what to expect in court.

Karen Grais Meyer, mediator and therapist, will explain the role of mediation and offer strategies for getting through this process. Nancy Liebman, C.F.P., a financial planner, will walk you through what you need to know about your family's finances, what documents you need to gather, and the financial decisions you will need to make. Reservations requested. Pre-registration before February 4, \$40. Registration at the door, \$50. Evanston YWCA, 1215 Church Street.

Catholic Charities is the largest private social service agency in the Midwest; and serves and employs people regardless of religion, race, nationality or social or economic circumstance.

Catholic Charities annually serves more than 600,000 children, seniors, families and individuals in need of professional social services or basic human necessities such as food, clothing and shelter.

The largest non-profit social service in the Midwest, Catholic Charities offers more than 170 programs from over 160 community-based sites in Cook and Lake Counties.

Lewis University to host Diversity Week

Lewis University will host Diversity Week 2003, a celebration and educational event focusing on the theme "Religious Diversity in Contemporary America." The week-long schedule of activities will be held from Sunday, January 26 until Thursday, January 30, and will include lectures, tours of local sacred sites, and films exploring the importance and appreciation of diversity. All events are open to the public, free of charge and will be held on the Lewis University main campus, unless otherwise specified. All sacred sites visits will leave from the University Dining Room.

The celebration begins on Sunday, Jan. 26 at 8 p.m. with the Diversity Week opening liturgy in Sancta Alberta Chapel. The evening will include performances by the Tapestry musical group and the Lewis University Gospel Choir. Reverend Patrick Brown, pastor of Faith United Methodist Church of Chicago, will present his homily entitled "King on Religious Diversity." Rev. Brown will focus on the chapter entitled "The World House" in Dr. Martin Luther King, Jr.'s 1967 book *Where Do We Go From Here: Chaos or Community?*

Jefferson Park Historical Society Meeting

"The newly-formed Jefferson Park Historical Society will host their first general meeting on Sunday, Feb. 2 at the Congregational Church of Jefferson Park, 5320 W. Giddings at 3 p.m.

Joan Moody will present the history of the church including pictures and a tour of the church. All people interested in the history of the church and Jefferson Park are welcome. For more information call Matt Schademann at 383-9022 or Janet Taylor at 777-4052."

Older adults are at risk for poisoning exposures

site at www.mchc.org/ipc.

The IPC recommends older adults take the following preventative measures to help avoid possible poisoning exposures:

- Never mix cleaning products or chemicals (such as bleach and ammonia).
- Keep all your medications in child-resistant containers and out of children's reach.
- Always turn on the light and put on your glasses before taking or giving medications.
- Never share your medications with anyone else, or take medications that are not prescribed for you.
- Teach your grandchildren to "always ask first" before eating or drinking anything.
- Do not allow children to play with purses - there are many things in a purse that can be hazardous to a young child, including make-up, perfumes, ointment creams, etc.

As part of the outreach effort, the IPC and its satellite education centers throughout the state will be conducting presentations and other outreach events for older adult audiences. To schedule a speaker for a community event, contact Shannon Kenney, education and outreach coordinator, IPC, at 1-800-222-1222.

"The staff at the IPC believes it is important to reach out to older

adults," said Kenney. "In general, most people believe that poisonings only happen to young children. However, medication errors, drug interactions and possible side effects are a few of the common issues that put older adults at risk for poisonings."

The IPC is the only certified, regional poison center in Illinois, serving more than 12 million residents in 102 counties - 24 hours a day, 365 days a year - via a national, toll-free number, 1-800-222-1222. Calling the toll-free hot line will connect callers with their designated local poison center at any time, from anywhere in the U.S.; all calls placed in Illinois are routed to the IPC. Staffed by pharmacists, physicians, nurses and poison information providers, the IPC provides poison prevention information and treatment advice to the public and health care professionals on medication interactions, adverse reactions to medications, medication overdoses, herbal products, household products, venomous bites, occupational accidents and other poisonings.

The IPC is a program of the Metropolitan Chicago Healthcare Council, an association of more than 130 hospitals and health care organizations working together to improve the quality of health care services.

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Happy Birthday to Tina Yolanda DeMaria

Tina (Gaetana) Yolanda Cicero DeMaria is 90 on Jan. 23, 2003.

This wonderful lady has contributed joy and happiness and a positive example to many generations of family and friends and is loved by all who come in contact with her.

Her spirit is indomitable and her smile infectious and her disposition is sunny!



William C. Faehse

Army Pfc. William C. Faehse participated in Clear Skies II, a multilayered air defense exercise tested and validated the U.S. armed forces air defense systems, using both aircraft and ground-based assets. The exercise transitioned to an Operation Noble Eagle deployment, the homeland defense campaign to protect the skies, borders and shores of the United States against terrorist attacks.

Soldiers assigned to the 4th Battalion, 5th Air Defense Artillery, 1st Cavalry Division stationed at Fort Hood, Killeen, Texas, were part of the various tiers of the multilayered defense

concept that guarded and protected the skies over the nation's capital, Washington, D.C., during the exercise.

The primary goal of the exercise was to train participating members of the U.S. military and other federal agencies to react quickly to any terrorist threats against our country. Clear Skies II played out as a prudent precaution to increase the radar and air defense systems positioned at key points around the District of Columbia, and validated procedures that the North American Aerospace Defense Command uses to defend the U.S. from an airborne attack.

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KOC events for February

KOC Auxiliary Invitation. If you like helping others and supporting a great organization you are a candidate for membership in the Knights of Columbus Ladies Auxiliary. All Catholic women of the parish are eligible to join this organization that assists the Knights in their work.

Council 4338 Ladies Auxiliary President Clara Weiss invites all women to attend the next general meeting for all members, scheduled for the first Monday of each month in St. John Brebeuf School's Flanagan Hall, 8301 N. Harlem Ave., Niles.

The next regular meeting will be held on Monday, February 3, 2003. Why not stop in and see the exciting things they do and how you can fit in? If you are interested in more information and/or joining this great organization, contact Sandy Galassi (847) 965-0920 or attend an upcoming meeting. You will not be disappointed!!

The Brothers of North American Martyrs Council 4338, congratulate the new Officers and wish them well in their upcoming term of office. The Brothers also thank the Auxiliary members for their tremendous support and assistance to the Council throughout the year.

Past Presidents' Night. For-martyrs Club of Council 4338, Knights of Columbus will be hosting the Past Presidents' Night, honoring all past presidents of the club and guest of honor or immediate Past President Joe Tatowski, will be held on Fri-

day, February 19, 2003, at St. John Brebeuf School's Flanagan Hall, 8301 N. Harlem Ave., Niles. Tickets are only \$12.50 ea., for family style meal with 3 meats and trimmings. Social hour - 6 p.m.; Dinner - 7 p.m.; Special Program - 8 p.m. Cash bar will be available. Reservations must be made in advance with payment. For more info call Bob Galassi (847) 965-0920.

Spelling Bee Past grand Knight Matt Araszewski of North American Martyrs Council 4338, proudly announces the Knights of Columbus Spelling Bee finals for 2002 will be held in St. John Brebeuf School's Flanagan Hall, Niles, on Thursday, February 13, when the top 5 candidates in 5th, 6th, 7th & 8th grades will compete for the top 3 positions.

Winners will receive Council recognition and a chance to represent the Council in the regional Knights of Columbus competition.

The top three will be presented their award at the special 'Awards Night' scheduled to be held on Wednesday, February 19, at St. John's Flanagan Hall.

Matt thanks the many teachers that have prepared their students for this competition.

All parishioners are invited to attend and view the competition. Refreshments will be provided immediately following the championship.

Special Awards Night. A special "Awards Night," honoring the recent winners of the North American Martyrs Council's annual Free-Throw, Spelling Bee & Essay Contests will be held on

February 19, 2003, at St. John Brebeuf School's Flanagan Hall, 8301 N. Harlem Ave., Niles.

Special recognition will be given to the members of the ministries of our community, nominated for their many efforts to help others spiritually. If you have a special person(s) you would like to nominate, look for and fill out a nomination form.

A short program commending the young adults for their championship efforts will start at 7:30 p.m. Each of the contest chairmen will be presenting the special awards to each of the winners. A photo session for all award winners will follow the short presentation ceremony.

All members of our community are invited to assist the Knights in congratulating all the youth winners and the special ministers, as they are rewarded for their excellence! Please plan to attend!!

2002-2003 Holiday Basketball Tournament. The Knights of Columbus year 2002-2003 Holiday Basketball Tournament sponsored by the North American Martyrs Council #4338 continues through January.

You are invited to attend any of the many games that will be held each weekend throughout January in St. John Brebeuf gym to enjoy some of the best basketball you've ever experienced!! Next game Saturday, January 25, 2003, 5 p.m., 6:30 & 8 p.m.

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Iceland - Hockey

The Niles Park District's Rangers hockey program took on Glenview Park District's teams in their annual Holiday Cross-Town Classic December 23-31. It was a clean sweep for the Niles Rangers as they took home championships at the Mite (7 & 8), Squirt (9 & 10) and Pee Wee (11 & 12) age divisions.

Congratulations to the 2002 Holiday Hockey Classic Champions.

Niles Rangers Major Mite Blue: Austin Cline, Patrick Conoboy, Marty Foss, Joseph Gahotto, Billy Gorman, Evan Kazanias, Daniel Klein, Patrick Maloney, Emmett Murphy, Daniel Paulos, Michael Solberg, Jake Usher, Erik Wagner. Coaches: Larry Foss and Jim Gahotto.

Niles Squirt Oilers: Eric Hagman, Alex Hartmann, Joseph Jablonski, Dean Kazanias, James Lane, Garek McGuinn, John Pagliari, Christopher Palminteri, Jeremy Semner, Jimmy Sitkiewicz, Nicholas Surz, Ryan Zanon, Tyler Zanon, Ian Zielke. Coaches: John Pagliari, Mark Zielke and John Jablonski.

Niles Pee Wee Hurricanes: Adrian Bivolo, Danny Bock, Ben Davies, Brendan Harrison, James Jost, Billy Krol, Nico Lazzaroni, Simon Molgat-Laurin, Nick Ovadenko, Daniel Passarello, Matt Smisko, Kevin Victor, Taylor Voss, Jonathan Zoubek. Coaches: Victor Lazzaroni, David Zoubek and Allan Bock.

Long-Term Care The Time to Plan is Now

By (Bill Schmidt)

State Farm Insurance agent

Preparing for a long trip should include planning for the unexpected. We plan ahead because we want to make sure the trip is pleasant and as stress-free as possible.

But I'm not talking about getting your car ready for a road trip. I'm talking about taking care of yourself and your family. I'm talking about preparing for unexpected expenses should you ever need in-home care, nursing home care or other such assistance.

When planning for the future, we all want to be prepared. That is why it is so important to consider insurance coverage for these possibilities.

What is it?

Long-term care is the assistance you may need if you are no longer able to care for yourself. This is often the case with people who need help in activities of daily living, such as bathing, eating or dressing.

A person may require in-home care or stays at assisted living facilities or at nursing homes. Long-term care insurance provides financial help for those costs, which are substantial.

Who will need it?

According to the Duke University Long-Term Care Resources

Program, 20 percent of people who are 65 or older will need some form of long-term care during their lifetime.

Who will pay?

There is a common misconception that Medicare or health insurance will pay for the costs of long-term care. But they often don't cover these expenses. Many turn to their families for financial help, but with the rising costs of long-term care, your children or spouse could find themselves in a difficult financial situation.

Long-term care insurance can be tailored to an individual's needs. Although it's an uncomfortable subject, it's important to talk to your loved ones about the financial resources you have available should long-term care needs ever arise.

A conversation with your insurance agent will help you learn more about the details, including the cost of long-term care insurance, and how it can protect you and your family.

The Lilac Tree Evening Workshop

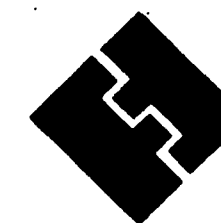
On Tuesday, Feb. 18, 6:45 to 8:45 p.m., Jennifer Gilchrist, LCSW, therapist and trainer, will introduce you to a program for managing stress that includes progressive relaxation, visualization, secular meditation, assessment of support systems, and practical strategies for managing meetings and face-to-face encounters. Learn how to keep your cool when things are difficult. Pre-registration requested. Cost: \$25. Office of In Touch In Balance, 800 Custer, Suite 6, Evanston.

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NCUA

The Lilac Tree Winter Support Groups

Daytime and Saturday support groups begin on January 24 and February 1. An 8-week group meet in Evanston for women in the divorce process. Limited space availability. Pre-registration and deposit required. Cost: \$25/wk. Call for information.

Drop-in support groups: February 8 and March 8, 10:30 a.m. to 12:30 p.m., led by Kama Schulte, M.A., L.C.P.C. You may pay at the door. \$15 per session. Call for location.

World Heritage, a public benefit organization, is seeking local host families for high school boys and girls from Spain, France, Germany, Thailand, Great Britain, Japan, Mexico, or Brazil through World Heritage International Student Exchange Program. Students are already awaiting word on their host family for the 2003-2004 academic school year. A few students from Germany need homes for the fall semester 2003. Host families provide room, board, and guidance for a teenager living thousands of miles from home. Students are

well screened and are selected based on academic performance, English proficiency, teacher recommendations, and personal interviews. Couples, single parents, and families with & without children in the home are all encouraged to apply. The exchange students arrive from their home country shortly before school begins fall 2003. Each World Heritage student is fully insured, brings his/her own personal spending money and expects to bear his/her share of household responsibilities, as well as being included in normal

family activities and lifestyles. At the same time, the student will be teaching their newly adopted host family about their own culture and language.

Families may select the student of their choice from student applications, photo collages, and biographical essays. Once paired, students and families are encouraged to begin corresponding prior to the student's arrival.

Celebrate the New Year by choosing to host an exchange student. For more information, call Eva Skoronski at 1-800-888-9040 or visit our website at www.world-heritage.org.

First Annual Women's Resource Fair

First Annual Women's Resource Fair January 24 and 25, 2003

Reconnection, Resilience and Renewal

The first annual Women's Resource Fair will be held in Evanston at the Woman's Club, 1702 Chicago Ave. at Church Street, on Friday, January 24 and Saturday, January 25 from noon 7 p.m. reflecting this year's theme of *Reconnection, Resilience and Renewal*, the Fair offers women 60 informational and product booths and 40 lectures and workshops by experts in the areas of education, family and children, fun, career, life coaching, food, pampering, holistic healthcare, finance, natural and homeopathic products, travel and fitness. Music performance by folk duo The Plunging Necklines. Friday January 24, 5-7 p.m.

General admission to the Fair is \$10; \$5 for seniors and students and includes access to all booths, educational lectures and the keynote address by "The Courage to Heal" author Laura Davis on "Reconciliation." For information visit www.womensresourcefair.org or call (847) 328-8775.

American Red Cross Baby-sitting Course Feb. 8

Advocate Lutheran General Hospital will offer an eight-hour American Red Cross baby-sitter training course for young people 11 years old and above at the hospital, 1775 Dempster in Park Ridge.

The next session will be offered from 8:30 a.m. to 4:30 p.m. Saturday, February 8.

Participants will learn such baby-sitting basics as handling emergencies, rescue breathing, care of the choking infant and child, preventing accidents, understanding parent instructions and caring for children of different ages.

The fee is \$50. For information or to register call 1-800-3-ADVOCATE (1-800-323-8622). Space is limited to 10 participants.

Niles West Students Shop for Homeless Shelter

Recently, Niles West students in Ms. Moscovitch's and Ms. Davis' Advanced Algebra and Trigonometry math classes raised funds to benefit the Cornerstone Homeless Shelter. The four classes raised over \$2,000 through fundraising, then used the money to shop for items off a wish list. The students then presented these essential and basic items to the shelter.

Stress Reduction Seminar

The Counseling Center of Advocate Lutheran General Hospital will hold a one-day Stress Reduction through Relaxation and Visualization seminar from 9 a.m. to 4 p.m. Saturday, February 8, at the center, 1610 Luther Lane, Park Ridge.

The seminar is designed to assist individuals who have stress-related symptoms such as trouble sleeping, overeating, smoking, headaches, alcohol or drug use, low energy, missed days of work due to illness, or stress-related illness such as TMJ, colitis, ulcers and asthma.

Participants will learn about stress reduction through relaxation and visualization, and will practice techniques to quiet the mind and cope with stressful patterns in life. The instructor for the seminar is Julie Milne, Ph.D., licensed clinical professional counselor at The Counseling Center.

The cost for the seminar is \$80 plus \$15 for materials. For more information or to register, call (847) 518-1800.

Help Make History Come Alive

The Wheaton History Center seeks interpreters for its award-winning program *NO RIGHTS! The Injustices of Slavery* this February through March 2003. Qualified applicants must be able to present a first-person interpretation of the life of an enslaved individual and sing Negro spirituals to both adult and child audiences. *NO RIGHTS! The Injustices of Slavery* captivates audiences with compelling first person interpretation, powerful interactive presentations and engaging hands-on activities.

In addition, public tours are offered on Tuesday evenings and Sunday afternoons.

The Wheaton History Center is located at 606 N. Main St. in Wheaton, IL. Call Executive Director Alberta Adanson, CFRE, (630) 665-8366 for more information.

NEWS FROM THE Niles Senior Center

CALL (847) 588-8420 FOR INFORMATION

FOR YOUR HEALTH - FEBRUARY

February 12 - Blood Pressure Screening - Blood Pressure Screening - as usual - is the second Wednesday of the month: February 12, from 1 to 3:30 p.m. No appointment is needed.

February 14 - We Open Our Heart on Valentine's Day - The Niles Senior Center will be a site for the Web simulcast of Dr. Axel Joob, M.D., Cardiac Surgeon at Lutheran General Hospital, performing "off-pump" open heart surgery. A physician will be present to answer questions immediately following the simulcast. Continental Breakfast at 8 a.m. Simulcast at 9 a.m. Free. Registration required.

February 20 - Diabetes Update: Medications & Monitors - Learn what's new in diabetic medications and see displays of the latest glucose monitors. Presented by Michelle TeRonde, PharmD, Lutheran General Hospital. Thursday, Feb. 20, 1 to 3 p.m. Free, but registration is required.

February 26 - Diabetes Screening - Monthly screening by appointment. Fasting from midnight required. Please take morning medications with water (medications that can be taken without food). 9 to 11 a.m. Cost: \$1.

February 27 - Effective Management of Hearing Loss - Audiologist Sherri Gostomelsky, MS, presents information on effective management of hearing loss and the latest technology. Get an order from your physician for a hearing screening. (Medicare re-pays with order.) Appointments for hearing screenings will be made for the following week at Center. 1 to 2 p.m. Free, but registration required.

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.

SNOW SHOVELERS are needed to assist shoveling drive-ways for the Niles Seniors. Contact Kelly at (847) 588-8420. Although it is still early, it is not too early to volunteer.

YARN NEEDED

The Senior Center is requesting clean, left over yarn or scraps of material for veterans and senior crafters. Lap robes, shawls, and slippers are made for veterans at Hines Hospital. Volunteer knitters and crocheters are also needed. Please call us.

TICKETS CURRENTLY ON SALE

Call For Ticket Availability

Saturday at the Center: A Day at the Casino - Saturday, Jan 25, 12 to 3 p.m. - Come one, come all!!! Bring your horseshoe and rabbit's foot. Spend the day at the Niles Senior Center Casino. Take your chips and play Bingo, Blackjack, Roulette, etc. Prizes awarded. (No money is lost or gained.) Lunch will include sandwich & chips. Cost: \$5.

Poker Tournament - Friday, Jan. 31, 12 Noon - Come and play seven-card stud & five-card draw. Cost includes lunch & prizes. Cost \$3.50.

Evening at the Center: Rat Pack Club Nite - Wednesday, Feb. 5, 5 to 8:30 p.m. - Cost: \$9 - Enjoy an evening in the style of "Kings of Swing" AKA "The Rat Pack!" Entertainment will be Jimmy Nite Club singing your favorite tunes. First, enjoy a dinner of mostaccioli & meatballs with sauce, over-fried chicken, American potato salad and garlic bread.

Exploring Windows Explorer - Wednesday, Feb. 5, 12, 19, 26, 6:30 to 8 p.m. Cost: \$15.

Book Discussion & Refreshments - Friday, Feb. 7, 10 to 11:30 a.m. - Without Reservations by Alice Steinbach. Cost: \$1 includes refreshments.

Lite Lunch & Movie: Pizza & "Sweet Home Alabama" - Friday, Feb. 7, noon. Cost: \$3.50.

Hooked on Fishing Kick-off - Wednesday, Feb. 12, 10:30 a.m. to 1 p.m. Free, registration required.

Lunch with the Red Hatters at Zhivago's Restaurant - Wednesday, Feb. 12, noon. Cost: \$15.

Evening at the Center: Dinner & Movie - Wednesday, Feb. 12, 5:30 to 8:30 p.m. - Enjoy a Gyros dinner followed by the popular comedy, *My Big Fat Greek Wedding*. Cost: \$9.

Pinochle Tournament - Friday, Feb. 14, Noon to 4 p.m. - Cost: \$3.50.

Sunday at the Center: Souvenirs of Paris, 1950 - Sunday, Feb. 23, 11 a.m. to 3 p.m. - An afternoon at the Cabaret with Claudia Honimel & her musical review featuring songs made famous by Edith Piaf, Juliette Greco, Cole Porter, Duke Ellington & Vernon Duke! A meal featuring salad, beef bourguignone, buttered noodles, baby carrots & dessert. Cost: \$10.

Normandy/Belgium/Luxembourg Travelogue - Wednesday, Feb. 26, 12 to 2 p.m. - Come and build a Belgium waffle with your favorite toppings. Following lunch, see the 60-minute video on Normandy, Belgium, and Luxembourg. Cost: \$4.

Knightly News & Views

Grand Knight Joe Tatkowski thanks everyone that joined him at our respect-life night, Wednesday, January 15. Joe thanks Conrad Wojnar of Women's Center for providing information on the great things they provide to the community.

Grand Knight Joe Tatkowski asks all Officers & Event Chairmen to join him at his home, Tuesday, January 28 @ 7:30 p.m. for the Officers' meeting. Please attend this important meeting.

Grand Knight Joe Tatkowski announced the following awards winners for January: **Family of Month** - Dan & Melodee DiMaria; **Knight of Month** - Ed Bielski and Sr. Knight of Month - Ray Restarski. Congratulations to all winners - they certainly deserve special consideration for their efforts!

We need new members!! Do you know any good Catholic gentlemen that could join the Knights? Help us, as we help others - when you have the time. We all have a friend, a neighbor or relative that could become a member of this great organization! Ask him!! For more information on membership - call Membership Chairman Larry Huiras @ (847) 663-1484.

Remember to consult the Council Web Page = www.northstarnet.org/prkhome/kofc4338!

Poker Tournament & Refreshments - Friday, Feb. 28, 12 to 4 p.m. Cost: \$3.50.

American Passion Play Trip - Saturday, March 22, 8:45 a.m. to 9 p.m. Cost: \$38. - Meet at Senior Center at 8 a.m. Bus leaves promptly at 8:45 a.m. Journey to four-hour American Passion Play at the Bloomington Center for the Performing Arts. Buffet lunch at the Bloomington Center prior to performance. Stop at the Cracker Barrel Restaurant where you can buy a dinner at your own expense. Cost includes transportation, play and lunch buffet.

The Lion King Trip - Wednesday, June 18, 11 a.m. to 5:30 p.m. - Cost: \$65. - Check in at Senior Center at 10:30 a.m. Prior to the play enjoy a quick lunch at the Senior Center featuring chicken breast sandwiches, salad & dessert.

FEBRUARY TICKET SALES

Important Change: New procedures for ticket sales!

Senior Center ticket sales are no longer scheduled for a specific date but now is a mail-in/drop off registration. Registration Procedures & Registration Form are included in our monthly Program Guide. A completed signed registration form with payment needs to be received by 5 p.m., Friday, Feb. 7, at the Center for all programs listed in the February Guide. You may drop it off or mail it in. (Please do not mail in cash.) Providing space is still available, you may register in person starting Wednesday, Feb. 12.

For detailed information, please see the February Program Guide, call us at 588-8420 or check out the Senior Center under the Village of Niles web site at www.vniles.com. It is easy to receive the Program Guide. Become a member of the Senior Center which is for Niles resident, 62 years or older, or a younger spouse. Membership is FREE. Listed below are some of what we are offering during our February ticket sales:

- Activities -
- Book Discussion, Book TBA. \$1 includes discussion & refreshments - March 7.
- Pinochle Tournament, \$3.50 includes refreshments and prizes - March 12.
- Poker Tournament, \$3.50 includes refreshments and prizes - March 28.

CJE February Support Groups for Seniors

Council for Jewish Elderly (CJE) offers support groups on a wide variety of topics of interest to seniors and their families. Fees vary according to the program and individual circumstances. Some groups may be partially covered by Medicare and supplemental insurance. For information or to join a group, please call CJE at (773) 508-1000.

Mondays, February 3, 10, 17 and 24, 1 to 2:30 p.m. Holocaust Survivors: Coffee and Conversation, meets from 1 to 2:30 p.m. each Monday at the Holocaust Memorial Foundation of Illinois, 4255 W. Main Street, Skokie, sponsored by Council for Jewish Elderly and Jewish Family and Community Service. No charge. To register, call (773) 508-1000.

Mondays, February 3, 10, 17 and 24, 3 to 4 p.m. Coping with Parkinson's, meets from 3 to 4 p.m. Mondays in the auditorium at Lincolnwood Place, 7000 N. McCormick, Lincolnwood. Individuals with Parkinson's disease share coping strategies, practical ideas for making tasks easier, and day-to-day struggles and triumphs. Sponsored by Council for Jewish Elderly, the group is free. To register, call Maria at (773) 508-1000.

Friday, February 28, 9:30 to 11 a.m. Living with Parkinson's provides ongoing support, guest speakers, helpful resources and medical updates for people with Parkinson's disease and their caregivers meets from 9:30 to 11 a.m. on Friday, February 28, at Mayer Kaplan JCC, 5050 W. Church, Skokie. Sponsored by Council for Jewish Elderly, the group is free. For registration,

please call Carol Harris at (773) 508-1000.



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Major renovations at The Park at Golf Mill

The Park at Golf Mill, a senior retirement community in Niles, is undergoing its first extensive renovation since it opened in 1986. The project is scheduled for completion in June 2003.

The Park at Golf Mill was acquired in 2001 by Horizon Bay Management L.L.C., a national seniors housing management company. Horizon Bay Management is investing several million dollars to revitalize more than seven of its senior retirement communities.

The company was formed in July 2001 and manages a portfolio of 23 seniors housing proper-

ties for its institutional owners. In addition to The Park at Golf Mill, Horizon Bay manages two other communities in the Chicagoland area. The Park at Olympia Fields and Kingsley Place at Lincoln Square.

"While each community has always performed well, we're upgrading these properties to ensure that the existing services and amenities meet or surpass Horizon Bay's high standards for its retirement communities," said Thilo D. Best, president and CEO of Horizon Bay Management.

Best said that the properties are undergoing considerable remodel-

ing. For example, at The Park at Golf Mill, all first floor community and activity areas will be renovated and redecorated.

The Park at Golf Mill, located at 8975 West Golf Road, is a 10-story residential building with 282 apartments. Amenities include a library, card room, community room, theater, banking services, arts and crafts studio and greenhouse.

"We are committed to providing communities such as The Park at Golf Mill with high quality common areas that feel like home. Our residents, family members and employees are enthusiastic about these improvements," Best said. "Our company's focus is on managing higher-end seniors housing, and we intend to keep our properties competitive and desirable."

Horizon Bay Management retained South Bay Partners of Dallas, Texas, a real estate development company, to coordinate the seven renovation projects. O'Brien & Associates and Abstract Construction Company, both of Irving, TX, have been selected as architect and general contractor, respectively, for The Park at Golf Mill. J.O.E. & Associates of Seattle, Washington, is creating the interior design for most of the communities undergoing renovation.

About Horizon Bay Management, L.L.C. Currently, Horizon Bay Management, L.L.C. operates 23 seniors housing communities in eight states. The Horizon Bay website is www.horizonbay.com.

Morton Grove Seniors

LAUREL LARKS CONCERT

The "Laurel Larks" singing ensemble from Highland Park will be performing at 12:30 p.m. on Monday, Jan. 27 in the Main Hall of the Morton Grove Senior Center. The "Larks" will perform some of the favorite songs of the good old days during this free concert in which all are invited. The concert will immediately follow the Lunch Bunch's serving of a nutritious Chicken with Rice or Homestyle Chili meal at 11:45 a.m. To make a lunch reservation call the Lunch Bunch at (847) 967-6876.

"UNDERSTANDING YOUR HOME'S TAX ASSESSMENT" SEMINAR

A representative from the Cook County Assessor's Office will visit Morton Grove Senior Center at 12:30 p.m. on Monday, Jan. 27 to help senior homeowners understand all of the tax-saving exemptions that are available to them through the Assessor's Office. Topics covered will be a detailed description of every exemption available from the Assessor's Office, including the Senior Citizen Assessment Freeze Exemption; and reviewing requirements to qualify for each exemption and how to apply.

Adequate time will be allowed for guests to ask questions. By being informed seniors can take advantage of all the property tax relief for which they are entitled. To attend this free program please register before Thursday, Jan. 23 by calling the Morton Grove Senior Hot Line at (847) 470-5223.

COMPUTER INTEREST GROUP

In February the Morton Grove Senior Center will host a Computer Interest Group that will meet from 1 to 2 p.m. on the first Monday of each month in the Library. Both novice and veteran computer users are welcome to come and discuss computer problems or share computer knowledge. The first meeting will be Feb. 3. Please register by calling the Morton Grove Senior Hot Line at (847) 470-5223.

PLEASURE OF PAINTING COURSE

From drawing to color mixing, students will learn to paint the scenes they most enjoy in the medium of their choice in this six-week course. Join David Arthurs, accomplished artist in all mediums, and learn a variety of painting techniques. This class is open to all levels and will be held in the Civic Center's Programming/Craft Room from 1 to 3 p.m. for six weeks starting Wednesday, Feb. 5. The cost for the course is \$20 for residents and \$25 for non-residents. Register today.

"AN AFTERNOON OF SONG" SHOW

A delightful afternoon is planned at the Enchanted Castle Family Entertainment Center in Lombard on Wednesday, Feb. 12. Enjoy a concert of classic tunes from great artists such as Frank Sinatra, Dean Martin and more performed live by local singer, Chuck Bensfield. There will also be a sing along with song sheets provided.

Before the performance enjoy a delicious luncheon of Fresh Garden Salad, Oven Baked Chicken, Mostaccioli with Marinara Sauce, Crusty Garlic Bread, a slice of Chocolate or Banana Cake, Coffee, Hot or Iced Tea and Assorted Soft Drinks. Beer, Wine and Wine Coolers will be available for purchase. The cost is \$30 for residents and \$33 for non-residents (includes motorcoach transportation, lunch and entertainment). Depart from the Civic Center at 10:30 a.m. and return at approximately 3 p.m. Register today.

"THOSE WERE THE DAYS" WITH CHUCK SCHADEN

Mr. Schaden's November presentation had to be postponed due to an illness, but the Morton Grove resident is back with us on Thursday, Feb. 20. Chuck is producer of the "Those Were The Days" weekly radio broadcast and will be presenting this special free program for seniors at 12:30 p.m. in the Main Hall of the Morton Grove Senior Center. Mr. Schaden is a recent recipient of the "Studs Terkel Humanities Award" and will present samples and descriptions of some of the classic radio broadcasts from the 1930s, 40s and 50s. The Lunch Bunch serving of a nutritious Beef Stew luncheon at 11:45 a.m. will immediately precede this program. To make a lunch reservation call the Lunch Bunch at (847) 967-6876.

DOOR COUNTY TRIP PREVIEW

Plan to attend this free trip preview at 1 p.m. on Monday, Feb. 24 in the Civic Center's Community Hall to learn all about this exciting trip planned for Aug. 25 through 28 to Door County. This motorcoach trip features stops at Washington Island, Cherry Train, Museums and a Fish Boil. Refreshments will be served at the preview and a representative from Tour Brokers Inc. will be here to answer questions. Register in advance by calling the Morton Grove Senior Hot Line at (847) 470-5223.

Second City Comedy Troupe on USO Tour

The USO and Armed Forces Entertainment are sending members of The Second City - Chicago's legendary comedy theatre - to entertain the troops in the Balkans and Europe Jan. 14-26. This is the third USO tour for The Second City, whose alumni list includes Mike Nichols, Joan Rivers, Martin Short, John Belushi, Mike Myers, Tina Fey and Dan Aykroyd.

The touring troupe's performances will feature sketches, songs and improvisations from Second City's more than 40-year history, as well as on-the-spot topical comedy that changes with each performance. During the tour, the troupe also will sign autographs, visit military installations and mingle with the troops.

Founded in Chicago in 1959, The Second City has become the world's finest comedians, actors, writers and directors. In addition to Chicago, The Second City also has theatres in Toronto, Detroit, Las Vegas and Cleveland, and training centers in each of these locations as well as New York and Los Angeles. The troupe performs at various colleges, theatres, festivals and performing arts centers around the world.

The tour is sponsored by the USO World Partners Anheuser-Busch, AT&T, BAE SYSTEMS, Clear Channel Worldwide, Coca-Cola, ESPN, PricewaterhouseCoopers, S&K Sales Company, USAA Foundation, VFW, Wal-Mart and The Walt Disney Company.

For more than 60 years, the USO (United Service Organizations) has brought a touch of home to America's military personnel. The USO is a congressionally chartered, nonprofit organization and is not a government agency. The USO is

supported by World Partners Anheuser-Busch, AT&T, BAE SYSTEMS, Clear Channel Worldwide, Coca-Cola, ESPN, PricewaterhouseCoopers, S&K Sales Company, USAA Foundation, VFW, Wal-Mart and The Walt Disney Company. Other corporate donors, including Nissan, Northwest Airlines, Walgreens, and the United Way and Combined Federal Campaign (CFC-0600), have joined thousands of individual donors to support the USO. For more information on the USO, please visit our Web site at www.uso.org.

Maine Dems to Host Super Bowl Party

The Maine Township Regular Democratic Organization will hold its 8th Annual Super Bowl Bash on Sunday, January 26, at The White Eagle, 6839 Milwaukee Avenue in Niles.

The party, which will start at 4 p.m., will feature the game on projection tv's, an open bar, and an all you care to eat super buffet supper.

There will be raffles, door prizes, and fun for all. Tickets are \$35 for adults, \$15 for young adults (17-20) and \$5 for children 3-16 accompanied by a paid adult.

Democrats, Republicans and Independents are all welcome to put aside their political differences, and have a fun-filled evening cheering for their favorite teams, and participating in the raffles, door prizes, food, and drink.

The event has proven to be a great opportunity to meet elected officials in an informal setting. Last year, for example, now-Governor Blagojevich was one of the attendees.

For more information, or to reserve tickets, call (847) 390-1747 or (847) 647-0660.

You can't beat the food. You can't beat the price. You can't beat the fun.

Choir Fest 2003 at St. Matthew's Ev. Lutheran

St. Matthew's Ev. Lutheran Church is hosting Choir Fest 2003 on Saturday, January 25, 2003. This event is sponsored by the Lutheran Festival Chorus, which is made up of choir members from WEIS Lutheran Churches throughout the Chicago area.

There will be an all day clinic beginning at 9:30 a.m. for choir and church members only and will conclude with a concert of Christian Music at 7 p.m. There is no charge for the concert and all members of the community are invited to attend.

St. Matthew's Ev. Lutheran Church, founded in 1896, is located at 9081 N. Maryland St. in Niles (just south of Golf Mill Shopping Center). Sunday worship begins at 9:30 a.m. Contact the church by phone (847) 827-4360 or e-mail KnowJesusBetter@StMatthews.wa.

The Magic & Illusion of Paul Lee

The Morton Grove Public Library presents the Magic & Illusion of Paul Lee on Saturday, Feb. 15 at 2 p.m. Paul Lee, a master of the art of illusion, has been performing magic for over 20 years. His exciting and dramatic show, complete with props, backdrops and live animals, will leave you amazed, mesmerized and believing in magic.

Registration began Monday, Jan. 20. Make your reservations by calling (847) 965-4220, or stopping by the Children's Desk at the Library, 6140 Lincoln Ave. Children under the age of eight must be accompanied by an adult. For more information, or for mobility and communication access assistance, please call (847) 965-4220, TDD 965-4236, www.webary.org.

DesPlaines Library

Preschool Open House for Parents. Looking for a preschool for your child? Visit the DesPlaines Public Library between 10 a.m. and noon on Saturday, January 25. Representatives from area preschools will be available with handouts and information about their preschool and childcare programs. The open house is free, and the public is invited to attend.

While you're in the library, check out the parenting books, videos, and audiocassettes in the Youth Services Department. Also available are recommended reading lists for children of all ages.

For information, please phone the Youth Services Department at (847) 376-2839.

Wellness Program on Coping with Stress. If you're "stressed out" after the holiday season, but you can't take a break or a vacation, sign up for a special wellness program at the DesPlaines Public Library called "Coping with Stress," scheduled from 7-8 p.m. on Wednesday, January 29. The program is co-sponsored with Holy Family Medical Center and will be hosted by Phil Kolski, LCSW, from the hospital's Substance Abuse Department. It is free, but advance registration is required.

Kolski will examine causes of stress and explore constructive ways to deal with it. Stress may be defined as any change that a person must adapt to in an ever-changing world. It is any demand - force, pressure, strain - placed on the body and the body's reaction to it. Stress is experienced by everyone; it ranges in intensity from the negative stress of being in physical danger to the joy of completing a desired goal.

Common causes of stress are moving to a new location, work or school demands, balancing priorities, and a job promotion or other change in work status. Unhealthy styles of coping include alcohol or drug use, overeating, procrastination, and avoidance of an activity or event. Healthy coping styles include exercise, time for self-care, balancing work and play, and time management.

For information or to register for the program, please phone the

Registration Desk at (847) 376-2792.

Learn "Top Secrets of Effective Resumes." At 7 p.m. on Thursday, January 30, the DesPlaines Public Library will present a seminar on "Top Secrets of Effective Resumes." The program is free, but advance registration is required.

The seminar host is Steven Provenzano, certified professional resume writer and president of A Advanced Resume Service, Inc. The program will include effective tips for resume writing, career marketing, and interviewing in today's tough job market. Provenzano will provide practical examples, visual presentation, and solutions for managers and staff at all levels of experience. There will also be handouts and a questions and answer session. Participants are invited to bring their resumes for a personal critique.

Provenzano is the author of six books, including *Top Secret Resumes & Cover Letters* and *Top Secret Executive Resumes*. His work has been featured in more than a dozen top publications. He has also appeared on numerous radio and television programs. For more information on Provenzano, visit his Web site at www.topsecretresumes.com.

To register for the program, please phone the Registration Desk at (847) 376-2787.

St. John Brebeuf Super Bowl Party

One of the most popular events at St. John Brebeuf Parish is the annual **Super Bowl Party** sponsored by the Holy Name Men's Club. Everyone over 21 years of age is welcome to attend this year's party in the parish hall, 8301 N. Harlem, Niles, on January 26. Doors will open at 2 p.m. and activities will continue throughout the afternoon and evening.

The football game will be viewed on a 10-foot television screen. The ticket price is \$15 which includes admission, chicken dinner, hot dogs, chili, soda and beer. For information, call Andy Beierwaltes, (847) 966-6961.

Morton Grove Garden Club Meets January 28

The Garden Club of Morton Grove will hold its monthly meeting on Jan. 28, 2003, at 7:30 p.m., at the Austin Park Field House, 8336 Marmora in Morton Grove.

Our program "A Closer View of Your Garden," will be given by Sharon Peterson.

The public is invited. Admission is free. Refreshments will be served.

For more information please call 966-4264.



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Jewish Family & Community Service Programs

Families Series. Open to all, the "Families Series" of programs will be held on Wednesday evenings, 7 to 8:30 p.m., at the Virginia Frank Child Development Center, 3033 W. Touhy Avenue, Chicago. Register for any one or all of the Families Series: the \$20 per two session group fee is adjustable, if needed. For registration and information, call Robin Davis, MA, at (773) 761-4550.

Sibling Conflict: Helping Your Children Get Along January 29

Challenges of Large Families: Parenting 4 and More - February 5 and 12.

Unique Challenges of the Single Child Family - February 19 and 26.

Time Management: Balancing Needs and Values - March 5 and 12.

"Families Series" is a program in the Family Life Education Series sponsored by Jewish Family and Community Service. The Chicago Chuppah Project offers workshops to help engaged and recently married Jewish couples build enduring relationships. Couples develop an understanding of marriage within a Jewish framework, learn communication and conflict resolution skills, and explore the myths and realities of marriage. Workshops are facilitated by social workers from Jewish Family and Community Service and Rabbis from the Chicago Board of Rabbis.

The Chuppah Project supplements the pre-marital counseling couples receive from their rabbi. By approaching pre-marital counseling in a group setting, couples have the benefit of hearing from other couples in the same life stage. Kosher meals are

served.

The next Chicago Chuppah Projects for **Engaged Couples** are:

• Sunday, February 2, 10 a.m. to 3 p.m., Jewish Family and Community Service, Goldie Bachmann Lustig Building, 5150 Golf Road, Skokie (a few blocks from the Old Orchard Shopping Center).

• Sunday, March 30, 10 a.m. to 3 p.m., location to be announced. Attendance at workshops is limited, and pre-registration is required. For registration and information, call Sheri Fox, LCSW, at (847) 568-5200, or Rosalie Greenberger, LCSW, at (847) 392-8820.

Living with Mental Illness in the Family. A three-week support/discussion group to talk about the impact of having a family member who has a mental illness.

"Living with Mental Illness in the Family" will be held on Tuesday evenings, 7:30 to 9 p.m., February 11, 18 and 25, at Jewish Family and Community Service, Goldie Bachmann Lustig Building, 5150 West Golf Road, 2nd floor, Skokie (a few blocks west of Old Orchard Shopping Center). \$30 series fee is adjustable if needed. For information and registration call Tracey Lipsig, Coordinator, Jewish Healing Network of Chicago, at (847) 568-5200.

The Jewish Healing Network of Chicago is a program of Jewish Family and Community Service, Council for Jewish Elderly and Chicago Board of Rabbis.

Focus Your Career Path: Strategies for Success. During this five-week interactive seminar, participants will assess their skills, values and accomplishments, set goals, create an action plan, and learn to maintain their

motivation to achieve career satisfaction and success.

Open to all, "Focus Your Career Path: Strategies for Success" will be held on Thursday mornings, 9:30 to 11:15 a.m., February 13 to March 13, at Jewish Family and Community Service, 85 Revere Drive, Northbrook (a few minutes west of Lake Cook exit of Edens Expressway). Because attendance is limited, pre-registration is required. For information and registration, call Rosalie Greenberger, LCSW, at (847) 392-8820, or Maxine Topper, LPC, at (847) 568-5155.

"Focus Your Career Path" is co-sponsored by Jewish Vocational Service (JVS) and Jewish Family and Community Service (JFCS), participants in the Suburban Resource Network.

Gan Yeladim Accepting Enrollment for 2003 Programs

Gan Yeladim, The National Association for the Education of Young Children Accredited, Early Childhood Program of Ezra-Habonim, The Niles Township Jewish Congregation, is accepting enrollment for their summer and fall of 2003 Programs.

Gan Yeladim offers both half and full day programs, 3, 4 or 5 days a week, for children 2 to 5 in a warm, nurturing developmentally appropriate Jewish environment, trained Early Childhood Teachers - Low Teacher/Child Ratio - Kashrut Observed.

Call to set up an appointment to visit us at 4500 Dempster in Skokie. Call for a brochure. Ask any parent whose child has attended. For information call Betty Rotberg at (847) 675-4152.

Woman's Club of Skokie/Lincolnwood

Woman's Club of Skokie/Lincolnwood affiliated with the General Federation of Women's Clubs-Illinois will hold their luncheon/program meeting on Wednesday, February 5, 2003 at the Holiday Inn Skokie Illinois. Social 11:30 a.m., luncheon 12 noon, price of the luncheon \$11.50.

During the business meeting the Nominating Committee will be nominated and elected to serve for one year. The program for the day will feature, "Don Reisman one of the most versatile keyboard players and fine bandleaders in the Chicago area."

Women interested in joining the club may call Phyllis Cossak, President at (847) 256-1177.

St. John Brebeuf All Class Reunion

St. John Brebeuf School will be holding a reunion for all graduating classes on April 11 at 7 p.m. More information will be forthcoming.

St. John Brebeuf fifth graders



Pictured: Nicky Pizzo presents his diorama of a Native American Village. Nicky is a student at St. John Brebeuf School.

As a final project to complete their study of the American Indian, the fifth graders of Room 28 at St. John Brebeuf School, wrote reports on some of the tribes found in North America. The children were to use at least three different sources, including the internet. In the report they were to tell about the lives of their tribe past and present, the important people of the tribes, and how their family life compares to the family life of the American Indian tribe. The children also did a diorama

depicting the type of home the American Indian lived in before the Europeans took over their lands. To complete their diorama, the children used many different mediums, including leather, clay cardboard, and many other sources to make them look authentic.

The children enjoyed working on these projects and were able to share their information when they presented their reports to their classmates during the Social Studies classes.

'Play Ball'

It's that time again to think springtime and baseball. Registration for Niles Baseball League will take place on the following dates:

Fri., Jan. 24, 2003, 6:30 p.m. to 9 p.m. at Howard Leisure Center, Niles, IL.

Sat., Feb. 8, 2003, 10 a.m. to 1 p.m. at Howard Leisure Center, Niles, IL.

Players ages 7 thru 17. Instructional League: 7 & 8 yr. olds, \$55.

Little League: 9 & 10 yr. olds, \$65.

Bronco League: 11 & 12 yr. olds, \$75.

"AA" Pony League: 13 & 14 yr. olds, \$90.

"AAA" Pony League: 15, 16 & 17 yr. olds, \$90.

20% Discount for multiple family registrants. Add \$20 for non-resident family of Niles.

A \$20 late fee will be applied for registration after assigned dates.

For information regarding registration call Joe Anderson (847) 965-5451.

Date for filing objections to petitions announced

Des Plaines City Clerk Donna McAllister announces that the filing period for objections to independent or new political party candidates' petitions for the April 1, 2003 Consolidated Election is January 22 to 28, 2003, excluding the weekend. Hours in the City Clerk's Office, 6th floor, 1420 Miner St., are 8:30 a.m. to 5 p.m., weekdays. Filing will close promptly at 5 p.m. on Tuesday, Jan. 28, 2003.

IMSA Kids Institute Hosts 2003 Open House

The Illinois Mathematics and Science Academy (IMSA) Kids Institute is hosting an Open House on Saturday, January 25, 2003 from 2-5 p.m. at 1500 W. Sullivan Road in Aurora. During that time, IMSA students will lead hands-on science activities as well as a new 45-minute "States of Matter and Chemical Reactions" show targeted to students in grades 2-4 held at 2:15 and 4:15 p.m.

In addition to various hands-on science activities for younger students including a SciTech Hands-On Museum activity table, the Open House will feature weekend and summer program previews, onsite program registration for Kids Institute winter-spring workshops and tours of IMSA. There is no onsite summer program registration this year.

Lyric Opera of Chicago Skokie Valley Chapter

A royal romp with confusion aplenty is yours when Lyric Opera of Chicago presents Handel's *Pastorale*. Performances start Saturday, Feb. 1, at 7:30 p.m., Civic Opera House, Madison and Wacker Drive. Chicago's own Elizabeth Futral stars as the spoiled Queen of Naples, David Daniels and Bejun Mehta are her would-be lovers.

If this opera is news to you, the Skokie Valley Chapter promises to untangle the web Sunday, Jan. 19, at 2 p.m., Morton Grove Library, 6140 Lincoln Avenue. John Kohlmeier, of Lyric Opera of Chicago lecture corps will explain all. Everyone is invited. Refreshments served. Free admission.

Call (847) 674-6551 for further details.

Healthy Weighs Program

Are you having trouble sticking to that New Year's Resolution to lose weight? Advocate Lutheran General Hospital is offering an eight-week Healthy Weighs nutrition and exercise program that focuses on permanent lifestyle changes to successfully take and keep weight off.

Coordinated by Lutheran General's food and nutrition department and the hospital's Fitness Center, the program features eight nutrition classes, a one-on-one nutrition counseling session and 16 exercise sessions.

Classes are held at the Fitness Center located in the Parkside Center adjacent to the hospital, 1875 Dempster, Park Ridge.

The next eight-week program will be held from February 4 to March 27. The fee for the entire program is \$290. For more information or to register call 1-800-3-ADVOCATE, (1-800-323-8622)

Niles Family Fitness Center Programs

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

• **Family Fun Night.** Bring the whole family to the Niles Family Fitness Center, January 25, 6-8 p.m. Hoop it up in the gym or try out the water slide for splash-splish fun! Receive \$30 off the activation fee when you purchase an annual membership...offer good 1/25, 6-8 p.m. ONLY!!!! Free to Members. Non-member guests: \$3 residents/\$5 non-resident.

• **School's Out Camp - President's Day.** Don't spend your day off school bored at home. Join us for swimming, sports, games and crafts. Monday, February 17, 8 a.m.-5 p.m. Ages 6-12. Deadline to register is February 10. Contact the Niles Family Fitness Center at (847) 588-8400 for more information.

• **Fantastic Fridays.** Turn ordinary Fridays into fantastic Fridays. During this special time your child will make crafts, play games, go swimming and more. A great opportunity for parents to go hopping, run errands, etc., without your "little helper." Children must be toilet trained. Fridays 10 a.m.-12 p.m. January 24, February 7, February 21.

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Home

(NU) - It's the room that people talk about the least but renovate the most. Therefore, the bathroom is one area of the house that should not be overlooked. Upgrade your bathroom and maximize its use with creative space solutions. To add space, build a hutch with an additional electrical outlet. Afterwards, stock it with personal care items that are both convenient and efficient, such as the Philips Sonicare Plus electric toothbrush and the new Norelco Specira Shaving System, the first razor to feature nine personal comfort settings.

(NU) - If you haven't purchased a garage door opener during the past 10 years, you may be in for some surprises.

New models incorporate advanced technology to provide homeowners with high levels of security, safety and convenience.

For example, Craftsman garage door openers and remote controls feature 3.5 billion access codes, which are factory pre-programmed. It would take up to 1,500 years to repeat one of these codes, making it nearly impossible for someone to open your garage door with a different remote control.

Rolling code technology pro-

vides additional security. Every time the garage door is opened, the remote and opener change the access code. Rolling codes protect against devices known as code-grabbers which thieves use to steal signals transmitted from garage door openers.

A keyless entry system on some Craftsman models allows you to open the garage door by using a keypad instead of a key. A private four-digit code is set from thousands of available combinations and can be changed anytime. The keypad is mounted outdoors on the garage doorframe and has a hinged lid for weather protection.

Control consoles mounted inside the garage now include a "vacation" button that locks out all hand-held remote controls while you are away from home. One model has a built-in infrared sensor to detect motion in the garage, which automatically turns on the opener's work light.

Some garage door openers also come with a wireless opener monitor that alerts the homeowner if the garage door has been left open. A sensor is mounted on the garage door and a monitor is positioned inside the house within 350 feet of the sensor. A flashing red light on the monitor indicates the garage door is open, and a steady green light shows the door is closed.

Homeowners have a choice of three main types of Craftsman

garage door drive systems: belt, screw or chain. Belt drive is the quietest because there is no metal-to-metal contact. The belt is made of the same wear-resistant materials used in steel-belted tires. Screw-driven garage door openers are maintenance-free in all types of climates. Their polyethylene screw mechanisms do not require grease that can freeze or attract dust and grime. Chain-driven garage door openers work on the same principle as a bicycle sprocket and chain. More chain-driven openers are sold than any other type.

Today, all garage door openers include reversing sensors to prevent accidents caused by the garage door hitting an obstruction.

The sensor emits an infrared beam that, if broken, causes a closing garage door to stop and reverse to its full open position. Breaking the beam also turns on the work light to discourage intruders.

When it's time to install a new garage door opener, you might consider doing the job yourself. More than 3 million garage door openers are purchased each year, and 60 percent are installed by do-it-yourselfers.

Bob Vila, who is celebrating 22 years in television, is the producer and host of "Bob Vila's Home Again," sponsored by Sears. He is a spokesperson for Craftsman tools and appears regularly on CBS "The Early Show."

Stay Warm This Winter Without Spending a Fortune

News/SA

(NU) - Your home heating system holds the key to making your home comfortable and efficient during the cold winter months. These tips from the makers of Heil furnaces and heat pumps can help you stay warm while holding down your heating bill.

• **Call for a checkup.** Have your furnace or heat pump checked and serviced by a qualified service technician every fall. This service can help avoid costly major repairs and keep your system operating at peak efficiency. To find a local heating contractor, check the Dealer Locator at www.heil-hvac.com.

• **Limit your use of the fireplace.** Fireplaces can send energy dollars up the chimney. According to the U.S. Department of Energy, a roaring fire can send as much as 24,000 cubic feet of air per hour up the chimney. That warm air will be replaced by cold air pulled from outside the home.

• **Hang heavier curtains.** Lace curtains may look nice, but heavy, insulated curtains can cut your heating bill by reducing heat loss at night during the winter months.

• **Find and repair all leaks.** A leaky home wastes energy. To

stop all possible leaks, begin by caulking and weather stripping all doors and windows. Next, caulk and seal air leaks where plumbing, ducting or electrical wiring penetrates through exterior walls, floors, ceilings and soffits over cabinets. This will make your unit more efficient and save you money on your heating bill.

• **Cover windows with plastic.** For an easy boost in insulation value, place a heavy duty clear plastic sheet over windows or cover the inside of the windows with clear plastic film. Be sure the plastic is sealed tightly to reduce air leaks. This simple step will keep warm air in your house and money in your pocket.

• **Consider an ultra-high-efficiency furnace.** If you are in the market for a new furnace, ask your heating contractor about an ultra-high-efficiency gas furnace such as the Heil QuietComfort line of gas furnaces. With annual fuel utilization efficiency ratings above 90 percent, these furnaces can wring more than 90 percent of the heat out of every cubic foot of natural gas.

For more ideas to make your home more comfortable and efficient, visit www.heil-hvac.com.

Epilepsy 2003: A New Understanding

The Epilepsy Foundation of Greater Chicago will present a free community education lecture, "Epilepsy 2003: A New Understanding" on Wednesday, January 29 at Good Samaritan Hospital. Kurt Hecox, MD, Director of the Pediatric Epilepsy Center at University of Chicago Children's Hospital, will discuss the newest seizure control procedures and medications currently available to individuals living with epilepsy. The talk begins at 7 p.m. and takes place in the Red and Black Oak Rooms at Good Samaritan Hospital, 3815 Highland Avenue, in Downers Grove. This event is free, but advance registration is required. Call Debbie Flader at (630) 289-5577 to register.

Catholic Women's Bowling League

TEAM	W	L
NorthSide Comm.Bk.	6	1
Candlelight Jwlr	5	2
Classic Bowl	4	3
Niles Dairy Queen	3	4
Skaja Terrace	2	5
Thomas Drozd, DDS	1	6

HIGH SERIES

Marybeth Cruz	498
Fe Fabunan	464
Millie Kroil	462
Linda Fahey	450

HIGH GAMES

Marybeth Cruz	180
Linda Fahey	171
Millie Kroil	167
Lois MacAdam	159

Chicago Aviation Expo at Lewis University

Lewis University will be the host site of the 26th Annual Chicago Aviation Expo. The event, scheduled for Saturday, Jan. 25, 2003, is sponsored by Lewis, the Chicago Area Chapter of the Ninety-Nines, the Illinois Department of Transportation's (IDOT) Division of Aeronautics, and the Federal Aviation Administration DuPage Flight Standards District Office (FSDO).

The Aviation Expo features a variety of exhibits, information safety sessions on visual flight rules (VFR) and instrument flight rules (IFR), and even a Flying Companion/Wannabee Pilot seminar for the non-pilot who dreams of getting behind the controls and taking off. The Aviation Expo is free of charge and open to the public. Attendance qualifies pilots for the ground portion of the FAA Wings Program.

Registration begins at 8 a.m. on Saturday in the Harold E. White Aviation Center, located on the Lewis main campus on Route 53 in Romeoville. The exhibits will also be open at this time for viewing. The seminars begin at 9 a.m. and will run concurrently until 3:30 p.m., with a one-hour break for lunch at noon.

The Flying Companion/Wannabee Pilot seminar will cover the basics of flying in an easy-to-understand format based on years of instructor experience. Topics covered include radio basics, chart reading, basic aerodynamics and interpretation of instruments. This program has been perfected by the Ninety-Nines to give the basics to non-pilots in a one-day seminar.

The VFR program will include such topics as "You and ATC (Air Traffic Control)," "Accident

Causal Factors," "Aeromedical Certification," and "My GPS (Global Positioning System) Failed - Now What?"

"You and ATC" will test a pilot's knowledge of the rules when flying in today's environment. ATC specialist Scott Embury and Hermes Miller of the Gary Regional Airport will lead this informative session.

Scott Landorf, Safety Program Manager for the FAA DuPage FSDO, will present "Accident Causal Factors." This VFR session will focus on recent accidents and explore the chain of events leading to their cause. The session will help pilots better recognize potential hazards.

Part of the VFR seminars, "Aeromedical Certification" also will be presented as part of the IFR program.

Personnel from the Kankakee Automated Flight Service Station will present "Flight Service - Your Link to Information." This session will offer tips on how to obtain weather, routing and other information for increased flying safety and preparedness.

For more information on the Chicago Aviation Expo, contact Beverlee Greenhill of the Chicago Area Ninety-Nines at (847) 573-0919 or Gary Stevens at IDOT's Division of Aeronautics at (800) 554-0247.

Millikin University Announces Dean's List

Millikin University announces students named to the High Dean's List and Dean's List for the fall 2002 semester. To be eligible, students must complete at least 12 graded credits during the semester.

Matthew L. Allen, Morton Grove.
Angelena M. Colon, Niles.
Jason T. Jarosz, Naurridge.

Lake Forest Symphony hosts Cabaret Benefit

On February 8, 2003 the Lake Forest Symphony Association will present its sixth annual Cabaret Dinner Evening at the Lincolnshire Marriott at 6 p.m. The Cabaret's guest artist will be the rising jazz vocalist Erin McDougald, who will debut her new concert, *Some Like It Haute*.

Allgauer's Hosts 'Chicken S(o)uper Bowl'

Calling All Kitchen Quarterbacks: Dust Off Recipe Play Book for Entry into "Chicken S(o)uper Bowl" January 25.

Striving to Uncover the Perfect Cup of soup, Allgauer's Hosts Annual Cook-off Super Bowl Weekend.

To help celebrate its 30th anniversary, Allgauer's on the Riverfront, 2855 N. Milwaukee Ave. in Northbrook, will host the 10th annual "Chicken (S)ouper Bowl" cook-off on Saturday, January 25, 11 a.m.-1 p.m. The event will challenge kitchen quarterbacks to dust off their secret recipes in a quest to be the next "Souper Star."

Held annually one day before the NFL's Super Bowl, the Chicken Souper Bowl is open to all amateur chefs and strives to uncover the perfect cup of soup. Located in the Hilton Northbrook, Allgauer's will award the top three entries with cash prizes, overnight stays and complimentary meals.

Entry into the Chicken S(o)uper Bowl is FREE with 1st Place prize of \$100 plus Saturday night stay at the Hilton Northbrook and lavish Allgauer's Sunday brunch for four. Second and third place finishers will receive \$50 and \$25 respectively plus choice of Friday night SeaFest dinner for two OR lavish Sunday brunch for two in Allgauer's on

the Riverfront. In addition, all contestants will receive Sunday Brunch for two at Allgauer's.

Past winners of the Chicken Souper Bowl have included entries of wide variety and taste, including: Dr. Dickies Smokey Chicken Chowder, Zesty Chunky Chicken Soup with Orzo, Boo's Creamy Cajun Corn Chowder, and Belinda's Chunky Chicken Vegetable & Floral Pasta Soup.

For more information or an entry form, please call (847) 729-7333, ext. 16.

Allgauer's on the Riverfront is a legendary name in the hospitality field celebrating 30 years at its North Shore home in 2003. Cuisine by Allgauer's award-winning chefs in combination with scenic views in a riverfront setting makes dining a special treat whatever the occasion. Allgauer's Pond View Room and elegant ballrooms accommodate 20-600 guests for any celebration, festive or casual, business or social, for all seasons.

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Seven Tips to Help You Avoid Knee Injuries

NewsUSA

(NU) - If you love to play sports, a knee injury or knee pain can put a damper on your fun, or worse, could lead to arthritis later, as some research indicates.

No matter how athletic you are, it's important to protect yourself. Injuries can happen to anyone, but you can reduce your risk with some precautions. Tearing the anterior cruciate ligament is one common knee injury.

The ACL connects the thighbone to the shinbone. It is the protective ligament that stabilizes the knee. It can tear as a result of a sudden twist at the joint, extreme pressure, overuse or direct impact to the knee.

ACL tears occur often in contact sports such as basketball, soccer and volleyball. They also are common in gymnastics and skiing.

Women are more prone to ACL tears. One reason for that could be that they maneuver differently when playing a sport, in a way that puts extra pressure on the knees.

To help lower your risk of a knee injury, follow these tips:

- Warm up and stretch before a workout or playing a sport.
- Do strengthening exercises, particularly the leg muscles around your knees.

- Condition your body regularly. If you only play a sport during certain times of the year, keep your body in shape during the off season.

- Stop when you are tired. Injuries often occur at the end of an activity when the muscles and joints are fatigued.

- Wear proper shoes that are designed to provide support for the sport you play.

- Practice proper techniques when landing and turning to avoid putting unnecessary pressure on the knees. If you don't know these techniques, seek the advice of a sports medicine expert.

- Don't increase your intensity too much at once. It's better to do it gradually. The rule of thumb is no more than 10 percent per week.

Unfortunately, even lifelong athletes can experience knee injuries and joint pain at some time in their lives. If you would like relief from joint pain that does not require internal medication, over-the-counter topical pain relievers such as Joint-Ritis can help.

Joint-Ritis, made with natural ingredients, penetrates deeply to relieve pain. It is available where health care products are sold. For more information, log on to www.jointritis.com.

Seniors offered advice on winter survival by EMA Expert

Robert Colten, Director of Maine Township's Emergency Management Agency, offers seniors tips and advice on surviving the harsh Chicago winter.

"Timely preparation for yourself, your car, and your home can avoid some costly and unpleasant circumstances or problems when the severe weather hits this area," Graber says. "It is a matter of safety to know what and when to react to a winter storm, even a blizzard."

Cohen advises that some advance preparation goes a long way in being safe and sound this winter. For example, store drinking water, a first aid kit, canned/no-cook food, non-electric can opener, radio, flashlight, and extra batteries where you can get them easily, even in the dark, he said.

His other tips included: Before Severe Weather Arrives

1. Keep your car and other vehicles fueled and in good repair. Also, keep a winter emergency kit in each.

2. Know how the public is warned i.e. siren, radio, TV, etc. and the warning terms for each kind of disaster in your community. This might include knowing the differences, for example, between a "winter storm watch" and a "winter storm warning" or a "winter weather advisory."

3. Know how to turn off gas, electric power and water in your home in case of the need to evacuate.

4. Winterize your home and prepare it by installing storm shutters or windows, clearing rain gutters, repairing roof leaks, and checking the structural ability of the roof to hold unusually heavy amounts of snow and ice.

During Any Storm or emergency

1. Monitor your local radio and/or TV stations for information and emergency instructions.
2. Have your emergency survival kit ready to go if told to evacuate.

3. When going outdoors wear several layers of loose-fitting lightweight, warm clothing rather than one heavy layer. Outer garments should be water-repellent.

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. D03082159 on January 3, 2003, under the Assumed Name of Creagh Financial Services with the business located at 6300 W. Touhy Ave., #809, Niles, IL 60714. The true name(s) and residence address of the owner(s) is: Pamela Louise Creagh, 6300 W. Touhy Ave., #809, Niles, IL 60714.

ments should be water-repellent. Note: mittens are warmer than gloves. Wear a hat. Cover your mouth with a scarf to protect your lungs. Wear sturdy, waterproof boots.

4. If advised to evacuate, tell others where you are going, turn off all utilities, then leave immediately by the routes designated by local officials.

During a Winter Storm

1. Conserve fuel, if necessary, by keeping your house cooler than normal. Temporarily shut off heat to unused rooms.

2. If using kerosene heaters, maintain ventilation to avoid a buildup of toxic fumes. Keep heaters at least three feet away from anything flammable. Refuel kerosene heaters outdoors.

3. Avoid travel, if possible. If you must travel, do so during daylight hours and don't travel alone.

Stay on main roads and keep others informed of your schedule and route, if possible.

After the Storm

1. Report downed power lines and broken gas lines immediately.

2. Check for physical damage to your home and confirm that water pipes are working.

3. Check on neighbors, especially anyone who might need help.

4. Beware of overexertion and exhaustion from shoveling snow, etc. Set priorities and pace yourself on any duties or cleanup.

For a free copy of "Winter Survival Tips for Seniors" or further information on other senior programs, contact (847) 297-2510.

Improve body and mind with Oakton Courses

Start the new year on a healthy note by enrolling in life enrichment and wellness courses offered by Oakton's Alliance for Lifelong Learning (ALL).

Holistic Massage I (PED E67-01, Touch-Tone 07106) introduces classic bodywork techniques to relieve tired muscles and revitalize the spirit. This four-week course meets from 7 to 9 p.m. Tuesdays, beginning February 4, at Niles West High School, 5701 W. Oakton St., Skokie. The course fee is \$65.

Spousal rights, property division, and child custody are among the topics to be explored in **Divorce? Know Your Rights** (PSY C13-01, Touch-Tone 08582), a new course that meets from 7 to 10 p.m. on Tuesday, Feb. 11, at Glenbrook North High School, 2300 Sherman Road, Northbrook. The course fee is \$35.

Brain Gym® (HEA E63-01, Touch-Tone 07041), a program for improving concentration and overcoming learning challenges through targeted physical activities, meets from 6:30 to 9:30 p.m. on Thursday, Feb. 27, at Glenbrook North High School. The course fee is \$35.

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. D03082297 on January 10, 2003, under the Assumed Name of M.A.C. Flooring with the business located at 4656 N. Elston, Chicago, IL 60630. The true name(s) and residence address of the owner(s) is: Costel Macovei, 4656 N. Elston, Chicago, IL 60630.

light hours and don't travel alone. Stay on main roads and keep others informed of your schedule and route, if possible.

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3. Check on neighbors, especially anyone who might need help.

For a free copy of "Winter Survival Tips for Seniors" or further information on other senior programs, contact (847) 297-2510.

Students who have registered for ALL classes within the last five years or a credit course in the last three years may register by using the Touch-Tone system at (847) 635-1616 or by fax at (847) 635-1448. Both methods require payment using a major credit card (Visa, MasterCard, or Discover).

For a complete schedule of ALL classes, including information about registration and fees, call (847) 982-9888, press 3, or visit: www.oakton.edu/cont_ed.

Senior Mens Bowling

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Need bowler for replacement on teams or you may bowl as a substitute any time. Call Andy (847) 647-7245 or Joe (847) 966-3029.

Health

(NU) - Often after visiting the doctor, patients come out with more questions than answers. In an attempt to address this concern and promote shared decision-making between doctor and patient, the Blue Cross and Blue Shield Association launched a new Internet resource. For more information, visit www.bcbs.com/consumertec/.

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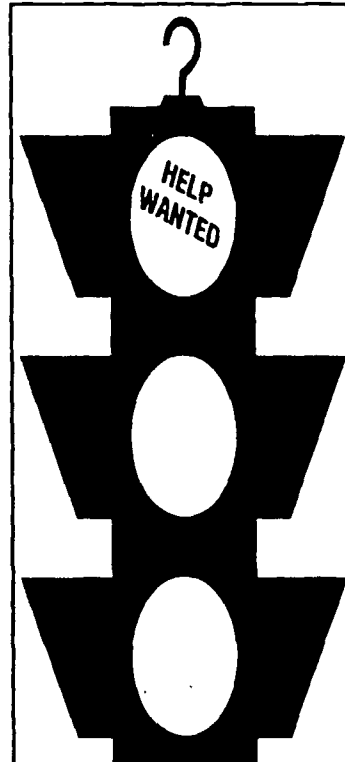
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PERSONALS

NOVENA TO
ST. THERESE

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

MOST
MIRACULOUS LORD

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

POWERFUL PRAYER TO THE HOLY SPIRIT
You who solve all problems, who lights all
roads so that I can obtain my goals. You,
who give me the divine gift to forgive and
to forget all evil against me and that in all
instances of my life, you are with me. I want
in this short prayer to thank you for all
things and to confirm that I never want to
be separated from you, even and in spite of
all material illusions. I wish to be with you
in eternal glory. Thank you for your mercy
towards me and mine. Say this prayer for 3
consecutive days and a favor will be granted.
Thank you. B.D.

A Prayer
St. Jude's Novena

May the Sacred Heart of Jesus be
adored, glorified, loved and pre-
served throughout the world,
now and forever. Sacred Heart of
Jesus, pray for us. St. Jude,
worker of miracles, pray for us.
St. Jude, helper of the helpless,
pray for us. Say this prayer nine
times a day, for nine days. On the
eighth day your prayers will be
answered. It has never been
known to fail. Publication must
be promised. Thank you. St.
Jude. B.D.

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at Rainbow HospiceRainbow Hospice will offer
the following grief support
groups in February:**Adult Loss of Parent Group.**
A short-term, six-week group for
adults grieving the loss of a parent
will be offered on February 5,
12, 19 and 26 and March 5 and 12
from 7 to 8:30 p.m. at Rainbow
Hospice, 444 N. Northwest
Hwy., Suite 145, Park Ridge.
Registration required.**Widowed Support Group.**
An open, ongoing support group
which addresses the losses faced
by widowed persons will be offered
on Tuesdays, February 11
and 25 from 7 p.m. to 8:30 p.m. at
St. Andrews Lutheran Church,
260 N. Northwest Highway, Park
Ridge.**Younger Widowed Support
Group.** An open, ongoing support
group which addresses thelosses faced by widowed persons
who have dependent children at
home and/or are under age 50 will
be offered on Tuesday, February
11 from 7 p.m. to 8:30 p.m. at St.
Andrews Lutheran Church, 260
N. Northwest Highway, Park
Ridge.**Life Transitions Group.** An
open, ongoing monthly support
group for those who, as a general
guideline, have been widowed
for one to three years will be offered
on Tuesday, February 25
from 7 to 8:30 p.m. at St. Andrews
Lutheran Church, 260 N.
Northwest Highway, Park Ridge.**Good Mourning Group.** A
monthly group for children, teens
and their families who have lost a
loved one through death will be
offered on Monday, February 17
from 6:45 p.m. to 8 p.m. at Lutheran
Family Day Care Center,
9375 Church Street, Des Plaines.
Preliminary interview required
prior to registration.**Growing Through Grief
Group.** An open, ongoing monthly
grief support group for any
adult who has experienced the
death of a loved one will be offered
Monday, February 10 from
1:30 p.m. to 3:30 p.m. at St. John
Lutheran Church, 4707 W. Pratt,
Lincolnwood.Please call Rainbow Life Services
to register or for more information:
(847) 692-8884 or visit
www.rainbowhospice.org. There
is no charge for these groups.The Village of Morton Grove's recently completed Lehigh/Ferris Subarea
Plan has identified several redevelopment areas within the Subarea, which is
nearly co-terminus with the Lehigh/Ferris Tax Increment Financing ("TIF")
District. The Village is currently seeking a Development Consultant to
serve as an adviser for redevelopment of those areas. The Village is
requesting that qualifications of planning, land use, urban design, and/or
economic development consultants interested in participating in municipal
consulting work be submitted for its review.A copy of the Village's Request for Qualifications may be obtained by
contacting the Village Administrator's Office at (847) 470-5220. For
additional information on the Village and the Lehigh/Ferris Subarea, please
access the Village's website at www.mortongrovel.org.Consulting proposals must be delivered by 4:30 p.m. on Friday, February
14, 2003 to the following address:Village of Morton Grove
Attn: Mr. Larry N. Arfi, Village Administrator
Richard T. Flickinger Municipal Center
6101 Capulina Avenue
Morton Grove IL 60053

Youth Police Academy

The Niles Police Department
is proud to announce we will be
hosting the second class/session
of the Youth Police Academy.
The program will begin in July 3
and run for 6 weeks into the middle
of August 3.The requirements to participate
in the Y.P.A. are as follows:
You must attend a school that
serves Village of Niles students
You must be in grades 7, 8, 9 or
10.You must have a C grade point
average or better
No prior criminal record.
No pending criminal case(s).You must be recommended by
a school administrator/public official.All participants will undergo a
background check.The class curriculum will be
interesting and very informative.
The course will be orchestrated
by our very competent School
Resource Officers, Officer Bob
Tornabene and Officer Alec
Laule.If you meet the above criteria
and are ready to join the Y.P.A.,
please contact the above school
resource officers at (847) 588-
6519 for further information.Students Talking About
Respect at Notre Dame H.S.Notre Dame High School will
launch the Illinois Alpha Chapter
of Students Talking About Respect
(STAR) this fall. Dr. Anne
Martin, school counselor, will advise
the group.STAR is a non-profit educational
corporation that provides free
violence prevention materials
and program structures to high
schools across the nation. STAR
Chapters in local schools equip
students with the skills, knowledge,
and sense of empowerment they
need to resist hatred and to prevent
violence."We are excited to partner with
the students and staff of Notre
Dame High School," states Jody

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- Persons 16 years of age and under must be accompanied by an adult.
- Bring a Friend! Receive a 1-month extension on your membership for each friend that purchases an annual membership. **Valid 6-8 PM Jan. 25th only!*
- Bring in this flyer and receive \$30 off the Activation Fee when you purchase an Annual membership. **Valid 6-8 PM Jan. 25th only!!*
- Free Guest Pass to everyone who attends.

For additional information contact the
Niles Family Fitness Center
987 Civic Center Drive
847.588.8400

