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The Niles Bugle

7400 WAUKEGAN RD., NILES, IL 60714

THURSDAY JULY 24, 2003

VOL. 47, NO. 4

O'Hare Expansion Arguments Continue

By Martha Zaborowski

It's an issue that has mayors of towns indecisive and disagreeing on the issue. It has been a topic of discussion among many residents as well. One of the latest developments is that Mayor Richard M. Daley has signed an agreement with the airlines for nearly \$2.9 billion to finance the first stage of expansion of the airport.

Arguments from the pro-expansion camp include Mayor Jeffrey Sherwin of Northlake. "Modernizing O'Hare will create 195,000 jobs and add another \$18 billion to our communities. O'Hare generates jobs and supports and expands businesses who then pay the taxes to improve our schools, parks and communities."

However, counters lifelong Park Ridge resident Joe Guzzetta, "I don't think they should expand up here. An expansion at the current location means more runways that are going to be crowded and more delays. Building a separate airport in Peotone could benefit the south suburbs financially and would result in less congestion of traffic from arrivals at O'Hare and Midway.

Craig Johnson, Mayor of Elk Grove, "We long have argued along with aviation experts from the federal government and three states that the best way to increase the region's aviation capacity is to build a major new airport in the south suburbs.

Former resident of Niles and current student at the University of Chicago, Diana Orozco states, "I understand that it is important to maintain O'Hare as the largest airport and to continue to benefit businesses from its economical gain, but houses and other parts of nearby towns are going to be demolished. This is definitely not going to be convenient for many."

Property is sage until the Federal Aviation Administration issues a "Record of Decision" in which Chicago could acquire property to demolish. The project needs to fulfill an environmental assessment, a cost-benefit analysis, and a study of alternatives for increasing the region's aviation capacity without O'Hare expansion. Which could take years before agreement.

We'd like to know your opinion as well. Please feel free to "sound off" by sending a fax to (847) 588-1911, or e-mail to soundoff@nilesbugle.com

Great Opportunities for Women and Computers

By Martha Zaborowski

It's no doubt that many of the workplace's current jobs involve computers. Unfortunately, some women still feel intimidated by technology.

However, "Upgrade Your Future," a campaign by a nonprofit organization called Women Employed wants to change that attitude. It plans to boost the number of women in technology, especially workers who are African-American or Latino. Currently, only one in three technology workers is a woman and just one in ten is African-American or Latino.

Anne Ladky, executive director of Women Employed states, "We want to encourage women who are working in low-paying, dead-end jobs to consider technology careers which offer a strong opportunity for future growth."

There are many success stories. Theresa Thomas, a 26 year old, was working a large technology company and found the opportunity to undergo technology training and a leadership program. It provided her all the computer training she needed. She is currently a help desk support developer. About the involvement in her new job she says, "I am changing the perception. This is what I do. I am doing big things and I love it. There is always something new. It is always changing."

Shirley Perry is another success story. Shirley as a woman approaching her forties, was already established with a job at a nonprofit organization. Through this job, her interest in technology grew. She started taking classes and pursued her dream in information technology.

"I love working with computers. It's the challenge. I love being challenged. With the computer, it is always changing, exciting and different." She also says, "Yes, I'm successful. It's a big step for me since I'm 42 years old. I could have stopped and said that I'm too old. I can't do this."

To get involved in Women Employed, call (312) 573-5464.

New club in town

By Barbara A. Mendelsohn

It's an undeniable, inescapable fact that the Boomer generation is aging.

To Jim Stavish, director at the Niles Senior Center, this implied a need, one he saw reinforced in the Year 2000 Census, to reach out to this population.

"We thought about it seriously for a couple of years," Stavish says. "We finally took the first step last August and held an initial meeting at Riggio's." The new organization grew from that meeting and took its name, Club 55-62, from the age group it serves.

"Niles seniors have had their group since 1994, and now so do our next-generation-down residents," says Stavish. Because many are employed, events are scheduled for evenings and weekends. Since the Village provides financial support to both, memberships in Club 55-62 and the seniors group are only open to Niles residents.

About the age requirement, Stavish admits to some flexibility.

For instance, because the group has some married couples among its membership, if only one member's age falls within range, we will certainly welcome the partner, he says. On the other hand, no member will be cut off arbitrarily by passing that "62" mark. And non-members, for instance Niles seniors, may sign up for Club 55-62 activities after a stated date, if space is still available.

The goal for Club 55-62 is self-direction and is organized around a core group that meets as needed to plan activities with club coordinator, Jaymi Ostman.

Ostman, who also coordinates the senior group, knows activity and transportation alternatives and can pull together a suggested activity or suggest options. "Club 55-62 wants to do a murder mystery dinner at a nearby restaurant, so that's something we're looking into," she said. Line dancing, a casino outing, or classes are more possibilities.

A 3-hour, Lake Michigan

cruise is planned for Thursday evening, July 24 on the "Mystic Blue," touted as the newest dining ship docked at Navy Pier. Club members will meet at the Senior Center facility and board a bus to the pier for an evening of dinner, dancing and Chicago's night skyline. Registration for this trip opens to non-members on July 3.

"This cruise is something I'm really looking forward to," says Ann Adams, who with her husband Bob comes out to the club's activities. Adams, a member of the core group, says it's great to meet new neighbors. "Just another aspect of our fantastic village," says Adams, a long-time Niles resident and admitted Niles booster.

The next planning meeting is scheduled for Aug. 12, 6:00 p.m. at the Senior Center facility. Any interested, eligible resident is invited to come out and/or to call Jaymi Ostman at 847/588-8482 for more information.



Niles Park District's IceLand Arena will be competing this year at the 2003 ISI World Recreational Team Competition. Therese Phillip coaches Team IceLand. Ingrid Santee is IceLand Team Coordinator. The competition takes place July 28 to August 2 in Buffalo Grove, Northbrook and Glenview. For more information, please call (847) 297-8010.

Dear Readers,

The Bugle wants to give you an opportunity to, "Sound Off". We want to start a new feature called, "Sound Off" where readers have an opportunity to express their thoughts and opinions about most everything going on in and around Niles and Morton Grove. All topics and opinions are welcomed. The

news staff of the Bugle needs to be able verify your letter by calling you to verify the writer, however no phone numbers or addresses will be published, in fact we will use only first names or initials on the pages of the Bugle. We hope this feature will be supported by you all and be another welcome addition to the

pages of the Bugle. You may write to "Sound Off" by one of the following:

Mail to: Sound Off
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Niles new Community Youth Coordinator

We are proud to announce the hiring of Ms. Christine Eischen as the new Niles Community Youth Coordinator. Christine is a DePaul University graduate and is currently employed as the Outreach Coordinator with Mayor Daley's KidStart program in Chicago. She will begin working full-time on August 18, 2003. Steven Vinezeano, the Niles Youth Task Force Co-Chair stated, "Christine was one of 68 applicants for the position and she comes with a strong background

and all of the right experience. Not only does she have a good rapport with youth, she also possesses a keen sense of creativity and organization. We believe she has what it takes to effectively work with the youth, the parents, and all of the members of the Youth Task Force to help create a youth friendly program for the community."

Many key and challenging projects await Christine when she begins in August. Besides the immediate need for solid youth recruitment and programming, she will be tackling issues such as the skate park project, fundraising, grant writing, and the establishment of a Youth Center.

Niles Sister Cities Association in July 4th Parade

The Niles Sister Cities Association participated in the annual 4th of July Parade with our Niles students who went to Naflion, Greece on a student exchange program. The students were riding in a Mustang convertible donated by Landmark Ford.

Following the parade, Sister Cities Association had a booth in the park where they gave out information about the Association and our Sister Cities: Pisa, Italy, Naflion, Greece, and Leixlip, Ireland. A 20" bicycle and 5 new Harry Potter books were raffled off. Bob Krelling from South Barrington won the bicycle and five residents from Niles won the Harry Potter books. Proceeds from the raffle will be used to continue our student exchange program. Niles Sister Cities volunteers manned the booth all day. Thank you to all the volunteers.

For more information on Niles Sister Cities, contact Phyllis Giannelli, Commissioner at (847) 588-8056.

St. John Brebeuf School Awards Ceremony



Pictured above: Tiffany Bartley, an eighth grader at SJB, receives an award from principal, Mrs. Whitman.

Saint John Brebeuf School recently held their Awards Ceremony to recognize the achievements of students in grades one to eight, for the 2002-2003 school year. Mrs. Margaret Whitman, the school principal, presented Perfect Attendance ribbons to students who made the effort to be at school every day this year. Gold pins were awarded to the students in grades 6 to 8 who were on the honor roll for the first three quarters. Pins and certificates were given for achievement in the SJB Math League grades 4 to 7, and the National Leagues for Social Studies, Language Arts, and Science in grades 2 to 8. Patrol, Altar Servers, Student Council and the WSJB-TV crew members were recognized for their service to the school and the parish community. Mrs. Willert, the Physical Education teacher, handed out the Presidential Fitness Awards to the children in grades 5 to 8, based on the national testing done during Gym classes.

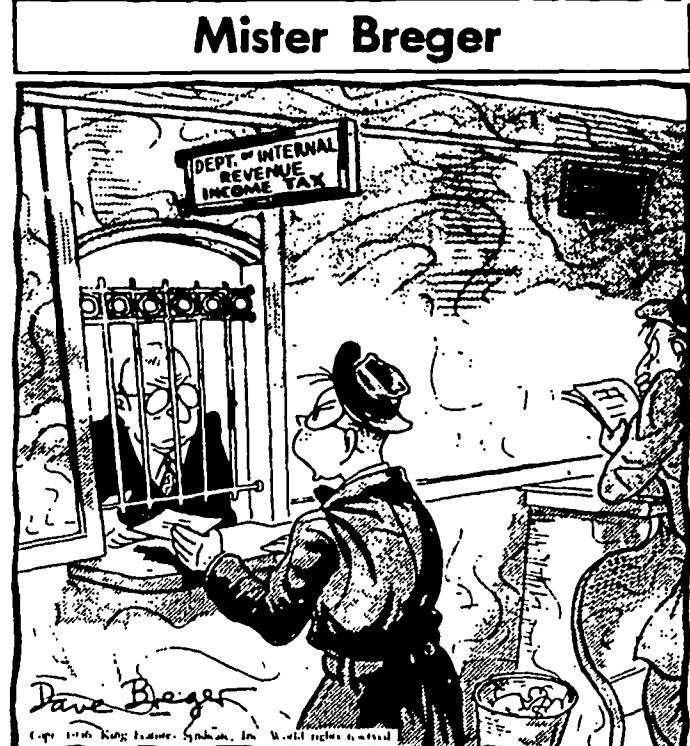
Eighth Grade students achieved a cumulative GPA of 3.5 received the Presidential Academic Excellence Awards, and those with a cumulative 3.0 average received Presidential Academic Improvement Awards. A letter was read to the students from President Bush. Mrs. Mary Ann Casey recognized the Battle of the Books team, who came in second this year. Mrs. Uliassi, the eighth grade teacher, gave special honors to the eighth grade boys who were part of the special team. The Wolves Ms. Giannelli also acknowledged the students in grades 5 to 8 who achieved high points in the Accelerated Reading Program.

The ceremony concluded with some of the graduation class being recognized with special honors: Paul Sidlowski and Julie Johann received the American Legion Award for service and leadership. Kimberlie LoVerde and Andrew Bishop were named winners of the Citizenship Award. The runners-up were Elizabeth Ave Maria and Phillip Szachowicz.

Congratulations to all the students of Saint John Brebeuf School for a wonderful and successful school year!

Follow the Yellow BOOK Road

This summer, the Reading Club for adults and teens at the Morton Grove Public Library is based on a *Wizard of Oz* theme and runs through Saturday, August 2. Adults and teens are invited to join the Club: just check out items from the Library (books, audiobooks, magazines, videos, DVDs, CDs), read/listen/watch the item and fill out a review form which will double as your entry in biweekly drawings for prizes. Prizes include books, gift certificates from Morton Grove businesses, and gifts. The more items you review, the greater your chances at winning. For further information, and to pick up entry forms, stop by the Library at 6140 Lincoln Ave., or call (847) 965-4220, TDD (847) 965-4236. www.webrary.org.



"Here! But for NEXT year kindly notify Washington it had better not depend on me as a source of income!"

Niles Resident Competes for Miss Teen Chicago Title

Kasia Luiza Redlinska of Niles was recently selected to participate in Nationals' 2003 Miss Teen Chicago pageant competition that will take place on July 27, 2003. Kasia learned of her acceptance into this year's competition as Nationals, Inc. announced their selections on Monday afternoon. Kasia submitted an application and took part in an interview session that was conducted by Patty Neidert, this year's Chicago Pageant Coordinator.

Kasia will be competing for her share of over \$20,000 in scholarships, prizes, and special gifts that will be distributed to contestants. Kasia will be competing in the Miss Teen division, one of three divisions that will have young ladies between the ages of 10 and 19 competing in modeling routines which include casual wear and formal wear. Most important, Kasia will display her personality and interviewing skills while interviewing with this year's Chicago judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

If Kasia were to win the title of

Miss Teen Chicago, she would represent Chicago and the surrounding communities at the Cities Of America National Competition that will take place in Orlando, Florida. Over \$60,000 in prizes and awards will be presented at the National Competition while each winner enjoys this expense paid trip of five nights and six days in Orlando, Florida.

There is no cost to Kasia for participating in the pageant competition. Community businesses, organizations and private individuals will assist Kasia in participating in this year's competition by becoming an official sponsor to her. Through sponsorship, each contestant receives all the necessary training, rehearsals, and financial support which will allow Kasia to become a very confident and well-prepared contestant in this year's Chicago Pageant.

Any business, organization, or private individual who may be interested in becoming a sponsor to Kasia may contact her pageant coordinator, Patty Neidert at 1-800-569-2487.



Lisa Madigan to Speak at Maine Twp Event

Local organizers of Maine Township's National Night Out Against Crime expect this year to be the best ever. Held at Dec Park (9229 W. Emerson), the event will be on Tuesday, August 5 from 7 to 9 p.m. Admission is free for all residents of Maine Township. Free Popcicles will be served.

Illinois Attorney General Lisa Madigan will be one of the speakers. The other speaker will be Brian Sexton, head of the Cook County State's Attorney's Gang Crime Unit in Chicago.

The annual evening will be filled with fun, prizes, games, and entertainment. The event is designed to help strengthen the police-community alliance against crime.

Featured entertainers will be The Sol Azteca Dancers and Monika Katarya, a solo dancer. There will also be demonstrations by the Cook County Sheriff's canine unit and the Golf Maine Tae Kwan Do. A visit by McGruff the Crime Dog is expected. Other activities will include a basketball knockout game and a prize raffle.

Those who attend will also get a chance to meet their representatives from the community, school system, law enforcement, park district, township and highway departments. There will also be information about services available for community health and violence prevention.

Savings bonds will be awarded in the poster contest held for students from District 63 schools

based on the theme "Safe in Maine Township." For the adults, there will be numerous door prizes. The evening will conclude with a flashlight walk through the community. School and community leaders will lead the walk.

For further information on all National Night Out activities, contact Maine Township at (847) 297-2510.

Catholic Charities Adoption Info Meetings

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

Adoption Information Meetings will be held:
August 7, 2003, at 6:30 p.m., Catholic Charities, 651 W. Lake Street, Chicago, IL.
August 14, 2003, at 6:30 p.m., Catholic Charities, 651 W. Lake Street, Chicago, IL.
August 21, 2003, at 6:30 p.m., Catholic Charities, Northwest Suburban Office, 1717 Rand Road, Des Plaines, IL.

Advanced reservations would be appreciated. Please call (312) 655-7086.

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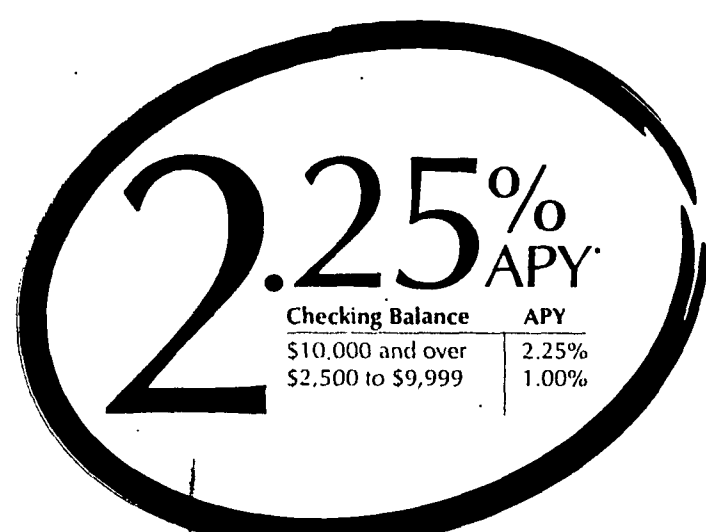
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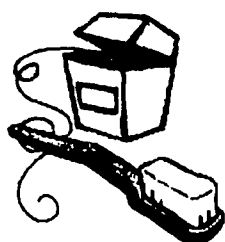
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Ryan P. Moreno

Army Sgt. Ryan P. Moreno has been named noncommissioned officer of the quarter for the U.S. Army-Japan.

Selection was based on the individual's exemplary duty performance, job knowledge, leadership qualities, significant self-improvement, and other specific achievements and notable accomplishments.

Moreno is a nuclear, biological, and chemical supervisor assigned to the 78th Signal Battalion at Camp Zama, Honshu, Japan. He has three years of military service.

He is the son of Nancy D. Moreno of DesPlaines.



• There are a number of household products that last longer when stored in cold conditions — i.e., in your refrigerator. Among them: nail polish and hydrogen peroxide.

• The scent of your perfume or cologne will last longer if you first rub a bit of petroleum jelly on the areas of skin where you will apply it.

• Here's a handy cake-decorating trick from Ellen R. in Santa Fe, N.M.:

"My grandkids love to decorate small cakes and cookies. I use small mustard containers to put icing in. I add different colors in different bottles, and they can 'write' on the goodies as they see fit. It's really fun."

• "In some states, those 55 and older may be entitled to a discount on their automotive insurance just for taking a defensive-driving class. Check with your insurance provider, or check on the American Association of Retired Persons Web site to see if you might be eligible!" — Fred J. of Jacksonville, Fla.

• "I have bad knees. When I want to put them up and use a hot-water bottle, instead of reaching for the standard rubber one, I just fill a 2-liter soda bottle with hot water, close the lid tightly and wrap it in a dish cloth. Then I can rest my legs over it, and it soothes from the backside of my knees. Works great for me." — Beth L. in St. Louis

• If you use a sponge for dishwashing, be sure to squeeze any excess water from it after use and set it outside the sink to dry. Also, make sure you replace it often. Sponges tend to harbor germs. You can run metal scrubbers and scouring pads through a dishwasher cycle weekly to kill germs in them.

• The single greatest weight-loss trick: Drink a 10-ounce glass of water no more than 15 minutes before you eat any meal. If you are hungry between meals, drink an 8-ounce glass of water and wait 10 minutes. You might just be thirsty, not hungry.

Send your tips to Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at letters.kfws@hearst.com. © 2003 King Features Synd., Inc.

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Heineken: On Assignment



Columbia College of Chicago journalism student and Heineken: On Assignment participant, Jamie Godfrey (left) talks to Ana Villodres (right), Heineken Brand Marketing Assistant, at the Billboard Latin Music Conference. The Heineken: On Assignment program helps support and encourages Hispanic journalism students by providing them with "hands-on" reporting experience and education. As part of the program, Jamie was chosen to travel to the Billboard Latin Music Conference and Awards in Miami where she received professional training by the National Association of Hispanic Journalists and served as a local radio correspondent, working to report all aspects of news associated with the event and file live radio reports.

For more information contact: Marvin Mack/Waldo Santiago at (212) 686-5300, ext. 303.

Good Housekeeping Good Housekeeping

Lemon Grilled Pork Chops

This full-flavored marinade does its job in just 20 minutes.

PREP: 5 minutes plus marinating
GRILL: 15 minutes
MAKES: 6 main-dish servings

- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 tablespoons finely chopped fresh parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 pork rib or loin chops, 1 inch thick (8 to 10 ounces each)
- 6 lemon wedges

1. Prepare grill. In ziptight plastic bag, combine lemon juice, oil, parsley, oregano, salt and pepper. Add chops, turning to coat. Seal bag, pressing out as much air as possible. Let stand 20 minutes at room temperature, turning once.

2. Remove chops from bag; discard marinade. Place chops on grill and cook over medium heat until cooked through and juices run clear when center of chop is pierced with tip of knife, about 7 minutes per side. Serve with lemon wedges.

* Each serving: About 262 calories, 34 g protein, 2 g carbohydrate, 13 g total fat (4 g saturated), 93 mg cholesterol, 125 mg sodium.

You can now find Good Housekeeping cookware, bakeware and kitchen tools at Home Shopping Network (hsn.com) and other retailers.

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Tip: Grill Cleaning

Keep your grill clean, both for health reasons and to keep off-flavors from affecting the food. There's no need to wash a grill rack after every use. Right after cooking, scrub the rack of a charcoal grill with a metal-bristle grill brush. The next time you grill, if you notice any residual food on the rack, just let it burn off, then scrub the rack with a brush. After a few months, a flaky carbon buildup will appear on the lid of the grill. Simply scrub it off with hot water and a steel-wool soap pad. To clean a gas grill, turn the heat to high and let the grill heat for 10-15 minutes with the lid closed. Then use a grill brush to remove any remaining cooked-on food.

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Free lecture at the Niles Public Library

You are invited to a free lecture: *Hidden Themes of the Bible: A Challenge to Today's Isms*, presented by Nancy Smith, author of "Made in Seven Days", on Wednesday, August 6, 7 to 8:30 p.m., at the Niles Public Library (in the large meeting room), 6960 Oakton Street at Waukegan, Niles, IL, followed by a question and answer period.

Call (773) 430-1114 for information.

Students New to District Urged to Register

If you hate delays and missing out on valuable instruction time, register now for classes at Maine Township High School District 207. Students who have moved into the district over the summer and who have not yet enrolled in school are urged to contact their school immediately. By starting the registration process now, students can avoid delays caused by the large number of students who wait until the first day of school to register.

Parents may call the director of Student Personnel Services at their respective school to arrange for an appointment. At Maine East, contact the office of Mr. Vic DiPrizio at (847) 692-8526; at Maine South, Ms. Maryanne Kelly (847) 692-8214; and at Maine West, Mr. John Rauch at (847) 803-5757.

In order to register, the student's original birth certificate,

three proofs of residency, and a copy of the student's grades or transcript are required. Entering freshmen and transfer students who do not have a physical on record must also have a physical exam. Physical forms are available in the Student Personnel Services offices at the three schools. Other items may be required depending on individual circumstances. The first day of classes for the 2003-2004 school year is Monday, August 25. Do not wait until then to call for a registration appointment.

WHAT'S HAPPENING!

There's more to selling a home than meets the eye. If you plan to sell soon, you'll quickly learn that your agent performs many services behind the scenes.

As a property owner, your primary contact with your agent will be when you list the property, when you get activity reports and, occasionally, when you are home during a showing. The rest of the time may seem like endless waiting. Not so for your agent.

From beginning to end, your agent's actions are working for you. Early on, the agent is conducting research to best determine a likely sale price. This is followed by analysis of buyer groups to target those most likely to purchase a home like yours. Deed and tax records are researched, other agents contacted, advertising planned, and a marketing strategy implemented.



Mark Trail's OUTDOOR TIPS

IF YOU HAVE TROUBLE KEEPING YOUR DOG'S WATER BOWL FULL AND IN ONE PLACE TRY PLACING AN ANGEL-FOOD CAKE PAN OVER A STAKE-IT WON'T SLIDE OR SPILL.

Jack Eiro

Often, direct mail is used to announce the availability of your home to buyers waiting in the wings. This involves development of prospect databases, selection of printed materials, and the mind-numbing tedium of getting the mailing out.

Buyers are pre-qualified for their financial ability to purchase your home and interviewed to determine their motivation to make an early purchase. Appointments are set, a tour schedule arranged, and finally a showing of your home occurs. Most importantly, your home sells - all because of your agent's activities while you waited.

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Nekritz & Attorney General Madigan Protect Consumers

State Rep. Elaine Nekritz (D-Northbrook) on Monday applauded the Governor for his swift approval of legislation compelling creditors to take reasonable steps to verify the accuracy of customer information in order to prevent identity theft.

Nekritz joined forces with Attorney General Lisa Madigan to pass the legislation securing additional protections for those who have been victimized by identity theft.

"Identity theft is the fastest growing crime in America," Nekritz said. "Victims lose not only their identity, but are forced to spend time and money proving who they are. This legislation

helps citizens keep control of their privacy."

House Bill 2188 allows a person who believes she has been the victim of identity theft to contact her local law enforcement agency to initiate an investigation. It also allows victims to initiate a court proceeding to declare their innocence of any unlawful actions taken by the perpetrator using their personal information.

Credit card companies are also required to increase their vigilance in spotting identity theft. Any credit card issuer that mails an offer to apply for a card must take reasonable steps to verify the change of address before issuing a card if the address on the appli-

cation is different from the address on the offer.

Madigan has pledged to be a consumer advocate for the people of Illinois. Tackling this issue with Nekritz, she says, is the first step.

"Complaints from consumers about identity theft have risen dramatically in our state and throughout the nation," Attorney

General Madigan said. "According to 2002 statistics, Illinois ranks 5th in the country as far as the number of identity theft complaints filed. This legislation is aimed at helping to prevent identity theft before it starts and minimizing the financial and emotional toll this crime can take on its victims."

Water Reclamation District Science Award



President Terrance J. O'Brien of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago congratulates Jennifer Toms, a student of Queen of All Saints School, for her outstanding achievement in the Chicago Area Non-Public Schools Science Fair.



"Obviously the onions on the ceiling are my best friends, and the purple anteater is my husband—but the rest of the dream isn't so clear!"

Norwood Park Home schedules Open House

The Assisted Living suites and other amenities at Norwood Park Home, 6016 N. Nina Ave., Chicago, will be showcased during a High Tea Open House, on Tuesday, July 29, from 2:30 to 4 p.m.

Visitors and children of older parents will have the opportunity to tour suites, meet residents and staff members, have questions answered, and become better in-

formed about improving the quality of life of a loved one.

Norwood Park Home, a not-for-profit division of Norwood Life Care NFP, is a 211-bed community that offers Assisted Living (Sheltered Care), Dementia Care, Skilled Nursing Care and Respite Care. Silvia Garcia, director of admissions, and Linda

Kreger, director of marketing, along with other staff members will conduct the tours and answer questions. While here, representatives of the Norwood Park Seniors Network (NPSN), a community outreach program, will be on hand to explain their many programs. Finger sandwiches and tea will be served. Bring your white gloves (if available)! In addition, a free gift will be given to each person who completes a tour.

For more information about the Open House or Norwood Park Home, call (773) 631-4856.

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Donna's Day Creative family fun by Donna Erickson



Creative Uses for Extra Photos

Outtakes. Extras. Duplicates. Are your drawers filled with those "never did put them in an album" photos? The ones where kids are making faces? Or the ones that are almost exactly like the others, but not quite there? Or even good ones you just never franted?

Having stared at the endless piles through the years, I finally decided to do some sorting this summer. I've come up with some festive uses your family might try:

PHOTO GIFT WRAP When wrapping gifts for a birthday or anniversary party this month, make the outside of the package picture perfect!

Illustrated by David Laroche

BLOOPER COLLAGE

For a fun indoor rainy-day activity, use up those bloopers! Don't toss out the ones where the kids' eyes are closed but the dog looks cute, or you look great but the background is blurry. Cut out the parts you like. Create a collage of the "saved" portions on a piece of paper. Hang on the wall, or photocopy several, laminate and use for creative placemats.

NOTE: Do not duplicate copyrighted photos from a professional photographer.

Write Donna with your questions and ideas at www.donnasday.com. Donna's latest book, "Donna Erickson's Fabulous Funstuff for Families," is available in bookstores nationwide.

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Puppy Playgroups

Q: We have a new chocolate Lab puppy named Jake. He's very active, but we live in the city so there aren't many places for him to run free. I also want him to become more socialized toward other dogs (and people). Any suggestions? — Kay L., Newark, N.J.

A: Several options are available to get Jake the exercise he craves and some social activity as well. The best place to check is at your veterinarian's. He or she will know, and the waiting area may have a bulletin board with ads for dog parks, training or playgroups for pets. You may also be able to post a note asking about these options from other pet owners. And of course, the phone book is a good place to start research. Puppy playgroups are a great way for Jake to meet other dogs near his

age. He'll be able to run and play, and he'll develop social relationships with different dogs (and different people).

Here are a couple of guidelines for joining a puppy playgroup from "Metro Dog: A Guide to Raising Your Dog In the City" by Brian Kilcommons and Sarah Wilson (Warner Books) — an excellent reference for city dwellers, by the way.

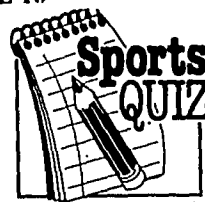
Join a playgroup whose puppies are close to the same age (in terms of weeks rather than months), and whose vaccination histories nearly match. Young puppies that haven't received all necessary vaccinations may be more vulnerable to illnesses transmitted from older (or unvaccinated) dogs. Look for playgroups formed for large breeds, since Jake is going to be a big dog someday. (Owners of medium or small breeds should look for groups for their size dog.)

So head out, find a playgroup for Jake, and both of you should have a tail-wagging good time!

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com

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by Chris Richcreek

1. Who has hit the most home runs into the upper deck at Toronto's Sky-Dome?
2. Entering 2003, how many times had Houston Astros reliever Billy Wagner recorded 30 or more saves in a season?
3. Which quarterback held the record for being sacked the most times in a season before Houston's David Carr broke it in 2002?
4. How many losing seasons has the Syracuse Orangemen men's basketball team had under head coach Jim Boheim?
5. When was the last season in which the New York Rangers made the NHL playoffs?
6. How many times has Parker Bohn III led the PBA Tour in average for a season?
7. Which one of the three Triple Crown horse races did jockey Bill Shoemaker win the least amount of times?

Answers

1. Jose Canseco with three.
2. Four times — 1998, 1999, 2001, 2002.
3. Randall Cunningham of the Philadelphia Eagles was sacked 72 times in 1986.
4. None — the worst record Syracuse has had under Boheim was 16-13 in 1981-82.
5. The 1996-97 season.
6. Twice — 1999 (228) and 2002 (221.5).
7. Shoemaker won the Belmont five times, the Kentucky Derby four times and the Preakness twice.

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Congratulations St. John Brebeuf 7th Grade Boys!



Congratulations to the seventh grade boys baseball team from St. John Brebeuf who took first place in the 2003 City Suburban Junior Varsity Baseball League. The team had an impressive 8-0 record for the season and defeated St. Eugene in the play-off game to receive first place honors as Division and League Champions.

Pictures above - Bottom row: Chris Garvey, Elvin Guevarra, Andy Greif, Tim Casey, Drew Beierwaltes and Sam Peterson. Middle row: Dan Zajac, Keith Banaszak, Peter Merkel, Alec Fries, and Dan McDonough. Top row: Coaches Norm Peterson, Mike Fries and Tim Garvey.



by Chris Richcreek

The Morrall of the Story

What's the biggest quarterback question at NFL training camps this year? It must be the one about Earl Morrall's return to the Miami Dolphins.

What? Earl Morrall? Isn't he, like, 1,000 years old?

What about the controversy in Cleveland between Tim Couch and Kelly Holcomb? What about Kordell Stewart taking the reins of the Chicago Bears? What about Jake Plummer trying to resurrect his career with Denver?

Earl Morrall? Well, not exactly. First, Morrall is not 1,000 years old. He's only 69. Second, it's not Earl Morrall going to the Dolphins, but Brian Griese, the son of former Dolphins great Bob Griese.

But in a possible plot-line twist, Brian Griese could fill the key role that Morrall had with the 1972 Dolphins, the team that went 17-0 and won Super Bowl VII.

In 1972, Bob Griese was the starter, but Morrall played in more games because Griese broke his leg during the fifth game of the regular season. Morrall would hold the starting job until the second half of the AFC Championship Game, when Griese came off the bench to spark Miami.

So how does all that history relate to 2003? Start with Jay Fiedler, the Dolphins' current starting quarterback. He missed five games last season due to injury. Ray Lucas filled in at quarterback, and he didn't exactly set the world on fire.

Enter Brian Griese, who was a pretty good quarterback for five seasons in Denver, but never seemed to fully hit his stride. Now he's in Miami, and if Fiedler were to get hurt again, Griese would be available to fulfill not his father's role, but his father's backup's role. He's not as old as Morrall was (38 to 28), but both were starters on other teams before taking backup roles.

All Griese would have to do is be steady and stay within the team's offensive plan. In '72, the Dolphins relied heavily on their running attack. Today's Dolphins have a solid running game featuring Ricky Williams.

In 1972, the Dolphins' defense was a big contributor to the team's success. This year's Miami defense will likely be comparable in the sense of its importance to the team's success.

Miami is a definite threat to make the playoffs, and a Super Bowl berth is not out of the question. That would be true even if the Dolphins had to turn to Earl ... er ... Brian Griese.

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SJB students prepare year-end liturgy

The second grade students from St. John Brebeuf recently led the school in prayer at the final liturgy for the 2002-2003 school year. Students took part in the readings, prayers and the Preparation of the Gifts. The second graders also made up the choir for the mass. Mrs. Carol O'Grady and Mrs. Montea Brunell will not be returning as teachers for the school next year and they were honored at the liturgy. Memories were written by their students and read during the welcome. They were also presented with flowers from the second graders. At the end of the liturgy, each grade was commissioned to enjoy the summer and to look forward to going on to the next grade.

*There can be no doubt that William Shakespeare was a literary genius. But some people have speculated that his creativity might have gotten something of a boost from drug use. In fact, some scientists now believe that the famed Bard of Avon was a regular smoker of marijuana.

*The term "apple-pie order" seems puzzling — after all, what does a pie really have to do with order? As it turns out, the origin of the phrase has nothing to do with pastries. It's simply a misspelling of the French term "nappe plie," which translates as "folded linen." It was once used in upper-class households to describe neat, proper table arrangements.

*It was the noted wit Ambrose Bierce who observed, "Death is not the end; there remains the litigation."

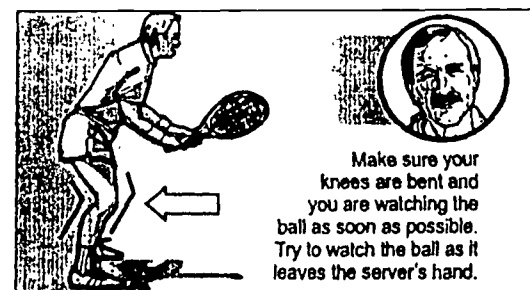
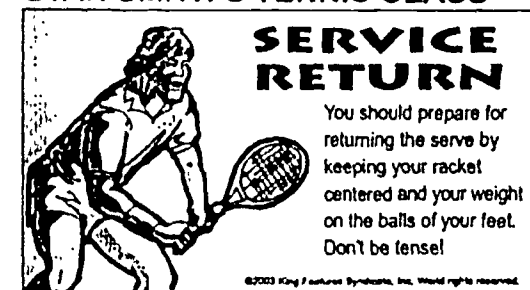
*Clocks had been around for a while before the minute hand was introduced. It wasn't added until 1577, when a man named Jost Burgi invented it so that astronomers would have more accurate clocks to use when tracking the movement of the stars.

*One of the wealthiest men in the world, Aristotle Onassis, bought a Navy frigate and outfitted it as a luxury liner, naming it the Christina O. When he married Jacqueline Kennedy, the wedding reception was held on the ship. Now it belongs to a private company, and you, too, can vacation on the luxury cruiser that was a plaything to the rich and famous — that is, if you have \$70,000 a day to spend.

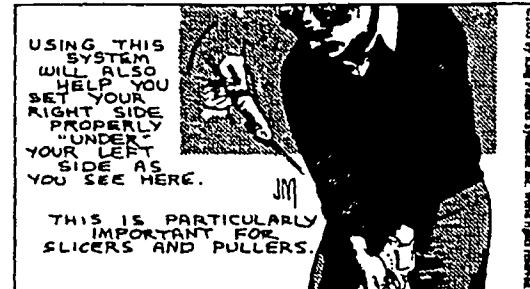
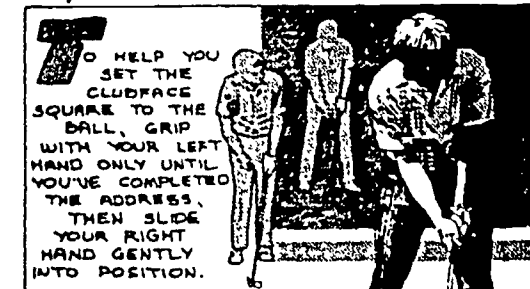
Thought for the Day: "Making duplicate copies and computer printouts of things no one wanted even one of in the first place is giving America a new sense of purpose." — Andy Rooney

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STAN SMITH'S TENNIS CLASS



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5	4	2	8	7	3	7	2	5	7	2	7	4
R	R	R	E	F	A	R	E	F	O	C	M	T
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F	O	E	R	D	N	E	M	S	A	I	I	N
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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should bring a swimsuit, towel and a sack lunch with beverage daily.

Last Blast Extended Care is available from 7 to 9 a.m. and 4 to 6 p.m. on the dates of the mini-session at the Recreation Center/Oasis Waterpark. Children in grades Kindergarten through 6 are eligible. The fee for extended care is \$30 for Residents and \$35 for Non-Residents. To register, come to the Howard Leisure Center, 6676 W. Howard Street, or call (847) 967-6633 for more details.

Last Blast of Summer

The summer is not over yet! Join us for an extra special two weeks of camp. Our mini-session is available for children Kindergarten through grade 6 and will include a field trip, swimming, sports, games and crafts. The two week session takes place Monday-Friday, August 4-8 and August 11-15, from 9 a.m. to 4 p.m. The camps will be held at the Recreation Center/Oasis Waterpark, 7877 Milwaukee Avenue. The fee for the Last Blast of Summer is \$110 for Residents and \$125 for Non-Residents. Campes

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Dollars and sense

by David Uffington

Debt-Relief Could Cost You Plenty

Open your Internet inbox on any given day and you're likely to see a long list of so-called debt consolidators and bankruptcy advisers promising to turn any debtor's situation from desperate to debt-free in almost no time at all.

Why all this cyberspace focus on debt these days? Simple: Unlike the federal government, which can raise

its debt ceiling and never go bankrupt, individual Americans who can't pay their bills face either going into bankruptcy or committing themselves to debt consultants who offer to rescue them as they try to stay afloat in a rising pool of red ink. The price for this lifeline is often high, and the service may not be all that was promised.

Indeed, most financial experts advise debtors to use other means of getting out of their money morass. They cite, for example, three methods (which I'll cite below and expand on in upcoming columns) these companies are likely to suggest, and note that while each seems to be the promise to a debtor's prayers, each also comes with enough strings attached to keep people tied to their debt loads for a long time, while fees are collected on the outstanding balances.

For example, in one report, a debtor was told becoming debt-free could take more than 20 years without their help: six years with it. But a calculation made by an unbiased party showed how, by learning to handle his own debt, he could be free and clear within three years, saving thousands of dollars in the process.

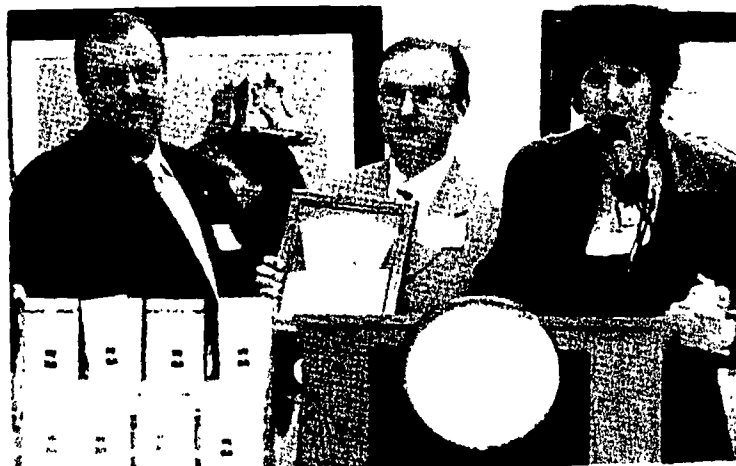
In upcoming weeks we'll look at the promises and the pitfalls of the three most common debt-relief practices, which I describe as: 1) Easy Loans at a Hard Price; 2) The Fairy Godparent Who Does It All for You; and 3) A Risky Balancing Act.

Meanwhile, if you'd rather not wait for the upcoming columns and need advice now on handling your debt, contact the National Foundation of Credit Counseling. You can find a member agency near you via their 24-hour automated listing service at 1-800-388-2227.

Write to Mr. Uffington in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or send e-mail to letters.kfws@hearstsc.com.

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Pappas Creates Ukrainian Property Tax Information



Cook County Treasurer Maria Pappas presents the first set of Property Tax Information brochures translated into Ukrainian to Consul General Borys Bazylewsky (left) and Bohdan Watral at a celebration of Ukrainian Heritage and Culture. The event was part of the Treasurer's Outreach Program & Services - TOPS

Frequent Fliers Can Help Make Wishes Come True

"I wish to sleep on a hammock between two palm trees on the beach in Hawaii." "I wish to go to Antarctica." "I wish to go see gymnastics at the Olympics." The Make-A-Wish Foundation® is asking frequent travelers across the country to contribute frequent flier miles and help make wishes

like these come true for children with life-threatening illnesses.

When Make-A-Wish® volunteers ask a child for his or her favorite wish, very often the response begins with, "I want to go..." In fact, more than 62 percent of all wishes granted by the Make-A-Wish Foundation involve travel. Fortunately, most major airlines have created programs that allow members of their frequent traveler loyalty programs to donate their unused miles to charity. Such contributions have enabled the Make-A-Wish Foundation to send thousands of children with life-threatening illnesses and their families on the trip of a lifetime, and have saved the Foundation millions of dollars each year.

However, with the number of wishes constantly rising - more than 9,000 in the United States last year alone - the need for frequent flier miles is greater than ever. In fact, the Make-A-Wish Foundation estimates that it would need more than one billion frequent flier miles to fulfill every wish child's travel request this year.

Why should someone donate miles to the Make-A-Wish Foundation rather than redeem them for free travel? The answer is as clear as the smiles on the faces of wish children like Ryan. Ryan is a dynamic and extremely giving 17-year-old from Las Vegas, Nevada. When presented the opportunity to select one wish, Ryan let his imagination run wild - literally. An avid nature buff, Ryan decided to travel to the rainforest in Panama with his family. Thanks to the outstanding support the Foundation receives from its airline partners and the airlines' customers, Ryan's wishes, and thousands of others, have been fulfilled.

"A contribution of frequent flier miles to the Make-A-Wish

Foundation is one of the most direct ways to help make a difference in the life of a child with a life-threatening illness," said Paula Van Ness, president and CEO of the Make-A-Wish Foundation of America. "The mileage the Foundation receives will help provide experiences that wish children and their families will cherish for a lifetime."

Most major airlines have mileage donation programs. For a complete listing of participating airlines and detailed contribution procedures, please visit the Make-A-Wish Foundation's Web site at www.wish.org and click on "Giving" or call (800) 722-WISH.

National Society of Collegiate Scholars Induction

Eva D. Jarosik of Niles accepted membership in The National Society of Collegiate Scholars and will be honored during a campus ceremony this fall at DePaul University.

The National Society of Collegiate Scholars (NSCS) is a highly selective, national, non-profit honors organization. Founded in 1994, NSCS recognizes first and second year undergraduate students who excel academically.

The Society was established on the principle that with scholarship comes a responsibility to develop leadership and a duty to perform service.

"NSCS provides the opportunity for students, like Eva, to be recognized for their outstanding academic accomplishments early in their college experience," said Steve Loflin, NSCS Executive Director. "Eva will also have the opportunity to join other high achieving college students in developing leadership skills and a sense of civic responsibility."

MidAmerica Bank names Niles Teller Manager



Donna Pawula, 42, has been named Teller Manager of the new Niles branch of MidAmerica Bank.

The Norridge resident, who has 23 years of banking experience with Northwestern Federal Savings and Loan and MidAmerica Bank, began her career as a teller for Northwestern in 1980. She became Teller Supervisor at Northwestern's Belmont and Milwaukee branch two years later.

When MidAmerica Bank purchased Northwestern in 1996, Pawula transferred into corporate savings and the legal department in the bank's Clarendon Hills corporate offices where she assisted personal bankers in legal matters and became an expert in the legalities of trusts. She also handled customer service for Polish speaking customers.

Pawula returned to retail banking in 1999, first as Teller Supervisor and later as Teller Manager, when MidAmerica Bank opened a new branch at 6401 N. Harlem in Chicago.

She and her husband, Frank, have two children: Christopher, 21, who works in MidAmerica Bank's corporate savings department in Clarendon Hills and is a business management major at Dominican University, and Robert, 16 a sophomore at Ridge-wood High School.

Rob Zettl Trio at Morton Grove Library July 26

The Rob Zettl Trio will be performing an afternoon concert at 2 p.m. in the Baxter Room on Saturday, July 26. Come to the Library, 6140 Lincoln Ave., to hear live music ranging from original jazz to be-bop to swing. Seating is limited and will be available on a first-come, first-served basis. For more information, please call (847) 965-4220, (847) 965-4236. www.webrary.org.

Nahrin Sapper Marino Graduates First

Nahrin Sapper Marino received her law degree summa cum laude from The John Marshall Law School in Chicago. She was the highest ranking student in the evening division program.

At the June 15 commencement ceremonies at McCormick Place, Sapper Marino received the Graduate School Scholarship for her academic standing. While at John Marshall, she was on the Dean's List and was the recipient of the 2002 Allen Schwartz Scholarship. She also was a staff editor for *The John Marshall Review of Intellectual Property Law*, and a member of *The John Marshall Law Review*. Sapper Marino also was a member of the Order of John Marshall, an honorary scholarship society for students ranked in the top 15 percent of the class at graduation.

A graduate of Niles North High School in Skokie, Sapper Marino received a bachelor's degree in biological sciences from Illinois State University in 1997. She worked in the health care industry before enrolling at John Marshall.

Sapper Marino is the daughter of Sargan and Maria Sapper of Glenview. She and her husband, Dan Marino, are Chicago residents.

The new Niles branch, located at 8990 N. Milwaukee Ave. on the southwest corner of Milwaukee and Ballard, is expected to open July 24.

MidAmerica Bank is a \$5.9 billion financial institution. When new Niles and Skokie branches open this month, MidAmerica will have 38 branches in Chicago and suburbs.

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BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones:
Keeping Your Balance Can Help You Avoid Investment Pitfalls

The road to investment success is filled with potholes. Financial markets are rocked by wars, scandals and political turmoil. Today's "sure thing" turns into tomorrow's "never was." Prognosticators conveniently forget their mistakes and trumpet new recommendations. What's an individual investor to do?

For starters, you can keep your balance. By building a balanced portfolio, and taking a balanced view of your expected returns, you can help make steady progress toward your long-term goals - and typically avoid a lot of frustration and disappointment.

How can you build a balanced portfolio? First, you need to recognize that the term "balanced" means different things to different investors. Suppose, for example, that you are by nature an aggressive investor, willing to take greater risks in exchange for potentially high returns. In your eyes, a properly balanced portfolio should be more heavily weighted with growth stocks than with fixed-income vehicles, such as Treasury bills and Certificates of Deposit. Conversely, if you are willing to sacrifice potential future growth for greater relative stability of principal, then you might view a balanced portfolio as one that has greater percentages of bonds and government securities and smaller percentages of equities.

In other words, the concept of "balance" is somewhat in the eyes of the beholder. Still, no matter what your risk tolerance is, you'll almost certainly need some amount of diversification - some exposure to a wide variety of high-quality investments. By spreading your investment dollars among stocks, bonds, Certificates of Deposit, Treasuries and other securities, you can help maintain your balance - especially in the face of market downturns that may hit one asset class particularly hard.

While building a balanced, diversified portfolio is a key ingredient to investment success, it's not the only ingredient. You also need to maintain a healthy balance, in your mind, between what you hope to achieve with your investments and what is realistic. During the late 1990s, many investors got "spoiled" by years of double-digit returns on their stocks. Yet, when viewed in a historical context, these huge returns were clearly aberrations - not the norm. But ever since early 2000, when the bubble burst on the raging bull market, a lot of people still anticipate the day when they'll once again get those annual returns of 15 percent or more on their investments.

This is a dangerous way to look at investing. If you delude yourself into thinking that those 1990s-style returns will be back soon, you will make mistakes with your investment choices, and, just as importantly, you will never be satisfied with the more realistic 6 or 7 percent returns.

By basing your long-term plans on reasonable rates of return, and by staying invested through all types of markets, you may maintain your psychological balance, even in the face of the market corrections and downturns that are inevitable.

Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 847-470-8953.

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OBITUARIES

Retired Firefighter Charles Pickup Dies in Florida

Retired Fire Apparatus Engineer Charles Pickup passed away at his home in Florida on June 28, 2003. Charles Pickup was the first full-time paid firefighter at the Niles Fire Department.

Charles Pickup was born on August 19, 1915 in Jacksonville, Florida. The only brother to six sisters who preceded him in death. He married in 1939 and moved to Niles, Illinois in 1941. He was active in Niles Days activities, and the volunteer fire department until he and Charlie Bacher started full time on January 1, 1948. He retired on March 1, 1968 and became a truck driver until 1980, after which he was a partner in Niles Electric, Inc. until 1986 when he fully retired. He had been married for 63 years to Carol, had two children, four grandchildren and four great-grand children. Charlie Pickup moved from Niles to Wheeling in 1976 and then to Lady Lake, Florida in 1986. He was secretary of the IPFA (Illinois Professional Firefighters Association) for a year. President of the Niles Lions Club for a year, and an elder of the Niles Community Church.

A memorial service will be held on Sunday, July 27, 2003 at 3 p.m. for Charles Pickup at Niles Community Church, 7401 Oakton Street, Niles, IL (847) 967-6921.

JAMES L. WHALEN
James L. Whalen, 71, of Chicago, died Sunday, June 29 at Northwestern Memorial. He was born March 31, 1932 in Chicago. Beloved husband of Joan Whalen. Beloved father of Mary Kay Whalen. Dan (Jody) Whalen. Maureen "Mo" Whalen and the late James P. Whalen. Grandfather of Brigid, Jay, Jessica, Brian, Samantha, Melissa, Mariah and Davonte. Brother of Roger (Norma) Whalen. Uncle of many nieces and nephews. Brother-in-law of Steve and Kathryn Yakimow. Services were held July 3 at St. Zachary Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

DONALD E. SCHEELE
Donald E. Scheele, 77, formerly of Niles, died Tuesday, July 8 at Benefis Hospital. He was born March 10, 1926 in Minneapolis, MN. Beloved husband of Judith Scheele. Beloved son of the late Ernest Scheele and the late Helen Scheele. Beloved father of Susan (Gregory) Costalis, Donald Scheele and Eric (Elizabeth) Scheele. Brother of Helen (Rev. Roger) Klemz. Services were held July 14 at St. Phillip Lutheran Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Memory Gardens Cemetery.

HARRY M. ASHNER
Harry M. Ashner, 87, of Niles, died Wednesday, July 2 at Holy Family Hospital. He was born December 2, 1915 in Chicago. Beloved husband of the late Irene Ashner. Beloved father of Harry J. Ashner and Ann M. Harnisch. Brother of the late Genevieve Ashner, the late James (Josephine) Ashner, the late Robert (Dawn) Ashner and the late Roland Ashner. Grandfather of Aimee Grandy and Elizabeth (Walter) Osteen. Services were held July 7 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery.

SARETTA FERRARA
Saretta Ferrara, 80, of Niles, died Friday, July 11 at Adolorata Villa. She was born February 8, 1923 in Chicago. Beloved daughter of the late Anthony DeSalvo and the late Sarah DeSalvo. Beloved mother of Angelo Ferrara, Carol Jackson, Cindi (Morrie) Elstien, Angelo/Patty Ferrara and Debbie (Rich) Martucci. Grandmother of Marty Ferrara, Gina (Barry) Scott, Bob (Sherry) Boyack, Steve (Keri) Botack, Dan Jackson and Gregg Elstien. Sister of the late Paul (Nancy) DeSalvo. Services were held July 14 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home.

LUCILLE M. BARAN
Lucille M. Baran, 85, of Niles, died Thursday, July 10 at Rush North Shore Hospital. She was born October 21, 1917 in Chicago. Beloved wife of the late Frank T. Baran. Beloved daughter of the late Vincent Tomaszewski and the late Anna Freza. Beloved mother of Anthony (Diane) Baran, Thomas (Cynthia) Baran and Annette Thomnies. Grandmother of John, Anthony, Jr., Vincent and Anastasia. Services were held July 14 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

ROBERTA C. FITCH
Roberta C. Fitch, 78, of Glenview, died July 6 at Glenbrook Hospital. She was born July 16, 1924 in Chicago. Beloved wife of the late William Fitch. Beloved daughter of the late Otto Bartels and the late Ottilia Bartels. Beloved mother of William (Joan) Fitch and Janice (William) Leon. Services were held July 12 at Skaja Terrace Funeral Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Fairview Memorial Park.

ANTONINA BIALEK
Antonina Bialek, 94, of Mt. Prospect, died Friday, June 27 at Gottlieb Memorial Hospital. She was born October 4, 1908 in Poland. Beloved daughter of the late Jan Kolek and the late Felicia Kolek. Beloved mother of Janina Mowacka, Julian (Czeslawa) Bialek, Teresa (Stanislaw) Janik, Helen (Jozef) Wolak and Leonard (Zofia) Bialek. Services were held July 1 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

THOMAS G. SABO
Thomas G. Sabo, 65, of Chicago, died Friday, July 4 at Swedish Covenant Hospital. He was born December 3, 1937 in Chicago. Beloved husband of Rose Marie Sabo. Beloved father of Bill (Mary) Sabo, Gary (Sue) Sabo and Bryan (Theresa) Sabo. Brother of Nicholas (Justa) Sabo. Uncle of many nieces and nephews. Services were held July 8 at St. Viator Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

Area Animal Welfare Organizations Post Pets Online

Forest South Animal Hospital, Chicago; Cairn Rescue USA-Central, Chicago; Another Chance Pet Rescue, Elmhurst; Friends for Life Rescue, Lindenwood; and Love for Lolo Animal Rescue and Shelter, Richton Park have joined Petfinder.com, a searchable database that showcases homeless pets worldwide via the Web.

Each of the more than 5,000 shelters on the Web site has its own home page, and each of its pets has its own page, which features a description and usually a photo. Potential adopters can also search by type of pet, breed, size, age, and gender. Pets that match the search criteria are ranked in proximity to the visitor's Zip code.

Betsy and Jared Saul created Petfinder in 1996 as a New Year's resolution to do something for homeless pets. The Web site has revolutionized the way homeless pets are showcased, and it facilitated over a million adoptions in 2002 alone.

"For many people, doing their initial search for a pet online relieves the stress of visiting a shelter," Saul says, "and a more informed choice can be made." To keep pets in their new homes, Petfinder.com gives two months of free pet insurance to every dog or cat adopted from a Petfinder.com member in licensed states. Adopters must activate the insurance within ten days of the adoption date.

Petfinder.com is free to potential adopters and to its members,

thanks to its sponsors. Purina signed on as the Web site's premier sponsor. Other exclusive sponsors are BISSELL Home-care, Inc., a manufacturer of home cleaning and floor care products, PETCO, a national pet supply retailer which sponsors in-store adoptions and provides coupon books for new adopters, and Merial, maker of the number one veterinary-recommended flea and tick preventative FRONTLINE® and heartworm preventative HEARTGARD®.

The Petfinder.com site features an extensive library of pet-related materials, kept current by The American Society for Prevention of Cruelty to Animals (ASPCA), a Petfinder.com partner.

Niles Twp Republicans Join Combined Family Picnic

Niles Republicans have joined the multi township picnic at Busse Woods, Arlington Heights and Higgins Roads on August 3 from 11 a.m. to 4 p.m.

This is the 23rd annual picnic which features unlimited roasted corn, soft drinks, and beer.

The donation of \$10 per family also features a children's petting zoo, pony rides for the kids, free bingo, and of course plenty of politics. There is a raffle with a grand prize of \$10,000.

Contact Joe Hedrick at Republican Headquarters (847) 674-6745 for tickets and further information.

Given History of Opiates, Oxy's Destruction not Surprising

by Luke Catton President, Narconon Arrowhead

Dating back to the end of the 17th century, opium and its derivatives have been plaguing society, but recorded history of this painkilling poppy goes thousands of years earlier. The addictive qualities are no secret, yet newer forms of opiates have been continually introduced throughout the ages.

Coming closer to modern medicine, morphine was introduced as a new drug, then heroin and then methadone and many other synthetic opiates. All of these drugs were packaged and sold by pharmaceutical companies and so far many have become illegal because of their abuse potential and destruction to individuals and families.

In the last few years, Oxycodone, a synthetic opiate agonist produced by Purdue Pharma, has made headlines across the nation due to it becoming more of a street drug than a medically supervised and intended painkiller.

Because of the outbreaks of addiction, overdoses and crime related to this drug, the FDA has strengthened the warnings and precautions sections in the labeling of Oxycodone (oxycodone HCl controlled-release) Tablets, a narcotic drug approved for the treatment of moderate to severe pain.

According to the U.S. Department of Justice, there have been numerous reports of Oxycodone diversion and abuse in several states. Some of these reported cases have been associated with serious consequences including death.

In response to the near epidemic, Purdue Pharma issued a letter to health care providers stating, "Oxycodone is an opioid agonist and a Schedule II controlled substance with an abuse liability similar to morphine." The letter goes on to say, "Oxycodone can be abused in a manner similar to other opioid agonists, legal or illicit."

Many former Oxy users claim that the idea of a legal drug in tablet form was easier to accept at first than using heroin, though the effects are very similar and use of the drug often includes crushing up the pill to snort or inject.

Originally flaring up in the Appalachian region, the use of Oxycodone quickly grew from portions of rural America to include metropolitan areas such as Philadelphia, Detroit, Los Angeles and elsewhere.

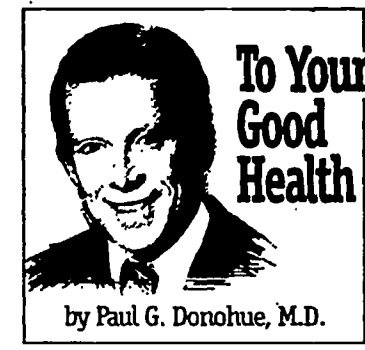
In a recent interview with MTV, Jack Osbourne, son of famed rock and roll icon Ozzy Osbourne, admitted to seeking treatment for his addiction to Oxycodone. His open discussion of unwanted conditions and the real-

ity of what even social drug use can lead to has sent a positive message to society and our nation's youth.

What many anti-drug messages leave out though is what is left behind in a person's body after they are exposed to toxins such as drugs. American author and humanitarian L. Ron Hubbard discovered in his decades of research in the field of drug rehabilitation that these toxins leave residues in the fatty tissue of a person's body, continuing to cause drug cravings and hamper ability. Given this fact, how does a person go about correcting his or her condition?

The answer to such a problem lies in the extremely effective sauna detoxification program developed by Hubbard that is used in drug rehabilitation in Narconon® programs across the planet. Utilizing this and other effective methodology, the Narconon Drug Rehabilitation and Education Program continues to be one of the worlds most successful programs for restoring individuals afflicted by drug use to being productive, ethical members of society again.

For more information on this program or to get help for a loved one in need, contact Narconon Arrowhead at 1-800-468-6933 or log on to www.stopaddiction.com.



Take the Sting Out of Summer

DEAR DR. DONOHUE: Last summer I was stung by a bee or a wasp. My arm swelled, and I began to feel woozy. I never passed out, but my husband took me to the emergency room, where they gave me fluids by vein and injections of antihistamines. I am afraid of a repeat incident this summer. Could a second sting kill me? — H.B.

ANSWER: In North America, about 50 deaths occur annually from insect stings. Having had one serious reaction to a sting puts a person at risk of a repeat dangerous reaction. "Serious" here means the sting provoked nausea, vomiting, trouble breathing or a drop in blood pressure. That kind of reaction is called anaphylaxis (AN-uh-fill-AX-us). Anaphylactic reactions can cause death.

Your reaction, while an exaggerated response, does not appear to have been an anaphylactic reaction. However, obtain a copy of the emergency doctor's assessment of what happened. If you had an anaphylactic reaction, it will be clearly stated.

Anyone who has suffered an anaphylactic reaction should consult an allergist. Allergy shots can desensitize people to insect venom. The process

takes time, so it is best to get started well before the stinging season arrives.

Such people should also make provisions to have quick access to an emergency kit. The kits contain adrenaline in a pre-filled syringe that can easily be self-administered. Adrenaline is an antidote to a serious sting reaction.

If the copy of your emergency record does not indicate anaphylaxis, you should still make provisions for avoiding stings for your own comfort. When outside, wear long-sleeved blouses and long pants. Don't wear brightly colored clothes, and don't use perfume. Bees and other insects will mistake you for a flower.

DEAR DR. DONOHUE: Every summer the skin beneath my breasts becomes raw and painful. How can I prevent this? I am a large-breasted woman. — D.D.

ANSWER: My sight-unseen diagnosis is intertrigo. Warmth and moisture promote it. It is raw, red skin that appears in skin folds, like the area beneath the breasts. One skin surface rubbing against another is its third ingredient, after warmth and moisture.

With a mild soap, gently wash the skin beneath the breasts two or three times a day. Then apply a drying powder such as Zeasorb.

If the skin doesn't respond, you could have a superimposed fungal infection, and that, of course, requires antifungal medicines as part of the treatment.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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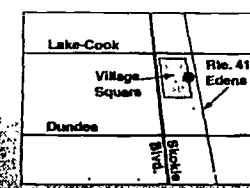
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Community Blood Pressure Screenings

St. Andrew Life Center, 7000 N. Newark, Niles, will be conducting monthly blood pressure screenings for the community. Hypertension, or high blood pressure, is known as the Silent Killer, because very often it causes no signs or symptoms to warn the individual of its presence. Periodic blood pressure tests can be a quick way to detect a serious health problem and prevent a stroke.

The screenings will take place every fourth Friday of the month from 9 a.m. until 11 a.m. at the Life Center. This month, the blood pressure screening will take place on Friday, July 25, 2003. For any questions, or directions, please feel free to call (847) 647-8332.

Community Lecture: Benefits for Seniors

St. Andrew Life Center, 7000 N. Newark, Niles, will be hosting a lecture on Thursday, August 7, 2003 at 2 p.m. Sue Vega, a consultant with the Suburban Council on Aging will speak about "What You Need to Know About Benefits for Seniors: Medicare, Circuit Breaker and More!" Please join us to find out if there are state or federal benefits available that you may not know about.

For any questions or directions please call (847) 647-8332.

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Ask the Pharmacist: A Brown Bag Medication Check-up

Ask the Pharmacist: A Brown Bag Medication Check-up, August 21 -- FREE.

- Lecture: 1 to 1:30 p.m.
- Individual Appointments: 1:30 to 3 p.m.

Pharmacists Mary Pubentz, PharmD, and Michelle TeRonde, PharmD, of Advocate Lutheran General Hospital will give a short talk about medication safety and cleaning out your medicine cabinet. Bring your medications with you (including over the counter medications) and they will meet with you for individual counseling to discuss your specific medications. You may call to make an individual appointment.

Niles Park Fall Youth Soccer Leagues

Niles Park District is accepting registration for Fall Youth Soccer Leagues. There are programs for girls and boys ages 4 to grade 8. Clinics and practices begin September 6. Participants will develop individual skills and teamwork, as well as enjoy the benefits of continuous exercise. Niles Park District will provide soccer uniforms. The participant must purchase soccer spikes and leg guards. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. For more information about Youth Soccer, please call (847) 967-6975.

Greek American Rehabilitation & Nursing Centre

ReGenesis - The Place for Rehabilitation and Therapy At the Greek American Rehabilitation & Nursing Centre.

After the initial year of growth, the first year of continuous growth also brings the establishment of the "ReGenesis" transitional wing. This wing has been established to accommodate short term stays and prepare one for a return to health and a return to home. If you are planning on having a surgery and need a place for therapy think no further. Your home away from home is the Greek American Rehabilitation & Nursing Centre. A surgery, fall, stroke, or brief illness can deprive you of independence and security. The Greek American Rehabilitation Team can assist you in a return to health and independence. The center offers physical, occupational and speech therapy daily in sunlit spacious therapy rooms.

Dedicated Team

"While you recuperate and obtain the necessary therapies, please know you will be cared for by a dedicated team of health professionals. We have an interdisciplinary transition team of doctors, therapists, nurses, nurses aides, activity staff, and friendly volunteers to make your stay as pleasant as can be. We offer the community quality care in a beautiful setting. The goal is to make the experience like a luxury hotel stay," says Christie Hoidas Howard, Associate Director. Amenities include a chapel, ice cream parlor for socializing and fun, lounges with cable televi-

sion, lakeside patio areas, conference rooms, and a beauty salon. Enjoy our beautiful accommodations and scenic views as you recuperate. Enjoy Orthodox services each Saturday morning.

One Call Does It all!

So, wait no further and make your reservation to rehabilitate at the not-for-profit Greek American Centre. We will assist with the financial arrangements involving Medicare, private Pay, Long Term Care Insurance and Medicaid to make your check-in a breeze. With one phone call we will take care of all the arrangements for your transition from the hospital to the center to back to home. Call our Admissions Director today, Eleni Ifantis at (847) 459-8700 x17. The Greek American Centre is a four-story, 204-bed facility and provides warm, friendly nursing care in a spark-

ling facility. The center accepts Private Pay, Long Term Care Insurance, Medicare and Medicaid. Services include a full range of rehabilitative therapies, long term nursing, vacation care, and hospice care. A separate memory loss floor with the "Villages" is dedicated to residents diagnosed with Alzheimer's and dementia. The staff is specially trained to provide support that enables maximum independence, socialization and increased self-esteem for all our residents. The Greek American Rehabilitation and Nursing Centre is a not-for-profit facility and is the only center as such founded by the Greek American community of Chicago, Illinois.

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Preventing Complications of Diabetes

Preventing Complications of Diabetes - Thursday, September 25, 1:30 p.m. Dr. Alan Reich, an endocrinologist with Advocate Lutheran General Hospital, will speak on "Preventing Complications of Diabetes" at the Niles Senior Center on September 25, 2003, at 1:30 p.m. Dr. Reich is board certified in endocrinology and has been in prac-

tice for 19 years. Learn how complications develop and how controlling blood pressure, cholesterol, and diet play a role in prevention. This event is sponsored by Advocate HealthCare and the Niles Senior Center Diabetic Support Group. To register for this free seminar, please call the Niles Senior Center at (847) 588-8420.



by Andrea Wyatt

Handling Fat Handles

Q. I'm a 46-year-old male, and though I've tried to make regular appearances at the gym, I've noticed "fat handles" starting to grow on my midsection. I've cut back on sweets and have increased my weekly gym appearances, but I haven't made much of a dent in the tummy spread. Any suggestions? —D.C.

A. For starters, let me commend you on your dedication to your current fitness program. Your concerns are shared by many exercisers who work very hard and don't always see the results they want.

There are several factors that could be keeping you from seeing your handles shrink. Use the following checklist to help you pinpoint potential fitness setbacks.

- Use your time wisely. Your workouts should be effective, efficient and fun. Just making an appearance in the gym is not going to get the results you desire.
- Develop a balanced fitness program that you enjoy. A cardiovascular routine will not produce the same results at Week 4 as it did in Week 2. As your body gets stronger and adapts to your workout routines, you must challenge your body by progressing your workout intensity or adding variety. If you are accustomed to using the

treadmill, try the bike, elliptical trainer or rower as a means of increasing your heart rate.

In addition, completing a comprehensive strength-training program will not only make you stronger, but increase your lean muscle mass, which helps to lower body fat and reduce those "handles." And just like cardio training, completing the same strength-training routine day after day will not allow you to progress. Find new exercises, take a group exercise class or hire a personal trainer to add variety. Consulting a fitness professional is a great way help push past training plateaus.

• Take charge of your nutrition. Being totally responsible for what goes into your body is key. Without the proper nutritional plan you can be sabotaging your potential for great results. Changes such as drinking water or working on portion control can be the piece that is missing. If you are unsure how to start, consult a nutritionist or dietician.

If you keep working hard to keep your workouts fresh and new, your hard work will eventually pay off. Get a handle on your overall fitness, and those fat handles will surely disappear.

Always consult a physician before beginning an exercise program. Andrea Renee Wyatt, M.S.S., C.S.C.S., is a personal trainer with an extensive background in strength and conditioning as well as therapeutic recreation. If you have a fitness or training question, e-mail Andrea at letters.kfws@hearst.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

L'Opera Piccola 2003 Season Finale

The L'Opera Piccola (LOP) Season will close with the famous romantic comedy **The Barber of Seville** by Rossini; sung in Italian with English super-titles. A 35 piece orchestra, a chorus of 20, and a full cast of well known professional soloists will continue LOP's vision of "providing traditional opera to the world by linking the singers of today with the success of tomorrow."

One of Rossini's greatest works, **The Barber of Seville** is a classic romantic comedy Italian opera. Filled with lovely music and enriched with a humorous plot and interesting characters, this charming piece involves triumphant young love. A must-see!

LOP is committed to bringing traditional opera to the world. That's why LOP is offering 800 out of 900 seats at the low, low price of \$10. "Opera for everyone" is their motto. Commended by Channel 2, WBBM Chicago, for being positive advocates for classical music and the positive representation of Italian Culture and traditional heritage LOP brings this favorite work to life in a fresh and exciting yet traditional production.

"A hidden gem that sparkles" is what John von Rhein (Chicago Tribune Classical Music Critic) called L'Opera Piccola last season. And LOP's production of **The Barber of Seville** will be grand. Other than the Lyric Opera, LOP is the only Chicago area company to present fully staged traditional operas sung in their original language with full orchestral accompaniment. The Barber of Seville will feature many gifted local singers and instrumentalists with costumes and sets that bring the early 20th century to life. In addition to presenting productions of the highest quality, LOP donates a portion of its proceeds to Chicago area children studying music. A portion of the proceeds from the run of **The Barber of Seville** will be donated as scholarship funding for outstanding applicants to assist their musical training.

For six performances, August 15, 16, 17, 22, 23, 24 (Friday and Saturdays at 7:30 p.m. and Sunday matinees as 3 p.m.), this highly respected and rapidly growing opera company will present one of the world's greatest operatic masterpieces - Rossini's **The Barber of Seville**. It is an event not to be missed! All performances held at the Athenaeum Theatre, 2936 N. Southport Avenue, Chicago. Tickets: \$10 (limited VIP tickets at \$50) Group rates available. For information contact Sasha Gerritson Brauer at (312) 560-1072.

50 Years of Powwow at Field Museum

The Field Museum, in partnership with the American Indian Center of Chicago, will feature the exhibition, **Fifty Years of Powwow** in Chicago. The exhibition consists of photographs that document the traditional gathering of Native Americans that has become a Chicago tradition. The exhibition opens July 25 and continues through January 18, 2004.

The photographs in the exhibition depict dancers, drummers, singers, craftspeople, and traditional foods, and explore how Native Americans retain their traditional foods, and explore how Native Americans retain their traditional cultures and languages in today's urban world. The approximately 50 photographs were taken by members of the American Indian community in Chicago.

The Annual American Indian Center of Chicago Powwow, held each November, is the largest form of American Indian community in Chicago.

The Annual American Indian Center of Chicago Powwow, held each November, is the largest form of American Indian artistic and cultural education activity in the Midwest, providing a platform for self-representation through traditional art forms. The Chicago powwow celebrates diversity and is composed of people from more than 50 tribes. It has become an indispensable and defining cultural endeavor for Native Americans in Chicago. (For

more information, see the American Indian Center website at www.aic-chicago.org.)

The most essential part of any powwow is the Drum. The Drum (always capitalized) consists of the instrument and its singers and is the center of the arena and the center of attention. The big powwow Drum usually is made from a wooden shell covered in rawhide. An average Drum consists of 10 people - seven or eight men and two or three women - who are required to know a variety of songs because they are expected to sing for an entire powwow without repeating a song.

Fifty Years of Powwow in Chicago will be on exhibition in the Marae Galley on The Field Museum's upper level. It is free with Museum admission.

ADMISSION

\$10 adults, \$5 children 3-11, \$7 seniors and students with ID; children age 2 and under, and Museum members are free. Discounts available for Chicago residents. For group tours and rates, call (312) 665-7300.

HOURS

Open 9 a.m. to 5 p.m. daily. Last admission into The Field Museum is at 4 p.m. Closed Christmas and New Year's Day.

The Field Museum, a Museum in the Chicago Parks, is located at 1400 S. Lake Shore Drive. For general Museum information, call (312) 922-9410 or visit our website at www.fieldmuseum.org.

FREE Summer Concert Series/Niles Park District

Niles Park District will be offering FREE family concerts at Oak Park, Lee & Ottawa, on Friday evenings in August. Children's entertainment begins at 6:30 p.m. with the main stage performances at 7:30 p.m. Food will be available for a nominal fee at all concerts. Pack up the lawn chairs or blankets and bring the whole family out to enjoy summer sounds in the park.

August 1 - Jim Gill, 6:30 to 7:15 p.m. Jim Gill's performance is filled with imaginative songs and energetic rhythms on his banjo.

August 1 - BBI, 7:30 to 9 p.m. BBI spans the decades with musical hits that will make everyone feel like dancing.

August 8 - Andy Head, 6:30 to 7:15 p.m. The lively art of juggling is amplified with Andy Head's creative, vaudevillian presentation and comical delivery.

August 8 - Video Stars, 7:30 to 9 p.m. Take four of the finest

musicians in the business; add style, wit and stage energy and you have Video Stars.

August 15 - The Rope Warrior, 6:30 to 7:15 p.m. A thrilling combination of the best elements of rope jumping, dance, acrobatics, martial arts and rhythmic gymnastics -- including a spectacular light show.

August 15 - Roots Rock Society, 7:30 to 9 p.m. A blend of Ragga and Calypso influences, with lyrics sung in five languages that celebrate cultural heritage.

August 22 - John Measner, 6:30 to 7:15 p.m. John Measner entertains children and families with his fast-paced, captivating and magical performances.

August 22 - Lesley Byers & The Jazz Cats, 7:30 to 9 p.m. This national touring jazz ensemble is known for its outstanding musicality, incredible arrangements and high-energy performances that really swing.

For more information, call (847) 967-6633.

Mother Guerin HS Presents Classic Comedy

Mother Guerin High School Theatre Department Presents Do Black Patent Leather Shoes Really Reflect Up? Then Takes Show to Scotland.

The Mother Theodore Guerin High School Theatre Troupe will perform the classic Catholic comedy **Do Black Patent Leather Shoes Really Reflect Up?** on Friday, July 25 and Saturday, July 26 in the school's auditorium. Both shows are at 8 p.m. and all tickets are \$8. Opening night also features a picnic package available for \$18 which includes a delicious picnic dinner in the Guerin Courtyard at 6:30 p.m. followed by the performance. Guerin High School is located at 8001 W. Belmont Ave. in River Grove. Call (708) 453-6233 x39 for more information.

The Guerin Troupe then travels to Scotland to perform in the world's largest and most prestigious arts festival, the Edinburgh Fringe Festival, as part of the American High School Theatre Festival (AHSTF). This is the second time that Guerin is performing at the Festival. Guerin was the first school from Illinois ever chosen to perform at the Festival.

Now in its 41st academic year, sponsored by the Sisters of Providence, Mother Theodore Guerin High School is committed to educating young women for leadership and service in an environment that promotes the uniqueness of each student.

tival (in 1997) and is the only school to have ever been selected twice. Each August, Edinburgh, Scotland becomes the most magical and exciting place on earth as performing artists from all over the world come to Scotland to take part in the Fringe Festival. The Fringe Festival includes over 18,000 different performances of music, theatre, dance, and comedy during its three week run. Guerin's performance will be showcased at the Church Hill Theatre.

Do Black Patent Leather Shoes Really Reflect Up? is a hilarious look at the trials and tribulations of growing up in the Chicago Catholic school system in the 1950s. You need not have experienced the rigors of a parochial education to enjoy this show based on a novel by John R. Powers and music and lyrics by James Quinn and Alarie Jans.

Notre Dame High School, a college preparatory school for young men, proudly announces this summer's concert dates for the renowned Reunion Jazz Orchestra. The orchestra features Chicago-area alumni from both Notre Dame High School and the University of Notre Dame who share a common thread. Most played for Father George Wiskirchen, CSC, a well-respected musician and band director, at one time in their lives.

The Sound of Summer

Notre Dame High School, a college preparatory school for young men, proudly announces this summer's concert dates for the renowned Reunion Jazz Orchestra. The orchestra features Chicago-area alumni from both Notre Dame High School and the University of Notre Dame who share a common thread. Most played for Father George Wiskirchen, CSC, a well-respected musician and band director, at one time in their lives.

Wiskirchen, one of Notre Dame High School's founding faculty members, served as chairman of the Music Department for 17 years. During that time, Notre Dame's jazz band, The Melodons, garnered national acclaim under his direction. In 1972, Wiskirchen moved to South Bend.

Summer Performances: Mount Prospect Veterans Bandshell, Thursday, July 24, 7:30 p.m.

Arlington Heights (park site at the corner of Vail and Campbell), Thursday, July 31, 7 p.m.

Cantigny Park (Wheaton), Sunday, August 31, 3 p.m.

For more information, contact Joe Villinski, Director of Public Relations, at (847) 779-8618, or jjvillinski@ndhsdons.org.

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JULY MUSIC
Friday - July 18th - Chicago Style of Jimmy Niteclub - 9 to 11
Saturday - July 19th - SEGUE Dance Band - 9 to 1
Friday - July 25th - Tony Smith Show - 9 to 1 (\$5.00 Cover)
Saturday - July 26th - SEGUE Dance Band - 9 to 1

SUNDAYS - Judy Roberts - Greg Fishman - 5 to 9
TUESDAYS & WEDNESDAYS - Jack Carr, Pianist, Singer - 7 to 10:30
THURSDAYS - JAZZ JAM - John Bany, Charlie Braugham and Don Stille - 9 to 1

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LIKE A GOOD NEIGHBOR STATE FARM IS THERE.

Strange BUT TRUE

By Samantha Weaver

- Sign in a car-repair shop: "He who looketh upon a woman loseth a fender."
- It's been reported that in Great Britain, the book that has broken all records for theft is, appropriately, The Guinness Book of World Records. But the most-stolen book in North America is, of all things, the Bible.
- It was several hundred years before the birth of Christ when Menander observed, "Of all the wild beasts of land or sea, the wildest is woman."

Judy Baar Topinka at Wild Reef Shark Exhibit



Photo by Teresa J. Potasiak

Debra Kerr Fassnacht, Executive Vice President of the John G. Shedd Aquarium and Jim Robinett Vice President of Animal Legislation welcomed Illinois State Treasurer Judy Baar Topinka (center) to the recent Reef Rendezvous Gala at the Shedd. The Gala benefits the new Wild Reef Shark Exhibit "Sharks at the Shedd" has one of the most diverse displays of Sharks in North America, shown with other large predators in a 400,000 gallon habitat. Floor to ceiling exhibit windows give guests a diver's eye view of a Philippine coral reef, with live corals and more than 500 species of reef fishes of all shapes, colors and sizes.

Comfort foods

Made fast and healthy

by JoAnna M. Lund
Lemonade Summer

THE CHOPPING BLOCK

by Philomena Corradeno

NOT YOUR EVERYDAY POTATO SALAD

Nothing is quite so refreshing on a hot summer day as a cold glass of lemonade. Well, how about all that refreshment in a delicious dessert? This has all the flavor of lemonade, but it's so creamy it will practically melt in your mouth!

LAYERED LUSCIOUS LEMON DESSERT

- 2 (2 1/2-inch) graham cracker squares
- (4-serving) packages sugar-free instant vanilla pudding mix
- (4-serving) package sugar-free lemon gelatin
- 1/3 cups dry milk powder
- 2 cups diet lemon-lime soda pop
- 1 cup reduced-calorie whipped topping

Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In large bowl, combine 1 package dry pudding mix, dry gelatin, 2/3 cup dry milk powder and 1 1/4 cups diet lemon-lime soda. Mix well using wire whisk. Blend in 1/4 cup whipped topping. Carefully spread mixture evenly over graham crackers. Refrigerate while preparing topping. In same bowl, combine remaining package of dry pudding mix, retaining 2/3 cup dry milk powder and remaining 3/4 cup soda pop. Mix well using wire whisk. Blend in remaining 3/4 cup whipped topping. Spread topping mixture evenly over filling. Crush remaining 3 graham crackers into fine crumbs; evenly sprinkle over top. Cover and refrigerate at least 2 hours. Makes 8 servings.

* Each serving equals: 96 calories, 0 g fat, 5 g protein, 19 g carb., 296 mg sodium, 0 g fiber. Diabetic Exchanges: 1/2 fat-free milk, 1/2 starch.

Visit JoAnna's Web site at www.healthyswaps.com or call toll-free at 1-800-766-8961 for more information about her "cunning folk" healthy recipes.

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Nekritz Hosts Senior Summit on Long-Term Care

State Rep. Elaine Nekritz (D-Northbrook) hosted a Senior Summit meeting on improving the states' long-term care policy and programs at the DesPlaines Senior Center today.

"This summit was an opportunity for legislators to hear our constituents' concerns on an important public policy matter," Nekritz said. "Nursing home care is expensive. We need to find alternatives that enable seniors to stay independent for as long as possible."

Nekritz, along with state Reps. Julie Hamos (D-Evanston) and Rosemary Mulligan (R-DesPlaines) participated in a round-table discussion with panelists from the Illinois Department of Public Health, the Department of Human Services, AARP and the Suburban Area Agency on Aging.

"With \$5 million Baby Boomers about to enter their retirement years, it is evident that we need to make long-term care a priority," Nekritz said. "As the number of seniors increases, we must plan for the rising costs of elder care and determine what state agencies can do to improve their services."

The North Suburban Cook Summit is one in a series of regional long-term care hearings that will be conducted throughout the state this year. They are part of an initiative put forth by House Speaker Michael Madigan in his inaugural address in January. The information compiled from the regional summits will be used during a large, statewide summit in Springfield this September.

NEWS FROM THE Niles Senior Center

- CALL (847) 588-8420 FOR INFORMATION
- JULY REGISTRATION**
- Mail-in/Drop-off registration ended July 3. In-person registration began Wednesday, July 9, providing space is available. Please use registration form in July Program Guide. Payment may be cash, check, or credit card. Special accommodations needed? Contact the Senior Center at 1-847-588-8420.
- **Pool Tournament - Thursday, July 24, 10 a.m. to 2 p.m. Cost: \$6.** Tournament with Des Plaines Senior Center, includes refreshments, lunch and prizes.
 - **Book Discussion - Friday, August 1, 10 to 11 a.m. Cost: \$1.** Discuss *The Secret Life of Bees*, by Sue Monk-Kidd. Refreshments included.
 - **August Lite Lunch & Movie - Friday, Aug. 1, 12 to 3 p.m. Cost: 3.50.** Enjoy an Italian Sub Sandwich and Potato Salad for lunch! Then sit back and watch the movie, *Catch Me If You Can*, starring Tom Hanks and Leonardo DeCaprio.
 - **Summer Salads - Wednesdays, Aug. 6 to 27, 9:30 to 11 a.m. Cost: \$12.** In this 4 week class, Tony Franchi shows you how to put a zest in summer salads.
 - **Sunday at the Center: Card Party - Sunday, Aug. 10, 11 a.m. to 3 p.m. Cost: \$6.** Enjoy a relaxing afternoon of fun & games. The day will begin with a light lunch.
 - **Pinocle Tournament - Friday, Aug. 15, 12 to 4 p.m. Cost: 3.50.** Participate in a 3-handed tournament. Lunch, refreshments and prizes included.
 - **Lunch with the Red Hatters - Tuesday, Aug. 19, 12 to 2 p.m. Cost: \$12.50.** Red Hatters meet at the Wellington of Arlington for a meal featuring your choice of Roast Sirloin of Beef, Breast of Chicken with Honey Mustard Sauce or Boston Scrod. You must be a Red Hatter member. Purple outfits and red hats required.
 - **Milan & Lake Como Travelogue - Wednesday, Aug. 20, 12 to 3 p.m. Cost: \$4.50.** Travel (by video) to Milan & Lake Como and follow the story of Italy's fight for unification. See the fashions and food with Rick Steves. Prior to the video, enjoy an Italian lunch featuring Lasagna, Garlic Bread, and Salad.
 - **Evening at Center: Wheel of Fortune - Tuesday, Aug. 26, 5 to 8 p.m. Cost: \$4.50.** Join us for an evening of fun and excitement! Dinner includes a Sub Sandwich, Chips, and Dessert. We will then play Wheel of Fortune featuring our own members Sam Filippo as Pat Sajak and Ceil Fiedor as Vanna White. Fantastic prizes!
 - **Poker Tournament - Friday, August 29, 12 to 3 p.m. Cost: 3.50.** Play 7-Card Stud & 5-Draw Poker. Lunch, refreshments and prizes are included.
 - **Sweet & Hot Sunday - Sunday, Sept. 21, 12:15 to 6 p.m. Cost: \$50.** It's your last chance to experience Evergreen Park's Drury Lane before it closes in January. Join us for a jazzy, melodious experience - with a lunch featuring Breast of Chicken ala Martinique or Junbo Fantail Shrimp. This razz-a-ma-tazz revue celebrates music from 1930 to 1950 - Harold Arlen's sassy, bluesy melodies such as Paper Moon. That Old Black Magic, Stormy Weather & Over the Rainbow. Check in time at the Senior Center is 11:45 a.m. Please enter through the east door.
 - **Potawatomi Casino - September 29, 8 a.m. to 5 p.m. Cost: \$16.** Travel with us to Milwaukee as we place our bets. A lunch buffet is included. Check in at the Senior Center at 7:30 a.m. Please use east doors.

Highwood Rec. Center now have Senior Programs

The Highwood Rec. Center at 428 Greeb Bay Rd. (847) 432-6633 will now have programming for seniors beginning on August 5, 2003 and ongoing the first Tuesday of every month, from 3 to 5 p.m.

Lake Cook Health & Rehab Center will sponsor a Blood Pressure and Glucose Screening, conducted by a Licensed Nurse free of charge. In addition, there will be a Social Worker available to make any community referrals or simply assist those in need.

This Free Blood Pressure and Glucose Screening will open doors for many other Recreational Programs to come.

Lake Cook Health & Rehab Center, wants to lend a helping hand to the community. Working with seniors is what we do best!

For information about Lake Cook Health & Rehab Center and the many services that can benefit you and your loved ones, call (847) 564-0505, ext. 15, or log onto:

<http://members.aol.com/lakecookhealth>

CONTINUING TICKET SALES

PLEASE CHECK FOR TICKET AVAILABILITY

- **Computer Classes**
- **Keyboarding Workshop - Friday, Aug. 15, 9 to 10:30 a.m. Cost: \$6.**
- **Mail Merge Workshop - Tues., Aug. 19 & Wed., Aug. 20, 9 to 10:30 a.m. Cost: \$10.** Call Jaymi Osman at 588-8420 for registration and other information on classes.
- **Poker Tournament - Friday, July 25, 12 to 3 p.m. Cost: \$3.50.** Play 7-Card Stud and 5-Card Draw. Lunch, refreshments and prizes included.
- **Travelogue - Eastern Cities - Wednesday, July 30, 12 to 3 p.m. Cost: \$5.50.** Travel to Prague, Budapest & Istanbul with Rick Steves. Prior to this 50 minute video, enjoy an Asian Meal and European Dessert.
- **Evening at the Center: Indoor BBQ Summer Fun - Wednesday, July 30, 5:30 to 9 p.m. Cost: 10.** Enjoy Summer Fun indoors -- no mosquitoes! Dinner features grilled Hamburgers with an ice cream-social dessert offering. Then sit back and get ready for some foot stompin' good music by the Banjo Buddy Trio!

STAMP CLUB

Stamp Club meets at 2 p.m. the second and fourth Monday of the month. Come and share your stamp collection with fellow Center members. Next meeting: July 28.

COMPUTER INTEREST GROUP

Computer Interest Group meets the first and third Monday of the month at 2 p.m. The next meeting will be August 4. Please join us as we discuss a variety of issues.

HEALTH & WELLNESS - JULY

Diabetes Screening - Wednesday, July 23, 9 to 11 a.m. Cost: \$2. Monthly screening by appointment. Fasting from midnight required. Please take morning medications with water (medications that can be taken without food). Screenings will take place in the nurse's office. Register in-person at the Senior Center.

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Niles residents, age 62 and over and their spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To become a member, drop by the Niles Senior Center, 999 Civic Center Drive or call us at (847) 588-8420 and we will mail you an application.

NILES - ONLINE

Visit the Village of Niles online at www.niles.com. Learn more about the Village and its services. 24 hours a day, 7 days a week.

VETERANS POST

by Freddy Groves

If you plan to take advantage of your GI Bill educational benefits someday, that's great. But why wait for someday? Do it now. Remember: you have only 10 years from your date of separation to use your GI Bill benefits, and while that may seem like a long time, it can go by pretty quickly and leave you at the cut-off point before you know it.

There are lots of reasons you might want to further your education at this time, especially if you never went beyond high school. For example, statistics show people with college degrees can earn more money over a lifetime than those who have only a high-school diploma. However, even high-school graduates who don't want to pursue a college education right now can raise their earning potential with an Associate of Arts degree. And you might be surprised to learn that your military training could help you earn one in as little as 18 months, not the two years it usually takes.

Also, in these uncertain economic times, it's a good idea to prepare for any potential job loss or workplace meltdown by expanding your educational qualifications. Using your educational benefits can help put you on the road toward a new and more secure career.

Information on benefits is available by calling your regional VA office at 1-800-827-1000. Or you can log onto www.va.gov.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@hearstsc.com.

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Morton Grove Seniors

DIABETES SCREENING

Many people with diabetes go undiagnosed, because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, July 29. Screening is free for Senior Center members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 29 should call the Senior Hot Line at (847) 470-5223 to reserve a seat on the Seniortran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center members and \$1 for all others.

SAVE UP TO 80% ON PRESCRIPTION DRUGS!!

A Medsforall representative will discuss National and State programs for prescription drugs, drug importation from overseas, and internet ordering, from 1 to 2:30 p.m. on Wednesday, July 30 in the Morton Grove Senior Center. There is no charge for this program, but please register by calling the Senior Hot Line at (847) 470-5223.

THE DEAL ON DEEDS

The Cook County Recorder of Deeds Office is the place of safekeeping for any documents on record in Cook County. Come hear this interesting and informative talk from 1 to 2 p.m. on Monday, Aug. 4 in the Morton Grove Senior Center. There is no charge for this program, but please register by calling the Senior Hot Line at (847) 470-5223.

"SUCCESSFUL AGING" LECTURE

Jay Lewkowitz, Executive Director of Oakton Pavilion in DesPlaines will discuss "Negotiating Life Transitions: A Paradigm For Successful Aging" at 1 p.m. on Wednesday, Aug. 20 in the Morton Grove Senior Center. Refreshments will be served and there is no charge for this program. Please register by calling the Senior Hot Line at (847) 470-5223.

ART INSTITUTE OF CHICAGO

Come visit Chicago's world-famous Art Institute on Wednesday, Sept. 17. This special tour for Morton Grove seniors will include lectures on current exhibits, musical entertainment, up-close painting demonstrations and much more. The cost is only \$15 for residents and \$17 non-residents includes lunch at the museum, entry and transportation. The bus departs from the Morton Grove Senior Center at 9 a.m. and returns at approximately 4:30 p.m. Register today at the Senior Center.

VOLUNTEER MEALS-ON-WHEELS DRIVERS NEEDED

The Morton Grove Meals-On-Wheels Program is looking for dependable people willing to share an hour a week delivering hot meals to homebound neighbors. Meals are picked up at the Bethany Terrace Nursing Centre and delivered within Morton Grove. A route is approximately 4 to 6 miles of which drivers can be reimbursed for their mileage. Substitute drivers are welcome too! Call Nancy Reynolds at the Morton Grove Senior Center for additional information (847) 470-5246.

RTA REDUCED FARE PERMIT

The Morton Grove Civic Center is a distribution point for the RTA Reduced Fare Permit any weekday between 9 a.m. and 4:30 p.m. This card provides a half fare discount on the CTA, Meira, or Pace transit systems. Individual must be age 65+ and bring in a driver's license or Illinois identification card, plus a current color 1-1/2" by 1-1/2" photograph. If travelers do not have a photo, the Civic Center will take one for \$3. For more information, call the Morton Grove Senior Hot Line at (847) 470-5223.

WALWORTH COUNTY FAIR AND THE GRAND BELLE OF GENEVA

Carnivals, horse shows, live entertainment, livestock competitions, antique shows and food galore are just a few of the dozens of events at the Walworth County Fair that Morton Grove senior travelers will be visiting on Thursday, Aug. 28. This is the oldest and largest County Fair in Wisconsin! Afterwards there will be an ice cream boat tour showcasing Lake Geneva's famous manions and homes. The cost is \$40.50 for residents and \$42 for non-residents. Bring a lunch or eat at the Fair! The bus departs from the Morton Grove Senior Center at 9 a.m. and returns at approximately 5:30 p.m. Register today at the senior center.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at (847) 470-5223.

Volunteers Bud & Jackie Dick Receive Award



Volunteers Bud and Jackie Dick receive Dr. Larsandrew Dolan Award at Norwood Park Home Gala. Making the presentation of the Dr. Larsandrew Dolan Award to Jackie and Bud Dick are Richard H. Fjeldheim (left), past chairman of the Board of Directors, and Marcia R. Mahood (right), Chief Executive Officer of Nor-Wood Life Care NFP.

World War II and the Korean Conflict, and Jackie divide their time between homes in Mt. Prospect and Minocqua, Wisconsin. They have two daughters and five grandchildren.

The annual event was held at the Park Ridge Country Club to benefit the future rejuvenation and renovation of the Norwood Park Home campus, 6016 N. Nina Ave. in Chicago.

Walter (Bud) and Jacquelyn Dick, longtime active volunteers of Nor-Wood Life Care NFP (formerly the Norwegian Old Peoples Home Society), were presented with the Dr. Larsandrew Dolan Award at "Gala 2003 - Generations Coming Together." Bud and Jackie began their association with Norwood Park Home in 1974. He served for 20 years on the Board of Directors, including three years as president. Jackie supported the goals of her husband and then joined the Women's Service League, serving as president for five years. During her time, the Thrift Shop was opened across from the Home, providing another opportunity to raise funds for its ongoing "wish list" and to improve the quality of life for residents.

Prior to retiring in 1994, Bud was a vice president of national sales for Warner Woven Label Co. of New York and then served as president and CEO of W & W Associates, Inc., a company he founded with his son-in-law, Walter Toben.

At present, Bud, a veteran of Maine Township Fishing Derby

Things are getting "fishy" at Maine Township... and that's good for area fishing enthusiasts!

Maine Township's Adult and Senior Service Department announces the Fourth Annual Bob Lindstrom Memorial Fishing Derby to be held Saturday, Aug. 16 from 8 a.m. to 12 noon. The event will be at Lindy's Landing at Bangs Lake, Wauconda.

Township residents who don't own their own poles and lures can also obtain fishing equipment as part of a lending program called "Access to Fishing." The program is coordinated by Maine Township in conjunction with the Illinois Department of Natural Resources that made 24 poles, hooks, and bobbers available.

Need a fishing license? The Township Clerk's office can issue Cook County fishing licenses Monday-Friday from 9 a.m. to 5 p.m.

The cost for the fishing derby is \$10 and includes lunch and prizes. The event is open to anyone 55 years of age or older who resides in the north suburban area. All fishing will be from boats (no shore fishing). Boats with captains or boat rentals will be available, as needed.

The "Access to Fishing" program requires that residents register in order to obtain fishing equipment for their use for up to two weeks. The loaner program was established to expose people to the joys of fishing without having to make an initial investment in their own equipment.

For further information on the derby, equipment program, or other Maine Township activities contact Mary Swanson, Director of Adult and Senior Services, at (847) 297-2510.

SENIOR NEWS LINE

by Matilda Charles

The drug Proscar has been shown in clinical trials as effective in delaying and possibly preventing the onset of prostate cancer. For many men, it already has proved successful in reducing enlarged prostates, thereby relieving urinary problems linked with the condition.

But there are drawbacks: First, while men on Proscar have fewer urinary problems than men on other therapies, they may have more sexual problems. On a more alarming note, researchers have found that for some men, Proscar may increase the risk of developing aggressive, high-grade prostate tumors.

So, what's a man — especially if he's at high risk for prostate cancer — to do?

According to most urologists, the first priority is to have regular examinations so that if a prostate problem develops, it can be caught and treated quickly. The second consideration — and one doctors direct essentially to seniors — is that cancerous prostate tumors grow very slowly in this age group, and it's not uncommon for a senior citizen well along in years to die of some other cause.

But that still leaves the big question unanswered: Should men risk taking Proscar to ward off any possible onset of cancer, regardless of what consequences might follow?

Peter T. Scardino, M.D., chief of urology at New York's Memorial Sloan-Kettering Cancer Center, apparently doesn't think so. He told a reporter that it may not appear "prudent" at this time to advise thousands of men to take the drug, noting that the wisest course once again is still the oldest and simplest: regular examinations and PSA tests.

However, other doctors may disagree, especially if a family history of prostate cancer puts a man in a high-risk zone. As for whether men currently on Proscar for urinary problems should discontinue taking it, that too needs to be discussed with their doctors.

Write to Matilda Charles in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mails to letters.kfws@hearstsc.com.

Greek American

On Thursday, July 31, 2003, the patio of the Greek American Rehabilitation & Nursing Centre will be transformed to an outdoor café reminiscent of Greece or Greek town. Join the folks at the Greek American Rehabilitation & Nursing Centre for an afternoon of live music and fun! Bring your family, friends and neighbors to tour one of the newest healthcare centers in the northern suburbs. Then sit back in the patio, enjoy lakeside views as you partake in the festivities. Let your mind take you away to a Greek Island with music and tasty delicacies.

- Rembetoneira - Rembetika Music - 1 to 5 p.m. Featuring Andreas Georgas.
- Hellenic Five - Popular Music 5 to 8 p.m.

Reservations are required to provide adequate seating for all. Please call (847) 459-8700.

The Summer Celebration will take place at the Greek American Rehabilitation & Nursing Centre, 220 N. First Street in Wheeling, (Take Milwaukee Avenue 1 block North of Dundee Road to Strong Avenue West to First Street South). For additional information or directions, please call the center at (847) 459-8700.



A/C for the Masses

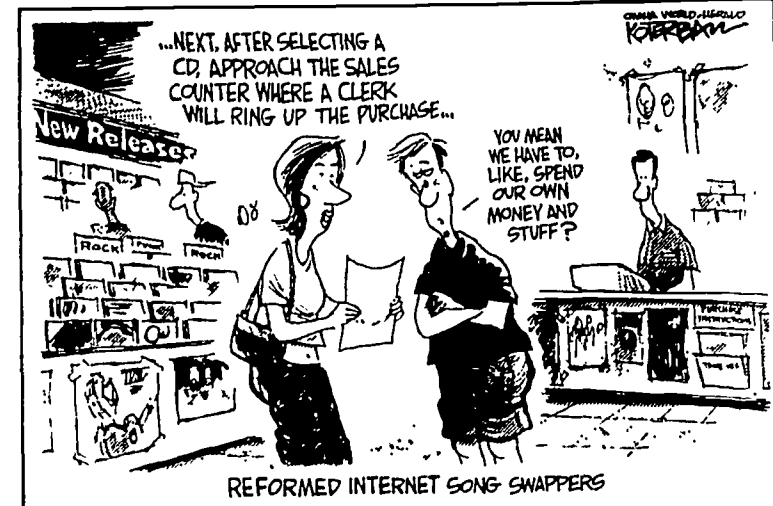
I recently moved into a one-bedroom apartment and, after suffering through a hot June, want the rest of the summer to be pleasant. I'd like to buy a window-unit air conditioner, as it's relatively cheap (and I can take it with me when I leave). What's the best unit for cooling an entire apartment? — John T. Quincy, Mass.

Window units are a good buy for apartment dwellers in temperate zones, because (as you point out) they are portable and easy to install. Today's units are also cost-effective — especially those bearing the Energy Star label — and run much more quietly, in general, than their older counterparts.

Window units work most efficiently when they're selected based on output per square footage of floor space. Whether a single window unit will cool your entire apartment, however, depends largely on the floor plan and the free flow of air through the rooms. For example, you could purchase a 10,000 BTU (British Thermal Unit) "mean machine" intending to cool all, say, 800 square feet of your one-bedroom place. However, if it's placed in the 300-square-foot bedroom and there's just a door between it and the rest of the apartment, your bedroom will be icy cold in no time while the rest of the apartment roasts.

The best solution for multiple rooms is two (or more) window units, at the appropriate BTU for the particular rooms they are placed in. This does cost a little more, even if you're buying smaller units (say, 6,000 rather than 10,000), but may actually be more energy-efficient than having a single unit cranked all the way up. However, if money's tight and you can only afford one, carefully consider which room you'll be spending the most time in, as well as how well air

home tip Look for an air-conditioning unit with a high EER (energy efficiency rating), which cools a room much more cost-effectively.



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Send questions or home repair tips to homeguru2000@hotmail.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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Catholic Charities is searching for loving foster homes. If you would consider opening your home and your heart to someone in need of a home, you might plan on attending one of the following foster parenting classes. Everyone is welcome, regardless of race, religion, ethnicity or economic circumstances. Information on how to become a Catholic Charities foster parent will be presented at the following meetings:

- August 5, 2003 at 7 p.m., Catholic Charities, 651 W. Lake Street, Chicago, IL.
- August 11, 2003, at 7 p.m., Catholic Charities, 10661 S. Robcris Road, Palos Hills, IL.

For more information, call (312) 655-7200. Spanish-speaking persons may call (312) 655-7205.

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- Pinch out the tips of new growth, if needed, to encourage branching.

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Collecting

by Larry Cox

Q. I have three Victorian-era mantel clocks. I live in a fairly remote area and am unable to go to a large city to have them appraised. Do you have any suggestions? — Robert, St. Johnsbury, Vt.

A. One of the better basic clock books is "Clocks Price Guide" edited by Kyle Husloen, a senior writer at Antique Trader newspaper. This user-friendly guide provides a comprehensive reference to clocks from the 17th through the 20th centuries. More than 1,400 timepieces are referenced, accompanied by 600 illustrations, many in full color. The book also features accurate pricing information.

For those interesting in investing in vintage clocks, Husloen provides some excellent guidelines for collectors. The guide is \$17.95 and may be ordered from the publisher, Krause Publications, 700 E. State St., Iola, WI 54990-0001; and www.krause.com. The company's toll-free telephone number is 1-800-258-0929. The "Clocks Price Guide" is highly recommended.

Q. My father has 20 issues of Scientific American magazine that were published during the 1870s and 1880s. How can I find out if they are collectible? — Diane, via e-mail

A. Mike Sandusky is the owner of Million Magazines, a company that, indeed, has more than 1 million magazines in its inventory. He can provide answers for you concerning the value of your vintage magazines. His addresses are 221 E. Sixth St., No. 125 rear, Tucson, AZ 85705; nike@millionmagazines.com; and www.millionmagazines.com.

Amber Waves by Dave Phipps

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Repeat Offender Barred from CTA Property

Repeatedly committing unlawful acts on Chicago Transit Authority property has resulted in the barring of Robert Ross from CTA property for a period of 18 months. Ross became the first individual to receive such an order under a Repeat Offender initiative launched by the CTA in October of 2002 to enhance customer safety and rid the system of lawbreakers.

Under the initiative, the CTA works in conjunction with the Chicago Police Department, Cook County State's Attorney's Office, Cook County Probation Office and Cook County Social Services, to "exclude" - or bar from CTA property - any individual who, on more than one occasion within a year, commits acts in violation of state and municipal laws on CTA property.

On June 30, 2003, Ross pleaded guilty in the Circuit Court of Cook County to two counts of criminal trespassing for selling loose cigarettes and soliciting customers for cab rides while on CTA property. The offenses happened within two months of each other earlier this year. During sentencing, Judge Colleen Sheehan ordered Ross to stay away from CTA property for a period of 18 months. If he violates the order, he will automatically spend at least 300 days in jail. Since 1998, Ross has committed approximately 45 offenses on CTA property ranging from peddling transit cards to not paying his fare.

"Intrusive and annoying activities that take place on the system can diminish the quality of the public transit experience for our customers," said CTA President Frank Kruesi. "The Repeat Offender initiative, with its ability to bar repeat troublemakers from CTA property, increases the deterrent factor for those thinking of participating in such activity."

Under the initiative, the police arrest and charge individuals when they:

- Are found in any unauthorized area of CTA property, including the right of way.
- Use the transit system for any

purpose other than transportation without the CTA's authorization.

- Commit violations of unlawful sales, solicitation and begging or unsafe conduct.

The State's Attorney's Office prosecutes repeat offenders, seeking as part of any sentence an exclusion order prohibiting the repeat offender from entering or using the CTA system for a specified length of time. If any repeat offender violates conditions of his/her sentence, including the exclusion order, he or she will automatically receive jail time, the length of which is determined by a judge.

The CTA works with the police and State's Attorney's Office to help build cases against repeat offenders by providing background information about the offense, as well as witnesses. As offenders are barred from CTA property, CTA personnel will be supplied with photographs and information on "excluded" offenders - such as their name, physical description, length of time for exclusion and offense. CTA employees will notify the Chicago Police Department's Public Transportation Section immediately if an offender is found to be in violation of an exclusion order.

Educating America's Youth 60 Seconds at a Time

For many years now the anti-drug movement in America has been using Public Service Announcements (PSAs) to deliver messages on television, radio and in print media about the dangers and consequences of using drugs. From Nancy Reagan's "Just Say No," to an egg in a frying pan to funding terrorism, some of the more famous campaigns that were used did little more than create "product recognition" and others had a huge impact on deterrence.

A recent survey by the Partnership for a Drug-Free America, a major anti-drug organization that works closely with the Office of National Drug Control Policy, claims that the more ads about the dangers of drugs that kids see the less likely they are to do drugs like marijuana and ecstasy in the future. Another study, however, indicated that teens don't pay attention to the ads or don't feel that the message is real to them.

So what does make an anti-drug PSA effective?

According to Luke Catton, President of Narconon Arrowhead, "Communicating the truth about drugs to our nation's youth requires more than just a message. The information is best deli-

vered by someone with real-life experience on the subject and provide something more than what they read in a health class text book." The Narconon program has been effectively educating youth through all forms of media and live presentations for decades with literally hundreds of thousands of surveys showing exactly what works with kids and what they want to know.

"Many young people are told that drugs are dangerous, but now how or why," says Catton, "Then they see their friends take them and it doesn't look so harmful. To deter them from experimentation with these substances it helps to project into the future what drug use leads to and to explain that no addict ever thought he'd become an addict."

Scare tactics haven't worked in the past on the majority of kids and aren't likely to work in the future. Though nobody really expects a 60-second commercial to completely change someone's mind about drugs, repetition of message with insightful information can go a long way in the fight to prevent drug use.

To download your free information about drugs or to get help for a loved one, log on to www.stopaddiction.com today or call 1-800-468-6933.

Idot's easing the way to Bears' Camp

The Illinois Department of Transportation can't insure the Chicago Bears an easy road through the National Football League season, but it is taking steps to ease the way for motorists attending the team's training camp and exhibition games.

The Bears' training camp in Bourbonnais opens July 25, with exhibition games scheduled in Champaign-Urbana Saturday nights, August 9 and 16.

Dirk Fuqua, IDOT's Engineer for Implementation in the metropolitan Chicago area, said major projects are ongoing along I-57 -- the key route to both Bourbonnais and Champaign-Urbana.

In the Chicago area, in a 12-mile stretch of I-57 from Halsted Street to I-80, a major rehabilitation is underway, but, Fuqua said, there are ways to avoid it.

Fans coming from the northern, northwest, and western suburbs can take the Tri-State Tollway (I-294) to westbound I-80 and then to southbound I-57. Those coming from downtown Chicago can take the southbound Dan Ryan Expressway (I-94) to the southbound Bishop Ford Freeway (I-94) and follow it to westbound I-80 and southbound I-57.

IDOT is resurfacing I-57 throughout Will County, but this work is confined to nights.

HUBERT—By Dick Wingert



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Hillary Clinton May Be Elected President in 2008

Why It's Absolutely Impossible To Beat Hillary Clinton in 2008.

Bad News for Republicans! Communications Consultant Tells Why Senator Clinton CANNOT Miss Getting Elected President in 2008!

"There is at least a 95% chance that Hillary will be elected President in 2008."

These controversial words come from one of the nation's leading communication and marketing consultants, Allan Boress, CPA, CFE. He is author of six published books, including the best-selling, *Hate-Selling Book*. He has been interviewed over 100 times including such stations as WGN, WTMJ, KMOX and KOA.

Mr. Boress has identified 15 unbeatable reasons why it will be nearly impossible to overcome Hillary's big presidential machine. "For all practical purposes, she has already won. Order your Hillary Inauguration Ball tickets now before they run out," Allan says.

Mr. Boress is not a hack for the Democratic Party. He has consulted with over 500 professional firms since 1980. He is acknowledged as *One of The Top 100 People in the Accounting Profession* by *Accounting Today Magazine*.

"I don't care what her polling numbers are in 2003. Rush Limbaugh and the rest are wrong. The GOP has nobody who can beat her in 2008 - and they are allocating their resources to 2004, an election they cannot lose!" explains Mr. Boress. "Mrs. Clinton is a marketer's dream come true: She has more name recognition than anyone except Bush and her husband, has a five-year lead on anyone, and she gets millions of dollars of free publicity a year. Look out for her huge coattails!" says Boress.

Hillary will come out with a simple theme that will overwhelmingly convince the majority of voters - and I know what it is already! Republicans are in love with themselves and think they have a lock on the voter. They are wrong! Hillary CANNOT LOSE AND I CAN PROVE IT!" says Mr. Boress.

LEGAL NOTICES

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. D03086202 on July 9, 2003, under the Assumed Name of Meister Remodeling with the business located at 9435 Western Ave., Des Plaines, IL 60016. The true name(s) and residence address of the owner(s) is: Marek Malysko, 9435 Western, Des Plaines, IL 60016.

CTA Increases Service on Four Rail Lines

The Chicago Transit Authority is making travel more convenient for its customers by providing more service on four rail lines. The enhancements took effect Sunday, July 13 on the Purple and Brown Lines; Monday, July 14 on the Blue Line; and Saturday, July 19 on the Red Line.

The frequency enhancements are as follows:

Purple Line - Earlier Weekend Service
Purple Line trains between Linden and Howard will operate 30 minutes earlier on weekends starting Sunday, July 13. Saturday trains will depart Howard starting at 5:10 a.m. and Linden beginning at 5:28 a.m. Sunday service will depart Howard beginning at 6:05 a.m. and Linden beginning at 6:26 a.m.

Brown Line - More Frequent Evening Service
Evening service on the Brown Line will operate more frequently from downtown effective Sunday, July 13. Weekdays between 10:15 p.m. and 11:15 p.m. trains will operate every 7-1/2 minutes instead of every 10 minutes. Saturdays between 7 p.m. and 11 p.m. trains will operate every 7-1/2 minutes instead of every 10 minutes. Sundays between 8 p.m. and 11 p.m. trains will operate

every 10 minutes instead of every 15 minutes.

Blue Line - More Frequent Weekday Service

Weekday service on the Blue Line will be more frequent between 10 a.m. and 2 p.m. effective Monday, July 14. Trains will operate every 5 to 6 minutes instead of every 7-1/2 minutes between the O'Hare branch and downtown. Trains will operate every 10 to 12 minutes instead of every 15 minutes between the Forest Park and Cermak (Doughlas) branches and downtown.

Red Line - More Frequent Saturday Service

Saturday service on the Red Line will be more frequent effective Saturday, July 19. From 10 a.m. to 5 p.m. southbound trains from Howard to 95th will operate every 6 minutes instead of every 7-1/2 minutes. From 11 a.m. to 6 p.m. northbound trains from 95th to Howard will operate every 6 minutes instead of every 7-1/2 minutes.

As the nation's second largest public transit agency, the CTA provides 1.5 million rides on an average weekday and takes pride in delivering quality, affordable transit service that link people, jobs and communities.

RACING
by Greg Zyla

Where's the Next Richard Petty?

H.A. "Humpty" Wheeler is president and general manager of Lowe's Motor Speedway in North Carolina and president and chief operating officer of Speedway Motorsports Inc.

ZYLA: Humpty, how do you feel about air bags in race cars? The talk is starting to resurface again. Can this happen?

WHEELER: If you can make air bags work in a passenger car at 90 or 100 mph, you can make it work at 200 mph, too. It's just a matter of stepping up the technology.

ZYLA: What's your biggest concern right now for driver safety?

WHEELER: We've got to look a lot



"Humpty" Wheeler

more at the side-to-side head movement versus front to back. The HANS, the Hutchins device and the other restraints work great going forward and back, and they help prevent the basil skull fracture. But we have to look closer at side-to-side (movement). That's obviously what happened to Jerry Nadeau recently. We've got some new seat designs that are good, but I don't know how these drivers can see out of these cars. One of these days, someone will figure it all out and the driver will get more visibility. But overall, I'm happy with the movement in safety.

ZYLA: There have been some hard shots.

WHEELER: Yes, like Earnhardt Jr.'s at California.

ZYLA: Derrick Cope's at Nashville.

WHEELER: And Sterling Marlin's at Richmond. But I think Jerry Nadeau's "rung the bell" on the black box. It was the highest recorded hit we have right now. (Black boxes are in

race cars to determine the severity of impacts.)

ZYLA: How strong is racing right now?

WHEELER: We are the only sport that is still growing. We are ahead of every sport — NBA, PGA, MLB, NHL and so on. The NFL is the only sport ahead of us. They get an average TV viewership of 10, and we get 5.5 to 6. We still have a lot of growth ahead, and we've got room to grow, too. We're not going to be "there" until we can compete with the NFL on a race-per-game basis.

ZYLA: Let's talk about costs. Are we turning into a welfare sporting industry if the economy decides to take a real move down — I mean really down?

WHEELER: Yes. What really disturbs me, particularly in your grassroots level of racing, is the outrageous costs. I know there are factors in the marketplace, and a lot of people in the speed-equipment business who want to keep throwing that better mousetrap out there. If the aftermarket keeps doing this, numbers will decline. But things are getting better. I've talked engine builders who used to build \$50,000 to \$75,000 engines for customers, and today they are building spec engines. This is a good thing, not a bad thing.

You talk about welfare, and here's the problem we're going to get into or already have gotten into. We can't turn this thing into a rich man's sport. This is not polo. We don't need \$100,000 horses. With this in mind, where's the next A.J. Foyt, Richard Petty, Mario Andretti or Dale Earnhardt coming from? Do you think they could have broken in today? These guys didn't come from a background where there was loose money lying around to put them in race cars. Major-league racing depends on having the best possible talent develop on the short tracks of America, and there's a good chance with what's going on now, that won't happen.

The (beginner and sportsman) divisions can't become too expensive for many would-be drivers to ever get a chance. We can't let this happen. How many potential Richard Pettys are out there that can't get a steering wheel in their hands except, perhaps, a junky old street stock that they can't move up from?

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CRUISIN'
by Greg Zyla

Q. I have a 1964 Rambler Ambassador four-door sedan with the V-8 engine. It has automatic transmission and is in good condition with 95,000 miles. I know the Ramblers aren't worth as much as the other, more collectible cars, but I'd like a fair value on this car's worth. Thank you very much. — Trudy K., e-mail from Florida

A. Trudy, you might be correct that the Rambler doesn't command some of the top prices paid for collector cars, but I still like what you have in your garage! Your car is worth from \$2,500 to \$4,400 depending on condition as judged by a professional collector. If the car is as nice as you say, with no rust (Florida cars are not

ed for no rust) and straight body panels, you might fetch on the higher side of the equation.

I've always enjoyed the Rambler in all forms, especially the American Station Wagons, Ambassadors like yours, AMX (some go for more than \$20,000), Javelin, Rebel and Hurst S/C. Take good care of that Rambler, as I feel that in the future, when the economy improves, so will the pricing of your car.

Write to Greg Zyla in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@hearstsc.com.

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Position at Bugle Newspapers in Niles
Please do not call unless you have previous experience!

Ask For Beverly
847-588-1900 ext. 140
Or Fax To: 847-588-1648

ANIMAL HOSPITAL

RECEPTIONIST - FULL TIME

Experience Helpful But Will Train
Apply In Person
Glencoe Animal Hospital
1820 Frontage Road - Northbrook
Call: 847-835-1302

CLERICAL

OFFICE HELP

Full Time - 8AM - 4:30PM
Must Be Fluent in English
Experience in order entry, customer service and typing preferred. Benefits.
N.W. Side of Chicago (Edison Park)
Non-Smoking Environment
Fax Resume To:
773-775-1001
Or Please Call Joyce:
773-775-1000
Andrews Decal Co., Inc.

CLERICAL

Lincolnwood School Office

Needs dependable Full-Time person for phones, student enrollments & customer service. Position requires experience in data entry & word processing with accurate typing of at least 50 wpm.
Real Estate Institute
847-329-1650

We Accept Visa and Master Card! Call 847-588-1900

DELIVERY DRIVERS

THE PHONE BOOKS ARE COMING!!! THE PHONE BOOKS ARE COMING!!!

Earn extra \$\$Money\$\$ - Help deliver the new SBC Telephone Directories TODAY! Flexible Hours - Daily Work. Deliver in your own neighborhood. Park Ridge - Des Plaines and surrounding areas. Start immediately! The more books you deliver - the more \$\$ you can earn.

1-800-733-WORK (9675)
You must be at least 18, have a current driver's license, insurance & vehicle.
Product Development Corp.

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

DRIVERS

ORIENTATION NEAR YOU

- DEDICATED Available
- GUARANTEED Home Time
- PAY On Delivery



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Taking calls 7 days a week
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READ THE BUGLE

MEDICAL/HEALTHCARE

LPN

Want A Few Extra Hours?
Part Time Position
in Niles For Med
Set Up & Transfers
Catholic Environment
Please Call Lana At:
1-877-56-NURSE
Or Apply On-Line At:
www.lifestyleoptions.com

MEDICAL/HEALTHCARE

ACTIVITY ASSISTANTS

Forest Villa Nursing & Rehabilitation Center is Searching For Creative, Energetic, Full-Time & Part-Time Activity Assistants. Previous Experience A Plus And Must Have A Valid Driver's License.

Please Contact:
Michael Caldwell
Forest Villa
Nursing Center
6840 W. Touhy Ave.
Niles, IL 60714
(847) 647-6400

Bugle Classifieds

Turn your dusty treasures into cash!
Call Beverly At:
847-588-1900 ext. 140



MEDICAL/HEALTHCARE

HEALTH CARE/HOME

\$ Signing On Bonus \$
CNA's And Companions
Hourly And Live-In Positions
Available For Chicago
And Surrounding Suburbs
English Speaking
Interviewing In Deerfield
Ask For Our Staffing Co-ord.
Gentle Home Services, Inc.
847-444-1222

Business Job Board

NOW HIRING: Companies desperately need employees to assemble products at home. No selling, any hours. \$500 weekly potential. Info: 1-888-646-1766-DEPT. IL - 425

MYSTERY SHOPPERS:
Shop, Earn \$\$, Have Fun! Go To:
www.satisfactionsservicesinc.com
Click "Join our Shoppers"

Bugle Classifieds

Turn your dusty treasures into cash!
Call Bev At 847-588-1900 ext. 140



PARK DISTRICT

Niles Park District Iceland has Year-Round Part-Time Positions Available:

- Part-Time Office Cashier (PM & Weekend Hours Available)
 - Part-Time Building Supervisor (PM & Weekend Hours Available)
- Applications Available At:
Iceland Skate & Swim
8435 Ballard Road - Niles
For More Information Call:
847-297-8010

PHOTOGRAPHER

FREELANCE PHOTOGRAPHER

Needed For
The Bugle Newspapers
Please Fax Resume To:
847-588-1648
Attention: Publisher

REPORTER

REPORTER

Needed For
The Bugle Newspapers

Please Fax Resume To:
847-588-1648
Attention: Editor

Bugle Classifieds

Matching Area Residents
With Area Employers Since 1957!

Call Beverly At:
847-588-1900 ext. 140



THE BUGLE CLASSIFIEDS

FULL/PART-TIME

FULL/PART-TIME

MISCELLANEOUS

MISCELLANEOUS

MISCELLANEOUS

SALES

IF YOU ARE NOT AFRAID OF SPEAKING TO SMALL GROUPS OR MAKING 10K+/MONTH CALL: 847-562-1646

TELEPHONE

TELEPHONE WORK FROM HOME

Scheduling Pick-Ups Of Discarded Items For A Major Charity No Selling-Flexible Hours Paid Weekly Pleasant Personality Reliability A Must! Please Call: 1-630-588-0025

TRADES

LABEL/PRINTING MANUFACTURER

Full Time - 8AM - 4:30PM Shipping/Receiving/Pressroom Assistant Must Be Fluent in English Benefits Included N.W. Side of Chicago (Edison Park) Non-Smoking Environment Please Call Joyce: 773-775-1000 Andrews Decal Co., Inc.

We Accept Visa and Master Card! Call Beverly At: 847-588-1900 ext. 140

LOOKING FOR A NEW POSITION

Classifieds Can Help You Pinpoint Exactly The Right Spot.

The Bugle Newspapers Classified Advertising



Call Beverly at: 847-588-1900 ext. 140

REAL ESTATE

APARTMENT FOR RENT

NILES - 2 Apts. 2 BR-Lrg. Rooms Heat-Laundry-Pkg. Incld. No Pets Available - 8/1 & 9/1 - 847-967-9784

APARTMENT FOR RENT

NILES - Large Apt - 2 Bedroom Dining Room-Laundry-Pkg-No Pets 847-965-9641 - 773-594-0008

APARTMENT FOR RENT

1 Bedroom - \$675-\$700 - Free Pkg. 7630 N. Milwaukee Ave. 773-557-1315 - Page 847-216-1174

APARTMENT FOR RENT

GLENVIEW - 1 Bedroom - \$630 - A/C Heat Incld-Own Pkg-No Pets-Laundry Newly Remod! 847-470-0014

APARTMENT FOR RENT

NILES - BALLARD & MILWAUKEE 3 Bedroom - 2nd. Floor - No Pets 847-966-6880 - 773-736-0650

APARTMENT FOR RENT

NILES - 3 Bedroom - 1 1/2 Bath Living Room - Dining Room 847-966-3865

APARTMENT FOR RENT

NILES - Milwaukee & Ballard 3 Rooms - 1 BR Garden - Laundry Parking Included - 773-725-8284

APARTMENT FOR RENT

NILES - 7320 W. CAROL ST. 2 Bedroom - Garden Apt. 847-966-5319

AUTO FOR SALE

1997 FORD F150-XLT V8 - Automatic - 3rd Door All Power - CD Player All Maintenance Records \$9500 Or Best Offer Call Jason - 847-962-5969

ESTATE SALE

NILES - 7730 N. NORA Sunday Only - 7/27 - 10AM - 4PM Everything Must Go!

FURNITURE FOR SALE

A Bed - Queen Pillow Top Mattress Set - Brand New - In Plastic List \$599 - Must Sell \$159 Can Deliver - 847-812-3920

A Bed - \$249 - King Double Pillow Top Mattress Set - New In Original Plastic - With Warranty Can Deliver - 847-812-3920

A Bed - \$119 - Full Size Double Pillow Top Mattress Set - New In Original Plastic - With Warranty Can Deliver - 847-812-3920

FURNITURE FOR SALE

21.6 Cub. Foot Refrigerator Auto Ice Maker - Excellent Condition \$300 - 847-581-1138



The Bugle Newspapers Classified Advertising 847-588-1900 ext. 140 Ask for Beverly

GARAGE SALE

PARK RIDGE - 928 GOODWIN DR. Saturday - 7/26 - 9AM - 4PM Clothes-Antiques-MB / HW Cars

GARAGE WANTED

LOOKING FOR GARAGE TO RENT FOR STORAGE 773-858-9380

HOUSE SALE

NILES - 9731 Fox Glen-3E Terrace Sq-Ring Platt # 70 Sun. 7/27 - 12-4 - 847-903-8924 Furn - Treadmill - Luggage Clothes - Shoes/Purses - Misc.

PERSONALS

MOST MIRACULOUS LORD

You have granted so many of my prayers but now I must place this petition in your hands (name petition). This now becomes your request and I ask you to place it in the hands of God the Father. I know he will grant this petition because of His love for you, his son. For this I thank you, O miraculous Lord. Amen. Say 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 things. 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.

Prayer to St. Jude

Oh, Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, most beloved of Jesus Christ. Fulfill the requests of all who have your special patronage in time of need. To you, I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in present and urgent petition. In return I promise to make your name known and cause you to be invoked. Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Publication must be received. \$2. Just pray for us and all who invoke your aid. Amen. This prayer has never been known to fail. It must be said for 9 consecutive days. Thank you. N.L.

Bugle Classifieds Turn your dusty treasures into cash! 847-588-1900 ext. 140 Ask for Beverly

RUMMAGE SALE

Both Hillal Congregation Rummage (888 Families) 3220 Big Top Lane-Waukegan (Edens to Lake St-E 1/2 MI to Lawrence St. to W44) 7/27-9AM-1PM - 7/28-9AM-11AM

SITUATION WANTED

LOOKING FOR GARAGE TO RENT FOR STORAGE 773-858-9380

TANNING

WOLFF TANNING BEDS AFFORDABLE - CONVENIENT Tan At Home Payments From \$25/month FREE Color-Catalog Call Today 1-800-842-1305 www.np.etatan.com

WANTED TO BUY

WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-430-985-2742 Fax: 1-430-985-5151

DON'T GET STUCK! GET HELP... LOOK IN THE CLASSIFIEDS!

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The Bugle Newspapers

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

COMMUNITY DIRECTORY

Grid of 24 small advertisements for various services including aluminum siding, brickwork, catch basins, construction, decorating, appliance repairs, cement, contractor, electrical, and more.

TO ADVERTISE IN THE COMMUNITY DIRECTORY PLEASE CALL BEVERLY AT: 847-588-1900 ext. 140 OR FAX INFORMATION TO: 847-588-1648

The Bugle Newspapers

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

COMMUNITY DIRECTORY

FLIGHT LESSONS

LEARN TO FLY!
Call Now For A \$49 DISCOVERY FLIGHT!
Private thru ATP, Charter & Pilot Services, Simulator and Aircraft, Flight Training, 3 Day Weekend Ground Schools. Located at Pal-Waukee Airport, call
RUSS DUSZAK
(847) 372-6196

HANDYMAN

J.R. HANDYMAN SERVICE
• Painting • Roofing • Carpeting
• Kitchens • Bathrooms • Electrical
WE DO IT ALL...NO JOB TOO SMALL OR TOO BIG
OUR WORK GUARANTEED

(847) 674-0371
(773) 792-3550

HANDYMAN

HOME REPAIRS & IMPROVEMENTS
Complete Handyman Services Since 1977
We do it all big or small!
847-824-4272

LANDSCAPING

MULCH & TOP SOIL
• Shredded Hardwood \$28
• Shredded Blond Cedar \$35
• Play Mat \$35
• Premium Dark \$35
• Cedar Chips \$35
• Dyed Red Mulch \$42
• Red Cedar \$53
• Cypress \$53
FREE DELIVERY • CREDIT CARDS OK
Also Pulverized Top Soil, Garden Mix, Mulch, Compost, Sand, Gravel, Sod, Etc.
SURE GREEN
847-888-9999

PAINTING

M BOLT PAINTING COMPANY
"The Homeowners Painter"
Neat • Reasonable
Insured • Free Estimates
773-545-8600

FLOOR SERVICES

JT HARDWOOD FLOORS
Installing New & Renewing Floors & Stairs
Fully Bonded & Insured
773-671-1653

HANDYMAN


ACTIVE HANDYMAN SERVICE AND REMODELING
General Home Repairs
Free Estimates
Insured
Phone - 847-647-2344
Cell - 847-791-2344

HANDYMAN

A-1 Family, Inc. Contractors
PROFESSIONAL HANDYMAN SERVICE
NO JOB TOO SMALL
All Water Leak Repairs
Carpentry • Tuckpointing • Brickwork
Roofing • Cement • Gutter Repairs
All General Repairs
State Farm Insured Liability & Workmens Comp
Approved Members of the Better Business Bureau
FAMILY OWNED & OPERATED SINCE 1987
WE SPEAK ENGLISH
773-282-0000

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Community Directory
Call: Beverly
(847) 588-1900
ext. 140

PAINTING

BASE PAINTING
• Exterior Painting & Staining
• Aluminum Siding Restoration
• Deck Cleaning & Staining
• Historical Renovation
"For All Your Painting Needs...
Touch Base First!"
847-444-1482

FLOORING

SUBURBAN FLOORING COMPANY
We'll Make All Your Floors Beautiful!
• Hardwood Flooring • Refinishing
• Custom Staining Available
• Ceramic, Granite, Vinyl
MC-Visa-American Express
Call For Free Estimate
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HANDYMAN

ROY THE HANDYMAN
"YOU NAME IT - WE DO IT"
Painting-Inter/Exterior
Wallpapering • Carpentry
Electrical • Plumbing
Drywall • Repairs
Floor & Wall Tiling
Remodeling
FREE ESTIMATES
(847) 965-6415

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ACORN LANDSCAPING
Residential • Commercial • Industrial
• Lawn Maintenance
• Fertilizing & Weed Control
• Design & Installation
• Sod, Flowers, Shrubs
• Aeration & Power Raking
• Spring & Fall Clean Ups
• Brick Walks, Patios, Walls
FREE ESTIMATES
847-965-1606
Insured-Licensed-Bonded Member L.L.C.A.
Member Niles Chamber Of Commerce

PAINTING

Charlie's Painting & Handyman
Interior/Exterior
Residential Commercial
Kitchen & Bathroom Remodeling
Wallpapering - Faux Finish
Drywall - Tile - Carpentry
And Other Home Repairing
For Free Estimate Call:
(847) 587-9335
Niles, IL

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PRECISION PAINTING
Complete Decorating
• Residential • Commercial • Int. Ext.
• Wallpapering • Wall Washing
• Plaster/Drywall Repairs
• Wood Finishing
• FREE EST. • REFS. • INS.
Anthony Pagano
847-259-3878
10% Discount to Seniors
28 Yrs. Experience

GUTTERS

A-1 Family, Inc. Contractors
GUTTER REPAIRS, CLEANING & NEW INSTALLATIONS
NO JOB TOO SMALL
STATE FARM INSURED
LIABILITY & WORKMENS COMP.
APPROVED MEMBERS OF THE BETTER BUSINESS BUREAU
FAMILY OWNED & OPERATED SINCE 1987
WE SPEAK ENGLISH
773-282-0000

HANDYMAN

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Community Directory
Call: Beverly
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ext. 140

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No Job Too Small!
LANDSCAPES
• Brickpaving
• Sod and Bush Specialists
All Work Guaranteed
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Fax: 847-966-1501

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Z.K. HOME IMPROVEMENT
• Quality Interior-Exterior Painting
• Drywall Repair • Bathroom Remodeling
• Ceramic & Vinyl Tiles
• Gutters, Deck, Fence, Concrete Repair
• Homes - Apartments - Offices
For Free Estimates Call Arthur
(773) 505-1459
Or Leave Message-We Are Insured
20% Discount TH End Of April!

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• Interior & Exterior
• Commercial & Residential
• New Construction
• Painting, Wallpapering,
Wood Finishing, Repairs
& Power Washing
FREE Estimates
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Serving the Community
for Over 25 Years

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PLEASE CALL BEVERLY AT: **847-588-1900 ext. 140**
OR FAX INFORMATION TO: **847-588-1648**

The Bugle Newspapers

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

COMMUNITY DIRECTORY

PAINTING & DECORATING

INTERIOR/ EXTERIOR PAINTING
FREE ESTIMATES
Reasonable Rates
CALL GEORGE
847-825-9098

ROOFING • SIDING

Len Home Services
"we do it all"
Our Many Services Include:
• Roofing • Siding • Gutters
• Tuckpointing • Soffit & Fascia
• Wood & Vinyl Windows
• Porches • Decks
Licensed and Bonded
Member of Better Business Bureau
847-768-6000

ROOFING

Amex Builders
ROOFING
Residential Flat & Shingle
ALL WORK GUARANTEED
773-763-7359
5882 N. MILWAUKEE AVE CHICAGO
FREE ESTIMATES • WE DO IT ALL
FULLY INSURED
LICENSED & BONDED

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ABLE REMOVAL SERVICE
We clean out basements, attics, garages & construction sites etc. We remove 1-item to a houseful, 7 days a week. Large 40 cubic yard truck can handle any size job.
847-338-0588
Visit our website at:
<http://ableremoval.com>

TUCKPOINTING

A-1 Family, Inc. Contractors
NO JOB TOO SMALL
STATE FARM INSURED
LIABILITY & WORKMENS COMP.
APPROVED MEMBERS OF THE BETTER BUSINESS BUREAU
FAMILY OWNED & OPERATED SINCE 1987
WE SPEAK ENGLISH
773-282-0000

PAINTING

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Community Directory
Call: Beverly
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ext. 140

ROOFING

BESCH BROS. ROOFING
SINCE 1974
• Shingles • Flatroof • Gutters
• Chimneys • Siding • Soffits
• Close Job Supervision
• All Quality Work Guaranteed
• Detailed Proposal
• Free Estimate
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630-215-7971
Licensed, Bonded, Insured
Member of Better Business Bureau

ROOFING

A-1 Family, Inc. Contractors
NO JOB TOO SMALL
STATE FARM INSURED
LIABILITY & WORKMENS COMP.
APPROVED MEMBERS OF THE BETTER BUSINESS BUREAU
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WE SPEAK ENGLISH
773-282-0000

SIDING

STOP PAINTING!
Cover Your Eaves With
• Aluminum Soffit/Fascia
• Vinyl/Aluminum Siding
• Vinyl Windows
• Storm Windows & Doors
• Aluminum Awnings
• Quality Work
Call for Free Estimates
1-800-303-5688
American Home Exteriors

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Community Directory
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ext. 140

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Sv. Citirene discount - 17 Yrs. experience
ANY LINE RODDED \$55.00
SINKS • TUBS • TOILETS
FROZEN WATER LINES OUR SPECIALTY
• Water heaters installed
• Catch basins cleaned/repared
• Sump Pumps
TV CAMERA SEWER INSPECTION
FREE ESTIMATE • (773) 631-4038

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E & S ROOFING & CONSTRUCTION
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• Fascia • Gutters • Porches
• Decks • Concrete
• Windows • Dormers
• General Remodeling
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(708) 453-1605
Free Estimates

PAINTING

To Advertise in The Bugle Newspapers
Community Directory
Call: Beverly
(847) 588-1900
ext. 140

SIDING

HOME EXTERIOR TECH COMPANY
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• Soffit • Fascia
• Roof • Gutters
• Replacement Windows & Doors
Insurance Claim Specialist
Small Jobs Welcome!
1-800-499-0202

TUCKPOINTING

C. CELINSKI TUCKPOINTING
• Building Cleaning
• Brick Work
• Chimney Repair
• Lintel Replacement
Free Estimate-Insured
Cozary-773-282-9495
847-724-5446

POWERWASHING

RICK'S POWERWASHING
Decks, Walls, Siding, Fences, Concrete, Windows Washed...
Gutters Cleaned
Insured Dependable Reliable
Call Rick 773-775-6846
Pager 312-232-9678

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T&T CONSTRUCTION
Roofing, Siding, Windows, Gutters, Drywall, Additions
Finished Basements
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All Work Guaranteed
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(847) 671-4297
Deal Direct W/Owner & Save
LICENSED, BONDED, INSURED


ROOFING

ORNAT ROOFING CORP.
STATE LICENSE # 0000020
16 YEARS EXPERIENCE
847-967-9002
Residential Roofing Specialist
Call Us For:
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• WE DO IT ALL
• WE SPEAK ENGLISH
PLUS SPECIALTY SERVICES
OF QUALITY WORKMENS COMP.
GUARANTEED QUALITY WORKMENS COMP.

TUCKPOINTING

ANY COLOR.....
.....ANY STYLE
• Building Cleaning
• Brickwork
• Chimneys
• Glass Block Windows
20 Years Of Satisfied Customers
References-Insured
• Free Estimates •
ED MAR PROGRESSIVE
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WINDOWS & DOORS

 **\$300⁰⁰** each
Install including window Thermo, heavy-duty frame, security locks
Low E Glass
Call Chris
847-372-9984

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OR FAX INFORMATION TO: **847-588-1648**

**TO ADVERTISE IN THE
CLASSIFIED TRADE DIRECTORY**

PLEASE CALL BEVERLY AT: 847-588-1900 EXT. 140; OR FAX INFO TO: 847-588-1648

**ROSZAK BUILDERS, INC.
NILES, IL**

847-967-0072 Fax 847-967-1020

Residential/Commercial-Big & Small Jobs

- Room Additions
- Decks
- Basement Remodeling
- Office Buildings
- Kitchen Remodeling
- Stores
- Bathroom Remodeling
- New Homes
- New Garage Construction

For Quality-Reliability-Dependability
WE ACCEPT VISA AND MASTERCARD

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TO FLY!**

Call Now For A \$49
DISCOVERY FLIGHT!

Private thru ATP, Charter & Pilot
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Flight Training, 3 Day Weekend
Ground Schools. Located at Pal-
waukee Airport, call

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(847) 372-6196

MARK'S TUCKPOINTING & REMODELING

- Tuckpointing/Brickwork
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- Masonry Repair
- Sheet Metal Gutters
- Lintel Replacement
- Cement Steps & Walks
- Parapet Wall Rebuilding
- Siding, Soffit, Windows
- Caulking & Waterproofing
- Porches & Decks

Call For Low FREE Estimates!

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Fully Insured & Licensed
Member of Better Business Bureau
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• Specializing in Faux Finishes
• Murals, Gilding, Stencils
• Design Service

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• Power Washing
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Over 30 Yrs. Exp.
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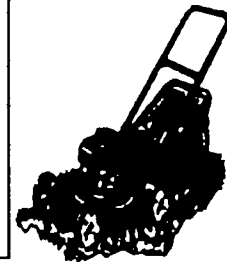
708-445-7200

amx007@aol.com

Roszak Landscaping
Niles, IL
847-967-0072 Fax 847-967-1020
a subsidiary of Roszak Builders, Inc.

For all your lawn care and
snow removal needs-
With the dependability
and quality you expect

We Accept Visa & Master Card



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Licensed - Insured - Bonded
Since 1982

- New Meters
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Panels
- Natural Gas Generator
- Our Specialty

5915 N. Milwaukee Ave.
Chicago, IL 60646

(773) 631-9416

Free Estimates

www.ludwikelectric.com

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**GNJ Construction
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- We Specialize In all
types of residential &
commercial roofing.
- Shingles
 - Tar & Gravel
 - Single-Ply
 - Tear-off
 - Tuckpointing
 - Concrete

Serving Our Community
For Over Three
Generations.
Family owned and
operated.
Free Estimates.

847 581-1158

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POWER
WASHING**

We Clean:

- Wood Decks/Sealing
- Patio-Garage Floors
- Commercial Property

FREE ESTIMATES
773-631-0289

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FLOORING &
REMODELING, LP**

Installation of:

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Hardwood, Ceramic Tile and
Carpet Flooring.

Residential & Commercial

Visit Our Showroom At:
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Niles

Please Call:
847-663-1003



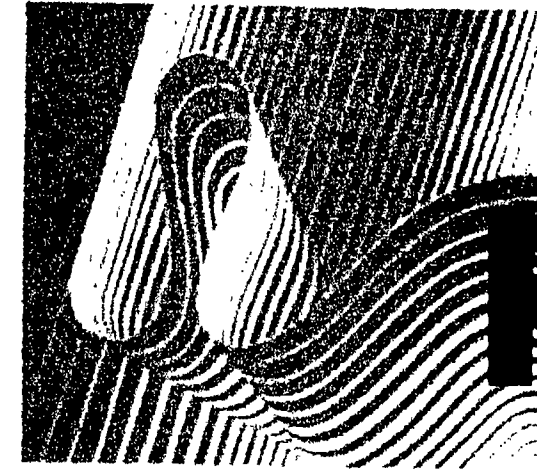
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CLEANERS**

RESIDENTIAL/COMMERCIAL
HONEST, RELIABLE, EXPERIENCED
STAFF, FLEXIBLE HOURS,
LOW PRICES, FREE ESTIMATES
BONDED

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NORTH SHORE Financial Services Corp.

3330 W. Dundee Rd. Ste. #C5 Northbrook, IL 60062



Illinois Mortgage licensee

ACT NOW.

**Refinance
YOUR HOME.**

Take advantage of our low interest rates

Coupon \$300
towards closing costs

Variety of adjustable and fixed rate loans
Cash-out options for home improvements
Lower monthly mortgage payments

Program	Rate	Points	A.P.R
30 Year Fixed	5.750%	0	5.910%
15 Year Fixed	5.125%	0	5.230%
10 Year Fixed	5.125%	0	5.370%
5 Year ARM	4.250%	0	4.355%
3 Year ARM	3.875%	0	4.035%

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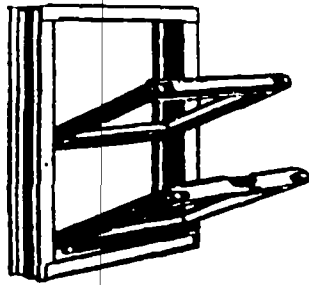
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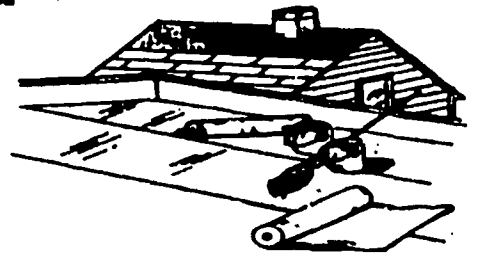
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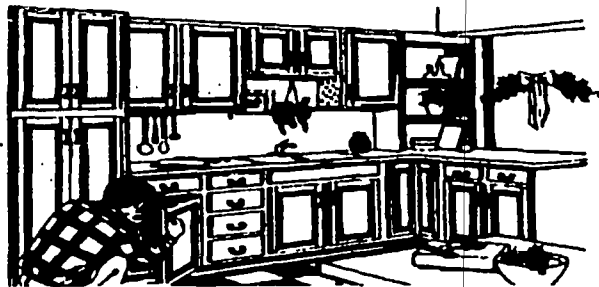


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