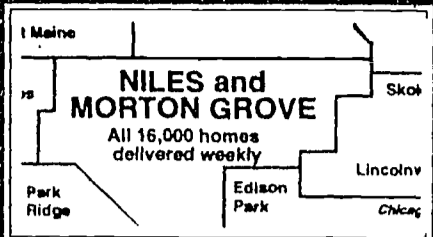




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THURSDAY, JANUARY 18, 2001

VOL. 44, NO. 30

## From the Left Hand

By Bud Besser

Adolph Foss passed away last week. He was an important part of Niles history.

We first met Adolph back in the fifties when the young post-war 25 to 35 year olds were changing the American landscape all over the country. Adolph was an important part of his homeowners group (NICO?) which became part of Niles political upheaval in 1961 when Nick Blase and his friends upset the incumbents who had ruled Niles since the 1930's.

A vivid memory we've written about several times continued on Page 46

## In Niles, it's candidate watching season

By the first week in January, only current Niles officeholders had declared their intent to run in the Apr. 3 village election, according to Niles Village Clerk Kathy Harbison.

The deadline for filing nominating papers is Jan. 23. Nominating papers consist of a loyalty oath, a statement of candidacy, a nominating petition that bears at least 75 signatures, and a state-

Continued on Page 46

## Village attorney raises questions at O'Hare

When Niles Village Attorney Joe Annunzio attended a public hearing last fall about O'Hare's World Gateway Program, he noted that very few questions were raised about the environmental impact of this airport expansion program. That's why Annunzio decided to author a report and raise those questions himself.

Annunzio, who represents continued on Page 46

## Niles Police retrieve cannabis

On January 11, 2001 at approximately 2:07 p.m. Niles Police Commander Don Leavitt observed a dark blue Ford Explorer with no license registration, traveling south bound in the 7700 block of Milwaukee Ave. and changing in and out of lanes and cutting other vehicles off. Commander Leavitt activated his emergency lights and attempted to stop the vehicle, but the vehicle turned off on Jarvis St. and continued driving. At this time Commander Leavitt observed the

Continued on Page 46

## One hundred and fifty employees of Village Crossing's Wards store to lose jobs

# Niles will miss Montgomery Ward

News that Montgomery Ward had filed for bankruptcy hit Chicago area residents hard. And here in Niles, the company that began as a catalog house and swelled to a 250-unit chain during its 128 years in the Chicago area, leaves a store in the Village Crossing Shopping Center, a location that underwent a major overhaul in 1999 in an effort intended to bolster the business.

Dave Esposito, Niles business coordinator, said the revamped retail store had been doing very well.

However, Ward's chairman, Roger Goddu, in a press release, commented, "Although our remodeled stores continue to pro-

duce positive sales trends, we have not delivered the necessary financial result to warrant com-

pletion of our total company turn around strategy." continued on Page 46

## Niles, MG may share emergency 911 service

In the future Niles and Morton Grove may share services of the same 911 center, which would mean joining the service that Des Plaines and Park Ridge presently use, it is learned.

The Niles and Morton Grove boards have agreed to split ap-

proximately the \$32,000 necessary to fund both a feasibility study by Swan & Associates of Peoria and consulting services of Dyonic, Inc. of Wauconda. The two villages will decide whether to go ahead with the project in a couple months when

Continued on Page 46

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Senior Seasons  
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Dining/  
 Entertainment  
 Pages 12-14

Classifieds  
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## Elected Official of the Year!



Maine Township Trustee Bob Dudycz (center) poses with his Township Officials of Illinois award for outstanding service to Seniors in 2000. Among the many things Bob does for Seniors, he teaches a class on computers. Here, Director of Adult and Senior Services Mary Swanson (second from left), Assistant Director Marjorie Stiller, Township Clerk Gary K. Warner (right) and George Stachiw display some of the computers that Dudycz helped obtain from government surplus. Warner and Stachiw also helped teach the computer classes and are holding chocolate computers presented by the Township for their efforts. For information on computer classes for Seniors call 847-297-2510 or visit the website, www.maintownship.com.

The Bugle's community job listings can be found on  
<http://www.ChicagoMetroJobs.com>



### Scholarship applications available at Lincolnwood Town Center

The Simon Youth Foundation, a not-for-profit organization dedicated to providing educational and career development opportunities to youth, and Lincolnwood Town Center are pleased to announce 2001 Community Scholarship Program applications are now available to qualified high school seniors.

monetary scholarship of \$1500 to a select number of high school seniors who plan to enroll in any accredited college, university or vocational-technical school and who meet the program's eligibility requirements.

Simon Youth Foundation Community Scholarship Program, North Shore and Chicago students can obtain an application form available at the Simon Marketplace (Customer Information Center) at Lincolnwood Town Center.



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### Cambridge Bank offers club for 50+

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- \* .25% premium on Certificates of Deposits.
- \* Quarterly newsletter publishing upcoming events

\* Special social and travel outings every quarter, plus more. "Out goal has never been to compete with any other social group. We want to cater to our customers and enhance opportunities within the community." "Over the past three years, we have taken numerous casino trips. We've also gone to the Fireside Theater in Ft. Atkins, Wisconsin, to Taste of Chicago, Ravinia and to the Rosemont Theater. I listen to our members and try to find trips that fit their interests."

### Lean Enterprise means increased efficiency and quality

Using the latest technology and resources to make manufacturing more efficient is the focus of "Lean Enterprise 2001," a luncheon hosted by the Northwest Suburban Manufacturers Association (NSMA) and the Chicago Manufacturing Center (CMS).

business that decreases lead times, lowers operating costs, improves quality and increases customer satisfaction," stated Calabrese. "By utilizing lean principles, companies can become lean and mean competitors."

John Calabrese of CMC will offer timely information to help firms optimize resources and lower costs. Calabrese will discuss steps to assist manufacturers in evaluating their company's operations, measuring performance against the competition and determining the industry's best practices.

aid and assist in common problems, and to develop an interest in civic affairs for the betterment and welfare of its membership and community. NSMA's membership exceeds 100 companies from the Northwest suburbs of Chicago.

"Lean manufacturing is a common-sense approach to doing business that decreases lead times, lowers operating costs, improves quality and increases customer satisfaction," stated Calabrese.

aid and assist in common problems, and to develop an interest in civic affairs for the betterment and welfare of its membership and community. NSMA's membership exceeds 100 companies from the Northwest suburbs of Chicago.

### Liponi Foundation prepares for 9th annual dinner

The Liponi Foundation for Special Recreation is making preparations for its 9th annual dinner dance and silent auction. The dinner dance is the Foundation's major fundraiser which generates funds for the Maine-Niles Association of Special Recreation.

held on Saturday, Feb. 24, 2001 at the White Eagle Restaurant in Niles. In addition to the delectable dining, guests are invited to bid on an array of valuable and unusual items in the silent and live auctions.

Continued on Page 4

### Chicago Bulls to award scholarships to local high school seniors

The Chicago Bulls and CharitaBulls (the Bulls' charity foundation) will once again award four \$2,000 scholarships to local high school seniors who plan to begin college in 2001. The Bulls have always placed a significant emphasis on higher education and are pleased to assist four local students with furthering their education.

dential candidate, how would you change the current education system and why? What education platform would you adopt and how would you execute this platform? How has education made an impact on your life and how will it continue to make an impact in the future?

The betterment of education in America is an issue that continues to affect today's youth. The above topic was chosen this year in conjunction with the recent presidential election and the importance of education reform with each of the candidates. With this in mind, the students that will apply for the CharitaBulls Scholarship will be able to express their views on education and how it has, and will, continue to make an impact on their lives.

### Discontinued at Holy Family Medical Center:

Diabetes Management Diabetes Education classes. If you or a loved one has diabetes it's important to have the right information. The StableLives Diabetes Program offers monthly, comprehensive group courses on weekday evenings.

more information, please call 847-297-9977.

Support Groups Diabetes Brown Bag Support Group. Lunch hour meetings are available for persons with diabetes every Wednesday from 11:30 a.m. to 1 p.m.

Diabetes Motivational Group. This support group emphasizes application of practical knowledge about diabetes management. The group also explores the difficulties people experience with diabetes and alternative ways of dealing with them.

External Insulin Pump Therapy Orientation. The StableLives Diabetes Program at Holy Family offers a free one-hour orientation on external insulin pump therapy. The orientation is designed to provide information about pump therapy to those interested in using an insulin pump to manage their diabetes.

Lois Kozeny, the coordinator of the Gladd Program, wants to thank the many drivers that assist on Tuesdays and Wednesdays, when they pick up 4 to 5 young adults at Misericordia and transport them to St. John and then return them to Misericordia later that evening.

### Niles and Skokie, partners for Howard Street repairs

Niles Board of Trustees approved an action by which the village agrees to share maintenance responsibility with Skokie for the future repair of Howard Street.

Cook County officials still must agree on details and budget constraints. Howard Avenue west of Lehigh will remain the responsibility of the state, Noriega said.

Niles will repair and maintain Howard from Central Avenue west to Menard, according to Jun Noriega, Director of Public Services. Skokie agrees to take care of a slightly longer stretch from Menard east to the Edens Expressway, he added.

### Morton Grove Meeting Notice

The next meeting of the Morton Grove Cable and Telecommunications Commission will be held on Thursday, January 18, 2001 beginning at 7:30 p.m. in the Council Chambers of the Richard T. Flickinger Municipal Center -- 6101 Capulina Avenue.

The Commission will be discussing the digital upgrade, the new channel line-up and recent customer dissatisfaction.

### Niles survey demonstrates Nicor's bad news

Just like all over Chicagoland, heating bills this winter are substantially higher. A Niles survey compared heating costs of November-December 1999 with the same period in 2000. Results show that of the 40 residents selected at random, except for a couple

respondants, residents are paying more than double in 2000," said Steve Vineziano, assistant to the village manager.

Nicor Gas spokesman, Craig Whyte, explains that gas is sold and paid for "in therms," described as the amount of gas required to produce 1,000 calories of heat. Nicor was billing users at 37.5 cents per therm in 1999 and is billing at 95 cents per therm currently. "The demand has gone up, and the supply has remained constant, which caused the problem," Whyte said, adding that suppliers are now enticed to do more drilling.

### American Legion Post #134 POW/MIA services

Commander Phil Hutchins of the Morton Grove Legion Post #134 announced today that a special Memorial Service will be held for all POWs/MIAs during their regular meeting on Thursday, Jan. 25, at the Post facility at 6140 Dempster St. in Morton Grove.

### Correction Notice

The ad for Bella Via Restaurant, 6063 W. Dempster, Morton Grove, appearing in the January 11 issue of The Bugle Newspapers offering Lunch and Dinner Specials should have included January 31 expiration. We are sorry for any inconvenience.

This is in keeping with the veteran groups' reminders to everyone that there are still many service men and women unaccounted for in the wars while serving our Country. The public is cordially invited to these services, which will commence at 8 p.m. (Refreshments will be served.)

### Mr & Mrs Claus visit vets at Hines Hospital



Through the efforts of the members of Niles V.F.W. Post #7712 and the collection of monies from the Niles Veterans Annual Poppy Day fund raiser every year in May, the Niles Veterans of Foreign Wars provided approximately 200 presents to confined veterans at the Hines Veterans Hospital in Hines, Illinois. On the left representing the Niles V.F.W. Post 7712 as Santa Claus, is veteran Norman Kwidd, in the center a Hines veteran patient receiving his present and on the right representing Indian Portage V.F.W. Post 3592 as Mrs. Claus is Marge Wall.

The Niles VFW Post 7712 thanks all those that support their Memorial Day Poppy fund raiser that makes this program possible. We wish everyone a happy and healthy new year and hope you will continue to support your veterans that served our great country.

Any overseas veteran interested in joining the Niles VFW please call Walt Beusse 847-967-7515 or Jim Kozak 847-967-6882. We are always looking for members, our new home is located at 7419 N. Milwaukee Ave., Niles.

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### Children's Hope International / China's Children Adoption Information Meeting

On Saturday, Jan. 20, 2001 Children's Hope International (CHI) will hold an information meeting on international adoption at the Holiday Inn O'Hare - Kennedy from 2 to 4 p.m. Families who have adopted through Children's Hope International will be in attendance, as will representatives from the agency. Attendees will be able to meet families who have adopted through CHI and hear about their adoption experience. Agency representatives will answer questions and explain plans for Children's

Hope International in Chicago. Children's Hope International is an international adoption agency currently based in St. Louis, with offices around the country. Since 1992, the agency has placed more than 2,000 children from China, Russia, India, Guatemala, and Vietnam. Persons wanting more information are encouraged to call: Linda Mockenhaupt at (847) 635-1466, daytime or 821-8199, evening, Mary House at (847) 297-0858, or Holiday Inn O'Hare - Kennedy at (773) 693-2323.

### Water Reclamation Commissioners sworn in for new terms

President Terrence J. O'Brien, Commissioner James "Jim" Harris and Commissioner Harry "Bus" Yourell were sworn in yesterday to serve six-year terms as Commissioners of the Metropolitan Water Reclamation District of Greater Chicago. Commissioner Martin A. Sandoval was sworn in to serve two years on an unexpired term. President O'Brien and Commissioner Yourell have been on the Board since 1988; Commissioners Harris and Sandoval have been on the Board since 1998 and 1999, respectively.

President O'Brien said, "I am proud to serve the citizens of Cook County for another six years on the Board of Commissioners. The Metropolitan Water Reclamation District serves the vital function of protecting the water environment in the area by collecting and treating wastewater from more than five million people each day. The Board oversees this work in the most cost-effective manner possible. I know I speak for my fellow Board members when I say that we look forward to completing the Deep Tunnel and beginning construction of the reservoirs."

Information about the District can be found on the District's web page at [www.mwrddc.dst.il.us](http://www.mwrddc.dst.il.us).

### Footliks named '2000 Benefactors of the Year'



Irving and Sylvia Footlik of Winnetka were honored recently as Benefactors of the Year by the Council for Resource Development (CRD), an affiliate and major council of the American Association of Community Colleges. Selected from hundreds of nominees from across the United States and Canada, the Footliks and ten other benefactors received their awards in December at the Gala Benefactor Awards Banquet in Washington, D.C. The couple has been associated with Oakton for many years, financially supporting various programs, as well as contributing significant personal time to college projects and committees. Their most recent contribution is a \$500,000 donation to support the redesign and remodeling of Oakton's Performing Arts Center.

### Mike Yesner selected for Maine TWP supervisor

### Liponi . . .

Continued from Page 2

the participation of children, teens and adults with physical, emotional and mental disabilities in recreational programming. The late Sam Liponi lends his name and ideals of generosity and service to the Foundation which, under the direction of their Board of Trustees, represents the communities that M-NASR serves. Through M-NASR programming, individuals with disabilities are able to enjoy an improved quality of life.

If you are interested in more information regarding the Liponi Foundation or M-NASR, please call (847) 966-5522.

Mike Yesner, a resident of unincorporated Maine Township for more than 30 years, and long time member of the Golf Maine Park District Board of Commissioners has been slated by the Maine Township Regular Democratic Organization to run for Supervisor in the April 3 election. Joining him on the slate will be Trustee candidates Laura Morask, Assistant State's Attorney and member of the Gang Crimes Unit from Park Ridge; Dennis O'Donovan, member of The Niles Library Board, and an Inspector; Cammy Fortuna, unincorporated resident and business administrator; and Corky Morales, a printer from Des Plaines.

Rounding out the ticket will be Clerk candidate Ben Veliyathumalil, a business owner from unincorporated; John Colletti of Niles, running for Highway Commissioner; and Sherwin Weinberg of Niles, candidate for Collector.

"The November election proved that Democrats can win in Maine Township," Yesner said. "We have a very strong slate of candidates, which represents the area well, both geographically and demographically. The candidates are committed to making Township government responsive to the needs of the residents, and to eliminate waste in spending," he continued.

Andrew Przybylo, Township Democratic Committeeman added, "Yesner has been a long time critic how the Township has been operated, and has a lot of positive ideas for change. Since the unincorporated area is the main reason Township Government exists, we're thrilled to have several candidates who are homeowners there. The current leadership has virtually ignored that area, and has not seen fit to slate candidates from there." Przybylo added, "We look forward to a highly positive campaign, and to the opportunity to debate the incumbents on the issue. The time is right for us to remove the Republican stranglehold on Township government, and restore the two party system."

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**Liponi Foundation welcomes new trustee**

The Liponi Foundation for Special Recreation is pleased to welcome a new Trustee to its Board. Dan DiMaria of DiMaria Builders is joining the Foundation as it embarks on another year of successful fundraising for Maine-Niles Association of Special Recreation. Having been a local businessman who has supported M-NASR's efforts for a number of years, Dan is looking forward to putting his energies to good use as the Liponi Foundation heads into the new millennium.

The Liponi Foundation was formed in 1990 to aid the Maine-Niles Association of Special Recreation (M-NASR) in advancing the participation of children, teens and adults with physical, emotional and mental disabilities in recreational programming. The late Sam Liponi lends his name and ideals of generosity and service to the Foundation which, under the direction of their Board of Trustees, represents the communities that M-NASR serves. Through M-NASR programming, individuals with disabilities are able to enjoy an improved quality of life.

If you are interested in more information regarding the Liponi Foundation or M-NASR, please call (847) 966-5522.

**Honoring deceased members**



North American Martyrs Council 4338, Knights of Columbus had more than 350 people attending the Council's Special Memorial Mass for the deceased members of the council and the council auxiliary, at St. John Brebeuf Church, Niles. This yearly event allows the council family to honor the deceased members of their family.

Special symbols representing the deceased members were placed on the altar, to honor them and keep alive the memory of their past deeds to help others in the community. The officers and members offer their deepest sympathies to the families of all members of the council and the women's auxiliary and the entire Knights of Columbus family.

Immediately following the memorial mass, Turkey Night chairman Irv Blaszyński provided another outstanding event, as Irv lived up to his promise in providing a massive amount of prizes along with the traditional turkey give-away! Thanks to Irv and his wife Lucille for all their hard work toward this successful event!

**Maine-Niles Recreation receives donation**

The Maine-Niles Association of Special Recreation's (M-NASR) recently announced the generous donation of \$10,000 from the Daniel F. and Ada L. Rice Foundation, a private family foundation established in 1947 and headquartered in Skokie. These funds were granted for the use of M-NASR's inclusion programming.

Inclusion is defined as "providing accommodations to allow for successful inclusion of individuals with disabilities in regular park district activities." Currently, M-NASR is the only agency that provides the support component for inclusion in its member park district programming and will allocate these funds to provide a therapeutic recreational aide for each client in a program for the entire season. The participants in these programs are children diagnosed with severe disabilities.

A 1:1 staff ratio is maintained and interpreters are provided for the deaf and hard of hearing.

"By offering inclusion services, we are allowing people with disabilities to take part in traditional park district programming. The effects of inclusion are extremely beneficial for both the 'included' participant as well as the others already enrolled in the program," says Executive Director, Sue Bear.

Maine-Niles serves the towns of Des Plaines, Golf-Maine, Lincolnwood, Morton Grove, Niles, Park Ridge and Skokie. Through advocacy and awareness, M-NASR promotes a successful leisure lifestyle. If you would like to receive a seasonal brochure or know someone who would benefit from M-NASR's services, please call (847) 966-5522.

**Make children #1 at Culver School**

Dear Bugle Editor and District 71,  
 We hope the New Year 2001 will be the beginning of the year of the children at Culver school.

We have read so many negative articles about the excessive spending at District 71, over one hundred thousand dollars to fire a teacher, over forty thousand dollars to a teacher so they could retire early, thousands of dollars

for a school courtyard and the salary of three full time administrators for an enrollment of around 500 children.

We think the children should be No. 1 at Culver school and the money being spent on teachers and administrators -- should be spent on children of the District.

Concerned taxpayers of District 71, Donald and Diane Olsson.

**Maine Dems to hold annual Super Bowl Party**

The Maine Township Regular Democratic Organization will hold its annual Super Bowl Party and fund raiser on Sunday, January 28, at The White Eagle, 6839 N. Milwaukee Avenue, in Niles.

Doors will open at 4 p.m. In addition to the game on a big screen and multiple monitors, there will be a sumptuous buffet, your choice of beverages, door prizes, raffles, and post game entertainment all included in the ticket price. Tickets are only \$30 for adults, with children under 16 accompanied by a paying adult admitted for \$5.

The event is open to the public, and Democrats, Republicans, and Independents are all invited to join in the fun. Reservations are strongly suggested, and additional information or reservations may be obtained by calling (847) 647-0660, and asking for Cammy.

In addition to the usual events which have made this one of the area's most popular and festive Super Bowl parties, in celebration of the Democrats becoming Maine Township's majority party, every attendee will be assured of at least one door prize. According to Andrew Przybylo, the Maine Township Democratic Committeeman, "We've always known there were a lot of Democrats in the area. This past November, they turned out in force, carrying the Township for Gore/Lieberman, and all the Cook County candidates. That will make this party something really special." He continued, "We hold regular meetings the second Friday of each month at The White Eagle, and urge all residents who support the party at the ballot box to become involved by attending a meeting."

**Head off high heating bills**

(NAPS)--Many homeowners are undertaking energy conservation and efficiency measures as heating costs are expected to rise by a minimum of 25 percent this season.

First, to keep themselves warmer, 686 respondents from a national survey by Opinion Research Corporation International said they would throw on more clothes (82 percent), drink coffee or hot chocolate (60 percent), cozy up to a spouse (55 percent), light a fire (48 percent), exercise (35 percent) or cozy up to their family dog (20 percent).

For their homes, they'd caulk and weatherstrip windows and doors (53 percent), add more insulation (42 percent), install energy efficient windows (38 percent), install new energy efficient furnaces, and install storm windows (30 percent).

Other tips to keep in mind to conserve energy and make your home more energy efficient include:

- Turning down the thermostat of your water heater. Set the thermostat to 120°F to save energy.
- Using energy-saving settings on appliances. Refrigerators, dishwashers, washing machines and clothes dryers can all be used more energy efficiently when turned to energy saving settings.

•Replace incandescent light with compact fluorescents. These lamps save three-quarters of the electricity used by incandescents.

•Cleaning or replacing furnace and heat-pump filters.

•Crawling into your attic or crawlspace and looking at the insulation. Is there enough? It should be insulated to at least an R-38. Call a professional insulation contractor to help you add more if you need it.

•Insulating hot water pipes and ducts wherever they run through unheated areas of your home.

•Scheduling an energy audit. Your utility company can give you some more expert energy-saving advice for your particular home as a whole.

For more information, contact the CertainTeed Home Institute for the free brochure "Tips To Head Off High Heating Bills" by calling 1-800-782-8777.

**Auroris Dance Company to perform**

Members of the 2001 Auroris Dance Company will take the stage in the newly renovated auditorium at 7 p.m. on February 2 and 3. This year's theme is "In Motion" and the performances will showcase a variety of dance styles, ranging from ballet and jazz to modern and tap. The Niles North Orchestra will provide the

evening's beautiful musical accompaniment. Tickets are \$7 and can be purchased at the box office in the Auditorium Lobby. A free no charge community performance is scheduled for 10 a.m. on Thursday, Feb. 1. Please contact Auroris sponsor Jennifer Falk at (847)568-3335 for more information.

**Norwood Park Historical Society welcomes new year**

On Wednesday, January 24, the Norwood Park Historical Society welcomes one and all to its first meeting of the new year.

Our guest speaker, Mr. Craig Pfannueche, will tell us about the Norwood Park Railroad Station - its history and role in the development of Norwood Park -- a topic particularly relevant to the current restoration of the train station.

Mr. Pfannueche is President of Memory Trail Research, Inc.; Genealogical Archivist of the Chicago and Northwestern Railway Historical Society; and on the board of directors for several county and state historical societies. He is currently President of the Chicago Genealogical Society and is author of several books on history in Illinois.

Please join us in welcoming Mr. Pfannueche at the Crippen House, 5624 N. Newark Avenue, on Wednesday, January 24 at 7 p.m. Refreshments will be served.

For meeting and membership information call (773) 631-4633.

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# Women's News

## Catholic Women's Bowling League

Wed., Dec. 27, 2000		HIGH SERIES	
TEAM	W L		
#5 Classic Bowl	52 46	Geri Kenny	557
#4 Thomas Drozd, DDS	52 46	Kay Pecoraro	493
#1 Skaja Terrace	52 46	Gertie Schultz	465
#3 Old Kent	50 48	<b>HIGH GAMES</b>	
#6 C.M.S.	48 50	Geri Kenny	201
#2 Candlelight Jwlr.	40 58	Kay Pecoraro	186
		Carol Oetringner	170
		Camille Berg	165

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**Woman's Club of Skokie/Lincolnwood**

The Woman's Club of Skokie/Lincolnwood affiliated with the General Federation of Women's Clubs Illinois will hold their luncheon/program meeting on Wednesday, February 7, 2001 at the Holiday Inn, Skokie, Illinois. Social 11:30 a.m., luncheon 12 noon, price of the luncheon \$10.50.

The program for the day will feature Kay Smith presenting slides of "An Artist Looks At History." Women interested in joining the club may phone Phyllis Cossarek, President at 847-256-1177.

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## New hope for patients with early breast cancer

(NAPS)-Now more than ever, women are acting on expert advice to have a yearly mammogram starting at age 40. As a result, 40,000 women each year are diagnosed with early forms of breast cancer that in the past, without mammography, would not have been diagnosed. Very early breast cancer that is contained in the milk ducts of the breast is called ductal carcinoma in situ (DCIS). DCIS is very common, representing 20 percent of all newly diagnosed breast cancer. Despite this, a recent study found that only six percent of women have ever heard of DCIS.

Ellen Soren Beda, 54, had surgery to remove her DCIS and was treated with NOVADEX®, also called tamoxifen citrate, by her doctor. NOVADEX, made by Astra-Zeneca, is the first FDA approved medication shown to reduce the risk of invasive breast cancer in women diagnosed with DCIS. The medication is prescribed after breast surgery and radiation therapy.

"I was scared to learn from my doctor that I had DCIS, because I had never heard of it before and it sounded serious," said Ms. Beda. "Now I know that it is a survivable type of breast cancer and there are treatment options available to help make sure that the cancer does not come back."

Physicians regard DCIS as a "clinical marker" indicating that changes occurring in the breast could lead to invasive cancer - but may not. Should an invasive cancer develop, treatment could include additional surgery and possible chemotherapy.

Even though a significant percentage of women are affected each year by this condition, there are limited options available to treat DCIS. Up until the 1980's DCIS was commonly treated with mastectomy. Current options also include lumpectomy, or lumpectomy plus radiation therapy.

NOLVADEX has been used for over 20 years to treat breast cancer and is also available by prescription to women at high risk for breast cancer. NOLVADEX is now available for the management of DCIS. In clinical trials with NOLVADEX therapy, the risk of endometrial cancer and blood clots in the lung and legs increased approximately two to three times compared with placebo, although each event occurred in less than one percent of women. More common side effects are vaginal discharge and hot flashes.

For more information about NOLVADEX go to [www.nolva-dex.com](http://www.nolva-dex.com).

## Use cord stops on window blinds

Window cord hazards are back in the news, with the Window Covering Safety Council urging parents to check and childproof corded window blinds to protect infants from accidental strangulation.

The Council's latest safety warning involves the inner cords or "lift cords" of blinds. The problem occurs when the window covering is lowered but not locked into position, leaving some slack in the inner cord.

If a crib or bed has been placed within reach of the window, infants have reportedly been able to grasp the slackened inner cord, pull it into the crib and around their necks. It is believed that 16 children have died since 1991 due to inner-cord strangulation.

To address this problem, the Council offers consumers free cord safety items through its toll free telephone hotline at 1-800-506-4636.

Available safety items include cord stops to correct inner-cord hazards, safety tassels for child-proofing older blinds and shades with looped pull cords, and tie-downs for securing the pull cords on vertical blinds and continuous-draw drapes.

In addition to encouraging the use of these safety devices, Council officials say the best safety precaution is to move cribs, beds and other furniture away from windows, then secure pull cords up and out of reach.

For additional information on window cord safety, visit the Council's website at [www.windowcoverings.org](http://www.windowcoverings.org).

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**JAMAICA**

The island nation of Jamaica gets its name from an Indian word meaning "Island of Springs."

# Women's News

## How to get out stains and make clothes last

(NU)-Here's an old Swiss remedy for removing fruit stains: "Wait 'til the pear trees blossom and hang the stained garments in the sun."

This one from Texas says: "Cover bloodstains with meat tenderizer. Apply warm water to make a paste and wait 20 minutes, then sponge with cool water or soak using a presoak product."

And from California: "Sponge perspiration stains with a weak solution of white vinegar and water, or with lemon juice; or dissolve two aspirins in water and soak the article."

There are probably as many recipes for removing fabric stains as there are remedies for curing the common cold, and all just as ineffective. But the folk remedies have one distinct advantage: They're stain specific. Long before the birth of chemistry as a science, experience taught people that no one miracle solution would remove all fabric stains.

You invest time, energy and money in choosing and buying your clothes. It would be nice to have some sort of insurance policy for them. Well, you can.

Carbona Stain Devils makes stain-specific formulas that attack stains based on their chemical compositions. Between the 10 formulas, Carbona Stain Devils remove more than 80 different stains on both washable and non-washable fabrics - even synthetics.

Besides using the appropriate Carbona stain fighting formula, it's important to use the correct techniques. Try these for the best results:

- Remove the stain as soon as possible because the fresher it is, the easier it will come out.
- Place a clean, white cloth or towel directly beneath the stain on a hard surface.
- Remove excess stain by blotting. Never rub, scratch or scrape a stain, or you may harm the fibers permanently.
- Use your fingers to tap the stain, pushing the stain into the cloth underneath it. Change or move the cloth frequently so the stain doesn't transfer back to your fabric.
- Always work from the outside to the center of the stain. This will help keep the stain from spreading and minimize the chance of a telltale ring.
- When the stain appears to be gone, rinse with water as warm as recommended for the fabric. The water will release any residue.

For more tips on treating stains, call Carbona's stain removal specialists toll-free at 1-888-746-5599.

## 'Kid Safe' Child I.D. bracelets offered

Parents, teachers and children can feel a lot safer thanks to a new child safety initiative from Illinois Secretary of State Jesse White and Sprint PCS. The new program helps parents, teachers and law enforcement officials locate lost children during a school field trip or at a special event. The program, which is a partnership between White's office and Sprint PCS, is a child identification program called "Kid Safe."

The plastic, hospital-like identification bracelet features a secure pocket for parents to place their child's name, address and phone number and medical information. In the event a child is lost, security personnel can immediately know the child's name and a way to get in touch with his or her parents.

Sprint PCS has donated 65,000 bracelets to be distributed to over 2,800 public and private schools throughout the state, targeting preschool to third-grade children. The bracelets will also be available at large community events including the Chicago Auto Show and the Illinois State Fair.

Teachers can order bracelets by calling the Illinois Secretary of State's office at (312) 814-2905 for more information.

**Catholic Women's Bowling League**

Wed., Jan. 3, 2001

HIGH SERIES	
TEAM	W L
#5 Classic Bowl Tie	59 46
#1 Skaja Terrace Tie	59 46

HIGH GAMES	
Millie Kroll	509
Rita Slechta	503
Gertie Schuitz	488
Linda Fahey	475

HIGH GAMES	
Millie Kroll	191
Rita Slechta	190
Geri Kenny	184
Linda Fahey	180
Camille Berg	176
Pam Kenny	175
Kay Pecoraro	170

Teams #1 and #5 will roll off to determine winner of First Half.

## Hadassah Ketura Group Anniversary of Roe vs. Wade

Jack Diamond, vocal historian will discuss Danny Kaye at Ketura Hadassah's monthly meeting on Tuesday, January 30, 2001 at 12:30 p.m. at Liberty Savings, 6666 Lincoln Avenue, Lincolnwood.

Coffee and will be served. Members free, others \$3. For information call 847-674-4608.

The Sophia Fund of the Chicago Foundation for Women in partnership with Personal PAC and Chicago NOW will hold a public roundtable discussion to commemorate the 28th Anniversary of Roe vs. Wade. The event will take place on Monday, January 22, from 4:30 - 6 p.m. at the Harold Washington Library, 400 S. State Street. The conversation will explore how to further diversify the pro-choice movement by promoting an agenda that includes groups that have not traditionally been perceived as active supporters. These groups include women of color, women within faith-based communities, young women and women with disabilities. Admission is free.

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**Health / Fitness**

**It's not too late, protect yourself from the flu**

(NU)-It's not too late to get a flu shot, say health experts. During 14 of the last 18 years, the flu peaked in mid-January, according to the Centers for Disease Control and Prevention. You may be thinking you can't get one because of the recent delay in shipment of the influenza vaccine. But now there's good news - the vaccine is becoming more available.

Influenza is highly contagious and can cause serious complications like pneumonia, which can be deadly. The flu can be especially dangerous for those 65 and older or those who have long-term health conditions such as diabetes, heart problems and lung disease. During a typical flu season, 110,000 people are hospitalized, with an expected 20,000 of them dying.

Even if you don't develop a serious complication, the flu can make you very sick and put you in bed for a week or more, disrupting a busy lifestyle. Doctors recommend that people age 50 and older, children, expectant mothers in their third or second trimesters, and those with medical conditions such as diabetes, heart or

lung disease get a flu shot now. "I urge everyone 50 and over and those with long-term health problems to take action for their health and get a flu shot," said Surgeon General David Satcher. "It's not too late to get a flu shot. You can still get protection."

The flu doesn't usually peak until mid-January or later, CDC officials said. The flu season runs through April.

Some may think that they can get the flu from the vaccine, but this is a myth.

"The scientific evidence is overwhelming. The influenza vaccine is safe and effective and definitely will not cause the flu," Satcher said. "Don't let the flu stop you from enjoying life."

Good health is not protection against the flu. Even if you are healthy and feel fine, the surgeon general said, you should get a flu shot.

"Why take the risk of possible serious complications from the flu when it is so easy to prevent the flu by getting a flu shot," said Satcher. "You will protect yourself as well as prevent spreading a

Continued on Page 11

**Gala 2000 raises major funds for children's services**



Swedish Covenant Hospital and WGN-TV Children's Charities, a fund of the McCormick Tribune Foundation, recently presented Gala 2000, which raised over a half million dollars for preventive and emergency children's services at the hospital. The McCormick Tribune Foundation, through WGN-TV Children's Charities, will enhance proceeds that will benefit children's programs at Swedish Covenant Hospital and other charitable organizations. Celebrating the success of the event held at The Chicago Hilton and Towers are: (from l.) Mark and Karen Newton of Edgebrook; Jack Rosenberg, WGN-TV sports and the Chicago Tribune; Suzanne and Dr. James McCormick of Lincolnwood, chairmen of the event. Mr. Newton is president of Swedish Covenant Hospital.

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**Age-related macular degeneration**

Macular degeneration is a condition of the eye that is often related to aging. In age-related macular degeneration (AMD), the macula of the eye, located at the center of the retina, is affected. When the macula becomes damaged, vision loss can occur. A safe, innovative treatment called Photodynamic Therapy is now available to treat some forms of this condition. An ophthalmologist can determine if this treatment may be beneficial.

On Saturday, January 27, Holy Family Medical Center will sponsor a free community lecture on "Advances in the Treatment of Macular Degeneration." This program will be held from 1-2 p.m. at Holy Family Medical Center, 100 N. River Road in Des Plaines.

Speaker Michael Paxhia, a board certified ophthalmologist at Holy Family Medical Center will discuss macular degeneration and new treatment options. A question/answer period will immediately follow the presentation.

For more information or to register for this free program, please call Holy Family's MEDConnectionSM at (847) 297-1800, ext. 1110.

USE THE BUGLE

**Health / Fitness**

**Regular exercise can make chronic pain more manageable**

Dancing the night away could actually make life a little less painful for people with chronic pain. There was a time when people with chronic pain were told to avoid physical activity for fear it would damage their joints and muscles and worsen their pain. No more.

When you aren't active, you begin to lose muscle tone and

strength, and your cardiovascular system works less efficiently. Inactivity also increases your risk for high blood pressure, high cholesterol and diabetes, putting you at increased risk for heart attack and stroke. In addition, inactivity can disrupt your sleep and worsen fatigue, stress and anxiety -- as well as your pain.

A common misconception is

that exercise increases pain. Just the opposite, exercise can help reduce it. During physical activity, your body releases certain chemicals (endorphins and enkephalins) that block pain signals from reaching your brain. These chemicals also help alleviate anxiety and depression, conditions that can make your pain more difficult to control.

Many people find that as their fitness improves, so does their mood. Here are some suggestions from Mayo Clinic on Chronic Pain to help you keep up your motivation.

• **Set goals.** Start with simple goals and then progress to longer-range goals. People who can stay physically active for six months usually end up making regular activity a habit. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up on goals that are too ambitious.

• **Pace yourself.** Do a little bit at a time and then rest. When you first exercise, you may experience increased discomfort from muscle weakness and joint stiffness. But after a few days, as you gain muscle strength and

improve joint flexibility, your pain should start to lessen.

• **Add variety.** Vary what you do to prevent boredom. For example, try alternating walking and bicycling with swimming or a low-impact aerobic dance class. On days when the weather is pleasant, do your flexibility or stretching exercises outside. Consider joining a health club to broaden your access to different forms of physical activity.

• **Be flexible.** If you're traveling or especially busy on a certain day, it's OK to adapt your exercises to accommodate your schedule. If you develop a cold or the flu, take a day or two off from your exercise program. Fatigue can increase pain.

• **Track your progress.** Record what you do each time you exercise, how long you do it and how you feel during and after exercising. Recording your effort helps you work toward your goals as well as remind you that you're making progress.

• **Reward yourself.** Work on developing an internal reward that comes from feelings of accomplishment, self-esteem and

control of your own behavior. After each activity session, take two to five minutes to sit down, relax and savor the good feelings that exercise gives you. External rewards when you achieve long-term goals also can keep you motivated. Treat yourself to a new pair of walking shoes or a new cassette tape or CD from one of your favorite musical groups.

Mayo Clinic on Chronic Pain provides other tips and guides for learning to manage your pain and take control of your life. Mayo Clinic on Chronic Pain is available in most bookstores for \$14.95 or by calling 800-291-1128 and mentioning order code 641. Revenues from sales of Mayo Clinic books are used to help support Mayo Clinic programs, including medical education and research.

If back pain is your source of chronic pain, Mayo Clinic is offering a free booklet, *Your Healthy Back*. To receive a copy, send your name and address to Mayo Clinic, *Your Healthy Back*, Centerplace 5, 200 first Street SW, Rochester, MN 55905.

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**Dining / Entertainment**

**Pheasant Run Theatre to hold auditions**

Rockton Productions and the Pheasant Run Dinner Theatre announce auditions for Rodgers and Hammerstein's *The King & I*. A dramatic, passionate love story of a young English widow and the tyrannical King of Siam, *The King & I* is an enduring musical sensation. Guest director, Jeff R. Jones, and producer, Diana L. Martinez, will be holding audi-

tions both at Pheasant Run Resort in St. Charles and in Chicago at the Fine Arts Building. *The King & I* will open on April 20 and run through September 2, 2001. Shows are weekly on Friday nights, Saturday matinees and evenings, and Sunday brunch and dinner performances. This five show per week base is flexible and may include additional

performances when necessary. Rehearsals are Monday through Thursday from 7:30 to 11 p.m., and Saturdays 10 a.m. to 4 p.m., starting February 19 through opening night. Actors selected to perform in Pheasant Run Dinner Theatre's performance of *The King & I* will receive the highest non-equity salary per show offered: Paid rehearsals; Hotel privileges including health club membership; Meals provided; and possible transportation assistance.

Auditions are as follows: Sunday, Jan. 28, children ages 7-14 are welcome to audition between 2-6 p.m. for various roles. Children's auditions will be held at the Pheasant Run Dinner Theatre, located off Rt. 64 / North Ave., across from the Charlestown Mall.

Adult auditions will be held Friday, Jan. 26 at the Fine Arts Building, 10 Floor, in downtown Chicago, and on Monday, Jan. 30, at the Pheasant Run Dinner Theatre. The Fine Arts Building is located at 410 S. Michigan Avenue. Interested individuals can audition between 1-9 p.m. for the downtown auditions and 1-8 p.m. for Monday's auditions.

Appointments are mandatory for all auditions! Please call Lauren at (630) 584-6300, ext. 7709. Ethnic diversity is strongly encouraged. Each actor should provide a current resume and headshot and must prepare two contrasting songs for their audition. An accompanist will be provided on all dates. Callbacks will be held Monday, Feb. 5; and Tuesday, Feb. 6 at the Pheasant Run Dinner Theatre.

**River North Chicago Dance Company to perform**

The uncommon season at Dominican University Center Stage will continue with an exuberant performance by River North Chicago Dance Company. The performance will take place on Saturday, Jan. 27, 2001 at 8 p.m. in the Lund Auditorium, 7900 W. Division Street. Tickets are \$22.50. This program is partially sponsored by a grant from the Illinois Arts Council, a state agency. Recognized for its artistry and versatility, River North Chicago Dance Company promises an evening of wonder and wit. Utilizing the work of several choreographers, the ensemble offers a diverse repertoire that runs the gamut of jazz dance styles and human emotion. On the program for their Dominican University performance are works such as

**Friday Night Swing on Bourbon Street**

Jump, jive and wail on Bourbon Street every Friday from 8 p.m. - 12 midnight. Start with swing lessons from 8 - 9 p.m., then dance the night away listening to the hottest Chicago swing bands! New Orleans-inspired beverages and snacks are available at additional cost. Enjoy swing all night with a specially priced overnight package, including overnight accommodations for two, free admission to Swing Night, complimentary continental breakfast for two or two complimentary cocktails, plus health club and three indoor/outdoor pools, starting at just \$119 per couple. Friday Night Swing on Bourbon Street is also open to the public; admission is \$5 per person.

**Dates & Entertainment:**  
 January 19 -- Uptown Rhythm Club; January 26 -- The Sound & the Fury; February 2 -- The Sound & the Fury; February 9 -- Uptown Rhythm Club; February 16 -- Bopology; February 23 -- The Sound & the Fury; March 2 -- Uptown Rhythm Club; March 9 -- The Sound & the Fury; March 16 -- Bopology; March 23 -- Uptown Rhythm Club; March 30 -- The Sound & the Fury.

For overnight packages or resort information, please call (630) 548-6300. Visit our website at [www.PheasantRun.com](http://www.PheasantRun.com).

**Pheasant Run Resorts Theatre Calendar of Events**

*My Fair Lady* - Follow Eliza Doolittle's Cinderella-like transformation from flower girl to fairest lady of them all. This heart-warming and humorous classic features favorites such as "I Could Have Danced All Night," "The Rain in Spain," "On the Street Where You Live" and "Get Me to the Church on Time." Ideal holiday entertainment for the entire family. Performances are Friday - Sunday weekly.

*The King and I* - This dramatic love story reveals the cultural clashes and eventual respect and understanding that develops between a young English widow and tyrannical King of Siam. Rodgers & Hammerstein's musical sensation features such classics as "Getting to Know You" and "Shall We Dance." April 20, 2001 through September 2,

2001. *Jekyll & Hyde* - Witness the regional premiere of the Broadway smash hit! It is the evocative tale of the battle between good & evil based on Robert Stevenson's classic novel. With Grammy nominated songs like "Someone Like You" and "This is the Moment," this passionate and dramatic performance is sure to thrill. September 21, 2001 - February 16, 2002. Performances are Friday - Sunday weekly.

Call the Box Office at (630) 584-6342 for dinner and theatre times and prices. Special weekly evening performances available through the group sales manager. Group, children, and senior discounted tickets available. Overnight packages are also available. Stop by the Theatre Box Office & Gift Shop for great theatrical gifts, souvenirs

memorabilia and unique treasures to take home!

For tickets call (630) 584-MEGA (6342) or Ticketmaster at (312) 559-1212. For groups speak with the theatre group sales manager at extension 7685. For overnight packages or resort information call (630) 584-6300 or visit us at [www.PheasantRun.com](http://www.PheasantRun.com).

**Cindy S. Yee**

Marine Corps Pfc. Cindy S. Yee, daughter of Yok O. and Sun O. Yee of Skokie, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C. and was meritoriously promoted to her current rank. Yee successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally. Yee is a 2000 graduate of Niles North.

**Dining / Entertainment**

**Lawn Chair Theater presents the world premier of *Lust 'n Rust***



The Show: *Lust 'n Rust*, the *Trailer Park Musical*, is the first play of the writing and producing team comprised of Frank Haney, Carol Kimball, and Dave Stratton. They are producing this play under the name of their new company, Lawn Chair Theater.

The Concept: *Lust 'n Rust* chronicles the loves and heartaches of the quirky residents of Twister Plaines, Illinois and a mysterious newcomer to the Redbud Mobile Estates. It is a musical that appeals to both rural audiences, with a story and characters that deepen the poignancy of 14 original alternative country songs.

The Location: Theater Building -- 1225 West Belmont in Chicago; 773-327-5252, [www.lustnrust.com](http://www.lustnrust.com).

The Dates: Opens Thursday, January 18 at 8:15 p.m. Previews are Tuesdays, January 16 and Wednesdays, January 17 at 8:15 p.m. The show is scheduled to run for five weeks through Sunday, February 18.

Showtimes: Regular performance times are:  
 • Thursday at 8:15 p.m.  
 • Friday at 8:15 p.m.  
 • Saturday at 6 p.m. and 9 p.m.  
 • Sunday at 2:30 p.m. and 6 p.m.  
 Tickets: \$20-\$24; Senior, student and group discounts available.  
 Box Office: Theatre Building

**Northbrook Musical Theatre for Young Audiences presents *Snow White***

*Snow White*, running each Saturday at 10:30 a.m. and 1 p.m. through February 24, is the second of three musicals to be presented by the Northbrook Musical Theatre for Young Audiences. A beautiful Princess, a handsome Prince and an evil Dark Queen combine to make this classic tale of jealousy, happiness, enchantment and bliss a joy to watch. This new musical includes 11 original songs that will have you humming long after the curtain falls.

Special lunch/theatre packages are available on February 2 and February 14 between shows. Your package includes a ticket to the show, lunch, dessert, a prize and a visit from all of Snow White's friends while you eat. A lunch/theatre ticket is just \$10 per person. Rooms are also available before or after the shows throughout the run of the

production so that you can have your own special birthday party or other celebration.

Watch for *Pinocchio* April 7 through May 19.

Northbrook Musical Theatre for Young Audiences is a member of the League of Chicago Theatres and the Illinois Theatrical Association. For additional information call (847) 291-2367.

**Mary J. Han**

Army Reserve Pvt. Mary J. Han has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the training, the soldier received instruction and practice in drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice, physical fitness, first aid, and Army history and traditions. She is the daughter of Kun-jung and Jinku Han of Des Plaines. Han is currently attending Maine East Township High School.

**Skokie Art Guild**

The following members of the Skokie Art Guild are currently exhibiting at the following locations during January and February:

Pat O'Hara at Bank of Lincolnwood, 4433 W. Touhy, Lincolnwood -- oil and acrylic paintings;  
 Judy Bjorling at LaSalle Bank, 7080 Carpenter, Skokie -- multimedia;

Sumner Garte at Liberty Federal Savings, 5700 N. Lincoln, Chicago -- watercolors, oil and acrylic paintings;  
 Mila Ryk at Bank One, 8001 Lincoln, Skokie -- oil paintings;  
 Mary Sasse at Liberty Bank for Savings, 6666 N. Lincoln, Lincolnwood -- oil paintings;  
 Dick Wilberg at McDonald's; 4830 W. Dempster, Skokie -- pen and ink.

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**Music in January**

Tuesdays -- Jack Carr, Pianist & Singer -- 7 to 10:30  
 Wednesdays -- Jerry Owings, Pianist & Singer -- 7 to 10:30  
 Thursdays -- Jack Carr, Pianist & Singer -- 6:30 - 9 &  
**JAZZ JAM** -- John Bany, Charlie Braugham & Don Stille -- 9 to 1  
 Saturdays -- Lou DiGangi, Swing Band -- 9 to 12:30  
 Friday, Jan. 19 -- To be announced  
 Sunday, Jan. 21 -- Judy Roberts -- 5:30 to 9

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 2 orders of Lasagna  
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 1 12" Thin Crust Pizza  
 1 topping  
 Exp. 1-31-01

**Dining / Entertainment**

**Marriott Theatre presents Big River, The Adventures of Huckleberry Finn**

Terry James, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present the Tony award winning musical, *Big River, The Adventures of Huckleberry Finn*. Opening night is January 24th and runs through March 18th.

Hop aboard. The "Big River's" rolling. And once this raft gets around the bend, you'll be in for an adventure that's as big as America itself. It's Mark Twain's wise and witty "Huckleberry Finn" set to music and lyrics by the King of the Road himself, country music legend, Roger Miller. Winner of the Tony Award for Best Musical, Miller brings the river to life with everything from foot stompin' country music to soulful spirituals. Along the way, Huck and Jim, a runaway slave, find adventure, danger, a bit of fun -- and the true meaning of friendship. Watch your feet, the bank's a bit muddy -- and hop on board for an unforgettable ride on Twain's mighty Mississippi.

**Performance Schedule**  
Wednesdays at 2 p.m. & 8 p.m.; Thursdays at 8 p.m.\*\*; Fri-

days at 8 p.m.; Saturdays at 5 p.m. & 8:30 p.m.; and Sundays at 2:30 p.m. & 7 p.m.

**Ticket Prices**  
Ticket prices range from \$33 to \$38 (excluding taxes and handling fees).

\*Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances).

\*\*Receive a complimentary dinner with the purchase of a full price theatre ticket for

**Country's Oldest Ski Jump Tournament to be held**

The Norge Ski Club will hold its 96th Annual Norge Ski Jump Tournament on Sunday, January 21st from 12-5 p.m. at the club's ski hill in Fox River Grove.

More than 40 amateur ski jumpers are expected to compete in the event, which is the oldest of its kind in the country. This year, an estimated 5,000 spectators will attend the tournament, which features a family atmosphere, with music, food, and beverages.

Thursday evening performances. The Thursday Night Complimentary Dinner has a limited availability and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre box office at (847) 634-0200.

Dinner Theatre Packages available for all performances.

Free Parking/Wheelchair Accessible.  
www.MarriottTheatre.com.

**Old Time Charm at The Studio Restaurant**

by Jeanine Kromer

It all started 75 years ago during Prohibition. Originally a speakeasy when opened, The Studio Restaurant has evolved into a charming dining establishment. Chuck Lebrandt and his fire-cracker of a wife, Anne, currently run the family business.

The main dining room is beautiful and tasteful with large bay windows. The Studio Restaurant is decorated according to season that enhances the festive atmosphere. A string of lights with hearts on them surrounds the bar lounge. The banquet rooms are unique and have a cozy feel.

For anniversaries, showers or business meetings The Studio Restaurant can accommodate from 10-120 guests. The banquet menu is extensive and includes plenty of extras to dress up any affair. A dance floor may be provided upon request.

Marti, the bartender, greets all the regulars in the lounge and has their drink of choice on the bar before they sit down. Entertainment in the bar lounge on Wednesday, Friday and Saturday nights includes a singer accompa-

nied by a keyboard. There is a small dance floor in the bar lounge for those who are interested in swinging to the music.

The Studio boasts Mignon Slices in garlic herb sauce, Butt Steak, and Veal Oscar. Many regulars take up with one of two camps: the Lamb Loin Chops and the New Zealand Rack of Lamb. On Monday and Tuesday nights The Studio has a Prime Rib Special. Daily specials are from 4-6 p.m. The Studio Restaurant staff is encouraged to invent new entrees to keep the menu fresh.

The Studio Restaurant's New Year's Eve dinner and dance was such a success that they will be hosting a Valentine's Day dinner and dance on Wednesday February 14. The prepaid cost is \$35 per person for a first rate dinner and entertainment by Curt Sperry.

The Studio Restaurant is located at 8717 Lincoln Avenue in Morton Grove. The hours are Sunday-Thursday 4-9 p.m. and Friday-Saturday 4-10 p.m. The phone number is 847.965.1962.

**Chicago Bar Association comic revue**

Enjoy cutting-edge lyrics and high-spirited hilarity when the Chicago Bar Association brings its 77th annual "Christmas Spirits" revue to Oakton Community College on Saturday, Jan. 27.

The fun begins at 8:30 p.m. on the Mainstage in the Performing Arts Center at Oakton's Des Plaines campus, 1600 East Golf Road. In this year's original production, "2001 - A Case Odyssey," some of Chicago's best legal minds deliver hilarious parodies of local and national celebrities, political peccadilloes and, in these chad-mad times, election intrigue.

This event is hosted by Oakton's Educational Foundation, with proceeds benefiting special programs and equipment purchases at Oakton. Tickets are \$45 and include a reception following the show, where attendees can enjoy refreshments while mingling with the cast.

Tickets sell quickly for this popular event. Call the Office of College Development at (847) 635-1893 to purchase yours.

\*\*\*  
Remember happiness doesn't depend upon who you are or what you have; it depends solely upon what you think.  
—Dale Carnegie.  
\*\*\*

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MUSHROOM BARLEY • CHICKEN NOODLE  
CREAM OF CHICKEN

**SALADS** (choice of)  
CUCUMBER • POTATO  
COLESLAW • RED BEET  
MACARONI • TOSSED (with dressing)

**PIEROGI** (choice of)  
MEAT • KRAUT • CHEESE  
CHEESE & POTATO  
or POTATO DUMPLINGS  
or MIXED (pierogi & dumplings)

**MEAT** (choice of 3)  
BREADED PORK CHOPS  
ROAST PORK • ROAST BEEF  
ROAST CHICKEN • BBQ RIBS  
POLISH SAUSAGE WITH SAUERKRAUT  
MEATBALLS IN MUSHROOM GRAVY  
HOT VEGETABLES  
MASHED POTATO

**DESSERTS** (choice of)  
FOR 1 & 2  
KOLACZKI  
STRUDEL  
CHEESECAKE  
JELLO  
COFFEE WITH MILK  
or TEA

**SOUPS** (choice of)  
BARSZCZ (beef) • MUSHROOM • MUSHROOM BARLEY • CHICKEN NOODLE • CREAM OF CHICKEN

**SALADS** (choice of)  
CUCUMBER • POTATO • COLESLAW • RED BEET • MACARONI • TOSSED (with dressing)

**PIEROGI** (choice of)  
MEAT • KRAUT • CHEESE • CHEESE & POTATO or POTATO DUMPLINGS or MIXED (pierogi & dumplings)

**MEAT** (choice of 5)  
BREADED PORK CHOPS  
ROAST PORK • ROAST BEEF  
ROAST CHICKEN • BBQ RIBS  
POLISH SAUSAGE WITH SAUERKRAUT  
MEATBALLS IN MUSHROOM GRAVY  
HOT VEGETABLES  
MASHED POTATO

**DESSERTS** (choice of 5)  
KOLACZKI • STRUDEL • CHEESECAKE • JELLO  
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Aurora	902-A Lake St.	630-264-1700	Lansing	16909 S. Torrence	708-889-1700
Bellwood	526 N. Mannheim Rd.	708-544-2013	Lyons	3908 S. Harlem Ave.	708-447-7070
Bolingbrook	346 Bolingbrook Commons	630-739-6600	Oak Lawn	6320 W. 95th St.	708-233-9800
Broadview	1900 W. Roosevelt	708-338-3330	Plano	133 East South St.	630-552-7400
Burbank	8026 S. Cicero	708-857-0000	Country Club Hills	4031 W. 183rd St.	708-206-3300
Calumet City	1657 Sibley Blvd.	708-868-9800	East Chicago, IN	1403 E. Columbus Dr.	219-397-9850
Chicago	2132 East 71st St.	773-493-3000	Joliet	1551-A Plainfield Rd.	815-730-1600
Chicago	1215 East 87th St.	773-768-8000	South Holland	1006 B 162nd St.	708-596-4500
			West Chicago	310 - S. Neltner	630-293-3100



# Community Calendar

## Troop 175 Pancake Breakfast

The Scouts of Troop 175 invite the entire community to attend a Pancake Breakfast on Sunday, January 21, at St. John Brebeuf School's Flanagan Hall, 8301 N. Harlem, Niles. The Scouts will start serving at 7:30 a.m. Tickets are available in advance for \$5 per person for this special All-You-Can-Eat Pan-

cake Breakfast. Children under 8 are only \$2.50, under 3 are free and all senior citizens receive a \$1 discount. Tickets will be available at the door for \$1 additional. Anyone wishing to purchase tickets in advance - could look for the Scouts selling tickets or contact Bob Galassi at (847) 965-0920.

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Sun. 10am-4pm

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## Skokie Public Library

Is your New Year's resolution to read more? Learn more? Do more? Then join one of Skokie Public Library's ongoing book discussion groups! Groups meet for informal discussion of a book followed by an opportunity to socialize. There is no obligation to commit to ongoing sessions - attend as often as you'd like. The following book discussion groups are currently available:

- **Skokie Book Club** - covering a wide range of novels, this group meets on the third Tuesday of each month at 7:30 p.m. and the third Thursday of each month at 10 a.m. Upcoming titles for 2001 include *Wait Till Next Year* by Doris Kearns Goodwin and *The Poisonwood Bible* by Barbara Kingsolver. Copies of the books can be checked out from the Readers Services Desk.
- **Library of Congress Talking Books Discussions** - Patrons

who enjoy Library of Congress Talking Books, or have difficulty reading but enjoy listening to books, can join this group on the fourth Wednesday of every month at 3 p.m. Call Community Services at 847-673-7774. x2147 for more information.

- **Great Books** - Skokie Public Library has hosted a Great Books discussion group for more than 40 years! Readers explore works of great literature ranging from Shakespeare to Darwin to the Bible. Great Books generally meets on the second Tuesday of each month at 8 p.m.

- **Parent/Child Book Discussion** - Ever wish your child would read "good" books and enjoy them? Read them together! Parents and children in grades 3-8 meet on the first Monday of each month at 7 p.m. for special books and meaningful time as a family.

- **Teen Book Discussion** - Our teen book group meets quarterly to talk about books they select and, often, watch the movie version of the novel as well. Members have recently discussed *Harry Potter and the Goblet of Fire* as well as *Rocket Boys*, the biography that inspired the film *October Sky*. The January 29 discussion will focus on Susan Cooper's *The Dark is Rising*.

Patrons interested in joining a Book Club can stop by the Readers Services or Youth Services Desks, or call 847-673-7774.

Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day at [www.skokieliibrary.org](http://www.skokieliibrary.org).

## Top five ways to ask her to marry you

(NU) - So you've met the one woman with whom you want to spend the rest of your life. But you just don't know the best way to ask her. Well, why not take some advice from the best wedding Web sites?

You may be wondering how you'd find the "best" bridal Web site out of all the places for wedding information online. Well, don't fret. It's much easier than you think.

You now can search the top 100 Web sites in a variety of topics from one location. Just visit [www.top100websites.com](http://www.top100websites.com). There you can check out the top sites in categories including arts, business, entertainment, health, home, Internet, news, science, shopping, society, sports, travel, women's interests and world. And there are specially featured topics that change with the trends, like Olympics or election sites.

Under women's interests, for example, click on "weddings" and you will find a list of the top bridal Web sites. The No. 1 wedding Web site related by [Top100websites.com](http://www.top100websites.com) is WeddingChannel.com. It suggests these top ways, among others, to ask for her hand in marriage.

1. In front of thousands of people at a ball game. Have the announcer ask for you or have "the question" lit up 40-foot tall.

2. With a little toy surprise. Use a utility knife to undo the underside of a Cracker Jack box and its "toy surprise" pouch. Slip her ring inside, glue it back up and introduce the box while you're watching a movie. When she dives for the prize and slips the ring on, pop the question.

3. Through a wedding mag-

azine. She'll find it odd that you have one on your coffee table. When she opens it, uncork some champagne and watch her reaction to the customized page that you've inserted in it. You can even hollow out the magazine and put the ring inside.

4. Make a paper chase. Leave a note on her door, saying to look in the fridge. Lead her from one note to another, finally ending at a new jewelry box on her dresser. She opens it to find her ring, your proposal and a cell phone with a button programmed right to you.

5. Use your heart. It's unplanned and completely spontaneous.

neous, right after a huge laugh at something only the two of you would get. As the both of you grab your next breath, that's when you say "Will you marry me?"

After she accepts, visit [Top100websites.com](http://Top100websites.com) and click on "travel" for the best sites to book your honeymoon or to fly in your relatives for the special day. Or click on "home" for you and your fiancé to find real estate.

Use [www.Top100websites.com](http://www.Top100websites.com) any day, everyday to find the sites you want in no time. Log on to [www.top100websites.com](http://www.top100websites.com) today.

## United Ostomy Association

Chicago's North Suburban Chapter of the United Ostomy Association, a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 7 p.m., in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster Street, Park Ridge. The next meeting

will be held on January 24. Refreshments.

A WOCN (Wound Ostomy Care Nurse) is always on hand to offer help and information, and programs are fun and informative. Free. For information, call (847) 724-7453 or (847) 520-0699. Visit our web site at [www.geocities.com/~mr-ostomy](http://www.geocities.com/~mr-ostomy)

## Lake Shore Ski Club Winter Luau

Lake Shore Ski Club will host a Winter Luau/Pre-Valentine's Day Party entitled *Cupid In A Grass Skirt* at the Skokie VFW Hall, 7401 Lincoln Avenue in Skokie on Sunday, February 11, from 5:30 to 11:30 p.m. Cost is \$36 per person which includes a

Polynesian buffet, music and entertainment, cash bar. Advanced reservations are required by February 7. For further information or to make reservations, call (312) 777-1200 or visit the web site at: [www.lssc.org](http://www.lssc.org).

# Community Calendar

## Skokie Public Library

Here are the highlights of what's happening at the Skokie Public Library in the next few weeks. All events are free and open to the public, though some require registration or tickets as noted. The public is welcome to call our general information line at 673-7774 with questions.

### KIDS

- **Sunday Craft Club** - Young crafters are invited to drop in to the Library's Youth Services Department between 2 to 5 p.m. on Sunday, Jan. 21 to make a special valentine as part of the Library's Valentines for Vets project. The valentines will be distributed to veterans in local VA hospitals. Young children should have a parent to assist them.

- **Travel on the Net** - Kids in grades 1 to 3 can bring a parent to this fun workshop on basic Internet skills. Learn about kid-friendly searching techniques and Web sites, safety tips, and an overview of what the Internet has to offer to kids. Tuesday, Jan. 23, 4 to 5:30 p.m. Registration begins January 16; call (847) 673-7774, ext. 2149.

- **Internet Research Basics** - Kids in grades 4 to 8 can discover how to evaluate the information they find online and use it as a resource for school projects. Wednesday, Jan. 24, 7 to 8:30 p.m. Registration begins January 17, call (847) 673-7774, ext. 2149.

- **First Step... Library** - It's never too early to introduce your children to the library! Babies ages 0 to 18 months and their caregivers can drop in for this open house on Friday, Jan. 26 from 10 to 11 a.m. The program will feature toys for baby and great books for caregivers - the latest on child care plus fun novels that will make the long winter days fly! Enjoy some social time with other caregivers for young children. Older siblings welcome.

- **Parent / Child Book Discussion** - Our ongoing book group for kids in grades 3 to 8 and their parents will discuss *Number the Stars* on Monday, Feb. 5 at 7 p.m. Register at (847) 673-7774, ext. 2149. New members welcome!

- **PERFORMANCE**  
• **Young Steinway Concert Series** - Skokie violinist Natalia Szadkowska and pianist Ada Jeon, both winners of the Midwest Young Artists Concerto competition, will perform on Sunday, Feb. 4 at 3 p.m. Free tickets will be distributed one-half hour prior to the performance.

- **Teen Book Discussion** - Harry Potter fans should be sure to check out the Library's next teen book selection, Susan Cooper's *The Dark is Rising*. This fantasy adventure will be discussed by readers ages 12 to 18 on Monday, Jan. 29, 7 to 8:30 p.m. Ask for a copy of the book at the Readers Services Desk.

### LIBRARY CLASSES & EVENTS

- **Log on to SkokieNet!** - Check out SkokieNet, Skokie's online community information network. Wish your organization or business was on the Web, but don't have the time or resources to make it happen? The Library can help! Learn how you can develop a Web presence at no cost to you! Thursday, Jan. 18, 7:30 p.m. Please register, (847) 673-7774, ext. 2127.

- **My Life in Ballet** - Join Inesse Alexandrov, former director of Skokie's Ballet Russe School, as she tells the story of her fascinating career. Beginning with many years of study at the Bolshoi Theater School in Russia, she traveled to five continents as a ballet teacher and choreographer before settling in Skokie. A wonderful talk for anyone who wants to know more about the dance world. Sunday, Jan. 21, 2 p.m. Please register, (847) 673-7774, ext. 2127.

- **Once upon a time...** Artist Mary-Glynn Boies presents a series of her large narrative paintings, many of which are inspired by children's literature. Join Ms. Boies for a gallery talk on her work on Monday, Jan. 22 at 7 p.m. Please register, (847) 673-7774, ext. 2127.

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- **Oakton Celebrates Cultures**, a week of international programs designed to bring together the many diverse cultures in the community, is scheduled for March 5-9 at both Oakton locations, the DesPlaines campus at 1600 E. Golf Road and the Ray Hartstein Campus at 7701 N. Lincoln Ave-

- **Yiddish and Laughter Yet Again** - Rabbi Barry Schecter of Skokie's Kol Emeth congregation is back with another one of his popular talks on Jewish humor on Monday, Jan. 29 at 7 p.m. Advance tickets are required, and may be picked up by Skokie cardholders beginning January 24, weekdays, 9 a.m. to 5 p.m. Call (847) 673-7774, ext. 2127 for ticket details, or to have tickets held for you for same-day pickup after business hours.

### RUSSIAN CLUB

Skokie Public Library's Russian Club is a group of volunteers interested in Russian arts and culture. All programs are conducted in Russian. Call (847) 673-7774 for more details; Russian-speaking staff are available to assist you.

- **Poetry Afternoon** - Russian poetry will be performed and celebrated on Saturday, Feb. 3 at 3 p.m. in the Library's Petty Auditorium.

The Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day, seven days a week at: [www.skokieliibrary.org](http://www.skokieliibrary.org)

## Vendors wanted for International Bazaar

Vendors who either sell or demonstrate services or products with an international theme are invited to participate in an International Bazaar at Oakton Community College on Monday, March 5, from 9 a.m.-8 p.m.

**Oakton Celebrates Cultures**, a week of international programs designed to bring together the many diverse cultures in the community, is scheduled for March 5-9 at both Oakton locations, the DesPlaines campus at 1600 E. Golf Road and the Ray Hartstein Campus at 7701 N. Lincoln Ave-

ne, Skokie. In addition to the International Bazaar, **Oakton Celebrates Cultures** will feature entertainment, lectures, demonstrations, exhibits, open classrooms and an international film festival. Students, staff, faculty and community members are invited to participate. Most events are open to the public at no charge.

Vendor space costs \$20 and includes a six-foot table and two chairs. To reserve a space, contact Bea Cornelissen at (847) 635-1812.

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## North Suburban NeedleArts Guild

North Suburban NeedleArts Guild will present one of our own, award winning quilt artist, Maggie Weiss. She will discuss "Sacred Feminine Symbols in Fiber" on Tuesday, February 6 at 9:30 a.m. Meetings are held at the Village Presbyterian Church, 1300 Shermer Road, Northbrook. Guests welcome.

Her workshop, "Surface Design Smorgasbord" concentrating on dyeing techniques will be held on February 7 and 8. For further information, call Debbie Brice at (847) 221-5278 or visit our Web Site at: <http://www.needleartsguild.com>.

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Dr. Gail Herman • Dr. Leonard Siedband  
Dr. Jayshree Soundararajan • Dr. Carol Straka  
Dr. Lawrence Weiner



We would like to thank everyone for their patience during our transition and our lack of phone service.

## Community Calendar

### Colette's 'Vagabond' at City Lit

Young, divorced, career-driven woman in a man's world searching for life and fulfillment - not Chicago, 2001, but Paris, 1912, where sexy and cynical Renée Néré, living the vagabond life of an actress and dancer, suddenly faces an unexpected offer of marriage from a rich admirer. She now must choose between security and the comfort of marriage or independence in the gaudy, gritty world of the music hall.

Filled with eccentric showbiz types, this early feminist novel by

the author of *Gigi* comes to life through the color and music of the Paris music halls in a new adaptation by Jeff Citation winner, Kelly Nespor. Directed by Ann Shanahan. Lighting and Scenic Design by Jack Magaw. Sound design by Christopher Kriz.

The Vagabond, January 19 - March 4. Previews: January 19-21. Performances: Friday at 8 p.m.; Saturdays at 3 p.m. and 8 p.m.; and Sundays at 3 p.m. Tickets: \$20. Reservations: (773) 293-3682.

### 2001 ...

### A Space Odyssey

Catholic Charities Northwest Regional Services presents: "2001 ... A Space Odyssey". The 13th Annual Hearts for Homeless Families in Transition Benefit.

"2001 ... A Space Odyssey," the 13th Annual Hearts for Homeless Families in Transition benefit dinner and live auction for Catholic Charities Northwest Suburban "Families in Transition" shelter program, will leave the launch pad on Saturday, February 3, 2001, at Allgauer's Northbrook Hilton, 2855 N. Mil-

waukee Ave., Northbrook, IL at 6 p.m.

Tickets are \$75 per person. Proceeds will benefit residents of the 15 northwest communities served by the "Families in Transition" shelter program, which provides emergency and transitional shelter for homeless families at 14 sites scattered throughout the area.

To receive an invitation, or for further information, call (847) 376-2100.

### High school Reunion

Sentimental Journey, Ltd. will be coordinating the following reunions:

•Senn High School Classes of January & June 1941; June 2001.

•Hillcrest High School Class of 1989, Turns "30" Party; Saturday, July 28, 2001 -- Serbian Club.

•Mather High School Class of 1967; September 1, 2001 -- DoubleTree North Shore Skokie.

•Hinsdale Central High School Class of 1981; Saturday, September 22, 2001 -- Maggiano's Oak Brook.

•Arlington Heights High School Class of 1951; Saturday, September 22, 2001 -- Barrington Hills Country Club.

•Niles North High School Class of 1969, Turns "50" Party; Saturday, October 6, 2001 -- DoubleTree North Shore Skokie.

•Austin High School Classes of January & June 1951; Friday, October 12, 2001 -- Renaissance Oak Brook.

•Evanston High School Classes of January & June 1951; Saturday, October 20, 2001 -- Skokie Country Club.

•Niles North High School Class of 1989, Turns "30" Party; Saturday, November 24, 2001 -- Marcello's Chicago.

•Sullivan High School Class of 1981; Saturday, November 24, 2001.

•Anundsen High School Class of 1986 -- TBA 2001.

•Carl Sandburg High School Class of 1981 -- TBA 2001.

•Glenbrook North High School Class of 1961 -- TBA 2001.

•Mather High School Class of 1961 -- TBA 2001.

•Proviso East High School Class of 1961 -- TBA 2001.

•Prospect Heights High School Class of 1964 -- TBA 2001.

•Senn High School Class of 1966 -- TBA 2001.

Senn High School Classes of January & June 1953 -- TBA 2003.

For more information, call, write, fax or e-mail: Sentimental Journey, Ltd. A People Gathering Service at (847) 657-3639 or (847) 329-0111; fax: (847) 329-0131; P.O. Box 431, Morton Grove, IL 60053; E-mail: Fun-Reunion@aol.com.

### Our Lady of Ransom School registration begins

Registration for the 2001-2002 school year at Our Lady of Ransom School begins on Monday, January 29, for pre-school through Grade 8. Our Lady of Ransom School is located at 8300 N. Greenwood Avenue in Niles and serves the communities of Niles, Park Ridge, DesPlaines, and Morton Grove.

Pre-school for three year olds meets on Tuesdays and Thursdays. Children must be three by September 1, 2001 to enroll. Four year old pre-school meets the other three days of the week. To enroll children must be four by September 1, 2001. All pre-school sessions are three hours. Openings are available in the morning and afternoon.

OLR's kindergarten students have the option for half-day or full-day sessions. The children meet five days a week and are exposed to a variety of learning experiences from reading and math readiness to cooking and computers. Kindergarten students must be five by September 1, 2001.

Our Lady of Ransom School offers a strong academic program including music, band, physical education, library, Spanish and computers. Our lab is fully equipped and connected to the internet. Computers are used in instruction and for student projects.

OLR also has a hot lunch program, after-school sports, a math club, piano lessons, and Student Council. Our goal is to address the needs of the whole student: academically, physically, socially, and spiritually.

For more information, call our office at 696-4413, or attend our open house on Tuesday, January 30, from 8-3.

### A day with the dinosaurs at Oakton

Relive the days when mighty dinosaurs roamed the earth when Chicago's Green Light Performing Company presents "The Paleontologist Tells All..." at 1 p.m. on Sunday, Jan. 21, in the Ten-Hoeve Center (Room 1608) at Oakton Community College 1600 E. Golf Road, DesPlaines.

Sponsored by Oakton's Kid's Club, this interactive theater performance features music, singing and dancing. Green Light, in collaboration with the Field Museum, has developed a lively and entertaining program about fossils, fun and a famous T-Rex named Sue.

Tickets at \$4 for general admission, \$2 for Oakton students and \$3 for children ages 3-12 may be purchased at the door or by calling the Oakton Box Office at (847) 635-1900. There is no charge for children age 2 and under.

# SENIOR SEASONS

• AREA ACTIVITIES • SENIOR DISCOUNTS  
SPECIAL SERVICES • SENIOR NEWS



## The Bugle's Senior Guide

## Senior Seasons

### Norwood Park Seniors plan luncheon

Begin the New Year with a little bit of "country" while joining the Norwood Park Seniors Network (NPSN) when they lunch at the Old Country Buffet, 8780 W. Dempster St., Niles, on Thurs., Jan. 18.

"You can find just about any kind of food you can think of at this great buffet restaurant," said Julie Russell, NPSN program manager. "Besides having a relaxing and fun time, you will make new friends and enjoy some lively conversation."

As in the past, diners pay for their own meals. The cost for transportation is \$5 per person for NPSN members, and \$8 for non-members. Pickup and drop-off will be at your front door, making it easy to enjoy the outing without the worry of getting from one place to another. The van will begin pickups at 11:30 a.m.

For more information about the Norwood Park Seniors Network or to make a reservation for the Old Country Buffet luncheon outing, call (773) 631-5673.

### Senior Citizens Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in the Senior Citizen Law Enforcement Academy to be held at the Des Plaines Community Senior Center, 515 E. Thacker in Des Plaines, beginning January 30.

The Sheriff's Office designed the program to open the lines of communication between senior

citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention.

The "Senior Academy" in Des Plaines will meet Tuesdays, 9:30 to 11:30 a.m., through March 20, when all participants will be honored at a graduation ceremony

Continued on Page 21

### Taxes may be a trap for working seniors

(NAPS) -- There was good news for many seniors who want to work when Congress repealed certain laws governing earnings and Social Security benefits.

Seniors age 65 and older can now earn as much as they want without losing their Social Security benefits. However, while the Social Security regulations were changed, the tax code governing those regulations was not. As a result, if a working senior's income exceeds certain levels, a portion of that senior's Social Security benefits may be taxed.

Seniors may even be subject to a double whammy. Not only

might benefits be taxed, but the combination of income and the taxable portion of the Social Security benefits may actually push working seniors into a higher tax bracket.

According to Michael Zabko, executive director of TREA Senior Citizens League, "In some cases, working retirees can wind up owing almost as much in new taxes as he or she earned."

For more information, send \$1 for shipping and handling to TSCL, Dept. N947, 909 N. Washington St., Suite 30, Alexandria, VA 22314 or visit the Web site at: www.tscl.org.

### GlenBridge Nursing Center, a step above

by Jeanine Kromer

GlenBridge Nursing and Rehabilitation Center Ltd in Niles is a first rate facility. The nursing home has been there for 30 years but for the past 10 years GlenBridge has been operated by Home and Health Management. The goal at GlenBridge is to provide whatever the community needs for its residents.

GlenBridge provides standard nursing care for residents who will be there on a long-term basis but the staff works very hard to rehabilitate as many residents as possible so they may return home. The facility is divided by floor according to need such as skilled and Medicare, neuromuscular illness, dementia and more independent residents.

A large part of GlenBridge's energy goes into rehabilitation. The residents are evaluated with or without orders to determine which therapy would suit them best. GlenBridge has seven staff members dedicated to therapy ranging from physical to occupational to speech. Nosa, a Rehabilitative Aide, gave a complete overview of the therapy services GlenBridge has available. Physical therapy includes learning to walk and wound care. GlenBridge employs hydro-therapy

and electro-therapy to speed up healing and stimulate muscles that have atrophied. Occupational therapy retrains residents how to operate independently in their homes especially in the kitchen and bathroom. The therapists also work with the families to help them adjust. Speech Therapy concentrates on helping residents to relearn using their mouths to eat and talk. GlenBridge is willing to work with residents to help them get back some of their independence and former life after surgery, illness or accident.

GlenBridge offers home health services for those residents who return home. The staff provides whatever equipment, education and support the resident and his or her family need.

GlenBridge has a large Russian population so it offers a complete program designed to enrich their lives. Lucy, the Director of Russian Services, said the program was started about three years ago because there was such an overwhelming need. There are activities such as movies, current events and a music club. GlenBridge has an extensive library that offers magazines and newspapers. The residents also have Russian cable access. Every

week GlenBridge hosts an elegant dinner from a Russian restaurant in Wheeling complete with table linens and stemware. Many of the residents are Jewish so services are offered and holidays celebrated. On staff at GlenBridge are Russian speaking doctors, nurses, a podiatrist, a dentist, a massage therapist and drivers. There is a communication board that has pictures of commonly requested items for Russian residents to use with non-Russian speaking staff.

Corkie Lerman, Assistant Administrator, was very excited about 3 new hospice rooms that GlenBridge just opened. The facility has 10 hospice rooms total. The rooms are set up for 24-hour family visitation. The rooms have been completely remodeled and include refrigerators, lounge chairs and atmosphere tapes that play running rivers or ocean wave sounds.

Another item most facilities do not offer but GlenBridge has is in house kidney dialysis machines. Each resident who needs a machine has their own. The resident has his or her blood detoxified 3 times a week. It is much more pleasant and less stressful for the residents to not have to travel to a different facility to have their blood detoxified.

GlenBridge has a 302-person capacity. The floors have all been recently remodeled with new carpeting and wallpaper. The nurses' stations have also been given a face lift. Arlene Siap, Administrator, emphasized GlenBridge's desire to provide for any need a resident has. That kind of dedication and level of service is why GlenBridge was awarded Joint Commission Approval Accreditation in Illinois.

GlenBridge Nursing and Rehabilitation Center Ltd is located at 8333 W. Golf, about two blocks east of Golf Mill Shopping Center. Their phone number is 847.966.9190.

Director of The Institute. "We've published an A to Z listing of all the drugs that are available to certain qualified groups for free or at very low cost directly from the manufacturer."

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Institute Fulfillment Center, Booklet #: PD-370, P.O. Box 210, Dallas, PA 18612-0210. Consumers can also get more information from The Institute's Internet web site: www.institutedc.org.

### Civic Center Sr Men Niles Brunswick Bowl

Wed., Jan. 3, 2001

TEAMSTANDINGS	W	L
1.#1-Skaja #1	7	0
2.#22-Pennys	7	0
3.#4-Northshore	7	0
4.#17-Alliance	7	0
5.#6-Colonial 2	5	2
6.#12-Miners	5	2
7.#20-MCH	5	2
8.#18-J.F.Barber	5	2
9.#14-Colonial #1	5	2
10.#11-Minelli	4	3
11.#8-Tramcar	4	3
12.#13-State Farm	3	4
13.#5-REMAX	3	4
14.#15-Malec	2	5

15.#9-Monarch	2	5
16.#2-Skaja #2	2	5
17.#16-Dr. Bello	2	5
18.#3-Candlelight	2	5
19.#10-Heatmaster	0	7
20.#19-Breakers	0	7
21.#21-FDR Post	0	7
22.#7-Callero+Catino	0	7

#### "HOT SHOTS"

Tom Poulos	579
Ken Daluga	567
Chet Hajduk	558
Ed Haney	558
Bud Ramos	554
Dave Handler	545
Sid Cohen	542

## Senior Seasons

### Seniors find alternative to HMOs, cutbacks

Many Medicare-eligible Americans are taking a fresh look at a long-standing alternative to Medicare HMOs. Traditional Medigap or Medicare supplement plans are receiving new attention in light of recent announcements that Medicare HMOs, also known as Medicare+ Choice organizations, are withdrawing service areas from around the country.

One recent report estimated that more than 115 health insurance companies will drop Medicare HMO plans covering more than 930,000 senior and disabled Americans by the end of the year 2000. This is well beyond the original estimate of 700,000 people who were expected to be dropped.

To cope with insufficient reimbursement levels, these Medicare HMOs are also targeting drug benefits for reduction or elimination. This is in response to rising drug costs which are increasing on the order of 15 to 20 percent annually.

Older Americans who are in a Medicare+Choice program that is dropped by an HMO have several options. One is to enroll into another HMO. A second choice is to return to the traditional Medicare coverage and add a Medicare supplement or Medigap plan to cover the gap between what Medicare pays and what doctors and hospitals charge.

One such Medicare supplemental insurance plan costs less

and offers Medicare recipients direct assistance on paying for a number of services, including inpatient hospital services and coverage for skilled nursing facilities. Consumers get the same high quality Medicare Supplement insurance but save the additional costs related to selling through middlemen.

The company also offers a drug discount card in many states at no additional cost to the

policy holder. While this card does not provide coverage for drugs, it does save seniors money on their prescription drugs by providing discounts that range between 10 and 40 percent if the prescription is filled at one of 22,000 participating pharmacies across the country.

Backed by more than 60 years of insurance expertise, this direct to the consumer Medicare supplement insurance product

called MedSupOne Direct, offers coverage that meets with all federal guidelines for Medicare supplemental insurance plans.

To receive a free copy of The 2000 Guide to Health Insurance For People with Medicare, and learn more about the supplemental insurance service available directly from MedSupOne Direct, call 1-888-MED-SUP1 or visit their Web site at www.medsup1direct.com.

### Civic Center Sr Men Niles Brunswick Bowl

Wed., Dec. 20, 2000

TEAMSTANDINGS	W	L
#11-Minelli	78	34
#8-Tramcar	71	41
#22-Pennys	70	42
#16-Dr. Bello	70	42
#6-Colonial #2	65	47
#7-Callero+Catino	64	48
#19-Breakers	64	48
#10-Heatmaster	61	51
#21-FDR Post	60	52
#12-Miners	58	54
#14-Colonial #1	58	54
#3-Candlelight	57	55
#20-MCH	57	55
#13-State Farm	55	57
#5-REMAX	51	61
#4-Northshore	48	64
#2-Skaja #2	47	65
#18-J.F.Barber	47	65
#1-Skaja #1	47	65
#15-Malec	43	69
#17-Alliance	35	77
#9-Monarch	30	82

#### "HOT SHOTS"

Ken Daluga	625
Howard Rimm	583
Sy Thornhill	560
Lyle Nemzin	558
Tony Guzik	553
Tom Poulos	546
Fred Spiezia	544
Ed Haney	543

### Senior Citizens

Continued from Page 20

and reception. Sheahan's office provides the program, free of charge, to any senior citizen living in Cook County.

Top officials from the Cook County Sheriff's Office will conduct the seven-session Academy. Each speaker provides pertinent information on any array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness and the functions of the county jail and courts.

The Sheriff's Office will bring the Academy to any senior citizen club, organization or center throughout the county. For more information on the program or to register for the Senior Citizen Law Enforcement Academy at the Des Plaines Community Senior Center, please call the Sheriff's Office at (773) 869-7725.





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Open House, Monday, January 29, at 2:30 p.m.

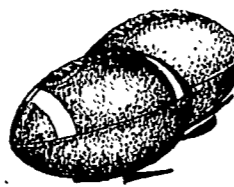
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## Senior Seasons

### Free medical care available

Financial Assistance Network in Washington, DC has just published a new booklet, "Free & Low Cost Medical Care." The booklet includes information on a how and where to get free and low cost medical care under the Federal Hill-Burton program.

The Hill-Burton program has been in effect for over 50 years providing more than 35 billion

dollars in free and low cost care to qualified participants. The program was established in 1946 to assist the construction and modernization of hospitals and medical care facilities. Nearly 6 billion dollars in grants and loans were given to 7,000 facilities in over 4,000 communities. In exchange, the facilities agreed to provide a reasonable amount



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### Seniors celebrate with living nativity



George Becker



Hazel Thime



Rev. Marcus Gravel

At St. Matthew Lutheran Home in Park Ridge, there was an Ecumenical Worship on Christmas Day to which all residents and their families were invited.

In front of the Advent Wreath, the Christ Candle, a Hanukkah menorah, and an angel prayer tree sat eighteen residents in nativity costumes. Many of the women choir members had silver or gold wings attached to their wheel chairs. The men became shepherds and kings, handsome and regal, situated before the Holy Family. It was a meaningful and joyous celebration for all who attended. One of St. Matthew's residents, the Reverend Marcus Gravel said "It was the happiest Christmas Day I've had in a long time. Maybe next year will be even better."

Holy Trinity Slovak Lutheran Church in Chicago loaned to St. Matthew the manger and costumes. Volunteer Marge Kroes created the heavenly wings adorning the wheel chairs for the angels. Under the guidance of Gretchen Oster, Joy Pod residents made the manger animals. Pastor Eileen Harris, St. Matthew's full-time chaplain coordinated the celebration and presided at worship.

of services to persons residing in the local community who are unable to pay.

"There are currently 687 facilities that provide free or low cost medical care, but there is rarely any publicity to let the public know about this program," says Jim Surasak, a researcher at Financial Assistance Network. "A step by step outline guides consumers through the process of finding a participating facility, and applying to determine their eligibility for free or low cost care. Consumers can apply before or after receiving care from a participating facility."

Financial Assistance Network is an organization established by volunteers dedicated to helping people who cannot afford medical care or prescription medication. The primary purposes of Financial Assistance Network are to inform potentially qualified applicants about the patient assistance programs for which they appear eligible and assist them in the enrollment process.

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Financial Assistance Network - Free & Low Cost Medical Care Booklet - Dept. MCP-0109 - P.O. Box 60848, Washington, DC 20039. Consumers can get more information by calling 202-595-1039 or from Financial Assistance Network's Internet web site: [www.FinancialAssistanceNetwork.org](http://www.FinancialAssistanceNetwork.org).

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## Senior Seasons

### The bottom line on Social Security benefits

There's good news for most retired workers, says the Illinois CPA Society. Now many retirees can work all they want and still receive full Social Security benefits. The Senior Citizens Freedom to Work Act of 2000, signed into law allows seniors between the ages of 65 and 69 to earn a paycheck and claim Social Security benefits without penalty.

Under the new law, your annual earnings affect the amount of your Social Security benefits only until you reach full retirement age - currently 65. Once you reach age 65, you can receive your full benefits no matter how much you earn. (Be aware that for those born after 1937, the full retirement age is scheduled to rise above 65 in two-month steps.)

For those below the full retirement age, the earnings test still applies. Individuals taking reduced benefits at age 62-64 will lose \$1 of benefits for every \$2 of benefits over \$10,080. For individuals attaining age 65, the earnings limit is \$17,000 for the period before reaching age 65.

**What You Can Expect.** While those who have reached full retirement age no longer need to worry about the earnings limit, there are other issues to consider in deciding when to start collecting benefits. Before you can make a knowledgeable decision, you should understand how your benefits are calculated and how much you can expect to receive. The size of your monthly retirement benefit is based on a number of things, including how much you have earned during your lifetime and how much you paid into the Social Security system. If you earned higher wages and paid more into the system, you will receive a higher monthly check at retirement than if you had lower earnings.

The best place to calculate your benefits is to go to the Social Security Administration's (SSA) Web site at [www.ssa.gov/retire](http://www.ssa.gov/retire). This site features an online retirement planning calculator to estimate your benefits based on your projected earnings and other information. All online benefit estimates are based on your input. Also, the Social Security Administration is now automatically mailing out statements showing projected benefits at age 62, your full retirement age, and age 70. Expect to receive your first statement about three months before your birthday.

**The Choice Is Yours.** Keep in mind that you decide when to start collecting Social Security benefits. Basically, you have three options.

The earliest you can start collecting monthly checks is age 62 and that will not change as the normal retirement age increases. However, if you start collecting this early, your benefits will be reduced for life. The exact amount of the reduction depends

on how early you begin collecting. Bear in mind that although starting early means you'll get smaller checks, it's likely that you will be getting more of them.

At your full retirement age (as defined by SSA), you can begin collecting full benefits. Although the current age for full retirement is 65, this age will gradually increase to age 67 by the year 2022.

If you delay applying for benefits beyond full retirement age, you'll receive significantly larger monthly checks when you ultimately decide to call it quits. Social Security benefits are increased by a certain percentage each year up to age 70 depending on a person's date of birth. For example, people born in 1943 or later, who must be 66 in order to retire with full benefits, will get an extra 8% a year of their full benefit amount for each year they delay claiming benefits. However, once these individuals reach age 70, there are no benefit increases.


A word of caution: If you decide to delay collecting Social Security benefits, be sure to sign up for Medicare at age 65. In some circumstances, medical insurance costs more if you delay applying for it.

When it comes to paying taxes on your Social Security payments, age is not a factor. According to the Illinois CPA Society, the amount of benefits that is taxable depends on the total amount of your Social Security benefits and other income.


Some people will not need to pay tax on their benefits. However

if your income exceeds certain base amounts, up to 85% of your benefits may be taxable.

This information was brought to you by the Illinois CPA Society. The Illinois CPA Society is a state professional association representing 25,000 accounting, financial and business professionals throughout the State of Illinois and beyond. For more information visit the Society's website at: [www.icpas.org](http://www.icpas.org) or call (312) 993-0393 or (800) 993-0393 (within Illinois).



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# Senior Seasons

## Tips on finding the appropriate home care agency

Home care agencies differ in many ways. They may be Medicare certified or non-Medicare certified. They may be for profit or not-for-profit, and they may be independent or affiliated with a larger agency. Agencies differ also in the types of services they provide, how they administer their services, and how they collect their fees.

When selecting an agency, it is important to clearly understand what types of services they do provide and what, if any, in-

surance or reimbursement they accept. Homemaker or home care agency, including United Methodist Community Support Services, provide paraprofessional home care, using experienced homemakers and certified nurses aides.

Home health agencies may be affiliated with a hospital and focus on medical aspects of home care. They may use licensed practical nurses, registered nurses, and physical therapists. A nurse registry or agency typically uses private duty, registered nurses and other types of skilled therapists.

ly uses private duty, registered nurses and other types of skilled therapists.

Home health agencies may be affiliated with a hospital and focus on medical aspects of home care. They may use licensed practical nurses, registered nurses, and physical therapists. A nurse registry or agency typically

When selecting an agency to provide care for a loved one,

there are several questions you will want to ask:

1. What is the fee structure? Do you pay the agency or the caregiver? Are there extra costs? Is Medicare or private insurance acceptable?
2. Is the agency for-profit or not-for-profit? Is there a larger continuum of care available, i.e., day care, nursing home care?
3. Is the agency bonded and insured?
4. What is the history of the agency?
5. What organizations does the agency work with?
6. How do they hire their caregivers? Do they:
  - a. conduct a criminal background check?
  - b. check references?
  - c. pay the employee?
  - d. pay the social security taxes and payroll taxes for the employee?
  - e. Require a health screening for the employee?
7. Is a home assessment done prior to the beginning of service?
8. Can the supervisor be reached 24 hours a day?
9. Do you need to sign a contract?
10. What is the minimum length of service?
11. Will you get an opportunity to interview or meet the caregiver in your home before service begins?

It is not easy to decide to use home care. Most people want to stay in their home for as long as possible and may depend on family or friends to provide necessary assistance. There may come a time where it is necessary to hire outside assistance for daily activities: overnight or 24 hour care, housekeeping, laundry, personal hygiene, grocery shopping and meal preparation, medication reminder, paying bills and managing cash flow.

Selecting a reputable agency, such as United Methodist Community Support Services, will enable you or your loved one to live in the comfort and safety of your own home for as long as possible. United Methodist Community Support Services is a division of United Methodist Homes & Services, a nonprofit and nonsectarian organization with more than 100 years of experience as a provider of housing and supportive services for older adults.

For more information on United Methodist Community Support Services, please call (773) 769-5270.

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# Senior Seasons

## Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Friday, February 9, from 12 p.m.-3 p.m. at the Lincolnwood Community Center for an afternoon of food, fun, and entertainment as we celebrate Valentine's Day together. Musician and storyteller, Phyllis Horst, will entertain you with stories of love and songs of joy. Lunch will be served around 12:30 p.m. Share in the loving spirit of the day with a great group of folks. The cost for this event is \$20 for members and \$25 for guests. Register today.

An invitation is extended to the community on Tuesday, February 13 at 10:30 a.m. at the Lincolnwood Community Center to listen to renowned motivational speaker, George O'Hare. Sweets and coffee will be available as you are wowed by George's energy and positive attitude. Don't miss your chance to see a Senior Citizen Hall of Fame Inductee up close and personal. Pay just \$1 if you are a member or \$6 if you are a guest.

You are invited to join the seniors on Wednesday, February 14 as they travel to Bensenville to the Edge Ice Arena to see a Valentine's Show for seniors. Enjoy

all types of music including some familiar oldies while you watch a fabulous demonstration of ice skating by children and adults of all ages. The cost of this event is \$35 for members and \$40 for guests. Price includes deluxe motor coach transportation, entry to the ice show, and lunch at Carlos & Carlos Restaurant. Choice of entrée includes Lasagna with Meat Sauce or Chicken Vesuvio. Departure time is 8:30 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return schedule for approximately 3 p.m.

Join the seniors on Tuesday, February 20 at 10:30 a.m. at the Lincolnwood Community Center to participate in an interactive music therapy session. Guest speaker, Susan DelGuidice, a registered music therapist will lead us through exercises to relax the body as she teaches us the benefits of music. Don't miss this fun and informative program. The cost for this event is \$1 for members and \$6 for guests. Coffee and sweets will be available.

**USE THE BUGLE!**

## Senior Prescription Drug Assistance Program

Seniors ages 65 and older or those who are disabled may now pick up new Circuit Breaker/ Pharmaceutical Assistance Program application forms at Maine Township, 1700 Ballard Road, Park Ridge. The forms are for financial assistance for prescription medication expenses for those who meet income qualifications and certain other criteria.

The state program is administered by Maine Township and others and provides assistance for those who need prescriptions for heart disease, blood pressure problems, diabetes, arthritis, cancer, Alzheimer's disease, Parkinson's disease, glaucoma, lung disease, or smoking related illness.


Individuals must also have an annual income of \$21,218 or less (\$28,480 for a couple or \$55,740 for a three-person household) to be qualified. Seniors can apply for a Pharmaceutical Assistance Card after they receive their W-2's, earnings statements, or other financial information in January each year. Cards cost \$5 for individuals below the poverty level and \$25 for those above it.

With that card a senior can obtain prescription medication for covered diseases with a \$3 co-pay

for those with a \$25 card and no co-payment for those with a \$5 card.

After cardholders reaches a \$2,000 annual cap, they must pay 20 percent of costs. Forms may be picked up at

Town Hall, Monday through Friday, from 9 a.m. to 5 p.m.. For further information, call the General Assistance Office of Maine Township at (847) 297-2510, ext. 236.



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## Senior Seasons

### Specialized approaches to dementia care at The Methodist Home

The dementia care program at The Methodist Home was one of the first to offer innovative "Activity Focused" approaches to care, enabling each resident to maximize his or her own self-esteem and dignity. Now beginning its 14th year, The Methodist Home's dementia care program can accommodate up to 30 residents who have a diagnosed memory impairment disorder. Residents spend the day partic-

ipating in a full activity program that combines music, reminiscing, exercise, relaxation with an emphasis on socialization. For a person with dementia, profound memory loss means that reality has to be recreated. One task for a caregiver is to support the memory-impaired individual in his or her own reality, rather than expect the impaired person to participate in another's reality. At The Metho-

dist Home, caregivers receive information regarding the origin of memory impairment disorders, techniques for interacting with memory-impaired individuals, and stress reduction techniques. With an understanding of the disorder, our caregivers can address the problems and concerns that develop and create innovative solutions to them.

In support of family members and caregivers, The Methodist Home hosts a family council group, which meets once a quarter. This group offers a forum for discussion and support. The Methodist Home also hosts a support group facilitated by the Alzheimer's Association, which is held on the third Saturday of each month.

The Methodist Home is a division of United Methodist Home & Services, a nonprofit and nonsectarian organization with more than 100 years of experience as a provider of housing and supportive services for older adults. For more information on The Methodist Home's specialized dementia care program support groups, or other services, please contact Marsha Webster at (773) 769-5500.

### Law Enforcement Academy for seniors

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in the Senior Citizen Law Enforcement Academy to be held at the Des Plaines Community Senior Center, 515 E. Thacker in Des Plaines, beginning January 30.

The Sheriff's Office designed the program to open the line of communication between senior citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention.

The "Senior Academy" in Des Plaines will meet Tuesdays, 9:30 - 11:30 a.m. through March 20, when all participants will be honored at a graduation ceremony and reception. Sheahan's office provides the program, free of charge, to any senior citizen living in Cook County.

Top officials from the Cook County Sheriff's Office will conduct the seven-session Academy. Each speaker provides pertinent information on an array of

topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness and the functions of the county jail and courts.

The Sheriff's Office will bring the Academy to any senior citizen club, organization or center throughout the county. For more information on the program or to register for the Senior Citizen Law Enforcement Academy at the Des Plaines Community Senior Center, please call the Sheriff's Office at 773-869-7725.



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At Hartwell House one monthly fee covers your choice of private suites, all of which have individual baths equipped with either a shower or tub. Additional amenities include a restaurant-style dining program, providing three meals per day, and a variety of social, educational, and cultural programs.

Hartwell House is sponsored by United Methodist Homes & Services, a nonprofit organization with more than 100 years experience as a provider of housing and supportive services for older adults. For more information, or to schedule a tour of Hartwell House, please call (773) 275-2400.



For more information, call (773) 275-2400, or complete and mail the coupon below.

I would like more information on Hartwell House.

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## Senior Seasons

### Alzheimer's, Aging and Vitamin E

In the 1970s, some people hailed vitamin E as a veritable fountain of youth. Based on a limited amount of research that identified the vitamin's antioxidant qualities, vitamin E was thought to delay all sorts of syndromes associated with aging. But it really gained attention when a few studies suggested it could enhance sexual performance in older men. Of course, that was all it took for the vitamin to reach mythical proportions among the "health nut" crowd (yes, back in the '70s, people who were health-conscious were considered to be nuts), and jokes about vitamin E became about as rampant as the jokes about Viagra today.

Needless to say, the sexiness of vitamin E hasn't held up to further scientific scrutiny, but some scientists have continued investigating the vitamin's possible role in a number of age-related diseases, especially Alzheimer's disease. The idea that oxidative damage plays a role in the death of brain cells in Alzheimer's disease is no longer disputed, even though the exact role of this damage has yet to be elucidated. One theory is that, over time, healthy brain cells get so beaten up by prolonged exposure to oxidative stress that at

some point a switch gets thrown, signaling the cells to self-destruct.

Oxidative damage is the destruction caused by free radicals, the highly unstable molecules that damage cells and tissues throughout our bodies as we age. Free radicals are a natural byproduct of the body's metabolism of oxygen, and they cause wear and tear at the molecular level. It is not known whether the damage caused by these disruptive molecules is what actually kills brain cells in Alzheimer's disease, but some scientists think that antioxidant nutrients like beta carotene and vitamins E and C may protect the cells from the steady erosion of aging in general and from Alzheimer's disease in particular.

Antioxidants should not be confused with the concept of agents that are "anti-oxygen." Nothing is more important to the human body than oxygen; in order to live, the body requires a constant influx of it at every level. As Sherwin B. Nuland described in his 1993 bestseller, *How We Die*, we all ultimately die from a lack of oxygen, regardless of the precipitating cause of death. Oxygen is also indispensable to our ability to think, feel and

be conscious. At the same time, the brain must metabolize a heavy influx of oxygen molecules, metabolize them and eliminate their byproducts, the free radicals. And since the brain uses so much oxygen, it also ends up with a lot of free-radical waste. Vitamin E and other antioxidants "digest" free radicals, thereby clearing the cells and tissues of damaging, rogue molecules.

There is no doubt that damage from free radicals plays a role in the aging process and that the aging process plays a role in Alzheimer's disease. But beyond that, there are still many unanswered questions. Is aging a mysterious "master disease" that causes all age-related illnesses, or are age-related diseases like Alzheimer's caused by abnormal processes superimposed on a healthy body? The two issues are at present impossible to tease apart, especially in the way they intersect at the issue of free radicals. But it is more or less accepted today that when the body is overloaded with free radicals, the aging process accelerates.

Studies on the role of antioxidants and Alzheimer's disease are accumulating. An ongoing project funded by the National Insti-

tutes of Health, called the Alzheimer's Disease Cooperative Study, seeks to bring together researchers from throughout the country to examine Alzheimer's disease from many angles. One group took a serious look at how vitamin E affected 341 patients with moderate Alzheimer's disease over a two-year period. The scientists gave some of the patients 2,000 IUs a day of vitamin E alone, another group of patients vitamin E plus an antioxidant drug called Selegiline, and yet another group received only a placebo. To measure how well the patients were doing, the scientists tested their ability to perform their normal activities of daily living.

While all of the patients continued to decline, those who were taking the antioxidants declined more slowly than those who took the placebo. And while both vitamin E and Selegiline were found to be helpful, vitamin E was actually slightly more beneficial in delaying the progression of Alzheimer's disease than the drug. The scientists even noted that vitamin E could be credited for "a significant delay in institutionalization." While it is far from a dramatic cure, to Alzheimer's pa-

tients and their loved ones, delaying nursing home placement for several months is a major benefit.

Many questions remain about vitamin E, aging and Alzheimer's disease. For instance, would taking vitamin E throughout one's life prevent or delay the disease even more? How much vitamin E is safe? Now that we have glimpsed some of the benefits of antioxidants, scientists are striving to design really powerful antioxidants in drug form. What will be the effect on aging and age-related diseases if they succeed? The good news for today's generations is we may actually live long enough to find out. In the meantime, we have all the more reason to eat our vegetables.

This information is provided as a public service by Alzheimer's Disease Research, a program of the American Health Assistance Foundation. To find out more about Alzheimer's disease, you can write to them at 15825 Shady Grove Road, Suite 140, Rockville, MD 20850, call 1-800-437-2423, or visit their website at [www.ahaf.org](http://www.ahaf.org).

Programs of the American Health Assistance Foundation. 1-800-437-1423. [www.ahaf.org](http://www.ahaf.org).

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### Maine Township Senior Citizens 297-2510

**MAINE TOWNSHIP SENIOR ACTIVITIES AND EVENTS FOR FEBRUARY ANNOUNCED**  
Maine Township Senior Citizens offer older residents a variety of programs each month. Membership is free. For more information or to register as a member, please contact the Adult and Senior Department of Maine Township at 847-297-2510 weekdays.

Below are samples of February, 2001 programs. Registration is accepted by mail only and must be accompanied by separate checks for each program. All activities and programs are held at Maine Township's Town Hall, 1700 Ballard Rd., Park Ridge unless otherwise indicated.

Notice: Starting immediately all MaineTownship residents 55 or older can participate in the activities and programs which include day trips, men's and women's groups, special evening and weekend classes and much more.

#### BINGO

Thursday, February 1, Town Hall, 1700 Ballard Rd., Park Ridge;

Tuesday, February 6, Oakton Arms, 1665 Oakton Place, DesPlaines. Cost: 50¢. The doors open at 12 noon. Fun begins at 1 p.m. Sweet rolls and coffee will be served. Pre-register by mail and pay at the door.

#### MEN'S GROUP

Monday, February 12, 10:30 a.m. to 12 noon, Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$3.50 includes program and light lunch. The program will feature a video on "The Great Chicago Flood." Our lunch will consist of salad and pizza. Volunteers are needed to greet people and serve refreshments. Contact Mary Swanson if interested at 297-2510.

#### MOVIE AND POPCORN

Tuesday, February 13, 12 noon to 3 p.m., Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$1 includes popcorn and soda. The Senior Department in cooperation with the Disabled Department will show the movie "The Sting" (PG) on Tuesday, February 13 at 12 noon. "The Sting," winner of 7 Academy Awards, stars Robert Redford as an ambitious small time crook and Paul Newman as a veteran con man. Cost: \$1 includes popcorn and movie. To make reservations call Donna Anderson at 297-2510.

#### A VALENTINE LUNCHEON

Wednesday, February 14, Doors open at 11 a.m., Lunch is served at 12 noon, Chateau Ritz, 9100 Milwaukee, Niles, IL. Menu will feature Vegetable Soup, Chicken Breast with Wild Rice with an orange Sauce, Green Beans with Sautéed Mushrooms, Parisian Potatoes and a Valentine Sundae.

Entertainers will be Arkady Bodner on keyboards and Ed Warble-Vocalist. Enjoy our Valentine's Day with love songs in languages from around the world. The cost for lunch, gratuity, and entertainment is \$12.50 per member; \$13.50 per guest on a space available basis. Fish is available for \$1 extra; however you must write FISH on your reservation. Deadline for cancellation is Friday, February 9, 2001.

#### YES! YOUTH EXCHANGING WITH SENIORS

Join students from Maine East High School to share experiences on Thursday, February 15 at 8 a.m. If you have any questions contact Mary Swanson or Denise Bolman at 297-2510. Registration required.

#### EMERGENCY MANAGEMENT AGENCY

Thursday, February 15, 10 a.m. to 11 a.m. Presenter: Allan Graber, Coordinator, Town Hall, 1700 Ballard Rd., Park Ridge. No Cost- Must Pre-register. The Emergency Management Agency utilizes volunteers who are trained to respond in emergencies. Learn about the emergencies that happen, and how to get involved.

#### INTERMEDIATE BRIDGE

Fridays, Feb. 16, March 2-30, April 6 & 20-8 Classes, 10 a.m. to 12 noon, Instructor: John Krelle, Town Hall, 1700 Ballard Rd., Park Ridge. Cost: \$20 for 8 classes. Class Size Limit: 12.

### The heat's on to lower high heating oil prices

(NAPS)-As the temperature drops during colder months, there are ways to keep heating bills from getting too high.

A Web site celebrity, Lou Manfredini, known as "Mr. Fix-It," from the ourhouse.com Web site, says there are things you can do to lower heating bills, such as:

- **Service your heating system every year.** Have the unit cleaned and filters changed.

- **Install a programmable thermostat.** This can be programmed to lower the temperature during the day, when most people work or at night while sleeping.

Outdated thermostats are the weakest link in conserving energy.

- **Add weather stripping around windows and doors.** This can have a real impact on drafts and conserving energy. Door thresholds, window caulking and plastic window film can save a lot of money this winter.

- **Use or install ceiling fans in your home.** Because heat rises, running the fans slowly and in reverse will keep warm air circulating, making it more comfortable and reduces the time your furnace runs.

- **Check the arrangement of furniture.** Many times people put couches and chairs over vents and in front of baseboard radiators decreasing the efficiency of the units. Restricting the airflow can increase the use of furnace or boiler, and ultimately the energy used to heat your home.

- **Consider installing a tankless-water heater.** These units work by heating hot water on demand so there's no stored water that needs to be continuously heated.

- **Be smart about the temperature you set in your home.** According to the EPA, you'll save up to three percent on your energy bills, simply by turning down your thermostat one degree.

- **Install thermo-pane windows.** Multi-pane windows can have R-values of as high as 9.1. The higher the R-value, the more resistant the glass is to losing heat. Conversely, typical single pane glass has an R-value of 1.

- **Make sure your ceilings and attic are properly insulated.** If there isn't enough insulation in the space above, your money is going through the roof. Literally. Most ceilings and attic spaces should have at least a 30 rating, although some areas of the country recommend an R-40-50 rating.

#### Bonus Tip

A small label can save you big money. Look for the Energy Star label on your appliances, easily found on washing machines, computers and stereo equipment. This label means the Department of Energy and the EPA have deemed these products as energy efficient.

For more information, you can e-mail your questions or additional energy tips to [www.ourhouse.com](http://www.ourhouse.com).

### Morton Grove Senior Citizens 470-5223

#### EXPLORING ELMHURST!

Join the Prairie View Travel Club on Tuesday, Jan. 23 as they explore Elmhurst. The tour begins with the Elmhurst Art Museum which is known for its incredible structure and walls of art, followed by lunch at McNally's traditional Irish Pub. After lunch, travel to the Theatre Historical Society of America located in the restored 1924 York Theater. Please note, there are 23 steps to climb in the theater and 15 steps in the restaurant. The cost is \$30 for residents and \$36 for non-residents. The bus will leave the Prairie View Community Center at 9:30 a.m. and return at approximately 3 p.m. Register at the Prairie View Community Center.

#### DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, Jan. 23 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

#### TAKE TIME FOR THURSDAY: "ANTIQUES APPRAISAL"

An old lamp, a vase, a toy, or a family heirloom displayed at home or packed away in a closet or trunk may be a gem or junk. Here's a chance to learn of its actual value at 1 p.m. on Thursday, Jan. 25 in the Prairie View Community Center. This program is sponsored by the Morton Grove Park District and the Morton Grove Historical Society and will be presented by Corrine Schreiber, owner of Calico Cats Antiques, Ltd. of Norwood Park. Ms. Schreiber will bring a variety of antiques and collectibles to show and describe the characteristics of antique pieces. She will appraise one item per person, excluding jewelry. Register at the Prairie View Community Center. The cost is \$3 for residents and \$4 for non-residents.

#### KEYBOARD LESSONS

Seniors may have a keyboard lying around at home or maybe a child or grandchild who isn't using theirs. Here is a fun opportunity to learn to play the keyboard by notes or by ear. Professional musician, Arkady Bodner, will instruct his students using their own selection of music. Classes will be scheduled on Mondays from 10 a.m. to 12 noon and from 4:30 to 6:30 p.m. starting on Jan. 29 in the Prairie View Community Center. The eight-week course costs \$112 for residents and \$145 for non-residents. Register at Prairie View.

#### GOLF MILL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Jan. 30 should call today to reserve a seat on the Seniortran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Shop and browse for three hours until the Seniortran returns shoppers home at 2 p.m. Mall trips are scheduled on the last tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 for a reservation.

#### DISCUSSION ON ISSUES IN THE NEWS

Here's a chance to join the popular "Issues in the News" course led by Mike Kraft. Exchange viewpoints on local, national and international events from 9:30 to 11:30 a.m. on Thursdays from Feb. 8 through March 28 in the Prairie View Community Center. Join friends for these lively discussions. The cost is \$24 for residents and \$31 for non-residents. Register at Prairie View.

#### HEARING SCREENING AT VILLAGE HALL

Resurrection Hospital's Clinical Audiologists will be conducting free hearing screenings from 9:30 a.m. to 12:30 p.m. on Tuesday, Feb. 20 in the Morton Grove Village Hall. The screening, which takes about 10 minutes, will determine whether further testing is necessary. Those who fail the screening will be referred to their personal physician for follow up. A variety of literature will be available on hearing services, hearing aids, and amplification devices. For an appointment, please call the Morton Grove Senior Hot Line at 470-5223 any weekday morning from 9 a.m. to 12 noon. For details about this screening or for other health concerns, contact Village Nurse, Mary Kay Andreoni at 663-6109.

\*\*\*\*\*  
For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200.

### Niles Senior Citizens 588-8420 - 588-8000

#### NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. Please call or visit, and be placed on the mailing list.

#### GRAND REOPENING OF THE SENIOR COMPUTER LAB

On Monday, Jan. 15, the Senior Computer Lab will begin its Winter classes in our newly remodeled Computer Lab. Benefit from fifteen computers (nine more than last year), complete with new specially designed desks and chairs. Check for availability of classes in **Quicken, Introduction to Computers, Microsoft Works, Microsoft Word, Pre-Introduction to Computers, Excel** and workshops on **E-Mail and The Internet**. Help is always available in the computer lab and practice time is free. You must register.

#### JANUARY TICKETS SALES

Began Monday, January 8. Call for ticket availability.  
**Pinochle Tournament - Friday, Jan. 26, 12 noon to 3 p.m.** Enjoy a three handed Tournament, refreshments & prizes. Cost: \$3.50. Registration required.

**February Lite Lunch & Movie - Friday, Feb. 2, 12 noon.** Enjoy a slice of pizza and soda, then see *End of the Affair* (R, 1999) at 1 p.m. starring Ralph Fiennes and Julianne Moore. The movie is based on a novel by Graham Greene about a WWII love affair.  
**Pre-Valentines Luncheon - Friday, Feb. 9, 11 a.m. to 2:30 p.m.** Join us for a delicious catered lunch featuring Beef Brisket, Potato Pancakes, Cole Slaw, and Dessert. Be entertained by a trio from the Maxwell Street Klezmers. Cost: \$8.

**Evening at the Center - "Who Wants to be a Millionaire?" - Wednesday, Feb. 7, 5 to 8:30 p.m.** Join us for an evening of fun and excitement. Dinner (served 5:30 to 6:30 p.m.) is a Sub Sandwich with Chips and Dessert and then the games begin! Cost: \$6 includes meal and prizes.

**Sunday at the Center - A "Couple" of Singers - Sunday, Feb. 25, 11 a.m. to 3:30 p.m.** Join us for a special Sunday as we listen to a "Couple" of singers singing romantic love duets from Grand Opera, Light Opera, and Broadway musicals. They've been described as combination of Nelson Eddie & Jeanette McDonald, and Steve Lawrence & Edie Gorme. Prior to the performance, enjoy a meal of Tossed Salad, Spaghetti & Meatballs, Garlic Bread, and Strawberry Mousse (served from noon - 12:30 p.m.) Cost: \$6.

**"Navlins Dixie Mardi Gras - Thursday, March 1, 10 a.m. to 5 p.m.** Join us on Thursday, March 1 as we celebrate Mardi Gras at the Milk Pail with an afternoon of traditional crazy fun, New Orleans style. After feasting on Mild Chicken Jambalaya, Biscuits and Old Fashioned Apple Pie, the Buddy Lee Banjo Band will have you dancing in the aisles and singing 'til your lungs burst. Cost: \$33.

#### CLASS REGISTRATION

Class Registration for the Winter and Spring classes began Monday, Dec. 4. See the Niles Senior Center News & Views for all class offerings. Call for availability.

#### EVENING AT THE CENTER: A CHINESE NEW YEAR CELEBRATION

**Evening at the Center: A Chinese New Year Celebration is Wednesday, Jan. 24, 5 to 8:30 p.m.** Traditional Chinese Dance will be performed by teachers from the North Chicago Chinese School in Des Plaines, followed by a catered meal from Jade East Restaurant. After dinner, sit back and enjoy a Chinese Travlogue featuring world traveler and humorist, Joe Cunniff. Cost: \$10.

#### 55 ALIVE

55 Alive is Wednesday, Jan. 24 and Friday, Jan. 26, 9 a.m. to 1 p.m. You will receive a reduction on the liability portion of your auto insurance after the successful completion of the class. Cost: \$3.

#### VOLUNTEERS NEEDED

**SNOW SHOVELERS** needed to assist shoveling driveways for the Niles Seniors.

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

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

**CLASS INSTRUCTORS** for Learn to Crochet and Cross Stitch classes. Contact Maryann.

Pneumococcal Vaccine is still available. Contact Terry Dalla Valle, RN, BSN, for an appointment.

### Oakton's Emeritus Program offers classes in the arts

Nurture your creative spirit during the dreary days of winter, by enrolling in a class offered by Oakton Community College's Emeritus program. All classes meet at the Ray Harstein Campus, 7701 N. Lincoln Avenue, Skokie.

**The Cinema of Italy: Postwar to Present** (HUM E80-71, Touch-Tone 07327) is a new course that examines Italian films and filmmakers, including the postwar classics, *Bicycle Thief* and *Open City*. Also studied are films from such masters as Michelangelo Antonioni (*L'Avventura*), Bernardo Bertolucci (*The Conformist, The Sheltering Sky*), Lina Wertmuller (*Sweet Away*) and the Taviani brothers (*Night of the Shooting Stars*). This class meets from 9:30 a.m.-12:45 p.m. on six Tuesdays, beginning Feb. 20. The course fee is \$100.

**Studio I** (ART B15-71, Touch-Tone 05311) and **Studio II** (ART B16-71, Touch-Tone 05318) are combined art courses that meet from 9:30 a.m.-12:30 p.m. on eight Wednesdays, beginning Feb. 7. **Studio I** teaches the basics of working in oils or acrylics and requires some previous experience in basic drawing. **Studio II** is designed for more advanced

students and gives them the opportunity to overcome weaknesses by sharing techniques with others. The course fee for each class is \$140.


Students age 60 and older who live in Oakton's district pay half the listed fee. A registration fee of \$5 is required for students under 60 and for those who live out of district. Proof of age and residency must be provided at registration. Persons who have registered for Oakton or ALL classes within the last five years and have a Social Security number on file may

register using the Touch-Tone system by dialing (847) 635-1616. Touch-Tone registration requires payment using a major credit card (Visa, MasterCard or Discover).

Other classes beginning soon include *Six Plays* (ENG e98), *Creative Writing* (COM B14), *Drawing* (ART B93), *Watercolor/Drawing* (ART C19) and *Friday Afternoon at the Movies* (HUM E74). For information about these and other Emeritus classes, call (847) 635-1414.

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Specialized Post Acute/Medicare Unit  
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Long Term Care in a Home-Like Environment  
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-Sister M. Elizabeth - Administrator

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St. Matthew offers quality care and services tailored to the needs of individual people.

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For further information, call Admissions at 847/825-5531

A program of Lutheran Social Services of Illinois

## Bethany Terrace to help Alzheimer's affected families

Families responsible for the care of a loved one affected by Alzheimer's disease or dementia can now find a helping hand at Bethany Terrace Nursing Centre in northwest suburban Morton Grove. A.D.A.P.T., which stands for Alzheimer and Dementia Assistance Program of the Terrace, is designed to assist families in

exploring available home care options for aging relatives -- at no cost or obligation.

"Bethany Terrace has been among the Chicago area's leading providers of specialist care for residents with Alzheimer's and dementia since 1984," said Ken Kolich, administrator of the not-for-profit health care organiza-

tion founded in 1965. "We are now offering this expertise to members of the community exploring at-home care options."

A.D.A.P.T. provides many resources for at-home care givers, before they make a final decision about long-term care for a relative or loved one. The program identifies and recommends a variety of metropolitan professionals and "lifeline" providers compiled in a resource handbook.

This resource guide is distributed throughout the community and includes information about:

- Alzheimer disease specialists
- Assisted living and retirement facilities
- Adult day service centers
- Attorneys who specialize in senior issues
- Family counselors
- Home health care experts
- "Meals on Wheels" programs
- Transportation

In addition to these services, Bethany Terrace houses a complete Alzheimer's/dementia book and video library, which can be viewed by appointment. Bethany Terrace staff members also make house calls. "A member of our Alzheimer's program team will visit people in their homes, to assess and create an individual at-home activity program," Kolich added. "This allows individuals with memory loss to remain with their families for as long as possible."

For 35 years, Bethany Terrace Nursing Centre has provided excellent care for the Chicago area and was one of the first in Illinois to create an Alzheimer's and dementia therapy program. Residents at Bethany Terrace receive personal attention and a full range of services in a familiar and secure setting.

Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Road in Morton Grove. For more information about the new A.D.A.P.T. program or to receive a complimentary resource guide, please call 847.965.8100.

For further information about Bethany Terrace Nursing Centre or to schedule an interview with Administrator Ken Kolich, please contact Falk Associates, 847.675.2580.

## Cold and flu tips for seniors

(NAPS) -- The weather outside is frightful! Although we all get sick at times, for seniors, maintaining good health can become increasingly difficult. With age, our immune systems no longer function at optimum levels, making us more susceptible to illness. Elements of a healthy lifestyle include exercise and a proper diet, as well as cleanliness and food safety. Follow these tips from the Georgia-Pacific Health Smart Institute™ to help you stay healthy this season.

1. Stay active! Just 30 minutes of moderate physical activity a day can be beneficial to maintaining good health. Add exercise to your daily routine, by cleaning the house, climbing stairs, grocery shopping, walking or shov-

eling snow. If you're not sure how much exercise is appropriate, see your doctor.

2. Wash your hands often in warm soapy water. After rinsing, dry hands with a paper towel such as Sparkle® to wipe off and throw away germs. This is a good habit to teach your grandchildren, especially during cold and flu season.

3. Don't neglect flu and pneumonia shots as prescribed by your physician. These shots can be lifesavers! And be sure to see your doctor regularly for complete physicals.

You can also call the experts at the Georgia-Pacific Health Smart Institute at 1-877-GPCLEAN or log on to: www.gphealthsmart.com.

## Bethany Terrace Nursing Centre



Theresa has only worked at Bethany Terrace for six months as a Certified Nursing Assistant, but that's how she feels about her job, the residents and all the families.

Bethany Terrace has four secure living units for the three levels of Alzheimer and dementia care. "I really like working with older people, especially the dementia residents" says Theresa, formerly a nurse from Poland, who works in Bethany Terrace's Alzheimer Unit. "They need us to take care of them and to love them when their family is not here." Theresa is only one of many dedicated and attentive staff who encourage the residents to stay active by participating in the seven day-a-week program which includes cooking classes, exercise, gardening, music, recreation and pet therapy.

The Joint Commission on Accreditation of Healthcare Organizations awarded Bethany Terrace and its Alzheimer Care Center Accreditation with Commendation, the highest award a healthcare facility can earn.

Since 1984, Bethany Terrace has been a recognized leader in treating residents with Alzheimer and related problems. The latest technologies and programs, in addition to community, spousal and family support groups, are used to enhance each resident's quality of life.



Bethany Terrace Nursing Centre, 8425 North Waukegan Road, Morton Grove, Illinois 60053

To arrange a visit and complimentary care assessment, call Admissions at 847/965-8100.

**READ THE BUGLE FOR SUBSCRIPTIONS CALL (847) 588-1900 THE NEWSPAPERS THAT DELIVER**

## Police News

### Winter driving do's and don'ts

(NAPS)-As winter approaches, these tips from safety experts at Jaguar will help put you and your family on the road to safety during foul-weather driving.

#### Before heading on the road:

• **DO** make sure your brakes, windshield wipers, defroster, heater and exhaust system are in top condition.

• **DO** check your tires. Make sure they are properly inflated and the tread is in good condition.

#### Driving tips:

• **DO** allow enough time. Trips in storm conditions or icy roads take longer.

• **DO** keep your gas tank full. It may be necessary to change routes or turn back during a bad storm or you may be caught in a traffic delay.

• **DON'T** speed. A highway speed of 65 miles an hour may be safe in dry weather, but an invitation for trouble on snow and ice. At Jaguar, for example, its S-TYPE is fitted with a sophisticated traction control system. The system assists the driver in maintaining control while driving in slippery conditions by limiting wheelspin. Slippage is detected by the same sensors at each wheel that provide data to the antilock braking system (ABS).

• **DO** be more observant. Visibility is often limited by weather conditions. Slow down and watch for other vehicles that have flash-

ing lights. Visibility may be so restricted during a storm that it is difficult to see the slow-moving equipment. All Jaguar cars are equipped with rear-facing red fog-lamps, these are the perfect conditions to use them.

• **DON'T** leave your car when stalled. Try to conserve fuel while maintaining warmth. Be alert to any possible exhaust or carbon monoxide problems.

Remember, too, when setting out in foul weather it's a good idea to take along water, food and warm blankets. A lengthy delay will make you glad you have them.

### Morton Grove

#### Burglary to vehicle

Police are looking for a man seen taking tires out of the back of a green 1997 Ford pick up truck parked at a motel on Jan. 11. Four Firestone tires valued at \$600 were stolen by a man described as being in his mid-thirties, black with braided hair, a beard, 5'8", 180 lbs. The man was seen driving a beat up brown Chevy pick up truck.

Sometime between 10 p.m. Jan. 5 and 2:30 p.m. Jan. 6 offender(s) used a razor to cause extensive damage to the interior of a gray 1990 Jetta parked on the 8500 block of Marmora. The owner told police that he noticed the passenger-side door partially open when he went to his car on Jan. 6, and recalled that he had not locked the door the night before. Once inside, the owner found the damage and noticed the car's portable CD player, stereo face plate, a cellular telephone, and tapes were missing.

#### Theft from vehicle

Unknown offender(s) used a hammer-type tool to break the rear driver's-side window of a maroon 1990 Buick LeSabre sometime between 11 p.m. Jan. 8 and 5 a.m. Jan. 9. A pry tool and wire cutters were then used to remove the dashboard CD stereo receiver from the car, which was parked on the residential block of 7600 Church St.

Unknown offender(s) used pliers and a pry tool to remove a hub cap valued at \$200 from a maroon 1992 Mercury Marquis parked on the 9000 block of Linder. According to the owner, three other hub caps had been stolen from the car this past summer, and a spe-

cial tool is required to remove the hub caps from the vehicle.

#### Stolen auto

The owner of a 1992 Pontiac Bonneville reported the car stolen on Jan. 8. The car was left unattended on the 6900 block of Church St. between 11 p.m. and 9 a.m. The owner told police that he was in possession of the only set of keys to the vehicle.

#### Counterfeit money

The manager reported finding a counterfeit \$50 bill when counting a clerk's drawer at a pharmacy on the 9300 block of Waukegan. The drawer had four \$50 bills inside, and the clerk said he wasn't sure who passed him the counterfeit bill.

### Niles

#### Stolen auto

The manager of a car dealership reported a 2001 White Ford Taurus valued at about \$22,000 missing on Jan. 11.

#### Petite theft

A female offender was caught taking \$76 worth of clothing out of a retail store at a mall without paying on Jan. 11.

A male offender was caught attempting to leave a hardware

department store on the 900 block of Civic Center Drive on Jan. 8 without paying.

#### Theft

A woman who had her purse returned on Jan. 11 after she accidentally left it at a discount store on the 8700 block of Dempster on Jan. 10, discovered that a pink change purse containing a gold ring and necklace had been taken from the bag.

An employee at a company on Milwaukee Ave., left her purse unattended while she was in a meeting from 10 a.m. until 1 p.m. on Jan. 11. She discovered that her silver wallet had been taken from the purse in her absence. The wallet contained several credit cards. She was contacted by her credit card company who told her that several purchases had been made with the card in and around a mall at around 12:30 p.m. on Jan. 11.

#### Burglary to auto

A pry tool was used to break glass on the driver's-side door of a white 1992 Toyota Corolla parked on the 8600 block of Shermer sometime between 7 p.m. Jan. 8 and 7:30 a.m. Jan. 9. A radar detector valued at \$150 and 75 compact discs valued at \$750 total were reported missing.

# NILES TOBACCO OUTLET

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PLUS FREE LIGHTER On any carton purchased  
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Expires 1-25-01 Prices subject to change without notice

### Deicers are not all created equal

Here are a few facts about the deicers used to clear driveways and sidewalks you may consider cool to know:

There are many different brands of deicers that homeowners and maintenance professionals can choose from. However, the active ingredients in nearly all deicers consist of one more of the five common deicer materials (calcium chloride, magnesium chloride, rock salt, potassium chloride, and urea). It's important to know that these materials do not all provide the same performance.

Testing has demonstrated that calcium chloride is more effective than other deicers. A recent study compared the performance of the five common deicer materials at temperatures of 15°F and 5°F. Results showed that calcium chloride melted more snow and ice faster than the other deicers.

By reading the list of ingredients before buying, consumers can verify which deicer material is contained in a particular product.

More information is available from The Dow Chemical Company's calcium chloride Web site at www.peladow.com.



School News

District 71 News

Culver School PTA Reflections Program

The PTA would like to thank all the Culver students who participated in the Reflections Programs. Congratulations to the following students whose projects have been selected to go on to the next PTA level. 1st Grade -- Emil Gudas, Jason Meger, Edward Lee; 2nd Grade -- Saad Riaz; 3rd Grade -- Prachi Shah, Louise Mercado, Dean Kazimas, Abdullah Motiwala, Margaret Kearns, Ian Zielke, Josephine Tritsch; 4th Grade -- Hae Sun Chang; 5th Grade -- Cory Zielke, Sarah Riaz; 6th Grade --

Almataan Aslam; and 7th Grade -- Gordana Radovanovic. Congratulations to all students who submitted a project to the Reflections Committee.

Culver School - Junior Varsity Girls Basketball

The 2000 Junior Varsity Basketball Season was a very enjoyable and competitive one. As the season progressed, our teamwork improved significantly. Most of the games, both wins and losses, were hard fought and always within a 2-12 point difference. Thanks for a very enjoyable season for the great coaching by Mr. John Pettit. The

Lake Forest College invites students to visit campus

Lake Forest College invites prospective students and their families to Winter Campus Visit Day on Monday, January 22. Winter is a beautiful time of the year to tour campus, attend a class or two and speak with Lake Forest students and professors.

Campus Visit Day events include a welcome, campus tours, class visits, panel presentation for both students and parents, a session on the College's admissions process, lunch and inter-

views with Admissions officers and coaches. Registration begins at 8:45 a.m. in Reid Hall on the College's Middle Campus at the corner of Sheridan and College roads in Lake Forest. To register, call 1-800-828-4751. Interviews, if requested, will be assigned at registration.

Lake Forest College is a private, liberal arts institution located 30 miles north of downtown Chicago. The College has 1,200 students representing 47 states and 44 other countries.

J.V. Basketball Coach. Basketball Team Members included: Dallas Monreal-Berner, Helen Schlegel, Colleen Kearns, Jackie King, Caroline Kosiba, Jamie Donovan, Roshani Sheth, JoAnn Lupa, Martha Scheler, Jenny Zagorski, JoAnn Bailobrzewski, Mariam Jandou, Jessica Drachenberg, Sandy Georgievski, and Managers Patrick Ryan and Bob Pocztowski.

Principal's Coffee for Culver School's 3rd and 4th Grade Parents

The third in a series of four "Principal Coffees" is scheduled for 9 a.m., Wednesday, January 24th, in the Culver School Board Room. This "coffee" will give the 3rd and 4th grade parents a chance to discuss issues relating to the 3rd and 4th grades. Mrs. Alexandra Nicholson, Culver School Principal, and a teacher representative will be at the "coffee" to answer questions and hear the concerns of parents.



The microphone and public address system were both invented by French engineer Clément Ader.

Prominent Native American Novelist to speak

Winona LaDuke, prominent Native American novelist, environmental activist, and vice presidential candidate 2000 will speak at Northeastern Illinois University (NEIU) at 6 p.m., Tuesday, Jan. 23, in Alumni Hall located on campus in the Student Union building. A book signing will follow.

The talk is titled, "Survival of the Human: The Connections of Our Collective Destiny" and is the keynote address of NEIU's 5th annual African, African American, Caribbean, and the Americas Cultural Heritage Program. Free and open to the public. No tickets necessary! Interview time and photo opportunities will be available to media.

LaDuke is an Ojibwe activist from the White Earth Reservation in northern Minnesota. She began working on Native American issues at a young age, and spoke in front of the United Nations at the age of 18. LaDuke is a graduate of Harvard University and is

founder of the White Earth Land Recovery Project, dedicated to recovering land within the White Earth Reservation.

LaDuke also serves on the board of directors of GreenPeace USA, and organized and hosted the recent "Honor of Earth" national tour by the popular folk/pop group, *The Indigo Girls*, raising over \$250,000 for grassroots organizations. In March of 1995 *Time Magazine* nominated LaDuke as one of "50 Leaders for the Future."

As the vice president nominee for the 2000 presidential election, LaDuke joined the Green Party presidential candidate Ralph Nader in his challenge to the "two-party duopoly." She believes in a multi-party system that allows broader participation and a wider range of ideas. Nader and LaDuke also ran for President and Vice-President in 1996.

For more information about LaDuke's visit to NEIU, call Yasmin Ranney at (773) 442-5449.

Life every man holds dear, but the dear man holds honor far more precious-dear than life.

—William Shakespeare, Troilus and Cressida



BY JEFFREY CARDELLA Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Diversification Is Best Defense Against Volatility

If you're an experienced investor -- or even if you're not -- then you're well aware that the stock market is volatile. On a daily, monthly and yearly basis, stock prices move up and down. They always have -- and they always will. Is there anything you can do to protect yourself against this volatility?

In a word, yes. There are two courses of action you can follow to shield yourself from some of the effects of stock market ups and downs. First, take a long-term view of your investments. Don't buy stocks with the hope of "getting rich quick" -- it won't happen. Instead, be prepared to hold high-quality stocks for many years. Over time, stock market volatility tends to even out, so it's important to put time on your side.

The second step you can take to protect yourself against volatility is to diversify. The need for diversification has been made especially clear in recent months, as we've seen dramatic changes in the fortunes of technology stocks. Many internet stocks, for example, have risen to unprecedented levels, only to plummet. In fact, technology stocks -- which have attracted a lot of investors' attention in the past few years -- are more volatile, in general, than the old-line blue chip stocks, which have been the staples of the stock market for decades.

It's this industry-specific volatility that you need to protect yourself against -- and you can do that by diversifying your portfolio. Without question, it can be risky to concentrate a large portion of your investment dollars in just a few stocks, or in only one or two sectors. If these stocks or sectors go into a prolonged downturn, your portfolio could be hit hard -- and it may take a long time to recover.

But by spreading your investment dollars among a variety of sectors, you can protect yourself against downturns that affect just one or two areas. Furthermore, by investing in several different segments, you simply have a better chance of landing stocks that are on the rise.

How many stocks do you need to own before you can say your portfolio is truly diversified? There's no one right answer, because everyone has different goals and investment preferences. As you construct your portfolio, your investment representative can help you determine what combination of investments can help you achieve your objectives.

So, the next time you pick up your newspaper and read the financial pages, don't get too upset if you see that stock prices have fallen. On the other hand, don't get too excited if you find that prices have gone up. Instead, take the positive and negative movements in stride. If you take a long-term perspective, and you maintain a diversified portfolio, you'll be in a good position to handle whatever the market sends your way.

Remember, the best investors don't overreact to short-term news -- because they're not investing for today or next week. The really successful investors are those who are looking ahead many years in the future -- and that's where you should be looking, as well.

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

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School News

St. John Brebeuf School

Mummies Made

Sixth Grade Social Studies students at St. John Brebeuf took a step back in time and learned a bit about the Ancient Egyptian art of mummification. Two rock cornish hens named Queen O'Grady and Michael Johnson were the beloved pharaohs who were starting their journey to the afterlife.

The internal organs were removed and placed in salt to mummify and the royal bodies covered with salt and allowed to dry out. After the drying process (about 4 weeks) was done the organs were placed in student designed canopic jars and the bodies were rubbed with spices and wrapped in cheese cloth.

The students designed and crafted mummy cases and the funeral complete with "paid" mourners proceed. The pharaohs were buried in the SJB courtyard where they will remain until they are discovered by future archaeologists.

And the Survey Says... by: Rebecca Giannelli

For the past few weeks, Mrs. Uliassi's seventh grade reading students at St. John Brebeuf have been interviewing the faculty and student body about their love of reading. The students and teachers at SJB were

asked what their favorite book, author, and genre is. Now that the surveys are completed, the seventh graders are hard at work writing their own reviews of their favorite books.

Ms. Giannelli's sixth grade math students have been given the task of analyzing, tabulating, calculating and combining the results of the survey data. Once percentages have been figured and the results available, an SJB Literary Review Booklet will be handed out to each school family. The final booklets should be ready for Catholic School's Week at the end of January. Everyone is looking forward to finding out just what books SJB loves to read!

Seventh Grader Earns Award

How proud St. John Brebeuf School is of seventh grader, Kevin Kalisz! Kevin as a lone entrant from SJB in the annual Math Contest at Fenwick High School in Oak Park, captured eleventh place out of over four hundred students from about forty-two schools in the Chicago area.

Kevin also made a good showing in the two man team contest which he entered as a team even though he was a single participant. Kevin is a very

Notre Dame Baseball Pre-Season Camps

Notre Dame High School is offering pre-season hitting and pitching camps for the third straight year. Please sign up early because spots fill up quick. All campers must bring their baseball glove, bat, and a blank video tape.

Camp #1: Hitting: one day only, March 4, 2-4, \$30.

Camp #2: Pitching: one day only, March 4, 4:30-6:30, \$30.

Camp #3: Hitting: two day camp, Feb. 18 & 25, 2-4, \$60.

Camp #4: Pitching: two day camp, Feb. 18 & 25, 4:30-6:30, \$60.

Please make all checks out to Notre Dame High School. Send your check to Notre Dame High School, 7655 Dempster St., Niles, IL 60714. Attn. Coach Gianni. Campers should bring a blank video tape, a bat, and their glove.

State your name, camp #, T-Shirt size, address & phone.



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The Realities of College Recruiting

Student-athletes and their families are invited to the number one athletic educational presentation in America "The Realities of College Recruiting." This free program is designed to inform student-athletes in grades 9-12 about the myths and realities of the college recruiting process. This program will be at 7:30 p.m. on January 24, 2001 in the Niles North auditorium, 9800 N. Lawler, Skokie. Jack Renkens, a speaker, educator, author and motivator will address some of the following questions: Who is responsible for initiating the recruiting process? What avenues are available for student-athletes who want to participate at the college level and are not being recruited? Which colleges offer athlet-

ic scholarships and how to be funded by those who do not offer athletic related aid?

Mr. Renkens has been honored by many professional successes. Among them: Seven "Coach of the Year" honors; Three NCAA National Tournament berths; Four consecutive Arizona AA basketball championships; Over 30 high school, junior and senior college championships; recruited and signed student-athletes from 42 states; and two Kansas Basketball Coaches Association Career Achievement Awards. He founded Recruiting Realities, an organization that educates and motivates coaches, counselors, parents and student-athletes in the collegiate recruiting process.

WIU names Fall 2000 Dean's List honors

Nearly 1,400 Western Illinois University undergraduate students were named to the Dean's List for their academic work during the Fall 2000 semester.

To be named to the Dean's List, students must earn at least a 3.6 grade point average on a scale of 4.0 equals an A in 12 credit hours of graded courses to be eligible; pass-fail hours are not



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Advertisement for Georgia's Candy & Nut Manufacturer. Text includes: "GREAT JANUARY Clearance Sale", "30% OFF", "ALL CHRISTMAS HARD CANDY CANDY CANES OR CHRISTMAS GIFT IDEAS Gift Tins with Winter Lid", "Winter Hours", "Visit Our Retail Store 7500 Linder - Skokie (847) 677-NUTS".

# Church and Temple News

## Sisters of the Holy Family burn mortgage

The Sisters of the Holy Family of Nazareth, sponsors of Saint Mary of Nazareth Hospital in Chicago, recently held a mortgage-burning ceremony and Eucharistic liturgy to celebrate paying off the \$35 million loan they received from the Federal Housing Authority (FHA) in 1975.

The 25-year FHA loan enabled the Sisters to build the current hospital structure at 2233 W. Division St., which opened in 1975. The Sisters recently made the final payment on the mortgage.

Sister Stella Louisa Slomka, CSFN, former president of Saint Mary of Nazareth who played a key role in obtaining the loan, burned the mortgage during the ceremony held in the hospital chapel. She was joined by Sister M. Alexandra Budzinska, CSFN, former Sisters of the Holy Family Provincial Superior, who was also involved in securing the loan and Sister Sally Marie Kiepora, Saint Mary's president and CEO. The hospital chapel was filled with hospital employees, physicians, friends and Sisters of the Holy Family of Nazareth.

"This is an historic moment

for us and it is deeply rewarding to know that we have fulfilled our obligations on the loan and have continued to serve the healthcare needs of this community," said Sister Stella Louisa, who was president of Saint Mary for 40 years until she retired last year.

The FHA loan served as a key financial element that enabled the Sisters to build the current, 16-story hospital structure at a cost of \$43 million. The \$35 million FHA loan was the largest such loan awarded in Illinois at the time.

"During this period of Chicago history, it was considered a major risk to build anything new in what was then considered to be a deteriorating community on Chicago's Near West Side," explained Sister Stella Louisa.

Following the mortgage-burning ceremony, the Most Reverend Edwin M. Conway, D.D., Auxiliary Bishop of Chicago, presided at a Eucharistic liturgy in memory of the Sisters' Mother Foundress, Blessed Mary of Jesus the Good Shepherd.



Attending the recent mortgage-burning ceremony and Eucharistic liturgy at Saint Mary of Nazareth Hospital Center in Chicago are (from left) Sister Sally Marie Kiepora, CSFN, hospital president; Sister Marie Kielanowicz, CSFN, provincial superior, Sisters of the Holy Family of Nazareth; Bishop Edwin M. Conway; Sister M. Alexandra Budzinska, CSFN, former provincial superior; and Sister Stella Louisa Slomka, CSFN, former hospital president. Sister Marie and Sister Alexandra reside in the Provinciate in Des Plaines.

# Church and Temple News

## OBITUARIES

**LUCILLE M. KLEIN**  
Lucille M. Klein, 79, of Morton Grove, died January 4 at Lutheran General Hospital, Park Ridge. She was born November 8, 1921 in Chicago. Beloved wife of the late William F. Klein. Beloved mother of Leland Klein and Phillip Klein. Grandmother of Trevor, Gavin, and Evan Klein. Great-grandmother of Morgan and Dylan Klein. Sister of Annette (Herbert) Mueller, Gordon (Marion) Nykolayko and Lorraine (Joel) Heiland. Services were held Friday, January 5 at Messiah Lutheran Church, Park Ridge. Arrangements handled by Simkins Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines. Memorials to: Messiah Lutheran Church, 1605 Vernon Avenue, Park Ridge, IL 60068.

**MARYANN RODGERS**  
Maryann Rodgers, 56, of Morton Grove, died December 26 at Lutheran General Hospital, Park Ridge. She was born April 16, 1944 in Chicago. Beloved wife of Peter Rodgers. Beloved sister of Jack Eichberger, Rose (the late Clarence) Coker, Gerhardt (Patricia) Eichberger, and the late Rita Wrona. Services were held Friday, December 29 at St. Martha Catholic Church. Arrangements handled by Simkins Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

**HERNANDO LEDESMA**  
Hernando Ledesma, 78, of Morton Grove, died January 8 at Rush North Shore Medical Center, Skokie. He was born June 22, 1922 in the Philippines. Beloved husband of Angeles. Beloved father of Russel (Cecilio) Julaton, Edwin (Burnedette), Nestor (Alma), Renee (Rouie) Fajutao, Ruel (Eleanor), Hernando Jr. (Roslyn) and Alan (Geraldyn). Grandfather of 11. Great-grandfather of 3. Brother of Josefa. Services were held Friday, January 12 at St. Lambert Catholic Church. Arrangements handled by Simkins Funeral Home. Interment was in Rosehill Cemetery, Chicago.

**EVALYN M. MURTAUGH**  
Evalyn M. Murtaugh, 83, of Morton Grove, died January 1 at Holy Family Medical Center, Des Plaines. She was born April 30, 1917 in Chicago. Beloved sister of Rose (the late Edward) Zientara. Services were held Friday, January 5 at St. Isaac Jogues Catholic Church, Niles. Arrangements handled by Simkins Funeral Home. Interment was in Maryhill Cemetery, Niles. Memorials to: St. Isaac Jogues Catholic Church, 8149 Golf Road, Niles, IL 60714.

## ABC's of Alzheimer's disease

If you are worried about someone who has memory problems or know someone who has been diagnosed with dementia, the Alzheimer's Association - Greater Chicagoland Chapter is presenting a free workshop called the ABC Program: Alzheimer's: Beginning to Cope, Tuesday, Jan. 23, 2001 at the Portage-Cragin Branch of the Chicago Public Library, 5108 W. Belmont at 7 p.m. The workshop will cover the following topics: The difference between normal aging and dementia, the diagnostic process, what to expect as this disease progresses, and how family and friends can help the person with dementia. The workshop is open to the public and pre-registration is requested.

For more information or to register for the ABC Program, call Alzheimer's Association - Greater Chicagoland Chapter at (847) 933-2413. For more information about Alzheimer's disease and related disorders, call the Alzheimer's Association - Greater Chicagoland Chapter Helpline at 1-888-301-1819 and visit our website at [www.alzchi.org](http://www.alzchi.org).

## Congregation to hold Sock Hop for charity

Congregation B'nai Jehoshua Beth Elohim, Glenview, is holding a "Read 'n Rock Sock Hop" as a means to collect new/gently used books and videos for charity, on Saturday, January 27, at 7 p.m. Admission is \$5 per person or \$10 per family.

For those wishing to add a pizza dinner to the evening's activities may do so for \$7 per adult and \$5 per child under 12. The dinner will start at 5:30 p.m., with a 6:45 p.m. Havdala Service to follow.

For information contact Shari Bauer (847) 729-7575 or on-line at: <http://www.bjbe.org>.

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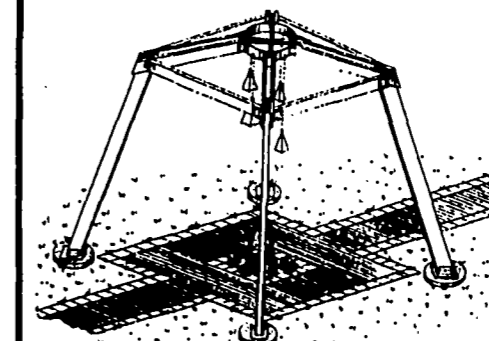
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## MILLENNIUM Chime Tower and Walkway St. John Brebeuf Parish



8307 North Harlem Avenue  
Niles, Illinois 60714

St. John Brebeuf Parish invites parishioners, friends, local businesses and supporters to participate in a parish project to provide funds to refinish the pews, paint the metal window frames, and continue maintenance of the church building.

The Millennium Chime Tower and Walkway connects the church and school for safer passage for children. It provides a safe walkway to the South parking lot and another place for prayer.

Please give generously. There are five (5) donation categories:

Benefactors/Chime Tower.....	\$ 1,000
Patrons/Benches.....	\$ 500
Contributors/Landscaping.....	\$ 250
12x12 Inch Brick.....	\$ 200
4x8 Inch Brick.....	\$ 60

The names of the Benefactors, Patrons, and Contributors will be inscribed on the granite or marble stones under the Millennium Chime Tower located in the center of the Walkway.

The bricks and stones provide a lasting memorial to those who enriched our lives.

## Sign language class dates announced

Maine Township announces the dates for classes in sign language this spring. Micki Baron-Gerstein, a nationally certified instructor, will teach the classes beginning on March 1 and continuing through April 19. Classes are held Thursday from 10 a.m. to 12 noon.

Ms. Baron-Gerstein has conducted classes at Harper College and for other organizations such as Westin Hotels, Northern Trust Bank, and the College for the Deaf. Participants who complete the course will be issued a certificate.

The cost is \$90 per person and includes all materials. Classes are held at Maine Township Town Hall, 1700 Ballard, Park Ridge. The Town Hall is accessible.

For more information, call Donna Anderson, Director of Disabled Services or Barbara Winicki at (847) 297-2510 (voice) or (847) 297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons.

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# Home Style

## Don't give your car the 'Cold Shoulder'

Jack Frost doesn't just nip at your nose; he also puts the bite on tires, car fluids and engines. Before the cold weather hits, car owners should prepare their vehicle with a few easy, preventive maintenance tasks that can save time and money in the long run.

This winter's freeze can be more like a breeze if you follow these tips to prepare for the chill:

**Tire check:** You may be literally "treading" on thin ice if

you don't check your tires. Tires have traction problems on snowy or icy roads if there is less than a quarter-inch tread. Replace worn tires with winter or all-season models.

**Cooling system checks:** Check and replace anti-freeze. A 50/50 blend of anti-freeze and water will protect your car down to -35 degrees Fahrenheit.

**Battery check:** Take charge by checking your battery. Your battery can lose half of its

strength during cold weather. Have your battery and its cables inspected.

**Oil check:** The messy job of changing oil has long been associated with winterizing a vehicle. Now, with the introduction of STP 6,000 Mile Oil Extender, there is no need to change your oil for the winter if it has been changed within the previous 3,000 miles. This product should be added to motor oil at the time of the oil change or within the first 3,000 miles after an oil change. Composed of concentrated motor oil performance additives, it helps lengthen the life of motor oil by boosting and/or replacing vital ingredients that get depleted over time.

"Preventive maintenance to your car is imperative to be ready for harsh winter weather. And before this year, oil changes were always one of the most important tasks when winterizing a vehicle," said Tom Mulrane, STP Research and Development Manager. "Now, just by adding STP 6,000 Mile Oil Extender to their oil, car owners can check oil changes off their winterizing list without having to pay the extra money for an oil change or get their hands dirty changing their own oil." To learn more, call 1-888-GO-4-STP1.

## Bundle up your pipes against winter's freezing cold

(NU)-Has Jack Frost got your nose? If he does, he might have your pipes, too.

While preparing yourself for the cold winter, make sure to bundle up your pipes with prevention tips from the plumbing experts at Roto-Rooter. Just like you, your pipes need protection from the cold or they will freeze.

Sub-zero temperatures and frigid wind chills can cause pipes to freeze and burst. The results can cause property damage and high repair costs, but by taking a few preventive measures, you can help protect your home from potential plumbing problems.

"An ice clog can form in a pipe and cause water pressure to build up in the pipe. With all this pressure, a tiny crack in the pipe can unleash more than 250 gallons of water a day," said John Winther, director of plumbing operations at Roto-Rooter. "Fortunately, flood damage from frozen pipes can be preventable."

Roto-Rooter, the plumbing experts, offers these tips to minimize the risk of frozen pipes and help prevent damage and expensive repairs:

• Insulate all pipes in areas with no heat, such as the garage

or crawl space. Apply heat tape or thermostat-controlled heat cables around pipes that are exposed and prone to freeze.

• Seal any leaks around doors and windows to reduce cold air penetration.

• Allow a trickle of hot and cold water to drip overnight; however, be careful not to run the water into a drain line that is exposed to the extreme cold because that line might freeze.

• If you are going to be away from home for long periods of time, shut off the main valve (usually next to the water meter) and drain the system by opening a faucet at the highest and lowest points of the house. Make sure the heat is left on and set no lower than 55 degrees Fahrenheit.

• Open kitchen and bathroom cabinet doors under sinks to allow heat from the room to circulate around uninsulated pipes.

• Shut off the outside water valve, disconnect garden hoses and drain water from pipes that lead to outside faucets.

For more winter plumbing tips, contact your local Roto-Rooter plumber or call (312) 228-6893.

## Home tips

(NU)-In many cases, a new air conditioner can save enough in electricity costs to pay for itself. An air conditioner's energy efficiency is measured in terms of a Seasonal Energy Efficiency Ratio, or SEER. A higher number means greater energy savings. For more information about choosing a new heating or cooling system for your home, visit the Tempstar Web site at www.tempstar.com.

Homeowners are enlarging and updating their kitchens to make them more functional and attractive, according to an independent study conducted for the American Society of Interior Designers. An interior design consultant can help assess all of a client's needs and assist in an updated kitchen's creation. For more information on finding the right consultant, call ASID's Worldwide Referral Service at 1-800-775-ASID (2743) or visit the referral service's Web site at www.interiors.org.

The "Home Improvement Encyclopedia: Problem Solving A to Z," from Ortho, has useful how-to information in addition to helpful background tips on how you and your house can get along peacefully. The encyclopedia is available wherever quality books are sold, or by visiting the Web at bhgbooks.com.



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# Home Style

## Hot tips on cutting your heating bill

Soaring oil prices don't necessarily have to translate into hundreds of dollars more on heating bills this season. The following tips developed by the experts at HomeJupiter.com, considered to be the ultimate Internet resource for home building and renovation, can help you combat the oil crisis.

• Don't let your house leak money. To find out where heat is escaping from your home, hold a lit incense stick next to openings such as windows, doors, fixtures and attic space. If the smoke travels in any direction but vertical, an air leak is present that needs to be sealed.

It's also a good idea to have rubber gaskets installed at all outlets and receptacles to reduce draft. Sealing hidden air leaks may save you hundreds of dollars.

• Shower yourself with lower heating bills. New water-saving showerheads can extend hot water availability.

• Add floor kickspace heaters to all bathrooms. Since tiles do not retain heat, bathrooms are usually underheated. Adding kickspace heaters to bathrooms lets you raise the heat in the

bathroom without raising the temperature throughout the house.

• Poor insulation is like a hole in your pocket. Check to see what type of insulation you have. In an older home, insulation may have been blown in and settled over time or you may not have insulated at all. If so, you should contact an insulation contractor to re-insulate your home.

• Squeaky clean systems can lead to fatter wallets. Clean and repair all filters on your furnace, or replace the filters altogether. Clean ducts in a forced hot air system for heating efficiency. This not only helps you save money, it can promote good health for your family.

• Fight your fireplace's propensity to make your house colder. The heated air inside your home goes right up the chimney. Increase efficiency by adding glass doors and a fan-powered heat exchanger that recirculates hot air back into the room. Check to see if the seal on the flue damper is as tight as possible. Only open the damper when a fire is going.

• Make sure the chimney boiler and furnace are all cleaned and serviced annually.

• Keep all south-facing glass clean. Making the most of the southern exposure is a way to keep rooms warm at no cost.

## Window coverings combine flair with safety

Buying a new house? Or do you plan to remodel because the house you love needs a fresh attitude?

Whatever stage of decorating decision-making you now find yourself in, windows and their coverings are undoubtedly high on your list.

When you figure that each room of your house averages at least two windows, you begin to realize that the color and style of the window coverings you choose play a starring role in your overall decorating scheme.

Continued on Page 38

## Winterize your home: Energy-saving tips

(NAPS)-Recent announcements by the U.S. Dept. of Energy and the National Oceanic and Atmospheric Association predict an unfriendly winter 2000-2001, with a frigid drop in temperatures from a recent string of record warm winters. A drop in temperatures means a jump in home heating costs, which this season are expected to rise 25 to 62 percent over last year.

"At a time when natural gas and electric bills are climbing, there are simple, cost-effective ways for consumers to control their energy use," said Scott McCall, divisional merchandise manager-hardware for Wal-Mart Stores, Inc.

McCall encourages homeowners to *Keep the Heat* with the following energy-and-cost-saving tips:

• Set your thermostat to a lower temperature when no one is home. You might consider a programmable thermostat, which can automatically lower the temperature during your normal sleeping hours, and raise the temperature in time for the house to be warm when you wake up. You choose the time and temperature settings.

• Check the ducts for air leaks

and patch them with duct tape.

• Add an electric blanket to your bed.

• Keep the fireplace damper closed when not in use. An open damper can send as much as eight percent of your home's heat out through the chimney.

• Replace furnace filters every month during the coldest months. Dirty filters could double the cost of heating the home.

• Put a cover on window air conditioners to keep heat from escaping.

• Check the attic and basement for air leaks.

• Keep drapes and blinds shut at night to reduce heat loss.

• Use weather stripping around windows and doors.

• Use ventilating fans as little as possible. Kitchen and bath fans can quickly remove the warm air from your house.

• Apply caulk around windows and doors to seal up cracks.

All of the items needed to carry out these simple steps are available at Wal-Mart. For a shopping list of products that will help you conserve energy in your home, visit [www.walmartstores.com/newsstand](http://www.walmartstores.com/newsstand) and look for "Winterizing Tips."

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# Home Style

## Window coverings . . .

Today there are more choices than ever, ranging from draperies, vertical blinds and curtains to miniblinds, pleated shades, roller shades and wood blinds. And more and more consumers are using one or more of these choices to "layer" their window fashions.

For instance, with wooden blinds you can add an exotic fabric fashioned to drapes to soften the look and to complement your furniture. Or how about this combo for a family room: roller shades for privacy in a bright yellow, topped with a lighter color yellow in a soft and airy sheer voile to give a fashion flair?

The good news about all of these window fashion options is that manufacturers now have the technology to make them without the potentially dangerous window cords.

Many industry executives predict that within just a few years, cords will be obsolete, replaced by spring-loaded miniblinds and pleated shades that simply require pulling up or down on the bottom bar to raise or lower them.

But, if you plan to keep your

Continued from Page 37

older window coverings for a while, here are some simple steps that can make a world of difference to your peace of mind and eliminate the possibility of your child coming entangled or strangled.

First, when furnishing and decorating, make sure to situate cribs and beds away from windows where dangling cords can be reached. But look beyond the bedrooms. Any room with a corded window covering should be child-proofed so that sofas and chairs cannot provide children with climbing access to a window.

If you have two-corded horizontal blinds or pleated shades made before 1995, cutting and tasseling cords is the next step. Cut the looped pull cord above the tassel (the thimble-like knob), then remove the buckle and add two new tassels at the end of each cord.

If you have window treatments that feature a continuous pulley system, such as vertical blinds or certain draw draperies, secure their cords or chains to the floor, wall or window jamb using a clear or tie-down device.

Parents should also be aware of the danger posed by inner cords that run vertically from the headrail to the bottom rail. When corded blinds are lowered but not locked into position, infants have reportedly been able to grasp a portion of the inner cord, pull it into their cribs and round their necks.

Moving cribs away from window areas and always locking a blind into position can eliminate this problem, but another sure-fire way is to install cord stops.

Consumers can order free cord stop kits, as well as free retrofit tassels and tie-down devices by phoning the Window Covering Safety Council at 1-800-506-4636.



The first "test tube baby" was born in the United Kingdom in 1978.

## When fire safety begins at home

(NAPS)--Families will spend more time indoors this winter presenting unique challenges when it comes to fire safety. The United States Fire Administration (USFA) estimates that every year over 80 percent of all fire deaths occur in the home. These fire tragedies are preventable. There are steps you can take to reduce the risk of fire, both in the winter and all year round.

USFA offers the following tips to make your home safe from fire this winter season:

### Home Heating Safety

- Have your furnace and chimney professionally inspected annually and cleaned if necessary.
- Keep combustibles at least three feet away from space heaters.

- Don't use the oven to heat your home. Heating your home with an oven is hazardous and can be a source of toxic fumes.

- Use a glass or metal screen in front of a lit fireplace and dispose of hot ashes in metal containers away from the house.

### Home Holiday Decorating Safety

- When buying your holiday

tree, choose one that is as fresh as possible and keep it away from drying heat sources. Keep the stand filled with water at all times.

- Inspect holiday lights each year for frayed wires, bare spots, gaps in insulation, broken or cracked sockets and excessive kinking or wear before putting them up.

- Connect the light strand to an extension cord, not linking more than three together. Periodically check the wires to be sure they are not warm to the touch.

- If you use lit candles, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

### Home Cooking Safety

- Never leave your food unattended and double check to make sure all appliances are turned off before going to bed or leaving the house.

- Turn pot handles inward to avoid spills and keep towels, potholders and curtains away from flames and hot surfaces.

- Equip every level of your home with a working smoke alarm. All smoke alarms should be maintained and tested monthly. Batteries in smoke alarms should be changed once a year. If you have a hard-wire smoke alarm and it uses a back-up battery, change this battery yearly as well.

The United States Fire Administration, an entity of the Federal Emergency Management Agency, is the federal leader in the areas of public fire education and awareness, fire service training, fire-related technology and data collection. For further information on winter fire safety or other fire safety topics, please write to the United States Fire Administration, Publications Office, Building 1, 16825 South Seton Avenue, Emmitsburg, MD 21727 or you can visit <http://www.usfa.fema.gov>.

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DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR! **THE BUGLE CLASSIFIEDS** DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR!

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

**MEDICAL / HEALTHCARE**

**UNIT CLERK**  
Dialysis clinic opening in Niles is seeking a Unit Clerk/Medical Secretary. Responsibilities include: typing, filing, answering phones and collecting patient information. Position requires typing 35 words per minute, computer literacy, and good communication skills. Interested candidates should call:  
**Neomedica, Inc./HR Dept.**  
312-654-2790  
EOE M/F

**RESTAURANT**

**LONE STAR ★ STEAK HOUSE**  
• **SERVERS**  
Part-Time/Full-Time  
Flexible Hours - Benefits  
Will Train The Right Person  
Call: (847) 470-1976  
7237 W. Dempster-Niles

**SALES**

**SALES REPRESENTATIVE**  
Sales  
A well established Chicagoland-based medical linen company has an exceptional opportunity for a highly motivated, aggressive individual in outside sales. Proven track record a must, linen sales experience a plus. We offer a strong base salary, commission, bonuses, family health care and 401K.  
Fax Resume To: Tammy LaRocca 773-545-7758  
Or Send To: P.O. Box 411086 Chicago, IL 60641

**ACTIVITY MANAGER**  
A Luxury 65 Unit AL/SNF Facility, The Manor At Lincolnwood Place Is Seeking A Full-Time Activity Manager Previous Experience Required  
Outstanding Pay, Benefits & Work Environment  
Call Ron At: (847) 673-7166  
EOE

**RETAIL**

**TIRED OF THE USUAL DATA ENTRY POSITIONS**  
Put Your 10 Key Skills To Work With **RGIS Inventory Specialists**  
Earn \$9 Per Hour Counting Inventory In Retail Stores  
Interesting, Challenging Position  
Must Have Access To Reliable Transportation  
We Train The Right Candidates  
(847) 296-3031  
1-888-242-RGIS  
Equal Opportunity Employer

**INSIDE SALES**  
Are you a professional and friendly individual with strong telephone skills? Would you like to work in a pleasant north suburban insurance office? You would be qualifying leads for our field sales team. Insurance background a plus. We will consider part time or job share hours. Great hourly pay plus bonus incentives, 401K and profit sharing plan. Call and ask for Nancy.  
847-298-0200

**OUTPATIENT DIALYSIS NURSES**  
\*\*\$3000.00 BONUS  
If you have medical/surgical experience, Neomedica will introduce you to the fast-paced chronic environment of hemo-dialysis. Current openings are:  
••Niles ••Evanston  
Neomedica offers excellent training, competitive salary, and benefits in addition to the opportunity to join a growing specialty field. Interested candidates should call:  
**FMC/Neomedica, Inc.**  
Human Resources Department  
450 E. Ohio Street, Chicago, IL 60611  
Phone: (312) 654-2790 Fax: (312) 654-0599  
www.Neomedica.com  
Email: hr@neomedica.com

**SALES PART-TIME**

**SALES**  
Sat. 12-2 p.m. \$10/hr.  
One Sat./Mo. 11-3 "Babyfest"  
Distribute Brochures  
At Niles Babys R Us.  
Moms and Retirees Welcome!  
Call 630-787-2400

**SALES**  
Looking For Higher Income? More Flexible Hours? Independence? AVON Has What You're Looking For Let's Talk  
(888) 220-2866  
Find the help that you need in our classified section.

**THE WORLD**

**AT THEIR FINGERTIPS! READ THE CLASSIFIEDS**  
and you're guaranteed a spin around the world of buying and selling...jobs and homes, choice business opportunities and sometimes just a friend...  
CALL (847) 588-1900  
Your credit is good with us! We accept Visa & MasterCard.

All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com

**OUR CLASSIFIED ADS**  
••REACH MORE PEOPLE PER WEEK••  
•FOR THE LEAST AMOUNT OF DOLLARS!•  
See how your money can work for you!  
\*2 Insertions Per Week  
\*2 Deadlines Per Week  
Specials Designed With Your Needs in Mind  
Call us today for details.  
Beverly (847) 588-1900  
We're always available for your convenience

**SECURITY**

**DRIVER/GUARDS**  
Dunbar Armored Inc., the largest independent armored car company in the nation, is seeking full and part time Driver/Guards for our Schaumburg facility.  
WE OFFER Competitive wages and overtime, medical insurance for full time and part time employees; 401k pension plan, vacations, driving bonus; paid training, uniforms and advancement opportunity.  
Higher wages available for experienced Armored Car Personnel TO QUALIFY Must be a minimum of 21 years of age, clean background and driving record, pass a DOT Physical and drug screen and able to obtain a class "C" drivers license and FOD.  
**DUNBAR ARMORED**  
1500 N. Plum Grove Road  
Schaumburg, IL 60173  
(847) 310-2666  
EOE M/F/D/V

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

SECURITY OFFICERS

**THE WACKENHUT CORP.**  
IS CURRENTLY OFFERING A  
**\$500**  
SIGN ON BONUS FOR  
**SECURITY OFFICERS &  
TRANSPORTATION  
OFFICERS**  
IN THE NORTHBROOK AREA.

WE OFFER PAID TRAINING AND EXCELLENT BENEFIT PACKAGE.  
"COME JOIN THE TEAM THAT HAS GROWN TO BECOME A WORLD LEADER IN THE PROTECTIVE SERVICES INDUSTRY"

CALL US TO SCHEDULE AN INTERVIEW:  
**1-630-932-0555**  
or fax your resume to:  
**1-630-620-0897**  
EOE M/F/V/D

TELEMARKETING

**TELEMARKETING**  
Part-Time - In Niles  
3 Days A Week - Salary Plus Commission  
Tuesday - 9 AM-6 PM  
Friday - 9 AM-6 PM  
Monday or Thursday - 9 AM-5 PM  
Must Have Experience!  
Please Fax Resume To Beverly:  
**(847) 588-1648**

Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience. AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (847) 588-1900, and ask for our classified department. Our trained staff will be available to take your orders.

TELEMARKETING

**TELEMARKETING**  
No Cold Calling!!  
Full-Time or Part-Time  
Morning, afternoon or evening hours.  
Excellent salary + Bonus.  
Lincolnwood-Touhy & Cicero  
**(847) 675-3600**

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:  
**(630) 515-5752**

TRADES

**CROSSING GUARDS**  
East Maine School District 63 in Des Plaines is looking for permanent crossing guards to work in Glenview, Niles and Des Plaines area. Please Call Personnel Office for additional information.  
**(847) 299-1900**

**BOYS LOCKER ROOM ATTENDANT**  
Niles West High School  
Monday-Friday/7 AM-3:30 PM  
\$9.50 Per Hour  
School Attendance Days Only (180)  
Call **SBM Maintenance Contractors, Inc.**  
**(630) 834-4044**  
Or Fax: **(630) 834-4047**

Seeking Independent Contractors To Establish Drop-Off Laundry Service.  
You Keep ALL Profits!!  
Call David & Leove Message:  
**(847) 827-0700**  
Golfwood Quick Wash

**NOTICE**  
The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.

TRADES

**HOUSEPERSON**  
A Luxury Retirement Community, Lincolnwood Place, Is Seeking A  
**Full-Time Houseperson**  
Previous Floor Care Experience Required  
\$8.00/Hour + Benefits  
Call **Steffon At: (847) 673-7166**  
Or FAX Resume To: **(847) 673-7185**  
EOE

**PART TIME MINI BUS DRIVERS**  
Septran needs responsible drivers who enjoy children for routes in the Northwest suburban area. Will train on easy to drive, fully automatic school buses, vans and 9 passenger suburbans.  
\$500 sign on Bonus for Jan./Feb.  
Suburbans - \$8.85 Mini Bus - \$10.00  
Wheelchair Bus - \$11.90 Bug Bus - \$15.40  
\*Year round part time employment available  
\*3 hours/day \*Paid Training  
\*10% performance bonus monthly  
Transportation to and from work for mini van & suburban drivers. If you are over 21 with a good driving record and valid DL for 3 years, call today!  
**SENIORS WELCOME - DRUG SCREEN REQUIRED!**  
**SEPTRAN**  
**847-392-1464**  
2161 Foster - Wheeling

**MAINTENANCE**  
A Luxury Retirement Community, Lincolnwood Place, Has Immediate  
**Full-Time Maintenance Position Open**  
Basic Plumbing & Electrical Experience Preferred  
Up to \$10/Hour + Benefits  
Call **Paul At: (847) 673-7166**  
Or FAX Resume To: **(847) 673-7185**  
EOE

**FAMILY FITNESS CENTER**  
**Part-Time Women Locker Room Attendants**  
The Village of Niles Family Fitness Center has immediate openings for part-time Women Locker Room Attendants for mornings or evenings weekday and/or weekend hours.  
Applications available at:  
**Fitness Center, Village of Niles**  
987 Civic Center Drive, Niles, IL 60714  
E-mail **personnel@vniles.com**  
Fax **847-588-8051**  
For more information call **Ron Sorensen**  
847/588-8407  
EOE, M/F

**READ THE BUGLE**  
For Subscriptions Call  
**(847) 588-1900**

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME MISCELLANEOUS

TRADES

**General Factory**  
Second Shift  
Monday through Thursday  
(4:45PM to 2:45AM)

Contour Saws has openings for General Factory Production Machine Operators. Experience should include minor machine Set-up. Starting rate is \$11.00 per hour, which includes night Bonus and a complete benefit program. The right individuals will have an excellent verifiable attendance record. All applicants must have the name, address, and phone numbers of their last three employers or the employer covering the last Five years plus a picture I.D. No application will be considered complete without this information. The applicant must be available to train on the First Shift (7AM to 5PM) for eight (8) weeks. Apply in person between 9AM and 2PM from Wednesday Jan. 10, through Wednesday Jan. 17, 2001.

**Contour Saws, Inc.**  
**(847) 768-6505**  
890 Graceland Ave. (Mannheim Rd.)  
Corner of Graceland & Thacker St.  
Des Plaines, IL 60016

**LINE HAUL**  
6 MONTHS EXPERIENCE - 30¢/MILE  
EXPERIENCED - 34¢/MILE  
TOP PAY - 40¢/MILE  
**DEDICATED**  
HOME WEEKLY  
**STUDENTS**  
MSC PROFESSIONAL DRIVING ACADEMY  
INTEREST FREE LOAN  
LEASE PROGRAM NEW/USED  
OWNER OPERATORS WANTED  
**800-231-5209**  
**M.S. CARRIERS**  
EOE

**•Child Care Assistants•**  
**•Education Aides (School Age Care)•**  
**•Custodial Worker•**  
**•Food Services Worker•**  
Great starting pay. Various work schedules available. NO WEEKENDS. Great benefits. Positions at the Glenview Navy Base. Call Margie:  
**847-832-9580**

**AUSTIN-DEMPSTER**  
Currency Exchange  
**TELLERS WANTED**  
Full-Time/Flexible Hours  
Bilingual Helpful!  
Job requires travel between Morton Grove & Evanston location.  
**(847) 965-7006**

**\$\$ EARN \$\$ GREAT MONEY**  
Drivers Wanted  
50% Commission Paid Weekly  
Full-Time/Monday-Friday  
Must Have Own Vehicle  
Car, Van or Wagon  
Local Driving  
**(847) 872-0551**

**Attention!**  
YOU Can Work From Home!  
Earn An Extra  
\$500-\$1500 Per Month  
**1-877-267-1117**  
www.worknhome.com

**Auto Mechanic**  
Must Know Trucks  
Call Ray  
**847-509-9925**

**\*\*DRIVERS\*\***  
Company & Owner-Operators  
Local/Regional Carrier  
Excellent Pay With Guarantees  
Great Benefit Package  
**CLASS A - CDL**  
**K & D Transport**  
**(847) 724-2311**

**SERVICE TECHNICIAN**  
With A Basic Knowledge Of Electronics  
For North Shore Fitness Store. Please call:  
**(847) 520-8111**  
For Further Information

TRADES

**WAREHOUSE SUPERVISOR**  
For small, thriving, busy manufacturing company in Northbrook. Ideal candidate is dependable, organized, handy and pleasant, with good mechanical skills. Non-smoking environment, valid drivers license required. We offer pleasant working conditions, a competitive wage, health insurance, 401k, and educational reimbursement.  
Call **847-205-9000**  
For A Great Place To Work

**REAL ESTATE**  
**APTS. FOR RENT**  
NILES - 7626 N. Milwaukee  
\$650-\$800.  
(773) 764-0802

MISCELLANEOUS

**AUTOS FOR SALE**  
LOREN BUICK/HYUNDAI  
1620 Waukegan Road, Glenview  
(847) 729-8900

Niles-1989 Pont. Grand Am  
\$750/B.O. Runs Good-Great 2nd Car.  
847-581-9719-Ask for Mark.

**CHILD CARE**  
Respon., caring indiv., prefer high school or college stud., p/t, to provide child care in Niles home for 11 month old infant. Some exper., references. (847) 967-9858

**DOG ADOPTION**  
**FURRY FRIENDS FOUNDATION**  
A No-Kill, Non-Profit Animal Shelter Will Hold A Dog Adoption Day  
From Noon Until 4 PM  
Sunday-January 21  
**At PetSmart**  
809 Civic Center - Niles  
For More Information Call:  
Furry Friends Foundation  
**(312) 397-1001**

Sectional/Dinette Set/  
Baby Furniture/Baby Clothing  
Entertainment Center  
Clothing - All Sizes  
Complete House of Moray Window Shades  
**(847) 679-0044**

Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago with 2 insertions per week. See how your money can work for you by putting your ads in both editions of The Bugle.

MISCELLANEOUS

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

**DOG ADOPTION**  
Dog Up For Adoption  
To Animal Loving Home  
5-Year Old Black Lab-Male  
Great With Children!  
1-312-296-6529

**DOG WALKING**  
Clients in the Niles/Park Ridge area are now being accepted for my dog-walking service. I will walk and clean up after your dog on an as-needed basis. I'm a mom, a life-long dog owner & Niles resident.  
Call: **847-966-2747**  
Caryn's Caring Dog-Walking Service

**FATHER'S RIGHTS**  
Fathers Deserve Fair Treatment!  
www.dodrights.com  
Attorney Jeffrey M. Leving  
**312-807-3990**

**TANNING**  
**WOLFF TANNING BEDS**  
TAN AT HOME  
Buy Direct and SAVE!  
Low Monthly Payments  
FREE Color Catalog  
Call Today 1-800-711-0158  
www.np.ctstan.com

**WANTED TO BUY**  
**WANTED WURLITZERS JUKE BOXES**  
ALSO  
Slot Machines  
Any Condition  
**1-630-985-2742**  
Fax: **1-630-985-1561**

**Notice**  
Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.

**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.

The Bugle Newspapers  
**COMMUNITY DIRECTORY**  
 To Advertise In This Directory  
 Call Beverly 847-588-1900

The Bugle Newspapers  
**COMMUNITY DIRECTORY**  
 To Advertise in  
 The Bugle Newspapers  
**COMMUNITY DIRECTORY**  
 Call: Beverly  
 (847) 588-1900

<p><b>BASEMENT REMODELING</b></p> <p><b>BASEMENT MEN</b>                  READY TO START NOW!                  COMPLETE REMODELING &amp; CARPENTRY WORK                  Bathrooms, Ind.; Shower Enclosures, Vanities, Siding Replacements, Glass Blocks, Playhouses, Toy Storage, Exercise/Workout Rms, Wet Bar, Granite Counter Tops, Sump Pumps w/Backup System, Concrete Floors, Plaster &amp; Wall Restoration, Electrical Upgrades, Carpeting &amp; Parquet Flooring Home Offices  <b>WINTER SPECIALS 847-831-3131</b></p>	<p><b>COMPUTER TRAINING</b></p> <p>Hands on training for the novice user.                  ✓ Windows and PC                  ✓ Basic Internet                  ✓ Microsoft Word                  ✓ Using America Online                  Call MicroNet Institute  <b>(847) 470-0890</b></p>	<p><b>FIREWOOD</b></p> <p><b>HOLIDAY SPECIAL</b>                  Mention This Ad For \$15 Off                  Fast Free Delivery!                  Seasoned 2 Years                  Mixed Hardwoods \$85 FIC Oak \$110                  Cherry, Birch &amp; Hickory Mix \$95                  All Birch \$130                  All Cherry or Hickory \$120                  Stacking Available-Credit Cards Accepted  <b>(847) 888-9999</b>                  FIREWOOD UNLIMITED</p>	<p><b>PAINTING &amp; DECORATING</b></p> <p><b>INTERIOR/EXTERIOR PAINTING</b>                  FREE ESTIMATES                  FULLY INSURED                  CALL GEORGE  <b>847-825-9098</b></p>
<p><b>BRICKWORK</b></p> <p><b>RICE MASONRY CONSTRUCTION</b>                  • Brickwork &amp; Tuckpointing                  • New or Rebuilt Chimneys and Fireplaces                  • Glass Block Panels                  • Cleaning &amp; Waterproofing                  Free Estimates • Insured  <b>(847) 824-2223</b></p>	<p><b>CONCRETE WORK</b></p> <p><b>MIKE NITTI CEMENT CONTRACTOR</b>                  • Patio Decks                  • Driveways                  • Sidewalks                  FREE ESTIMATES                  Licensed                  Fully Insured  <b>(847) 965-6606</b></p>	<p><b>ELECTRICAL</b></p> <p><b>G &amp; I ELECTRIC CO., INC.</b>                  • Commercial                  • Residential • Industrial                  New Construction                  Rewiring • Room Additions                  Repairs • Directional Boring                  Licensed • Bonded • Insurance                  SENIOR CITIZEN DISCOUNTS  <b>847-824-5439</b></p>	<p><b>HANDYMAN</b></p> <p><b>J.R. HANDYMAN SERVICE</b>                  •Painting •Roofing •Plumbing                  •Concrete Work •Carpentry                  •Kitchens &amp; Bathrooms •Electrical                  WE DO IT ALL...NO JOB TOO SMALL OR TOO BIG                    OUR WORK IS GUARANTEED  <b>(847) 674-0371 (773) 792-3550</b></p>
<p><b>BRICKWORK</b></p> <p><b>MIKWAY</b>                  •Tuckpointing •Brickwork                  • Masonry • Concrete                  Chimneys Repaired &amp; Rebuilt                  Glass Block Installation                  Window Caulking • Building Cleaning                  Residential-Commercial-Industrial                  • Fully Insured • Free Estimates  <b>(847) 965-2146</b></p>	<p><b>CONSTRUCTION</b></p> <p><b>PETREAN'S CONSTRUCTION</b>                  Kitchen &amp; Bath Remodeler                  Wood floors, wood stairs, tiles, cabinets, interior and exterior painting, siding, windows and doors.                  Reasonable work for a reasonable price.                  Call Daniel:  <b>(773) 736-2667 (847) 867-8659</b></p>	<p><b>ELECTRICAL</b></p> <p><b>J.P.M. ELECTRIC INC.</b>                  All Types Of Electrical Work &amp; Repairs                  Licensed-Bonded &amp; Insured                  35 Years Experience                  Call John  <b>773-965-2663</b></p>	<p><b>HANDYMAN</b></p> <p><b>ROY THE HANDYMAN</b>                  "YOU NAME IT - WE DO IT"                  Painting-Interior/Exterior                  Wallpapering • Carpentry                  Electrical • Plumbing                  Drywall • Repairs                  Floor &amp; Wall Tiling                  Remodeling                  FREE ESTIMATES  <b>(847) 965-6415</b></p>
<p><b>CARPET CLEANING</b></p> <p><b>BERNHARDT CARPETS &amp; UPHOLSTERY SERVICE</b>                  • Pet Odor Removal Guaranteed                  • Air Ducts                  • Oriental Rugs                  • Re-Stretching                  FULLY INSURED  <b>\$14.50 X Room (847) 520-8320</b></p>	<p><b>CONSTRUCTION</b></p> <p><b>A.J. REMODELING</b>                  Kitchen • Bath • Additions                  Basements • Decks • Porch                  • Electrical • Painting                  Replacement Windows                  Licensed &amp; Bonded                  Andy-773-457-5447 Call #                  Home # 773-545-4248                  John-773-386-2323 Call #                  Home # 773-685-0663</p>	<p><b>ESTATE SALES</b></p> <p><b>ESTATE LIQUIDATION SPECIALISTS</b>                  • Estates Purchased                  • Household Contents Removal Service                  • Bonded and Insured  <b>847-298-4137</b></p>	<p><b>ROOFING</b></p> <p><b>E &amp; S ROOFING &amp; CONSTRUCTION</b>                  • Tuckpointing • Siding • Soffit                  • Fascia • Gutters • Porches                  • Decks • Concrete                  • Windows • Dormers                  • General Remodeling  <b>(773) 622-7355 (708) 453-1605</b>                  Free Estimates</p>
<p><b>CATCH BASINS &amp; SEWERS</b></p> <p><b>JOHN'S SEWER SERVICE</b>                  Oakton &amp; Milwaukee Niles  <b>(847) 696-0889</b>                  Your Neighborhood Sewer Man</p>	<p><b>DECORATING</b></p> <p><b>DESIGN DECORATING</b>                  • QUALITY PAINTING                  • EXPERT PAPER HANGING                  • WOOD FINISHING                  • PLASTERING                  • We vacuum &amp; put furniture back •  <b>(847) 205-5613</b>                  Call Vee                  References Free Estimates</p>	<p><b>EXTERIORS</b></p> <p>FULLY INSURED LOW PRICES                    MEMBER OF BETTER BUSINESS BUREAU                  CALL FOR FREE ESTIMATE ON                  WINDOWS • TUCKPOINTING • SIDING                  DECKS &amp; PORCHES • SOFFIT • CONCRETE                  GUTTERS • BRICKWORK • POWER WASHING                  CALL 773-251-5063</p>	<p><b>HOME REMODELING</b></p> <p><b>BCI</b>                  ALL HOME IMPROVEMENTS                  SPECIALIZING IN                  KITCHEN &amp; BATHROOMS                  FREE ESTIMATES  <b>800 328-1456</b>                  LICENSED • BONDED • INSURED                  FAMILY OWNED NILES, IL</p>

<p><b>SIDING</b></p> <p><b>STOP PAINTING!</b>                  Cover Your Eaves with                  • Aluminum Soffit/Fascia                  • Vinyl/Aluminum Siding                  • Vinyl Windows                  • Storm Windows &amp; Doors                  • Aluminum Awnings                  • Quality Work                  Call for Free Estimate  <b>1-800-303-5688</b>                  AMERICAN HOME EXTERIORS</p>	<p><b>SNOW PLOWING</b></p> <p><b>ACORN LANDSCAPING</b>                  Snow Piles Getting Bigger?                  Parking Lot Getting Smaller?                  We Can Relocate Snow On Your Property Or Haul It Away                  Insured • Licensed • Bonded  <b>(847) 965-1606</b></p>	<p><b>SNOWPLOWING</b></p> <p><b>DIAMOND POWERWASHING/ SNOWPLOWING</b>                  Specializing In Small Lots And Haul Away                  • Commercial                  •Salting •Bobcat Service                  Free Estimates  <b>773-631-0289</b></p>	<p><b>WINDOWS</b></p> <p><b>SCIENTIFIC Window Company, Inc.</b>                  Since 1928  <b>773-761-8510</b>                  MANUFACTURERS OF HIGH QUALITY ALUMINUM - STORM WINDOWS - WINDOW SCREENS - DOORS - AWNINGS REPLACEMENT PRIME WINDOWS                  A Window For Every Budget, Every Need!                  • Apartments - Offices                  • Schools - Factories                  • Homes - Condos</p>
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**LEGAL NOTICE**

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, February 5, 2001, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- 01-ZP-3 Tom Zumm 1108 Belter Drive Wheaton, IL Requesting a change in zoning from B-2 to B-2 Special Use to open a Subway Sandwich Shop at 7874 Milwaukee Avenue.
- 01-ZP-4 Tom Zumm 1108 Belter Drive Wheaton, IL Requesting a change in zoning from B-2 to B-2 Special Use to open a restaurant at 7878 Milwaukee Avenue.

The Village of Niles will comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Abe Selman, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

**LEGAL NOTICE**  
 VILLAGE OF MORTON GROVE  
 Cook County, Illinois

2001 HAULING OF MIXED FILL FROM THE PUBLIC WORKS FACILITY AND FURNISHING CA-6 AND FA2

**INVITATION FOR BIDS**

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "2001 Hauling of Mixed Fill from the Public Works facility."

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 12th day of February 2001, at the office of Director of Public Works, at the Public Works facility, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove, Illinois, no charge for the specification. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue Specifications and Proposals to any person, firm or corporation that he considers to be unqualified.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 18th day of January 2001.  
 David Erb  
 Finance Director  
 Village of Morton Grove

**Dog Adoption Day**

Furry Friends Foundation, a no-kill, non-profit animal shelter, will hold a dog adoption day from noon until 4 p.m. on Sunday, January 21st at PetSmart, 809 Civic Center Plaza, Niles. For more information call Furry Friends Foundation at (312) 397-1001.

**MEDICAL/PROFESSIONAL GUIDE**

**HOME INSPECTION SERVICE**

Before you invest it...  
 Make sure you inspect it!

 Thomas J. Jankowski  
 Niles 847/470-1950  
 PERFECTION INSPECTION INC.  
 Satisfaction Guaranteed!  
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**From the Left Hand**

Continued from Page 1

cerned an early-morning atop Lew Andrews Lounge at Milwaukee and Dempster Streets where the Rossi Furniture store is located. It was a near-zero four o'clock call the fire department responded to. The ice-increased firemen fought the flames for several minutes before they were ordered off the roof. It rained in a short time after they escaped. Adolph, like many of his fellow-firemen, were volunteers who braved the cold early morning temperatures. It was a heroic effort performed by several firemen who were not even on the payroll. And after they left the fire they went to their regular jobs for the rest of the day.

Adolph also served on the District 71 school board for 13 years. Both of these civic efforts were during the period when the village, the parks and the schools were dramatically changing - when Niles went from a community of 6,000 to its present 29,000.

Adolph was an important part of Niles history. We are all the better for his having passed our way.

Friends of George Arvantis might drop a note to the Arvey restaurant proprietor who is a patient at Lutheran General Hospital. Recently, George suffered from severe headaches and was rushed by ambulance to the hospital where an immediate operation relieved his problem. As of Sunday, George reports he's doing well and should be back home in the near future.

The Golf Mill theatre tripleplex was closed at the end of December. The theaters, which opened in 1961, were closed by the Loews Cineplex chain. It is expected 72 Loews movie screens will be closed in the Chicago-area. The complex operated 360 theatres here. It was reported in a Chicago newspaper (the Sun-Times) Loews might declare Chapter 11 bankruptcy letting the company continue to operate under court protection from creditors. The closing will likely include two screens in the 900 N. Michigan building and include suburban movie theatres in Oak Brook, Wheaton and Arlington Heights. Earlier theatres were closed in Orland Square, Roll-

ing Meadows, Town and Country and Hillside multiplexes.

Other theater chains are in similar financial straits after rapid expansion in recent years. Five of Loews' competitors have filed for Chapter 11 bankruptcy protection. Many of the smaller multiplexes have been hurt by the building of the 20 or more screen multiplexes, which are more economical to run with a lower average per screen cost.

It is possible the north suburban 847 telephone region may have a 224 code added to its area by early spring. Telephone industry people contend the 847 supply of numbers has been exhausted. If the proposed plan proves successful it will be the first time two codes will serve the same geographical area in Illinois. It also could result in north suburbanites dialing 11 digits to make a local call. The Citizens Utility Board has filed a petition with the Illinois Commerce Commission opposing such action though the final decision rests with the Federal Communications Commission which rules on so-called overlay codes - which when activated, a caller must dial the codes - even when making local calls.

Service Merchandise reports it will lay off 1,750 workers nationwide.....The average prescription cost for people over 65 is \$354 annually.....By the year 2,030 there will be 70 million Americans over 65 years old.....Illinois riverboat casinos posted a record \$1.65 billion in revenue for their first full-year dockside gambling. The previous record was in 1998 when the revenue totaled \$1.35 billion.....The average person wagered \$87 and admissions totaled 19 million, down 20% from 1999 because of changes in counting procedures. Suburban Chicago casinos had the highest revenue. Elgin's Grand Victoria had \$360 million in revenue. In Joliet, Harrah's posted \$280.8 million and the Empress had \$235.4 million. Aurora's Hollywood revenues \$217.4 million. Other casinos in East St. Louis, East Peoria, Alton, Metropolis and Rock Island had revenues of \$156 million dollars down to \$31 million dollars respectively.

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**Niles Will Miss . . .**

Continued from Page 1

Monetary effects will be felt in lower sales taxes collected for the village. According to Niles finance director, George Van Geem, the 12-year-old Village Crossing store brought in about \$20,000 per month, but he is hopeful that shoppers will transfer that business to other Niles stores.

Among Ward's employees who will be displaced within the next few months are the 100-150 employees at Village Crossing.

**Village . . .**

Continued from Page 1

Niles on the O'Hare Noise Commission, teaches environmental law at John Marshall Law School.

The Chicago's World Gateway Program calls for constructing additional terminals at O'Hare, as well as building new federal inspection facilities aimed at improving plane connections. A more modern heating plant and new roadways are also included. The ticket for the work comes to \$3.7 billion.

Annunzio says that one purpose of the hearing last fall was to determine if a detailed environmental impact study should be conducted around the program. He added that Chicago's

A Ward's spokesperson said that the company plans an outplacement service aimed at sharpening interviewing skills and updating resumes, and added the company hopes to hold a job fair for their workers.

Founder Aaron Montgomery Ward made a mark in Chicago history, over and above his business role, as an early preservationist when he strove, over a 20-year period, to preserve the Chicago lakefront for public use.

**Candidate . . .**

Continued from Page 1

ment of economic interests. If anyone's counting, this is #11 for Mayor Nicholas Blase, who will run along with incumbent trustees Bob Callero, Louella Preston and Andy Przybylo.

At the Niles Park District, they're proud of their record, pointing to "complete turnaround" in paying off the district's debt, to acquiring and developing Pioneer Park, and to resolving a problem at Tam Restaurant by turning operation over to a private enterprise which leases the property from the district. Charles Barbaglia, park board vice president; Jim Hynes, president; and Bill Terpinas will all run in April.

The same is true at the Niles Library, where only current board members have picked up nominating petitions as of Jan.

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**Police . . .**

Continued from Page 1

front passenger throw a white plastic bag out of the vehicle window as the vehicle continued to drive. The vehicle turned South on Harlem Ave. and was finally stopped in the 7300 block. Upon returning to Jarvis St. Commander Leavitt located the white plastic bag that was thrown from the vehicle and discovered that it contained approximately 1350 grams of cannabis.

The driver of the vehicle was a 19-year-old male from Chicago. He was charged with felony fleeing and eluding, no valid drivers license, possession of a fraudulent drivers license and improper lane usage.

The front seat passenger was a 20-year-old male also from Chicago and was charged with manufacture or delivery of cannabis.

On January 12, 2001 the two subjects were taken to the District 2 Courthouse at 5600 Old Orchard Rd., Skokie, for a bond hearing. Judge Smith set bond for \$8,000 "D", and \$10,000 "D". They are both scheduled to appear at District 2 Court, 5600 Old Orchard Rd., Skokie, on February 1, 2001 at 1:30 p.m. in room #106.

Niles Police want to make it clear that both subjects should be considered innocent until proven guilty in a court of law.

**Niles 911 . . .**

Continued from Page 1

results of feasibility study are available.

The object is to save money, but according to the Dynocs proposal, consolidation can often result in improved services.

To conduct the feasibility study, Swan will interview administrators, staffers, visit the present centers, and analyze existing radio communications equipment.

The Des Plaines-Park Ridge Emergency Communications Center is located at 1420 Miner Street in Des Plaines.

Those concerned about poor cable service are invited to attend a meeting of Morton Grove's Cable Commission 7:30 p.m. Thursday, Jan. 18. Service problems with AT&T will be discussed. Morton Grove continues to look for a competing cable service to help leverage and stabilize service and cost.

Two fire fighters were sworn in at the Jan. 8 village board meeting. Joseph Bass, a Niles West High School graduate, and Nicholas Marqui, who comes to Morton Grove after seven years with the St. Charles Fire Department where he was promoted to lieutenant this past year. Both enter the department as a firefighter 3/paramedic.

**Moisture - What lips crave in Autumn and Winter**

Dry as a cool fall breeze. Cracked as brittle autumn leaves. When lips feel like this, what they need is instant, moisturizing relief, particularly in the tough skin climate of autumn and winter.

Lips are most apt to be exposed in cooler, dryer weather, even when the rest of your body is covered by clothing appropriate for the season. People often forget to take care of their lips, which have very little natural protection.

Adding moisture and skin protectants to exposed lips is essential for surviving the season unscathed, advises Dr. Charles Zugergerman, associate professor of clinical dermatology at Northwestern University Medical School.

"When people seek relief from dry lips, the first thing they think about is adding moisture," Dr. Zugergerman says. "Lips lose moisture faster than any other part of the face because lips have an extremely thin outer layer, known as stratum corneum. And licking our lips only makes the problem worse because evaporated saliva increases dryness."

To immediately replenish moisture and restore protection to the lips, Dr. Zugergerman advises using a product such as Blistex Complete Moisture, which not only instantly delivers moisture to lip surfaces and penetrates deep-down, but offers proven protectants to help prevent the natural process of lip moisture loss.

Complete Moisture, Blistex' newest product, is actually considered a technological breakthrough in lip care. It is the only lip balm stick that contains actual moisture.

"We know that the softening, soothing and moisturizing ingredients in lip balms provide important protection for our lips," Dr. Zugergerman says. "But being able to actually feel the moisture is an aesthetic advance that hopefully will help motivate consumers to deal with the health of their lips."

People often forget that lips

are susceptible to sun damage in winter as well as summer. Because lips contain little to no melanin, the natural pigment for skin color, lips can burn easily and will not tan. Reflecting sunlight from snow further increases the possibility of sunburned skin.

"It is imperative that we not forget to regularly use lip care products during fall and winter," Dr. Zugergerman stresses. "With the very real danger and risks of skin cancer, protecting lips before sun and wind exposure is of utmost importance."

For daily use, Dr. Zugergerman recommends lip care products with SPF 15 or greater, which helps protect lips from the sun's harmful rays.

Dr. Zugergerman offers some other lip care tips:

• Use a lip moisturizer when moisturizing your skin after cleansing in the morning and at night.

• If you are active outdoors, use water resistant lip care products and reapply often.

• To relieve severely dried and cracked lips and cold sores, use an ointment with penetrating analgesics.

**Rammy P. Gewargis**

Navy Petty Officer 3rd Class Rammy P. Gewargis, son of Juliet and Paul Gewargis of Skokie, of the amphibious transport ship USS Duluth recently supported rescue and recovery efforts aboard USS Cole after the October 12 attack that left 17 Sailors dead and many others wounded in the port of Aden, Yemen. The United States sent ships and Marine Corps units to provide security, assist the crew and prepare the Cole for transport home. Gewargis is a 1995 graduate of Niles North High School of Skokie and joined the Navy in July 1997.

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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. D068023 on the DEC 27, 2000. Under the Assumed Name of AMERICAN TAXI & DELIVERY OF ILLINOIS With the business located at 4843 DEMPSTER, SKOKIE, ILLINOIS 60077, 8420 N. MONTICELLO, SKOKIE, ILLINOIS 60076. The true name(s) and residence address of owner(s) is: PHILIPP LIBENSON, 1998 KAREN LN., ROUND LAKE BEACH, ILLINOIS 60073.

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**Flamenco Dance Workshops**

Flamenco dance workshops for adults and children are being offered by Ensemble Español Spanish Dance Theater, in residence at Northeastern Illinois University (NEIU). Workshop faculty includes Dame Libby Komaiko, founder and artistic director, Irma Suarez Ruiz, and Jorge Peréz, first dancers and choreographers, and company dancer, Sara Samuels.

**(Level I - Beginners) - flamenco Technique and Repertoire (Sevillanas and Tangos)**

Thursdays, 7 p.m.-8:15 p.m., (Term I-January 25-March 29) Term II-April 5-June 7). \$108 per term paid for on first day of class; single class rate is \$12 per class; \$10 for students.

**(Level II - Intermediate) flamenco Technique and Repertoire (Alegrias, Bulerias and Sevillanas)**

Tuesdays, 7 p.m.-8:15 p.m.,

**State funding for local schools and municipalities**

Five local schools and three local municipalities will receive funding for capital improvements thanks to the efforts of the Assistant Senate Majority Leader Walter Dudycz (R-7th, Chicago).

"Many local governments have projects that will help improve the quality of life in their communities but cannot be funded by local resources alone," Dudycz said. "I was pleased to help several municipalities find state funding to help pay for their projects."

Working with State Rep. Michael McAuliffe (R-14th, Chicago) and State Rep. Ralph Capparelli (D-13th, Chicago), the 7th District Senator has secured grants totaling \$87,500 to help pay for technology upgrades at five Chicago public schools: Onahan, Ebinger, Garvey, Norwood Park and Thorpe.

The 7th District Senator also secured funding for the Village of Harwood Heights, the Norwood Park Historical Society and the Niles Police Department.

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**January means potholes, snow-jobs**

Niles Public Services Director Jun Noriega has dispatched crews to deal with the area's potholes. The first week of January saw crews out applying cold patch, a temporary asphalt filler, on an "as needed" basis, especially along sections of Milwaukee Ave. A better mix will be applied in the spring, he said.

Noriega said he has applied to Illinois Department of Transportation (IDOT) on behalf of resurfacing Milwaukee Avenue from Howard to Golf, since Milwaukee, a state highway, is under IDOT's authority. He is not sure if this would be done during the current year.

Flooding is a potential problem, Noriega said, adding that snow has been removed from the snow and bus routes and that crews continue to work on subdivision streets in hope of avoiding flooding.

Collected snow has been dumped on one section of parking lot at the White Eagle Banquet Hall. "It's nice of them to help us out ... every year we've used some of their lot (to dump snow)," he observed, adding "when condominiums are built there, we'll have to find another place to put (it)."

The Niles Police Department will receive \$30,000 to conduct a feasibility study for a new police station.

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