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The Census is coming - Are you ready!

The year 2000 decennial census is fast approaching. The Village of Niles, in partnership with the US Census Bureau and other government agencies, is reminding area residents that they are important to completing an accurate census count. The Village of Niles needs a "Complete Count!" A complete count will ensure proper allocations of state and federal government funds and representative districts. Be assured that any information submitted to the US Census Bureau cannot be shared with any other government office. It is against the law for the Census Bureau to share information about individual's census responses. The Village of Niles encourages everyone to complete their Census information completely and fully. Make a positive difference in the community. Let's go for a complete count!

The Village of Niles - where every single person counts!

Important Notes:
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officials continue investigation

Explosion at Niles firm injures 7



Bugle photo by Larry Zimmerman

DesPlaines cable chief held on child sex charges

by Rosemary Tirio
 Mary Hoffman, 45, appointed head of the cable TV commission last year by the late Des Plaines mayor Paul Jung, is being held on \$250,000 bond on two counts of criminal sexual assault and other charges brought by the parent of one of the now 12-year-old girls he is accused of molesting. Hoffman, a part-time radio new reporter whose professional

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Dist. 63 tries to block business tax appeals

by Rosemary Tirio
 Citing the possible loss of \$359,000 in tax revenues, District 63 officials are seeking to block appeals by nine local businesses for reductions in their property tax assessments made possible by a 1995 change in the law. Board President Karen J. Diamond said that the reduced assessments being sought are for 1998. The money would be withheld from future tax revenues. Beginning in 1995, Cook

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Woman found shot in apartment near Glenview

by Rosemary Tirio
 A 25-year-old woman was found with a gunshot wound in her head Jan. 16 in her apartment in the 3600 block of Salem Walk in unincorporated Northfield Township near Glenview. Cook County Sheriff's Police said Jan. 17 they were questioning an unidentified man in connection with the death of Beth Gozzola, who died at Lutheran General Hospital early Monday morning, Jan. 18. Police were responding to a 911 call placed around 7:20 p.m. Sunday evening when they found Gozzola, a CCSP spokesperson said. An autopsy was scheduled for Jan. 18 by the medical examiner's office.

Investigators were speculating that a spark caused by a new machine just a few days old may have set off the fireball that roared through Electronic Recovery Specialists, Inc., a Niles recycling firm around 11:40 a.m. Jan. 12, injuring seven workers, four critically. The four, who were airlifted to the burn units of the Loyola Medical Center in Maywood and the University of Chicago Hospital, remained in critical condition Jan. 17. Rafael Flores, 40, who is being treated at Loyola Medical Center, had burns over 93 percent of his body. Enrique Anzo, 23, had burns over 80 percent of his body at the University of Chicago Hospital, where Thomas Gilbert, 40, brother of company president Davis Gilbert, was being treated for burns over 25 percent of his body. Gerald Brisco, 42, was also receiving treatment at Loyola for the burns he sustained over 42 percent of his body. The three workers who were treated and released by area hospitals the day of the blast, are Charles Wigdahl, 23, Jaime Arreguin, 53 and Elisio Martinez, 19. The blast caused extensive damage buckling walls, blowing out windows, damaging the roof and sending the remainder of the 15 workers inside the firm at the time of the blast scurrying out of the building, their clothes in tatters. Vibrations from the blast were felt blocks away from the explosion scene. Fire departments from more than a dozen nearby communities responded to the company in the 7800 block of Merriman Avenue, according to Ronald L. Bell, attorney for the company. The firm is conducting its own investigation into the incident and has hired an explosives expert to determine how the blast occurred. The Niles Police Department and the U.S. Bureau of Alcohol, Tobacco and Firearms are also investigating. The company, which opened in 1995, extracts metals, such as gold, silver, platinum and other valuable metals from disassembled electronic components and discarded obsolete computer hardware which they then sell to second-hand retail outlets and scrap companies. They also strip copper from demilitarized munitions, such as the shell casings, which officials suspect may have been involved in the blast. The firm handled no live ammunition, however, and no official cause of the blast has been re-

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There's no age limit here... says 'Bob Gramberg', who at 71 is active as ever in pursuit of his favorite subject. In my case, I've seen a lot of history made in my life, some for the better, and some perhaps best forgotten!

Collecting History

Today a taxi will cost you a dollar a mile! That's the funny thing about history I guess...some things you mourn, others you're glad they're gone.

If I had to pick a particular subject in history, it would be the military. Militaria has always seemed to be the most fascinating, and it leaves tangible remnants behind. Flags, documents, weapons, etc. etc. I've bought, sold, bartered and displayed much of this material over the years, and still am active in the pursuit of it!

Maine Township Disabled Services programs for February

The February A-SCIP meeting will provide an opportunity to learn about health insurance plans for persons with disabilities. Janet Kirby, Director of Underwriting for the Illinois Comprehensive Health Insurance Plan (CHIP) will discuss eligibility requirements, what type of plans that are available, the coverage that is provided and will go over details concerning the application process.

will offer fun and games at the Town Hall with a Lunch/Bingo event. Besides enjoying Bingo, classic box lunch including lettuce, red onion and tomato on fresh baked bread with chips and chocolate chip cookie will be served. Cost for both Lunch and Bingo is \$6.25. Cost for Bingo alone is \$1.

Sing your way to 'FAME'



Auditions were held at Golf Mill Shopping Center for a walk-on role in the musical 'FAME' when it comes to the Chicago Theatre. The event was hosted by Golf Mill, radio station 89.6 and Jam Theatricals.

First 'Millennium Baby' born at Lutheran General Hospital



(l to r) Skokie residents William and Kathleen Handers receive gifts for their 'Millennium Baby' girl from Carol Ohm, manager women's health services, Lutheran General Hospital.

The Handers' daughter, Alexandra Jean, was born at 3:06a.m., January 1, 2000, and was the first baby of 2000 born at the hospital. The Millennium baby at Lutheran General Hospital received the following gifts: Rocking Chair (donated by Stitzer Company), Spa Day for mom (donated by Anthony Valeriano Salon in Park Ridge).

The '2000' Entertainment Books are one of the best values and still only \$35, with Northwest, West, and South editions available. Other areas of the country also available! Delivery within the area available by calling Ken Lee at 847-967-6234.

Citizens discuss \$65 million Dist. 219 referendum Jan. 19

An open citizens' meeting will be held at Dist. 219 headquarters at 7700 Gross Point Road tonight at 8 p.m. All residents of the Dist. 219 attendance area are invited to come to learn about the proposed \$65 million referendum for improvements to the two district high schools, Niles North and Niles West high schools.

Suspect held in Skokie teen's el track death

FBI Fugitive Task Force members arrested a 21-year-old North Side man suspected of pushing Anthony King, 19, of Skokie, to his death on a Chicago el track last September and turned him over to Chicago police Feb. 11.

Meet the Candidates Night

A meet the candidates night sponsored by the Des Plaines Democratic Women's Club and the Northern Illinois Democratic Women will be held on Thursday, January 27th, at Ashbury Court, 1750 S. Elmhurst Road, Des Plaines, from 7 p.m. to 9:30 p.m.

For more information call Norine Murphy (847) 692-6382, Linda Skonec (847) 583-8644 or Susan MacDonald (847) 358-8936.

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Maine High Schools may get Saturday program

Maine Township High School District Supt. C. Stephen Snider proposed instituting a variety of Saturday instructional programs beginning at the start of the next school year.

Snider's proposal was presented at the Board of Education meeting Jan. 3. The programs, which would be held at all three of the Maine high schools, would benefit students in the college track and reluctant learners alike, Snider said.

Accelerated, regular and remedial instruction would be offered through the Saturday initiative, Snider said. Reading, writing, math, social studies and science would be taught at all levels at the three high schools, he added.

Partnerships with area universities and businesses would also be explored.

While the programs would be mainly voluntary for students preparing for college entrance exams and others seeking extra help to improve their grades, it might be made mandatory for students based on low test scores and poor classroom performance. All the students would benefit from the additional opportunities afforded by the Saturday programs, Snider said.

Fees for the programs would probably have to be charged to the students participating in them, but Snider said he hoped that area businesses that employ high school students would provide

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Niles Chamber seeks nominations for Citizen and Business of the Year

Here is your chance to recognize that person or business that goes the extra mile! The Niles Chamber of Commerce and Industry will celebrate their 30th Annual Recognition Dinner on Friday, January 28, 2000 at Chateau Ritz.

'Where People Count?' - Revisited!

In July, 1998, I wrote a letter to the editor of the Niles Bugle. It was entitled, 'Where People Count?' In this letter numerous code violations in the Courtland Park townhouse area were cited.

Park Ridge teacher Lynn Pacer dies at 48

Known for her infectious laugh and unflagging efforts to get her students to realize their potential, Lynn Ellen Pacer, died in her Park Ridge home Jan. 10.

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Women's News

People with Fibromyalgia sought for study of drug to reduce pain

Individuals with fibromyalgia are being sought for participation in a clinical research trial that will determine if a new treatment is effective in reducing the chronic pain associated with fibromyalgia. The study is being conducted by researchers from the Arthritis and Orthopedics Institute at Rush-Presbyterian-St. Luke's Medical Center.

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Fibromyalgia is a chronic illness that involves the tenderness of specific areas throughout the body, with pain both above and below the waistline. Using criteria established by the American College of Rheumatology, a diagnosis of fibromyalgia is made when the individual has tenderness in 11 of 18 specific points: back of the head, neck, shoulders, upper back, upper chest, lower back, hips, elbows and knees. However, it is possible for fibromyalgia patients to experience pain in fewer than 11 of the points.

Rush is one of two Chicago area centers among 40 sites across the country that will be performing this clinical trial using an investigational agent. Doctors believe that this investigational agent will work on an area of the brain that controls pain signals. The drug is an analgesic with a mechanism similar to some currently available anti-seizure medications. Similar medications have been proven to have therapeutic effects in patients with shingles and diabetic neuropathy.

The pain that a fibromyalgia patient experiences is intense

and these patients endure this widespread pain everyday," said Dr. Robert Katz, primary investigator and rheumatologist at Rush.

According to a British study, approximately 6-7 percent of the population suffers from fibromyalgia. Ninety percent of these cases are found in women, especially young women between the ages of 25 and 40.

"Fibromyalgia is a troubling disease that concerns many women," said Dr. Eric Ruderman, rheumatologist at Rush. "The investigational agent we are testing may turn out to be an effective fibromyalgia treatment."

Although doctors have yet to find a cause for fibromyalgia, they do believe that in many cases it can be triggered by trauma. Ruderman also points out that there may be a genetic component of the disease.

Individuals should call (312)226-0130 for more information about participating in the study.

USE THE BUGLE

Lutheran General Hospital 1999 Babies

1999 was a busy year for babies at Lutheran General Hospital in Park Ridge. One of the busiest obstetrical programs in the Chicago area, 4,067 babies were born at the hospital—with multiple births including 127 sets of twins, 28 sets of triplets and one set of quadruplets.

Lutheran General Hospital is a 608-bed teaching, research and referral hospital and Level 1 trauma center that serves approximately 26,000 inpatients, 44,000 emergency patients and 167,000 outpatients each year.

The hospital is a recognized leader in cardiology, cancer services, pediatric care, women's health, senior services, trauma care, mental health and addiction. Other specialty areas include medical/surgical, obstetrical/perinatal, orthopedic, neurology/neurosurgery, physical medicine and rehabilitation.

Lutheran General has been selected as one of the nation's best hospitals and one of the top 15 major teaching hospitals according to the "Top 100 Hospitals: Benchmarks for Success" study. It was also rated the #1 hospital in the Chicago area for quality of care, oncology and orthopedic services in the "Chicago's Top

Hospitals" survey of 82 hospitals by HCA Inc., a national organization that conducts benchmark studies of health care facilities. Lutheran General is part of Advocate Health Care, ranked as the number one integrated health care network in the nation.

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 2, 2000 at the Holiday Inn, Skokie. Luncheon will be served at 12 noon with a business meeting following.

The program for the day will feature "The Silver Lady" Debby Burdick who will present an entertaining program about the history of silver dealing with the development of hallmarks, the development of Old Sheffield Plate, coin silver in America and the Comstock Lode. Guests are welcome. Phone Phyllis Cassarek, President 847-256-1177.

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This will not be your ordinary "longest" kiss contest. We have all sorts of fun stuff planned to make you break your love connection! Including rules...☺

Don't give us any "lip" service, just call Teri Thompson now at 847-699-1070 for more details!

Women's News

Women's Life Support group

Women's Life Support, an ongoing women's therapy group, is offered from 7:30 to 9 p.m. every Monday by The Counseling Center of Lutheran General Hospital. The small group of 6 to 10 women meet at the center, 1610 Luther Lane, Park Ridge, to work together, share wisdom and discuss life experiences. Through peer support and the therapy group leaders' guidance, participants discover their own

strengths and empower each other to help conquer life's challenges. Group leaders are Denise Casoy, Psy.D., and Anne Montague, Ph.D., licensed clinical psychologists. The cost is \$40 per session, and a screening interview is required before admission to the group. For more information, call The Counseling Center at (847) 518-1800. Additional groups and services

Women's Business Development Center

The Women's Business Development Center (WBDC) leads the nation in helping women-owned businesses obtain Small Business Administration (SBA) pre-qualification loans. During the fiscal year ending September 30, 1999, a total of 23 SBA pre-qualification loans were approved nationwide, with 10 businesses - or 40 percent of the loans - made with the WBDC's assistance. "One of our primary goals is to help women-owned businesses obtain funding," said Linda Darrah, WBDC vice president for finance. "It was extremely rewarding to learn that our efforts were so successful. These loans have made a big difference in starting and expanding women-owned businesses."

The purpose of the SBA program is to increase the number of loans made to women business owners by altering the SBA application process, thereby providing a pre-commitment for loan request of \$250,000 or less to women-owned businesses with average annual sales of less than \$5 million and employing less than 100 people. For further information about the business plan and other WBDC workshops, call (312) 853-3477. The WBDC, a not-for-profit organization founded in 1986, is a full-service provider of business development services for women. Nationally recognized for its responsive, innovative and effective programs and advocacy efforts, the WBDC is committed to increasing the capacity of entrepreneurs and strengthening the economy by delivering training and counseling, and by providing finance, procurement and advocacy programs for women business owners. The Women's Business Development Center is located at 85 S. Michigan Avenue, Suite 400, Chicago, IL 60603.

Cancer exercise program for women offered

The Fitness Center of Lutheran General Hospital has developed a new exercise program called "Women with Cancer CAN EXERCISE." This innovative program incorporates a holistic wellness approach focused on improving the quality of life for persons recovering from cancer treatment. Participants will learn ways to reduce fatigue, increase energy, reduce joint stiffness and increase appetite while reducing nausea. The 16-week course meets from 10 to 11 a.m. Mondays and Wednesdays at the Fitness Center, Lutheran General Hospital, 1775 Dempster, Park Ridge. The fee for the course is \$128 for 16 classes. For more information or to register, call the Fitness Center at 1-847-723-6138.

Nutrition and Health for Women offered

A program entitled "Nutrition and Health for Women" will be offered at Resurrection Medical Center, 7435 West Talcott Avenue, on Saturday, January 22, from 9 to 11 a.m. The program will be held in the Mother Center Room on the ground floor. Jan Fortina, registered dietitian, will discuss five key points about nutrition that women can adopt to help reduce their risk for heart disease, breast cancer and osteoporosis. Participants

will also learn ways to maintain a healthy body weight. The program is offered to improve the health of women by informing them about the role proper nutrition plays in reducing their risk of disease—and assisting them in making healthier choices. Registration is required, and there is a \$10 per person fee for the program. To register or obtain additional information, call toll-free 877-RES-INFO (877-737-4636).

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Women's News

Women's Health Resource Center programs

The Women's Health Resource Center of Lutheran General Hospital has scheduled a series of free women's wellness programs.

The Women's Health Resource Center kicks off February with "Effects of Addiction on Women" from 7:30 to 8:30 p.m. Tuesday, February 15, at Barnes and Noble, Village Crossing Shopping Center, 5402 Trouby Avenue, Skokie. Lara Segalite, M.D., psychiatry and addiction medicine, will discuss the physical and psychological implications that women face with regard to substance use and abuse, as well as ways of coping with past and present addiction in the family. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

James Dolan, M.D., gynecology/obstetrics, will present "Update on Ovarian and Breast Cancers" from 7 to 8 p.m. Tuesday, March 7, at the Niles Public Library, 6960 Oakton. The lecture, which is sponsored by The Women's Health Resource Center of Lutheran General Hospital, will cover prevention, early detection, symptoms and screening techniques, as well as the latest treatments available. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

"The Race to Health for the

Female Athlete" will be presented by the Women's Health Resource Center of Lutheran General Hospital from 7:30 to 8:30 p.m. Wednesday, March 22, at Barnes and Noble, Old Orchard Shopping Center, Skokie. William Briner, M.D., director of the Sports Medicine Center of Lutheran General and Tina Christie, physical therapist, will speak to female athletes and extreme exercisers. Participants will learn how to prevent and manage disordered eating, early osteoporosis, infrequent periods, and musculoskeletal problems. To register, call HealthAdvisor at 1-800-323-8622.

The Women's Health Resource Center of Lutheran General Hospital series continued with "Surgical Treatments for Back Pains" from 7 to 8 p.m. Tuesday, April 4, in Olson Auditorium, Lutheran General Hospital, 1775 Dempster. Martin Herman, M.D., neurosurgery, will lead an enlightening presentation on the newest surgical treatments for osteoporosis, stenosis, and fractures due to other causes. The lecture will cover alternatives, as well as detail the spinal fusion procedure. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

"Nothing to Sneez About: On the Cutting Edge of Allergic

Disease" will be presented by the Women's Health Resource Center of Lutheran General Hospital from 7:30 to 8:30 p.m. Wednesday, April 12, at Barnes and Noble, Old Orchard Shopping Center, Skokie. Suellen Rossman, M.D., allergy and immunology, will discuss current ways to manage the challenges of allergies, such as hay fever, hives and symptomatic headaches. Learn about treatments that will help prevent asthma, sinus problems, ear infections and overall functioning. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

The Women's Health Resource Center of Lutheran General Hospital is an access point for the public to learn about the hospital's women's programs, services, support groups and community resources. The center, located near the main entrance of Lutheran General, is open from 9 a.m. to 5 p.m. Monday through Friday, with evening and weekend visits available by appointment. For more information on the center and its services, call 847-723-8810 (TTY line for hearing impaired, 847-723-8885).

HOLD (Healing Our Lost Dreams) support group

The Counseling Center of Lutheran General Hospital offers a Healing Our Lost Dreams (HOLD) support group twice a month for persons who have experienced pregnancy and infant loss. Meetings are held from 7 to 8:30 p.m. the first and third Tuesdays of each month at The Counseling Center, 1610 Luther Lane, Park Ridge. Upcoming sessions are scheduled for February 1 and 15, and March 7 and 21.

Parents, grandparents and other adult family members are invited to attend the sessions, share their feelings with others who understand what they are

New Beginnings Women's Chorus

New Beginnings Women's Chorus is looking to expand membership during January - February in preparation for a spring concert. Chorus rehearses on Mondays at 9:30 a.m. at Church of the Incarnation, 330 W. Golf Rd., Arlington Heights. Call Ginny, 847-255-9509 or Joanne, 847-359-8750.

going through, receive support as they move through the first season of grieving, serve as resources for each other, and gain new perspectives of life. The group facilitator is R. Cotton Fite, Ph.D., licensed clinical psychologist and director of The Counseling Center. For more information, call The Counseling Center of Lutheran General Hospital at 847-518-1800.

The "Moms" Club of Northern Chicagoland

The "Moms" Club of Northern Chicagoland invites you to our open house Feb. 24, 2000 at 10 a.m. We offer fun and creative weekly activities with other Moms and their children. For more information, please call Betty at (773) 631-5433.

USE THE BUGLE

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Police News

Vandals run wild in Niles

Car owners take heed. By day or by night, your car is very vulnerable on the streets and in the parking lots of Niles.

This past week has witnessed the vandalism of a record number of cars which were parked in Niles. Whether the same perpetrators are responsible for all the damage or several unrelated pranksters are working independently is not known. However, in three separate incidents, more than 20 cars were damaged since Jan. 10.

Between 12:05 a.m. and 8:30 a.m. Jan. 16, ten cars, which were parked in a lot on the east side of the 8800 block of Milwaukee Avenue, had at least one tire punctured. Those cars included a green 1997 Saturn belonging to a 34-year-old woman residing in the 8800 block of Washington, which had the front and rear tires on the right side punctured by unknown person(s) using an unknown sharp object.

In a similar fashion, a black 1992 Hyundai Elantra had its left front tire punctured, a white 1993 Chevrolet van had its right front tire punctured, a maroon 1994 Toyota Corolla had its right front tire punctured, a maroon 1994 Plymouth Voyager van had left and right rear tires punctured, a

red 1998 Chevrolet Cavalier had its left side tire flattened, a blue 1985 Ford Van/camper had all four tires flattened, a white 1985 Dodge van had its right rear tire punctured, a black 1988 Chevrolet Beretta had its two rear tires flattened and a white 1991 Ford van belonging to a Glenview business had its two left side tires flattened.

Between 9:30 a.m. and 6:30 p.m. Jan. 10, three cars parked in the lot of a building in the 8200 block of Golf Road were spray painted by unknown offenders. The three victims were all employed by an insurance company with offices in the building.

A 44-year-old Metros Park salesman had the left fender of his bronze 1994 Mercury Grand Marquis marred by blue spray paint. The black 1999 BMW of a 55-year-old customer service employee from Park Ridge was spraypainted on the hood. The silver 1999 Chevrolet Corvette belonging to a 49-year-old Park Ridge salesman had the number one spraypainted on the driver's side door and window.

The three cars were parked in different locations in the lot and were the only cars so damaged.

Between 8:10 p.m. and 10:55

p.m. Jan. 11, three vehicles parked in the lot of a fitness center in the 7600 block of Caldwell Avenue had their exterior rear view mirrors smashed. The manager of the center told police that two or three cars were similarly vandalized the previous week while parked in the center's lot.

The white 1996 Lexus of a 43-year-old Vernon Hills business owner, the black 1999 Nissan Maxima belonging to a 52-year-old Skokie man and the black 1998 Toyota SportVehicle belonging to a 39-year-old Morton Grove man fell prey to the unknown vandals.

Another vandalism spree was reported between 9 p.m. Jan. 12 and 8:30 a.m. Jan. 13 in the 9200 block of Courtland. A purple 1993 Chevrolet had a left rear tire punctured, a tan 1993 Chevrolet Caprice had a right front tire punctured, a red 1994 Jeep had a left front tire punctured, a white and tan 1990 Chevrolet van had a left front tire punctured and a dark green 1999 Toyota Corolla had a left front tire punctured.

Battery

A 33-year-old Round Lake Beach marble technician was driving southbound on Greenwood and had just crossed Golf Road when a white 1993 Honda driven by a Carpentersville man turned left in front of his vehicle to enter the driveway leading to the parking lot of an electronics store causing the victim to stop suddenly narrowly avoiding a crash with the offending vehicle.

The victim then turned right into the parking lot to confront the driver. Both drivers exited their vehicles. The offender, without justification, punched the victim in the face, grabbed the victim's jacket and pulled it over his face and punched the victim in the head causing the victim to fall to the ground.

A crowd of spectators broke up the fight. The offender entered the store and then exited it, en-

tered his vehicle and fled the scene. A 40-year-old witness gave police the license plate number of the offender's vehicle. The offender turned out to be the delivery man employed by the electronics store to transport photos.

The victim sustained red marks around the eyes and over his face. A follow-up investigation will be conducted and complaints will be signed.

Stolen auto

A 44-year-old Chicago medical assistant reported that unknown offender(s) removed her locked 1997 Saturn from the supermarket parking lot in the 5600 block of Touhy Avenue between 11 p.m. and 1:15 p.m. Jan. 6. Also taken with the auto were 50 CDs valued at \$750, a cell phone valued at \$50 and three school books.

Brookfield Zoo seeks volunteers

If you enjoy being outdoors, meeting new people, and helping others, then consider joining Brookfield Zoo's Guest Guide Volunteer Program.

Guest guide volunteers welcome zoo visitors at the north and south gates, offer assistance in finding animal exhibits and attractions, make recommendations for a more satisfying zoo visit, and address guests' general questions and concerns. Guest guides also participate in all of the zoo's special events.

The zoo's Education Department is currently recruiting candidates for its 2000 Guest Guide Volunteer Program. Training sessions will be held on four Saturdays, February 5, 12, 19, and 26, from 9 a.m. to 4 p.m. each day. Prospective volunteers must complete all four sessions of the training program, which includes learning general information about the zoo through a variety of interactive games and group discussions.

Brookfield Zoo has approximately 100 guest guides who volunteer from April through October as well as during the Holiday Magic festival in November and December. Volunteers work four-hour shifts on flexible schedules and contribute at least 100 hours each calendar year.

For more information and an application, contact Brookfield Zoo's Volunteer Office at (708) 485-0263, ext. 363. The application deadline is Friday, January 21, 2000.

Open every day of the year, Brookfield Zoo is located at First Avenue and 31st Street in Brookfield, IL, just 14 miles west of downtown Chicago. The zoo is accessible via the Stevenson (I-55) and Eisenhower (I-290) expressways, Tri-State Tollway (I-294), Burlington Northern commuter line, and PACE bus service. For more information about Brookfield Zoo, visit its Web site at www.brookfieldzoo.org.

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Community Calendar

IRS announces customer service hours

To assist Illinois taxpayers in obtaining forms, publications, and assistance, the Internal Revenue Service will have walk-in hours at area locations. Joint service will be provided by the Illinois Department of Revenue (IDOR) at seven offices.

Some offices will offer Saturday hours. A number of offices will also be open on Sunday, April 16, 2000. All offices will be open on Monday, April 17, 2000, the date federal and state tax returns are due, until 7 p.m. Area offices are:

Morton Grove, 8125 North River Drive, Suite 103; Tuesday, Wednesday, Friday: 8 a.m.-4:30 p.m., Monday, Thursday: 8 a.m.-5:30 p.m.

IDOR will provide assistance on Wednesdays beginning February 2, 2000. (Office will be open until 5:30 p.m. on March 15, 2000.) (Office will be open from 12:30 p.m. to 5:30 p.m., Sunday, April 16, 2000.) (The office will be open until 7 p.m. on Monday, April 17, 2000.)

Schaumburg, 860 Algonquin Road, Monday thru Friday: 8 a.m.-4:30 p.m. (Office will be open from 12:30 p.m. to 5:30 p.m., Sunday,

April 16, 2000) (The office will be open until 7 p.m. on Monday, April 17, 2000.)
Vernon Hills, 945 Lakewood Parkway, Suite 130; Monday thru Friday: 8 a.m.-4:30 p.m. (Office will be open from 12:30 p.m. to 5:30 p.m., Sunday, April 16, 2000) (The office will be open until 7 p.m. on Monday, April 17, 2000.)

SUPER BOWL PARTY

It's time for the 6th annual SUPER BOWL PARTY fund raiser, sponsored by the Maine Township Regular Democratic Organization, Sunday, January 30, 2000. Doors open at 4:30 p.m. for pre-game activities, at the White Eagle Restaurant and Banquets, 6839 N. Milwaukee Ave., Niles.

Enjoy the game on the large projection television and several smaller televisions in the room. Feast on the all-you-can-eat, Super Food Buffet, draft and bottled beer, open bar, and door prizes. Tickets are \$30 for adults and \$7 for Children ages 3-16. To purchase tickets or for more information, call Fred at (847) 825-4283 or Cammy at (847) 647-0660.

Free-Throw contest date change

The North American Martyrs, Council 4338, Knights of Columbus, regretfully announce this year's Free-Throw Contest originally scheduled to be held on Saturday, January 15, will be postponed to Saturday, January 29, 2000, in St. John Brebeuf School Gym, 8301 N. Harlem Ave., Niles, starting at 9 a.m. Doors open at 8:30 a.m.

The Knights invite all local boys & girls, 10 thru 14 years old to compete for this year's top prize & trophy. Last year, over 100 local youths competed in this annual competition. Council winners have an opportunity to compete in regional competitions.

The Knights regret any inconvenience that may have been caused by the rescheduling.

Goldman Center seeks volunteers

The George J. and Hannah Goldman Center, a geriatric nursing center at 6601 W. Touhy Ave., Niles, needs adult volunteers to read to or visit with residents. The Goldman Center is also seeking volunteers to assist with crafts projects and special programs. Call Michael Guidetti, Activity Director, at 847-647-9675.

Council 9 Children and Christmas Committee



Standing left to right: National Vice President Sharon Zago; Jo Ann Hackbert of Group 661; Council 9 Treasurer Regina Salms; Council 9 President Josephine Brod. Sitting left to right: Co-Chair Lillian Cook of Group 52; Santa Claus; Co-Chair Mary Meshan of Group 525.

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NASE provides group benefits for self-employed

by Rosemary Thrio
Tod Carpenter is the local enroller for the National Association for the Self-Employed, the largest association of small business owners with four or less employees in the U.S. today.

Established in 1981 as a 501(c)(6) not-for-profit lobbying group, the association has fought for the interests of self-employed small business owners.

Since then, it has expanded into a national group with 320,000+ small businesses that negotiates products and services which were previously denied them because they lacked a large group backing. NASE supplies that group backing to the self-employed and offers many benefits to its members, insurance being one of the most important.

As Carpenter explained, the NASE has negotiated an insurance contract with Mega Life and Health Insurance. "The contract is written fairly for both sides," Carpenter said.

NASE provides affordable health and dental plans most of which allow members to choose their own practitioners and hospitals and permit them to begin treatment without pre-authorization.

"We can customize insurance to suit an individual member's needs," Carpenter said. "We can put together a package depending on their choice of deductibles, co-insurance and coverages. For a single male age 40, rates are as low as \$83 per month. For a family of two adults in their 40s and two children, the bill can be as low as \$229," Carpenter said.

Mega Life and Health, one of the nation's largest insurers, provides insurance for the American Medical Student Association, the American Bar Association, many major universities and other large institutions across the country.

Another member benefit is payment of \$200 per day to the primary person insured as a hospital confinement benefit. Spouse and children can receive \$100 per day under the same plan for accidents. Unlike Worker's Compensation and other payroll insurance, the Mega plan kicks in from the first night the member spends in the hospital.

For any kind of fracture or dislocation, insured members and any member of their family receive a \$750 payment over and above hospitalization payments.

When self-employed persons carry very costly individual insurance policies, they can be cancelled for any number of reasons, Carpenter said. In order to cancel an individual NASE member, all 320,000 members would have to be cancelled, he said.

Carpenter emphasized that while the Mega plans are very competitive, they may not be the cheapest available, but they offer the best coverage for the lowest price. Members don't have to fight for their rights with their own insurance company, and they cannot be cancelled no matter how many claims they make.

Another benefit of NASE membership is access to some excellent legal and accounting advice. NASE acts as an information resource to the self-employed by informing them of tax deductions specifically available only to them.

Typically, sole proprietors deduct approximately 60 percent of their insurance premiums from federal income taxes. However, sole proprietors who are married and whose spouse legally works even part-time in the business might qualify to deduct 100 percent of premiums and all non-insured medical expenses, such as eye glasses, hearing aids, chiropractic services and prescription drugs as well as out-of-pocket expenses like eye exams, co-payments and anything not covered by their policies.

The deduction applies to federal, state and personal income taxes, according to Carpenter. However, only a fraction of the qualifying self-employed population is utilizing the little-known deduction offered to them in the IRS Tax Code.

For those who qualify, this 1994 tax law puts a whopping \$2,450 average member savings into their pockets each year. It provides the largest savings to sole proprietors, but it also saves money for partnerships, corporations and S-corporations.

"Most self-employed individuals assume they are taking advantage of all deductions available to them," said Carpenter. "However, they should check line 14 on their schedule C to see if they're taking advantage of this deduction," he advised. NASE provides the administration service for this deduction as a member benefit free of charge the first year and for a nominal renewal fee thereafter.

"We can show them how to take the deductions and have the association ensure that it's legally done correctly," Carpenter said.

Continued on Page 14

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Niles West International Night 2000

The community is invited to International Night, held at Niles West High School at 7 p.m. on Friday, January 21 in the auditorium at the high school, 5701 West Oakton St., Skokie. This year's theme is "Unity Amidst Diversity." Admission is \$4.

International Night highlights the rich cultural diversity of the Niles Township community. Students from twelve ethnic clubs will perform a variety of

songs, dances, and other demonstrations that showcase their cultural heritage. The following clubs will be represented: African-American, German, Scandinavian, Indo-Pak, Hellenic, Assyrian, Latino, Chinese-Thai, Serbian, Korean, Israeli, and Filipino. For more information please contact International Relations Council Co-sponsors Elizabeth Kolany (568-3712) or Gevik Ambarchian (568-3713).

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Antique Mall to open Feb or March!

Community Calendar

Jewish Genealogical Society of IL

The Jewish Genealogical Society of Illinois will present, on Sunday, January 30, 2000, at 2 p.m., Ms. Peta Mineroff who will speak on "Preserving Your Records." Ms. Mineroff has been a consultant for Creative Memories for eleven years and teaches workshops on scrapbooking. The meeting will take place at the Library of the BJE Marshall Learning Center, Building A (the former New Trier West High School), 2nd Floor, 7 Happ Road, Northfield, IL. Enter through Building D which faces Happ Road. Genealogical reference materials will be available from 1 p.m. to 3 p.m. This program, as are all our programs, is open to the public at no charge. All Are Welcome. For more information, call Belle Holman at (847) 679-1995 or (312) 666-0100.

'Pom Pon Girl for the day'

Girls in grades one through five are invited to take part in the first "Pom Pon Girl for the Day" sponsored by the Niles North Varsity Vikeettes. Participants are required to attend a dance clinic on Saturday, Jan. 29 from 1:30 to 4:40 p.m. at Niles North, 9800 North Lawler, Skokie (see rear entrance by football field), and a review on Saturday, Feb. 5 at 6:30 p.m. Then, the Pom Pon girls will take the floor during half-time on February 5 at 7:30 p.m. during the Niles North Boys Varsity Basketball game versus Notre Dame. The cost of \$15 includes the dance clinics, performance, poms, and a T-shirt. To register, please contact Vikeettes coach Kate Bernero at (847) 568-3259.

NASE

Continued from Page 13
"All medical costs can be deducted," Carpenter said. Also available to NASE members is low-cost access to legal advice. By joining a kind of legal club, members can access lawyers who will review up to five documents up to 10 pages in length at no charge. Such documents might include deeds, mortgages, contracts, business agreements, loan agreements or leases. Members can also have up to three letters of any length on any legal matter written and two free attorney phone calls. Courtroom representation is also provided at a reduced rate. MEGA also offers a free motor club plan that provides for towing, keys locked in cars and roadside service that is good anywhere in the U.S. Add to that the free set up and design of a web page, one of the leading ways to market businesses today, and it will be hard to understand why any self-employed small business owner would not want to join NASE. Carpenter added that qualifying small business owners can join the NASE for as little as \$60 per month and receive all of the above benefits plus dental, vision and chiropractic coverage. Regardless of the number in the family, whether there are one or 10 family members or more, the entire family can be covered for as little as \$60 per month. "Although the majority of people in our organization are self-employed, it is not a requirement," Carpenter said. "Many people use this membership and coverage package to complement their current employer insurance plan. Anyone who wishes to join NASE to take advantage of any of the member benefits is welcome." For more information about the NASE, call Ted Carpenter at 312-560-2004.

January Clearance Sale!

Mens & Womens Shoes, Athletic Shoes & Boots
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Have you had your flu shot? It's not too late! If you are a Niles Senior 65 or older or 62 to 64 years old with a chronic illness, contact Terry Dalla Valle RN BSN, at 588-8420 for an appointment. Get your flu shot now, the sooner the better! Medicare will be billed.

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Seniors flu shots

At its board meeting on December 14, the Oakton Community College Board of Trustees unanimously approved the 1999 tax levy that will slightly increase tax bills for homeowners in Oakton's district by approximately 1.6 percent.

Oakton Board of Trustees approves 1999 tax levy

"This modest increase of 1.6 percent is one of the lowest in the history of the College," said David Hilquist, vice president for business and finance at Oakton. "The average homeowner can expect to see a property tax increase from \$83.04 to \$84.37, or an annual increase of \$1.33 (or just under \$0.11 per month). This levy is under the levies for fiscal years 1991 through 1995 and 1997. Oakton's rate is one of the lowest for community colleges in Illinois. To fund the College operating program, including salaries, supplies and utilities, the recommended 1999 tax levy, to be collected in 2000, is \$26,650,000 compared to \$25,600,000 in 1998. Based on the recommended changes for the 1999 tax levy, the Education Fund will increase from \$19,900,000 to \$21,310,000, the Operation and Maintenance Plant Fund will increase from \$4,935,000 to \$5,000,000, and the Social Security & Medicare Fund will increase from \$200,000 to \$300,000. Additionally, a special tax for financial audit purposes on the taxable property of the Oakton Community College district will increase from \$45,000 to \$50,000.

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Community Calendar

NEIU advances dual admission trend with Oakton Community College

Salme H. Steinberg, President of Northeastern Illinois University (NEIU), recently signed an agreement with Oakton Community College President Margaret B. Lee that allows for concurrent admission to both institutions. The dual admission agreement is NEIU's third. The university entered into an agreement with College of Lake County in December, 1998 and with William Rainey Harper College in March of this year. Northeastern Illinois University has had a long association with Oakton, which is located in Palatine, Illinois. The community college is one of the top three institutions from which students transfer to NEIU to earn a baccalaureate degree. Since 1994, Oakton has been one of the many sites to which NEIU has been delivering courses through Distance Learning, a live, interactive tele-

vision network system. NEIU President Salme H. Steinberg said, "This agreement is designed to serve the needs of the students of both our institutions by guaranteeing a seamless transfer process. Since our mission is not only to provide an excellent education but also to provide access to it, dual admission directly benefits Oakton students who plan to complete their baccalaureate at Northeastern Illinois University." "This dual admission agreement with Northeastern Illinois University is additional evidence of the high regard universities have for Oakton," said Margaret Lee, president of Oakton Community College. "They know our graduates are well prepared for continued work toward baccalaureate degrees." Under the agreement, students who meet the admission requirements of each institution will be admitted simultaneously to both Northeastern Illinois University and Oakton Community College. Upon earning an Associate in Arts (AA) or an Associate in Science (AS) degree at Oakton, students who are in the dual admission program will be automatically admitted to Northeastern Illinois University. Students who wish to participate in the dual admission program must submit an application to each institution, and meet the admission requirements of each. The applications and academic credentials will be reviewed by each institution and students will be notified separately by each institution. Students at Oakton who enroll in the program will have full access to NEIU's offices of Admissions and Records, Academic Advising, and Financial Aid. Students must maintain a 2.0 grade point average to remain eligible for the dual-admission program. Northeastern Illinois University is a comprehensive state university serving more than 10,000 commuter students. It is located at 5500 North St. Louis Avenue in Chicago.

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Turning Point elects Golden to Board of Directors

Turning Point Behavioral Health Care Center announced the appointment of Mr. Len Golden to the Board of Directors. Golden, a realtor at Remax Villager, Glenview, has resided in Skokie since 1981. Len serves on the Skokie Chamber of Commerce Board of Directors, and is a past member of the Skokie Valley Kiwanis Club. Remarks by the Center's Board President, Mr. Ken Zwiener, included, "The recruitment and election of Mr. Golden to the Turning Point Board provides us with special skills and perspectives in addressing current and future decisions related to property ownership and so forth. I am very pleased to have such a fine man as Len join us in our work for Turning Point." The Board of Directors oversees Turning Point Center, a comprehensive 501(c)(3) charitable

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Dining / Entertainment

'Virtual Legality' coming to Oakton

Cows on Parade, the Y2K crisis, Bill and Hillary Clinton - it's open season on politics and pop culture when the Chicago Bar Association brings its annual "Christmas Spirit" rouse to Oakton Community College on Saturday, Jan. 29.

The fun begins at 8:30 p.m. in the Mainstage Auditorium at Oakton's DesPlaines campus, 1600 East Golf Road. This year's original production, *Virtual Legality*, features some of Chicago's best legal minds spoofing such local and national news items as Commonwealth Edison, Sammy Sosa, Mayor Daley, the Rosemont Casino, George W. Bush and the Chicago Shakespeare Theatre. Accompanied by jazz pianist Larry Novak, the lawyers-cum-entertainers wow their audi-

Continued on Page 17

Attic Playhouse presents The Diary of Anne Frank



The shining spirit of a young Jewish girl forced into hiding during WWII lives on in this Pulitzer Prize winning drama.

Performances run from January 28 - March 5, 2000 - Fridays and Saturdays at 8 p.m. and Sundays at 3 p.m.

Tickets are \$13 advanced purchase and \$14 at door. Special discounts are given to Senior Citizens, Students w/ ID, Military Personnel and groups. \$28 Dinner packages are available with "Two Guys From Italy Restaurant" located in the same building.

Attic Playhouse is located at 410 Sheridan Road, Highland. (Just north of Route 22/Half Day Road; one block east of Green Bay Road, across from the Highland train station).

For tickets or further information please call (847) 433-2860.

(From left to right) Andrew Bloch as "Peter," Jennifer Arling as "Margot," Steve Lehman as "Mr. Frank" & Carolyn Carpenter as "Anne".

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Sundays - Judy Roberts & Greg Fishman - 5 to 9 pm
Thursday, Jan 20 - Jack Carr - 6:30 to 10:30 pm
Friday, Jan 21 - Tony Smith Show - 9 pm to 1 am (\$5.00 Cover)
Thursday, Jan 27 - Mangle Gibson Band - 7 to 11 pm
Friday, Jan 28 - Milt Treaner Quartet - 9 pm to 1 am (\$5.00 Cover)

Dining / Entertainment

Illinois Environmental Council celebrates 25 years with Capitol Steps performance

The Illinois Environmental Council cordially invites you to the fun-filled performance of the Capitol Steps on Saturday, January 29, 2000 at the North Shore Center for the Performing Arts in Skokie. This exclusive Chicago-area performance is your only opportunity this season to enjoy the Capitol Steps' hilarious Washington satire.

Some wags claim the Capitol Steps is the only group in Washington that attempts to be funnier than congress. The Capitol Steps is a troupe of former Congressional staffers who now travel the country satirizing the very people and places that once employed them. They have performed for President Ford, Reagan, Bush and Clinton. The only complaints they get are from politicians who are not included in their program! "They're the best. There's no one like them in

their league" according to CNN's Larry King.

The Illinois Environmental Council along with the IEC Education Fund is dedicated to promoting environmental quality and protecting air, land, water, and wildlife in the State of Illinois. Founded in 1975, IEC advocates sound environmental policies and works with the IEC Education Fund to inform the

public on environmental issues. IEC's efforts have resulted in new laws ending taxpayer subsidies for waste incinerators, creating more trails and bike paths for recreation, and protecting ground and surface waters through preventative measure and monitoring. Current projects include the "Stand Up/Save Lives" campaign to reduce air pollution by ending the grandfa-

thering of coal-fired power plants.

The Capitol Steps show begins at 8 p.m., and is preceded by an IEC reception and silent auction at 6 p.m. Seating categories range from "Independent Council Seating" (list as sponsor) \$100, "Congressional Seating" at \$80, and "White House Intern Seating" at \$60. Donations to the IEC Education Fund

quality for tax deduction as charitable contributions. Please send your check to Illinois Environmental Council, 319 W. Cook St., Springfield, IL 62704, or call IEC's Springfield office, (217) 544-5954 for more information. The North Shore Center for the Performing Arts is located at 9501 Skokie Blvd. (one block south of Golf Road) in Skokie, Illinois.

Virtual legality...

Continued from Page 16

once each year with cutting-edge lyrics and high-energy dancing and singing.

This event is hosted by Oakton's Educational Foundation. Proceeds benefit the Charles N. Goodnow/Chicago Bar Association Scholarship, and special programs and equipment purchases at Oakton. Tickets are \$45 and include a reception following the show, where attendees can enjoy refreshments as they mingle with the cast and admire the "sleight of hand" talents of local magicians.

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

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Dining / Entertainment

70th Chicago Boat, RV & Outdoors Show

It's a brand new show for a brand new century. Visitors to the 70th annual Chicago Boat, RV & Outdoors Show, presented by Boatshow.com, being held January 26-30 at McCormick Place North, will be treated to an array of new and exciting features including Timber Tina and the World Champion Lumberjills; Twiggie, the Water Skiing Squirrel, and exciting Dog Training Shows which will be making their debut appearance at this year's show.

Hailing from the northern woods of Hayward, Wisconsin, Timber Tina Scheer, a 30-year veteran Lumberjill, has comprised the top women in the field of logging sports to present the "World Champion Lumberjills." This group of female logging sports athletes from across the United States and Canada compete in the "Olympics of the Forest" in events such as Underhand Chopping, Cross-Cut Sawing, Axe Throwing, Stihl Power "Hot" Sawing, Log Rolling and



World class ax throwing, speed chopping and log rolling will be demonstrated by Timber Tina and the World Champion Lumberjills.

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Also making her debut appearance at this show will be Twiggie, the world-famous water skiing squirrel. Twiggie has performed her water skiing talents on national television shows including *Good Morning America*, *The Rosie O'Donnell Show* and *That's Incredible*. Twiggie will ski at the show daily behind a radio-controlled Ski Nautique boat on a pair of miniature skis.

A series of new dog-training shows will have Doug Jones and Dooneybrook Kennels demonstrating the techniques required for training and handling Labrador Retrievers.

Admission is \$8 for adults. Children 12 and younger enter free with an adult. Show hours are 11 a.m.-9 p.m. Wednesday, January 26 through Friday, January 28, 10 a.m.-9 p.m. on Saturday, January 29; and 10 a.m.-6 p.m. on Sunday, January 30. For more information on the show, please call (312) 946-6262.

more. Their daily shows will delight crowds of all ages with a blend of history, comedy and education while illustrating these fast paced events. Of course, we can expect to see all the thrills and spills associated with the legendary Logging Sports.

Christmas in April - North Suburban Chicago participate in this one day event, please attend or send a representative to the.....

Annual Christmas in April Kickoff Party. A brief presentation will discuss the merits of this exciting program and members of our Board of directors, past recipients, homeowners and volunteers will be on hand to answer your questions.

Master of Ceremonies - Celebrity Guest; held at Hackney's on Lake Street, 1514 East Lake Street, Glenview, Illinois; Tuesday, January 25, 2000; 5 - 6 p.m. Complimentary hours of drinks and beverages. RSVP at 847/498-2690.

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- BBQ CHICKEN (1/2) with Rice
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Served with Vegetable, Soup and Garnished with Fresh Fruit.
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Treat The Family To Dinner

Olympic yachts on display at Strictly Sail-Chicago

Unless you are planning a trip to Sydney, Australia for the 2000 Olympic Games, there may be not other chance to view the Olympic class boats in one place at one time.

Strictly Sail-Chicago, February 3-6 at Festival Hall in Navy Pier, will host the "Sights on Sydney - US Sailing Salute to Olympic Yachting." Several of the boat classes will be on display.

Aside from being able to look around each boat, visitors to the show will have the chance to hear from several past and current Olympians as they discuss the specifics of each boat, as well as their strategies for bringing gold home to the U.S.

This is a great opportunity for sailors of all levels to become familiar with the very same boats they will see racing on television from Sydney later in the year. For more information on this special feature or about Strictly Sail-Chicago, call (312) 946-6262.

Health News

Tips for Smart & Healthy Living

Watching down the bargain meal. In a nation of super-sized fries and all-you-can-eat deals, it's no wonder we're also struggling with rising obesity rates. But we love those deals. More for the regular price.

The problem is we also eat more. Studies show that we'll eat more than what we normally would when presented with a super-size deal. So, how to get the bargain without overeating? Here are a few tips:

1. Break food into smaller single servings. Put them into individual bags or containers. This way, you'll likely eat less.
2. Serve food on smaller plates and eat from smaller plates. Studies show it does eat down on.

Millennium marked by baby boy and girl at Holy Family

Even though they were born only 18 hours apart, the time between the births of Kaila Mejia and Baby Boy Accoveo spanned two millennia at Holy Family Medical Center in Des Plaines.

AT 11:50 a.m. on January 1, 2000, Nicholas and Maria Accoveo of Prospect Heights welcomed a new 8 lb., 8 oz. baby boy to their family. This baby was the first born at Holy Family Medical Center in the 21st century.

The last baby born in the 20th century at Holy Family Medical Center arrived at 6:21 p.m. on December 31, Kaila Mejia, a 6 lb., 5 oz. girl, is the first child for Erin Garaghy and Robert Mejia of Schaumburg.

Both mothers were patients of Holy Family's New Beginnings® Maternity Program and received a special package to commemorate the babies' milestones. Included in the package were: \$200 savings bonds donated by CoVest Banc in Des Plaines, \$50 in Geoffrey dollars to be used at Toys R' Us and affiliated stores, donated by the Niles Toys R' Us; knitted booties and caps; a Ty stuffed animal and a plaque to mark the occasion.

Exercising in cold weather. Exercising indoors is great, but nothing beats the exhilaration of working out outdoors. Even if it's cold outside.

The key is making sure your skin stays dry when you do exercise outside. That's because the air directly next to your skin dictates how you feel. So if the air layer is moist, it will cool your skin. Here are some tips on exercising outdoors in cold temperatures:

- Dress for the cold, especially if it is 45 degrees Fahrenheit or lower.
- Wear an outer layer that will break the wind.
- Add a fluffy middle layer to trap heat in very cold weather. Try a fleecy jacket or wool sweater.
- Wear a knit wool cap to prevent heat loss through the scalp.
- Wear mittens instead of gloves. Mittens allow warm air to circulate between your fingers.
- Warm up longer before you head outdoors. Be sure to also move more slowly and cautiously than usual once outside.

Let someone know where you're going and how long you plan to be gone. Or, work out with a partner.

Skokie welcomes first baby of the Millennium



Erika Cruz and baby Jada (Evanston); Dolie Nelt (Lincolnwood); Barb Stamm, RN and Dr. A. Michael Drachler, chairman of obstetrics and gynecology celebrate the first baby of the new millennium born at Rush North Shore Medical Center in Skokie.

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Health News

Family Life Education series programs

A four-week, small group experience for mothers and fathers and their infants who are not yet crawling. Parents will develop different forms of communication with their children, including infant massage.

"Get In Touch with Your Infant" will meet at the Virginia Frank Child Development Center, 3033 West Touhy, Chicago. It will be led by Lynn Atschul, LMFT, and Laura Orogan, LCS.

"Get Together" meets at the Virginia Frank Child Development Center, 3033 West Touhy, Chicago three times a week: Mondays, 10 to 11:30 a.m.; Tuesdays, 3:30 to 5 p.m.; and Wednesdays, 10 to 11:30 a.m. For more information call Lynn Atschul, LMFT, (773) 761-4550.

"Get In Touch with Your Infant" and "Get Together" are programs in the Family Life Education Series sponsored by the Jewish Family and Community Service.

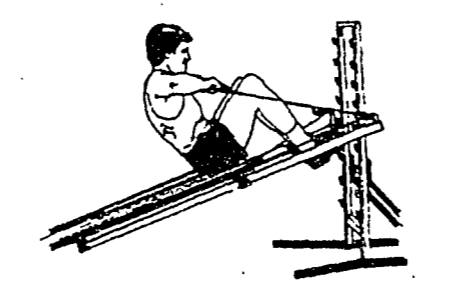
New name announced for The Moorings Health Center

The Moorings Health Center is the new name for the skilled, intermediate and sheltered nursing care facility at The Moorings of Arlington Heights.

Previously known as The Lutheran General Health Center, the change was made to more accurately reflect the continuity of services provided at The Moorings' life-care community campus.

The Moorings of Arlington Heights, which is nestled on 45 beautifully landscaped acres at 811 E. Central Road, is a continuum of care community providing a variety of retirement and health services for seniors, along with four housing options. It was rated one of the best planned communities for seniors in the United States by *The 10 Best Retirement Communities in America*.

The campus features independent living options that include two-bedroom villas, and one- and two-bedroom apartments. Residents have access to an array of recreational and social facilities, including walking and bicycle paths, card and game rooms, a library, woodworking shop, fitness center, and indoor heated swimming pool. Other services are an emergency response system, paid utilities and real estate taxes, dai-



ly continental breakfast and lunch or dinner, housekeeping and flat linen laundry service, state of the art computer lab, bathrooms with special safety features, social, educational and religious activities and scheduled transportation.

Assisted living at The Moorings is a special program for older adults who may need some help with activities of daily living. Comfortable two-room suites as well as private rooms are available for residents who need this assistance. Services include professional staff on duty 12 hours a day and nursing assistants on duty around the clock; light assistance with activities of daily living, medication reminders, monitoring and administration, three daily meals served restaurant-style, housekeeping, flat linen and personal laundry services, and daily social and recreational activities.

Although the name has changed, services at the 188-bed Moorings Health Center remain the same. Fully licensed to provide skilled, intermediate and sheltered nursing care, the center offers rehabilitation services designed to maximize a resident's level of independence, including physical, occupational and speech therapy. Spacious rooms provide residents with excellent view of the campus. Other services include a special Alzheimer's care unit for residents; a short-term stay respite care program that provides needed relief to caregivers; a medical director who specializes in geriatric medicine; 24-hour professional nursing care; and hospice care.

The Moorings Health Center accepts admissions from the surrounding area as well as from out-of-state. Personal physicians are welcome or residents can utilize the services of the physicians associated with the health center.

For more information about The Moorings' villas and apartments, call 847-956-4304. For details on the assisted living accommodations and The Moorings Health Center, call 847-956-4466.

The Moorings of Arlington Heights is sponsored by Advocate Health Care, which is ranked as the number one integrated health care network in the nation.

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93% of 'Whiplash' patients improve with chiropractic

by Dr. Robert Richard

Whiplash syndrome is a collection of symptoms such as headache, neck pain, numbness, tingling in the arms and hands, sleeplessness and irritability associated with soft tissue injuries of the spine. Most "whiplash" injuries occur as a result of auto accidents; however, they may also occur as a result of slips and falls, amusement park rides and sports activities.

A recent study published in *Injury: International Journal of the Care of the Injured* found chiropractic to be effective treatment for chronic "whiplash" injuries. In this study, patients were classified into the following four groups: no symptoms, nuisance symptoms, intrusive symptoms and disabling symptoms. Twenty seven of the twenty eight patients in the study placed in the two most severe groups, intrusive symptoms and disabling symptoms. Following treatment by a chiropractic physician, twenty six of the patients had improved, sixteen by one symptom group and ten by two symptom groups.

Other research suggests that almost 45% of patients will suffer long-term symptoms following "whiplash" injury. In fact, if patients continue to have symptoms three months after the injury date, there is almost a 90% chance that the symptoms will become permanent. Very few treatments have proven to be effective in three established chronic cases.

These new findings give hope to the many people suffering from chronic pain caused by "whiplash."

Dr. Robert Richard is a 1986 graduate of Palmer College of Chiropractic. He has completed postgraduate programs on the diagnosis and treatment of soft tissue injuries through National College of Chiropractic and Texas Chiropractic College. He maintains a practice in Niles at 8933 West Golf Road. To receive a complimentary spinal examination and consultation, please contact Dr. Richard at (847) 827-8686. You can also contact Dr. Richard at www.richardchiropractic.com.



OKAY, who stopped payment on my reality check?

A bus station is where a bus stops. A train station is where a train stops. On my desk I have a work station.

I believe five out of four people have trouble with fractions.

United Ostomy Association

Chicago's North Suburban Chapter of the United Ostomy Ass'n, a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 7:30 p.m. in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge. The next meeting will be held on January 26, 2000. Refreshments. An E.T. nurse is always on hand to offer information, and programs are fun and informative. Free. For information, call (847) 724-7453 or (847) 520-0699. Visit our web site at www.uoasites.com/ -no-ostomy.

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The program includes 20 exercise and 10 nutritional sessions and is taught by a registered dietitian and an exercise physiologist. Participants meet for the exercise program from 8 to 9 p.m. Tuesdays and Thursdays, February 1 through April 8; with nutrition counseling offered from 7 to 8 p.m. Tuesdays or 10:30 to 11:30 a.m. Saturdays, February 1 through April 8. Physician approval is required. The 10-week program costs \$175 (\$100 for the 10 nutrition sessions only).

To register, call 1-800-3-ADVOCATE(1-800-323-8622).

The Fitness Center is staffed by exercise physiologists with master's degrees, athletic trainers, registered dietitians, certified massage therapists and other health care professionals. Services include everything from individual testing and consultations, massage therapy and sports medicine to nutrition counseling, health lectures and special events.

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Church and Temple News

Jewish Genetic Disorder: What You Should Know and Free Tay-Sachs screening

"When it comes to having a healthy baby, some things are in your hands. Would you endanger your baby's life when a simple test can eliminate the risk? Tay-Sachs and Canavan can strike any family without warning and are always fatal in childhood.

"While there is no treatment for either disease, medical sci-

ence has developed a unique strategy of prevention. Couples can prevent the birth of an affected child with a simple blood test before pregnancy.

"Take the first step to prevention by being informed. Temple Beth-El is teaming up with Richard Dineen from Children's Memorial Hospital's Division of Genetics for a question and an-

swer session, to be followed by a free screening for Tay-Sachs disease on Sunday, February 6, 2000. The screening is being provided by a generous grant from the Michale Reese Health Trust. The lecture beings at 9 a.m. followed by screening/testing from 10 a.m. until 11 a.m. at Temple Beth-El, 3610 Dundee Road, Northbrook, IL 60062. For more information, contact Resdy Kaiser at 847-202-8822."

BJBE Early Childhood Center taking registrations

The Early Childhood Center, at Congregation B'nai Jehoshua Beth Elolim, 901 N. Milwaukee Avenue, Glenview is accepting registrations for summer. The Early Childhood Center offers classes and activities for children from 6 months old to 4 years old.

With an aim to providing the best Jewish early childhood education possible, a Friday Morning Family Fun Program for children 16 months - 35 months from 9:30 - 11 a.m., from June 16 - July 21, and an 1 Am Special enrichment program for children 3-4 years old will be of-

fered on Tuesday, Wednesday and Thursday with an option of 2 or 3 days. The program will run from 9:30 a.m. - 12:30 p.m. June 13 - July 20.

The Early Childhood Center also offers a Friday morning Play Group, a drop-in group for parents and children 6 mo. - 3 years, 10-11:30 a.m., \$3 a session or 10 for \$25. The professional staff is lead by Early Childhood Center Director Debbie Becker.

For a program brochure, contact Debbie Becker, BJBE (847) 729-7575 or <http://uahc.org/> 1010.

St. Martha's to present 'Forever Plaid'

"Forever Plaid" - a musical comedy set to the "do-wop" beat of the 1950's is being presented at St. Martha's Church, 8523 Georgiana Ave., Morton Grove on Friday, February 11, 2000.

The professional cast is from the same play currently at the Royal George Theatre. Doors open at 7 p.m. Performance at 8 p.m. Open seating. Cash bar available. \$40 per person in advance, \$50 at the door. For information or tickets, call 847-965-8062."

Optimist Club honors congregation's youth

The Optimist Club of Glenview recently honored two of Congregation B'nai Jehoshua Beth Elolim's youth. Glenview residents Rachel Friedlieb and Lisa Primer were honored for their Religious Service at an awards luncheon given by the organization.

Both are teaching in the Congregation's religious school and are active in the Senior Youth Group.

Friedlieb is the Senior Youth Group President and Primer has served on the Senior Youth Group Board.

Wheeling resident, Larry Chikman, Monday Night School Principal, represented the Congregation at the award ceremony.

For information contact Shari Bauer (847) 729-7575 or on-line at <http://uahc.org/>1010.

BJBE's administrator earns FTA

Shari Bauer, Executive Director, Congregation B'nai Jehoshua Beth Elolim (BJBE) Glenview, was awarded the National Association of Temple Administrators' Fellow in Temple Administration (FTA) at their recent convention in Orlando.

Bauer, a Morton Grove resident, has been a Temple Administrator for 19 years and is the immediate past president of the Chicago Association of Temple Administrators.

The FTA is a professional designation awarded to those who have displayed a competency in

temple administration through completion of examinations and the writing of a major paper.

BJBE will honor Bauer's achievement at a Shabbat Service in March.

For information contact Shari Bauer (847) 729-7575 or on-line at <http://uahc.org/>1010.

Holocaust survivors to meet

Coffee and Conversation is a weekly drop-in group for Holocaust survivors to discuss topics such as aging, health concerns, relationships, retirement, reparations, planning for the future, current events, and other issues. Co-sponsored by Jewish Family and Community Service and the Council on Jewish Elderly, Coffee and Conversation is held in two locations:

• Holocaust Memorial Foundation: Monday afternoons, 1-2:30 p.m., 4255 Main Street, Skokie. For more information call Short Fox, LCSW, (847) 568-5200 or Ann Hartman Luban, LCSW, (773) 508-1117.

• Jewish Family and Community Service: Thursday afternoons, 1:30 - 3 p.m., at the Jewish Family and Community Service, Northern District Office, 2710 W. Devon, Chicago. For more information call Barbara Urbanska-Yeager, Family Worker, or Karen Rosenfeld, LCSW, at (773) 274-1324.

Coffee and Conversation is a program in the Family Life and Education Series sponsored by Jewish Family and Community Service.

St. Luke's Get Together

St. Luke's Christian Community Church at 9233 Sherman Road is sponsoring an after church get-together at China Buffet on Sunday, January 23. Please join us for worship at 10:15 a.m. and for the buffet afterwards. (Dutch Treat). For information call Georgene Gallagher, 847-965-6592.

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SENIOR SEASONS

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SENIORS ENJOYING THE ROAD AHEAD



SENIORS IN CYBERSPACE

Senior Seasons

Oakton's Emeritus Programs focus on fun and fitness

Improve your balance, flexibility and outlook with an exercise class this winter. Oakton Community College's Emeritus Program offers a variety of courses designed to put the spring back in your step. All classes meet at Oakton's Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

Advanced Line Dancing (PED E95-71) is an advanced class for those who have progressed beyond intermediate-level line dancing. Students must know the "Electric Slide." This eight-week class meets from 9:30-10:30 a.m. on Tuesdays, beginning Feb. 1. The deadline to register is Jan. 25. The course fee is \$90.

Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED E30-71) teaches 20 simple movements designed to balance and integrate your energy. This six-week class meets from 9:45-10:45 a.m. on Mondays, beginning Feb. 14. The course fee is \$65.

Intermediate Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED E31-71) develops and refines the movements learned in the beginner's course. This 12-week class meets from 10:45-11:45 a.m. on Mondays, beginning Feb. 14. The course fee is \$130.

Other exercise and fitness classes offered this winter by the Emeritus Program include **Beginning Hatha Yoga (PED S10)**, **Continuing Yoga (PED S22)**, **Beginning QiGong (PED E15)**, **Self-Massage (PED E-83)** and **Beginning/Continuing Meditation (PSY B72)**.

In-district residents age 60 and older pay half the listed fee. For more information, call the Emeritus office at (847) 635-1414.



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Emeritus Program spotlights history

Examine how past events affect the present by enrolling in a history course offered through Oakton Community College's Emeritus Program. These three-credit hour courses, open to students of all ages, begin the week of Jan. 18 and run through May 12.

Contemporary World History (HIS 133-010, Touch Tone 10381) is a survey of the historical roots and recent events of the contemporary world, concentrating on the years since World War II. This class meets from 12:30 - 2:20 p.m. on Wednesdays in Room C110 at the Ray Harstein Campus, 7701 North Lincoln Avenue, Skokie.

U.S. History Since 1945 (HIS 120-010, Touch Tone 10318) examines the post-World War II events that continue to influence national and international developments. This class meets from 9:30 a.m. - 12:20 p.m. on Fridays in Room C214 at the Ray Harstein Campus.

Western Civilization Since 1650 (HIS 132-006, Touch Tone 10371) focuses on the social, political and cultural life of the Western world, beginning with the Baroque era. Students will also examine the development of nationalism, liberalism, imperialism and modern ideologies. This class meets from 9:30-10:45 a.m. on Tuesdays and Thursdays in Room 2812 at Oakton's Des Plaines campus, 1600 East Golf Road.

In addition to these history courses, other credit classes offered this spring by the Emeritus Program include Japanese Culture and Society, Effective Speech and World Religions.

Register for these courses in Room A100 at the Ray Harstein Campus or at the Des Plaines campus, 1600 East Golf Road. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have their correct Social Security number on file may register by the Touch Tone telephone system at (847) 635-1616. In-person and Touch Tone registration will not be available during Oakton's winter break, Dec. 24-Jan. 2. Normal hours of operation for in-person registration and student services will resume at both Oakton campuses in Des Plaines and Skokie at 8:30 a.m. on Monday, Jan. 3. Touch Tone registration resumes that day at 7 a.m.

Tuition is \$42 per credit hour for district residents under the age of 60; \$21 per credit hour for residents age 60 and over; and \$126 per credit hour for out-of-district Illinois residents. Additional fees may apply, depending upon residency, enrollment status and course requirements.

For a brochure listing all of the programs, seminars and tours available, including registration information, call the Emeritus office at (847) 635-1414.

Emeritus Program offers computer courses

Are you a new computer owner in need of "how to" instruction? Oakton's Emeritus Program offers credit classes that will help you navigate smoothly toward computer literacy. Classes meet at the Ray Harstein Campus, 7701 North Lincoln Avenue, Skokie.

Topics in Computer Information Systems: Computers for the New User (CIS 290-003, Touch-Tone 08757) is a two-credit hour course that focuses on the basics, including the use of screen elements; how to manipulate files; creating and printing documents using a word processor; and using e-mail and the Internet. This 12-week class meets from 9:30 a.m.-11:50 a.m. on Mondays and Wednesdays, beginning Feb. 14, in Room A212. There is a lab fee of \$25.

Photographic Electronic Imaging (ART 216-0W2, Touch-Tone 07594) teaches the fundamentals of producing photographic images electronically by digitizing and manipulating them by computer, using the versatile Adobe Photoshop software program. This three-credit hour course meets from noon-5 p.m. on Sundays, beginning January 23, in Room A242. It is recommended that students complete **Beginning Photography (ART 115)** before enrolling in this course. There is a lab fee of \$75.

Register for these and other Emeritus spring credit courses in Room A100 at the Ray Harstein Campus or at the Des Plaines campus, 1600 East Golf Road. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within

Continued on Page 29

Senior Seasons

Asbury Court holds Christmas Party



The Christmas Spirit was contagious at Asbury Court, as family & friends gathered together to enjoy the Christmas Party.



Santa & Mrs. Claus visited with residents & guests, while strolling musicians provided entertainment for the day. The special food menu and festive atmosphere provided a great start for the holiday season.

Asbury Court continues to enjoy activities & entertainment for our residents. Please feel free to come visit us anytime!

SPECIAL NEWS RELEASE FOR YOUR HEALTH VILLAGE OF NILES SENIOR CENTER

The Niles Senior Center has many activities, events, and presentations throughout the month. One of our most important responsibilities is to present health information and health screenings for our members. Please look to our weekly news releases for these health related items. Please join us for one or more of the events. For more information, or to register, please call 588-8420.

BLOOD PRESSURE SCREENING
Resurrection Medical Center will be doing a blood draw at the Niles Senior Center for Niles Residents on Wednesday and Thursday, Feb. 16 and Feb. 17 from 7 a.m. to 10 a.m. For \$15 a cholesterol, HDL, LDL, and triglycerides will be done. You must fast for 12 hours and hold all medications that must be taken with food. Water is permitted. An appointment must be made in person by February 14, payment is due at this time. Results will be returned on Thursday, March 2 at 2 p.m. at the free lecture on Cholesterol.

CHOLESTEROL SCREENING
Resurrection Medical Center will be doing a blood draw at the Niles Senior Center for Niles Residents on Wednesday and Thursday, Feb. 16 and Feb. 17 from 7 a.m. to 10 a.m. For \$15 a cholesterol, HDL, LDL, and triglycerides will be done. You must fast for 12 hours and hold all medications that must be taken with food. Water is permitted. An appointment must be made in person by February 14, payment is due at this time. Results will be returned on Thursday, March 2 at 2 p.m. at the free lecture on Cholesterol.

WORKSHOP ON MEMORY, AGING AND ALZHEIMER'S
Memory, Aging and Alzheimer's Workshop is Thursday, Feb. 24, 2 p.m. to 3:30 p.m. Learn how to tell the difference between memory loss associated with normal aging and signs and symptoms of Alzheimer's, how Alzheimer's Disease is diagnosed, and community programs and resources available for caregivers. Free, but registration is required.

Alzheimer's Support Groups

- Northwest Continuing Care Center, 901 W. Kirschhoff, Arlington Heights 60005, 4th Tuesday - 7:30 p.m.
- Lutheran General Health Center, 761 Old Barn Road, Arlington Heights 60005, 2nd Wednesday - 7 p.m.
- Bethany Terrace, 3rd Friday every month. For further information call Anne Schuur, Director of Alzheimer Unit. Outsiders welcome, 847-965-8100.
- Regency Nursing Center, 6631 N. Milwaukee Avenue, Niles 60714, Last Wednesday - 7 p.m.
- Wagner Health Center, 820 Foster Street, Evanston 60201, Last Thursday - 1 p.m. 2nd Tuesday - 7 p.m.
- Kenton Building (Adult Children), 9701 N. Knox, Skokie 60076 4th Wednesday - 7 p.m.
- Rush North Shore Medical Center, (Spouses only), 9600 N. Gross Point Road, Meeting Room off cafeteria Skokie 60076, 1st Tuesday - 7 p.m.
- Resurrection Medical Center, Marion Conference Center, Sister Gregory Room, 7435 W. Talcott, Chicago 60631, 2nd Tuesday - 2 p.m.
- Central Baptist Home, 4750 N. Orange Avenue, Nauridge 60656, 2nd Saturday - 10 a.m.
- North Shore Senior Center, 7 Happ Road, Northfield 60093, 2nd Tuesday - 1 p.m.
- ManorCare Health Services, 4225 Kirschhoff Road, Rolling Meadows 60008, 2nd Saturday - 9 a.m.

Continued on Page 33



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Senior Seasons

Goldman Center marks 2000 with Mittens for the Millennium

Residents and staff at the George J. and Hannah Goldman Center are celebrating the New Year with a "Mittens for the Millennium" drive which will benefit needy children in the Skokie area. Donations of new and "gently used" gloves and mittens may be dropped into a collection box which is set up in the main lobby of the Goldman Center, 6601 W. Touhy Ave., Niles, through mid-February. Residents of the Goldman Center, a Jewish non-profit geriatric nursing center, will help sort and box the gloves prior to distribution to the Skokie area families. The Goldman Center staff, residents and their families are participating in this program in a joint effort with the Village

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Holiday Spectacular at Summit Square



Residents of Summit Square Retirement Residence in Park Ridge enjoyed a spectacular Holiday show featuring entertainers Brian James Fowler and his cast. The show included great songs from the 40's through today, comedy and audience interaction. Fowler, previously the Director of Chicago's "Taleo in the East Rogers Park neighborhood of Chicago. For more information about the center, please call 847-647-9875.

Innovative program provides financial security to seniors

All across the country, homeowners over the age of 61 are enjoying financial security through participation in the FHA-insured reverse mortgage program. This innovative program allows homeowners to draw tax-free income from their home equity without requiring monthly repayment. No longer do older homeowners need to compromise their standard of living in order to keep up with rising expenses.

For many Americans, the "golden years" are not very golden. Health care costs, home maintenance expenses and property taxes keep going up! For someone on a fixed income, it's often a challenge to keep pace. Now, thanks to the advocacy of the American Association of Retired Persons (AARP) and with the backing of the U.S. Department of Housing and Urban Development (HUD), the reverse mortgage program provides a way to supplement their income.

A reverse mortgage is a safe financial alternative enabling older homeowners to remain in their homes for years and enjoy a secure retirement. Reverse mortgages enable older homeowners to access the built-up home equity in their home with repayment of the loan deferred until they no longer live in the home. Proceeds from the program are tax-free and can be received monthly, in cash or a credit line can be established.

Historically, income qualifications have prevented many older adults from qualifying for traditional loans. Until recently, many of these homeowners were forced to sell their homes and move in order to cover their expenses. The reverse mortgage program does not have any income, asset, credit or employment standards.

While there is no restriction on the use of the money, quite often the cash is used to pay off a current mortgage, to pay the property taxes and insurance and of course, to travel.

Seniors often worry that the expense of homeownership will force them to lower their standard of living. This is a choice that older homeowners should not have to make. With the reverse mortgage program, participants now have access to additional cash resources without having to use their fixed monthly income.

To learn more, individuals can contact Jeffrey Meulien of the Reverse Mortgage Department at 800-950-3297.

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Senior Seasons

Golden Agers gently glide into the new Millennium



Rev. Arthur Olsen; Dorothy O'Neill, Sec.; Monsignor V. Edward Dugan; Pastor Thomas May; Dorothy Warman, Pres.

All the pretty wrapping and ribbons have been torn asunder, the presents laid bare to be enjoyed. Christmas carols have been read and reread and the luscious cookies and cakes gleefully devoured. Now dustballs of tinsel are floating about. Christmas ornaments are nestled snug in their respective boxes and the Christmas tree needles are not-so-lovingly nestled in the rugs. And the happy Golden Ager of St. John Brebeuf celebrated the 2000 New Year with nary a glitch!

All members donned their fancy duds and thoroughly enjoyed the club's Christmas fete. The food was dynamic-delicious and the singers and Little People were a delight - songs and antics and all! Of special note were the beautiful angel centerpieces, which scored a big ten.

Dorothy Warman, club president, appointed the following members to the nominating committee: Veronica Bonk, Dolores Uhlig, Myrtle Honis, Dorothy Miller and Walter Blake.

Club members will celebrate their "hearts" at St. Valentine's Day party on February 15. Then, on March 14, members will turn their party colors from red to green to honor St. Patrick at a party in his honor. Catherine McLaughlin, Helen Willer's granddaughter, will be celebrating the wearing of the green on the island of the green, Ireland, in March.

Silver bells will be tolling when the club celebrates its 25 anniversary in May.

January anniversaries include: Walter and Lorraine Beusse; Edwin and Jeanne Bielski; Joe and Betty Walsh. Happy anniversary to all!

Sunshine Lady Millie Licitra has been a busy lady, spreading her sunny beams for 20 years, keeping everyone informed about sick members. Thanks so much, Millie, for all the time you spent sending out cards and making telephone calls!

One of the most memorable occasions of 1999 was the visit

14,000-foot altitude, she is experiencing difficulty breathing) with a family who is treating her lovingly and kindly, just like a family member. Recently, Ericka witnessed a volcano and was moved to a safer area; the volcano was mild, however, and did little damage. Ericka is becoming very fluent in Spanish and last year she helped rebuild a village in Honduras that was destroyed by flood. She is also active in soccer and track. Her younger sister, Shari, visited her at Christmas time in Quito and together they visited surrounding countries. The girls' mother, Christine, teaches all eight grades to children who are disabled, physically and mentally, in a Bellevue hospital, which, she finds "rewarding."

Now that the new millennium occurred without a glitch, the Golden Ager are raising to enter the new century! Let's all hope for a happy and healthy 2000!

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Bethany Terrace developed one of the first programs for treating individuals with Alzheimer's and related disorders in 1984. Today, they provide expert care for the three stages of dementia-early, middle and late.

Carole and her brother, a physician, visit often and enjoy treating their dad to a chocolate sundae or ice cream cone in the Ice Cream Shop "Sweet Encounters."

Providing the optimum in care and warmth while daily meeting the medical, physical, emotional and spiritual needs of each of our seniors is what Bethany Terrace does best.

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.

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.

Senior Seasons

Resurrection Health Care's Senior Outreach Program seeks volunteers



Eighty-five-year-old Sarah "Sally" Plechocik shares her family photo album during a visit with her volunteer, Linda Ryan Bottom.

Resurrection Health Care is seeking volunteers who are willing to give a few hours of their time each month visiting a senior member of their community.

"Many seniors live alone at home, often with little social interaction. We match up a senior with a volunteer willing to make friendly visits two or three times a month, which helps alleviate feelings of loneliness, isolation

and depression that often exist among seniors," said Lynn Moynihan, Coordinator of Resurrection's Senior Outreach Program.

The program currently has about 40 volunteers, but more are needed from these areas: the northwest side of Chicago, Rogers Park, Park Ridge, Harwood Heights, Norridge, Niles, Skokie and Evanston. These communi-

ties are served by Resurrection Medical Center and Our Lady of the Resurrection Medical Center in Chicago, and St. Francis Hospital in Evanston.

Training for volunteers is held at several locations. Anyone interested in becoming a volunteer for the Senior Outreach Program is urged to call Moynihan at (773) 794-8482.

Senior Citizen Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in his department's Senior Citizen Law Enforcement Academy to be held at the Olympia Park Field House, 6566 N. Avondale, in Chicago, beginning February 7.

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.

Top officials from Sheahan's Office will conduct the eight-session Academy. Each speaker

provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness, the Emergency Management Agency, functions of the Cook County Jail, and more.

The Academy at the Olympia Park Field House will meet Monday mornings, 9:30 - 11:30 a.m., through April 10, when all participants will be honored at a graduation ceremony and reception. The Sheriff's Office offers the program free of charge to all seniors living in Cook County.

For more information or to register for the Senior Citizen Law Enforcement Academy at the Olympia Park Field House, please call the Sheriff's Office at 773-869-7725.

Rosewood appoints Rabbi Victor H. Weissberg

Rosewood Care Center in Northbrook has named Rabbi Victor H. Weissberg as religious consultant to the 147-bed skilled care facility. He joins a group of distinguished chaplains of all faiths and denominations who serve the spiritual needs of Rose-

wood guests and their family members. Rabbi Weissberg melds his training as a rabbi and psychotherapist into a passion for chaplaincy that has enriched the lives of many. This respected leader in the Jewish community is rabbi emeritus of Temple Beth El in Northbrook, where he has served as senior rabbi and rabbi emeritus for more than 45 years.

He received his bachelor's degree from the University of Chicago and his master's and doctoral degrees from Hebrew Union College. He received a master's in counseling from the University of Cincinnati and has taken additional psychotherapy courses and training at the University of Chicago, Alfred Adler Institute and the Finch University of Health Sciences of the Chicago Medical School.

At the Rosewood, he enriches the lives of guests by drawing on the liturgy and songs of their Jewish heritage. Rabbi Weissberg warmly welcomes immediate and extended families to the Friday religious services and is available to discuss emotional spiritual issues involved in the care of an ill or aging relative.

In line with the Rosewood philosophy of keeping guests active and involved, the rabbi will have different groups from the community at large join shabbat dinners, holiday celebrations and religious services. He also offers personal prayers and meditation to residents, drawing upon his personal belief of the importance of faith in healing.

He will also orient the staff of the Rosewood to Jewish customs, foods and traditions. Located at 4101 Lake Cook Road, the Rosewood Care Center specializes in rehabilitative and Alzheimer's care. For more information or a personal tour, please call (847) 562-1770.

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Maine Township Seniors February events

Maine Township Seniors have planned a full schedule of activities during February, including a special Valentine's Day luncheon.

The ongoing "Armchair Trav-el" series continues with "The Surprising Netherlands: Amsterdam and Beyond" on Friday, February 25. No passports or long flights necessary, as this program will be presented at the Heritage, 800 River Road in DesPlaines. Another session will be on Thursday, February 3 at the Olympia Park Field House, 1700 Ballard Road in Park Ridge.

Doors open at 12 noon on both dates, with games limited to 100 people and beginning at 1 p.m. Cost for sweet rolls and coffee is 50 cents.

Valentine's Day will be the theme for February's "Happy Valentine" luncheons, scheduled for February 8 at 12 Noon at the Crystal Palace (formerly Britanica) at 2648 Dempster, Des Plaines and February 9 at the Chateau Ritz, 9100 Milwaukee, Niles. Seniors will enjoy vegetable soup, stuffed chicken breast with wild rice in orange sauce, green beans with mushrooms, Parisian potatoes and a special Valentine's sundae. Cost for each luncheon and gratuity is \$11.75 for members and \$12.75 for guests as space is available. Reservation deadline is Monday, January 31.

Contact the Maine Township Seniors if you'd like to take "A Closer Walk With Patsy Cline." Deluxe transportation will leave the Golf Mill parking lot at 8 a.m., February 16 for a trip to enjoy the Fireside Chuck Wagon Buffet and a musical show of Patsy Cline's super hits, including "Crazy," "Sweet Dreams," and "A Closer Walk With Thee," among others. Transportation will return attendees to the Golf Mill lot at approximately 6 p.m. for reservations, show and lunch pricing, contact Maine Township Seniors, 847-297-2510.

On Thursday, February 17, seniors can enjoy an educational and exciting slide presentation "Wings Over America," from 10 a.m. to 11 a.m. at the Town Hall, 1700 Ballard Road, Park Ridge. 50 cents per person will cover coffee and light dessert, and you must preregister. Seniors will enjoy a light hearted program about

scams from the comfort of your chair. Cost is \$2.50 for members, and \$3.50 per guest. Space is limited and reservations are required.

MaineTownship Seniors offers free membership and new members are always welcome. Applicants must be 65 or older and provide proof of residency within the several communities that make up Maine Township. To receive membership applications or information about any Maine Township Senior activities, call Senior Services Director Sue Neuschel or Majora Stiller at 297-2510.

For a brochure listing all of the programs, seminars and tours available, including registration information, call the Emeritus office at (847) 635-1414.

Courses . . .

Continued from Page 24 the last three years and have their correct Social Security number on file may register by the Touch-Tone telephone system at (847) 635-1616.

Tuition is \$42 per credit hour for district residents under the age of 60; \$21 per credit hour for residents age 60 and over; and \$126 per credit hour for out-of-district Illinois residents. Additional fees may apply, depending upon residency, enrollment status and course requirements.

For a brochure listing all of the programs, seminars and tours available, including registration information, call the Emeritus office at (847) 635-1414.

Civic Center Sr Men Niles Brunswick Bowl

TEAM	STANDING	W	L
1. #14 Skaja Terr #2	78	34	
2. #22 Cafe Bravo	72.5	39.5	
3. #20 JF Barbershop	65	47	
4. #6 Minelli Bros.	64	48	
5. #18 MCH	64	48	
6. #3 Tramar	63	49	
7. #2 Alliance	60	52	
8. #7 Colonial FH	59	53	
9. #4 Heatmasters	59	53	
10. #5 Colonial	59	53	
11. #15 Skaja #1	57	55	
12. #21 Miners	56.5	55.5	
13. #1 Monarch Burg.	54	58	
14. #16 Callero & Cantino	53	59	

TEAM	STANDING	W	L
15. #12 Malec & Sons FH	52	60	
16. #17 FDR Post 523	50	62	
17. #10 John Bello	48	64	
18. #13 Candlelight Jwlr	47	65	
19. #9 Stone Farm WAS	43	67	
20. #11 ReMax	45	67	
21. #19 Penny's Team	42	70	
22. #8 North Shore Motor	39	73	

"HOT SHOTS"
Ray Munges 570
John Zawistowski 556
Art Boruta 547
Don Spitzer 542
Larry Pasdora 541
Todd Bavaro 532
Fred Spiezia 523



COMPASSION AND COMFORT... CLOSE TO HOME.

When you need skilled nursing care for a loved one, you look for a facility close to home — and hope you choose the best. With Glenview Terrace, you get the best. For over 20 years, our level of expertise, commitment and compassion have brought you and your family the very best in skilled nursing, rehabilitative and Alzheimer's care.

Our philosophical approach, "Care with the human touch," goes beyond any state-of-the-art technology found at Glenview Terrace to the heart of our care — our dedicated and highly professional staff who treat each resident as an individual with unique and special needs. Each of our levels of care — intermediate, skilled, sub acute, exceptional and Alzheimer's — enable us to offer the precise medical services needed for any situation.



And, Glenview Terrace has received the highest level of accreditation from the Joint Commission on Accreditation of Healthcare Organizations — Accreditation with Commendation. Only the top four percent of all nursing homes throughout the country receive this recognition.

You need not compromise compassion and comfort so that your loved one is close to home. Call Glenview Terrace at (847) 729-9090.

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1511 Greenwood Road
Glenview, Illinois 60025
Telephone: (847) 729-9090

Warren Valsa brings his passion for paleontology to St. Andrew Home

"The history of this planet is contained in the rocks throughout the earth," says Warren Valsa of Chicago's Northwest Side. Valsa's lifelong interest in paleontology has led him to pursue extensive training as a volunteer at the Field Museum's Life Over Time exhibit - and to share his love for the earth's history with the residents of St. Andrew Home in Niles on a wintery afternoon.

Valsa, a recently retired engineer for Lucent Technologies, was inspired to speak at the retirement home by a story he saw in the *Chicago Tribune* last year about the wish of a 77-year old cancer patient: the man wanted to hold dinosaur bones. Recognizing that most social programs in retirement homes are aimed at women, Valsa decided to get involved.

"Some of the rocks in Canada and Australia are over two billion years old," Valsa explains to his audience, describing how fossils found in layers of sedimentation tell the story of the earth's history. "We can't date the sedimentation," he says, "but we can date the material from volcanic actions that happened over the millions of years on this planet."

Soliciting a couple of volunteers from the audience, Valsa unfurls a 10-foot long "time-line" representing the history of the earth. "The earth formed about 4.6 billion years ago," Valsa explains, pointing to a mark on the far left edge of the tape. The next mark on the tape is nearly nine and a half feet away. "Here's where the first multi-celled animals started to form, about 600 million years ago," he says. Valsa shows the audience a piece of coral that existed 420 million years ago, obtained from the Thornton Quarry south of Chicago. He explains how life evolved from the sea, from fish to amphibians to reptiles to the dinosaurs who lived 150 million years ago. The audience's attention is drawn to Valsa's collection of dinosaur replicas and fossil bones, which Valsa explains in careful detail. But the people at the St. Andrew home seem most intrigued by Valsa's tale of a paleontological dig in which he participated in July 1996.

Valsa was part of a research team that traveled to Montana in search of fossils of small creatures that co-existed with dinosaurs. The team, which included scientist Rick Blob of the University of Chicago and Matt Carrano of the State University of New York at Stony Brook, collected 3,000 pounds of material. After carefully screening the material, the team brought back 300 pounds of disarticulated material to the Field Museum. The team discovered a new frog species, which was later documented in a scientific paper authored by Rick Blob. But Valsa's most memorable event on the trip was becoming engaged to one of his fellow team members, Mary Moreau of Chicago. Valsa and his wife share their love of paleontology. Paleontology is a whole sub-culture," laughs Mary Moreau. "It has its own paraphernalia, its own heroes, its own gear, tackle and trim."

St. Matthew Lutheran Home
A caring community of older adults
St. Matthew offers quality care and services tailored to the needs of individual people.

- * Long-term nursing care
- * Short-term rehabilitative care
- * Joint Commission Accredited, Medicare Certified and State Licensed

Located in a peaceful residential neighborhood adjacent to Lutheran General Hospital.
1601 N. Western Ave. * Park Ridge, IL 60068

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

A program of Lutheran Social Services of Illinois

George Washington Never Slept At NORWOOD PARK HOME
But thousands of others have. They came and they stayed. Now you can also. To see why so many seniors chose Norwood Park Home for their new residence
Come To Our Open House
Wednesday, January 26, at 2:00 p.m.
Receive a personalized tour of our Assisted Living Rooms, Suites and other accommodations, have coffee (complimentary mug) and cookies with us and take home a complimentary dinner (lunch) coupon for future use at Norwood Park Home. Free blood pressure screenings by Hospice of the North Shore.

NORWOOD PARK HOME
6016-20 N. NINA AVE. CHICAGO, ILLINOIS
(773) 631-4856
Visit Us At
www.norwoodparkhome.org

BRINGING IN THE MILLENNIUM
Celebrate the Millennium at 6:30 p.m. on Thursday, Jan. 20 at the Prairie View Community Center. The party includes a delicious meal and entertainment by One Man Orchestra, Arkady Bodner. It will be a festive evening and a great way to say "hello" to the year 2000 and beyond. The cost is \$16 for residents, and \$19 for non-residents. Register at Prairie View, or call Catherine Dean at the Morton Grove Park District, 965-1200.

TRIP PREVIEW
The Prairie View Travel Club is planning a Toronto Rail Adventure from June 5 to 9. The trip will be previewed at 12:30 p.m. on Monday, Jan. 24 in the Prairie View Community Center. This exciting train ride will be aboard VIA Rail's high-speed L.R.C. train to Toronto, Niagara-on-the-Lake, Niagara Falls and Windsor, plus so much more. Call Catherine Dean at the Morton Grove Park District, 965-1200, to reserve a space at the preview.

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 screenings are available from 9 to 10 a.m. on Tuesday, Jan. 25 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

MAIL SHOPPING
Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Jan. 25 should call today to reserve a seat on the bus. Home pick-ups begin at 10 a.m. with arrival at Golf Mill around 11 a.m. Shop and browse for three hours until the bus returns shoppers home at 2 p.m. Mail trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 to make a reservation.

TAKE TIME FOR THURSDAYS
Today's seniors are defying stereotypes about growing old. For many older Americans, maintaining a healthy sex life is an important part of their emotional and physical well-being. But for others, just talking about sex is difficult. To help, the Take Time for Thursdays program at 1 p.m. on January 27 at the Prairie View Community Center will be an education program on healthy sexuality sponsored by the National Council on Aging and Pfizer, Inc.

INCOME TAX RETURN FILING ASSISTANCE
Income tax return filing assistance is available free of charge for residents age 65+ who have low or moderate incomes that can be reported on basic IRS forms. Call the Senior Hot Line at 470-5223 for your personal appointment on a Monday, Wednesday, or Friday at the Morton Grove Village Hall Senior Center beginning Wednesday, Feb. 2. Appointment times are for either 9 or 10:30 a.m.

CHUNK OF CHOCOLATE
Be ready for a day of chocolate delight presented by Spangles Tours on Tuesday, Feb. 8. Discover the history of chocolate and learn about how this versatile ingredient is used in recipes beyond the dessert variety. Visit a popular bakery known for its wedding cake creations. There will be time for shopping and tid-bit tasting. Then feast on the eyes on unique chocolate designs at a north suburban specialty shop and learning about some unusual requests from customers. A special meal with a chocolate theme and a stop at a popular chocolate outlet shop will round out the day. The bus leaves the Prairie View Community Center at 9 a.m. and will return at 3 p.m. The cost is \$47 for residents, and \$53 for non-residents. Register at Prairie View.

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 February 10 through March 30 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.

Morton Grove Senior Citizens 470-5223

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Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION
The Niles Senior Center - 999 Civic Center Drive, behind the Village Hall - serves residents of the Village of Niles age 62 and over and their younger spouses. To register for classes, trips, purchasing tickets, etc., you need to be a member of the Niles Senior Center. If you are interested in obtaining additional Senior Center information - or you wish to become a member - please call or visit the Center and be placed on the mailing list. Membership is FREE.

COLLECTORS WANTED
The Niles Senior Center is planning a Hobby Collectors Show 2000 this Spring. If you collect or have a hobby, please submit your name, address and phone number by calling 588-8420. Remember the more participants, the better the show.

MEALS ON WHEELS DRIVERS
The Niles Senior Center is planning a Hobby Collectors Show 2000 this Spring. If you collect or have a hobby, please submit your name, address and phone number by calling 588-8420. Remember the more participants, the better the show.

JANUARY TICKET SALES
Ticket Sales began Wednesday, Jan 12 to all members. Call for ticket availability.

25th Anniversary of Disney on Ice Trip is Thursday, Feb. 10, from 9 a.m. to 3 p.m. at the United Center. After the show, enjoy lunch at the Como Inn. Choices from Cheese Ravioli or Chicken Parmigiana. Cost: \$28.50.

Evening at the Center - Leap Year Extravaganza is Tuesday, Feb. 29, 5 p.m. to 8:30 p.m. Meal served until 6 p.m., includes Honey Dipped Chicken, BBQ Beef, Baked Beans, Corn, Cole Slaw, Biscuits and Dessert. Then enjoy the Banjo Buddies Games and Bingo complete the evening. Cost: \$10.

Evening at the Center - The Pretenders is Thursday, Jan. 20, 5 p.m. to 8:30 p.m. Dinner (5 p.m. to 6 p.m.) is Italian Meatballs and Meatballs, Garlic Bread and Dessert. Our very own Pretenders will perform old time radio shows. Cost: \$6.

WOMEN'S CLUB MEETING
Women's Club Meeting is noon, Monday, Jan. 24. Following the luncheon for Women Club members, Ballroom City Dancers will entertain. Cost: \$2.

Holiday shopping at Glenview Terrace



Residents and employees of Glenview Terrace Nursing Center enjoy the opportunity to do a little holiday shopping set up for them on the first floor of the nursing home.

The Senior Connection

The Senior Connection is a weekly drop-in support group created for seniors so they can discuss issues related to aging, including retirement, loss of loved ones, physical changes, relationships, the changing world we live in, and other topics. This ongoing group is held on Wednesday mornings, 10:30 - 12 noon, at the Niles District office of Jewish Family and Community Center, Goldie Bachman Living Building, 5150 Golf Road, Skokie, Ill.

Experience the Summit Square Difference!



Enjoy meeting new friends. Our recreational activities are just one of the many amenities that make life at Summit Square different. Others include three excellent home-style meals a day, daily maid service, linens and the convenience of our chauffeur-driven automobile. For peace of mind, the services of a nurse and the Summit Plus Assistance Program are available.

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847 / 825-1161
10 N. Summit at Touhy • Park Ridge, IL 60068
Call to find out how different we really are!

Senior Seasons

Maine Township Seniors February Events

Maine Township Seniors have planned a full schedule of activities during February, including a special Valentine's Day luncheon.

There will be two opportunities to play bingo, at 2 different locations. First, bingo players can join the fun at 1 p.m., Tuesday, February 3 at Maine Township Town Hall, 1700 Ballard Road in Park Ridge.

Doors open at 12 noon on both dates, with games limited to 100 people and beginning at 1 p.m. Cost for sweet rolls and coffee is 50 cents.

Valentine's Day will be the theme for February's "Happy Valentine" luncheons, scheduled for February 8 at 12 noon at the Crystal Palace (formerly Brigantia) at 2648 Dempster, Des Plaines and February 9 at the Niles Seniors, 9100 Milwaukee, Chicago. Seniors will enjoy vegetable soup, stuffed chicken breast with wild rice in orange sauce, green beans with mushrooms, Parisian potatoes and a special Valentine sundae. Cost for each luncheon and gratuity is \$11.75 for members and \$12.75 for guests as space is available. Reservation deadline is Monday.

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Maine Township Seniors offers free membership and new members are always welcome. Applicants must be 65 or older and provide proof of residency within the several communities that make up Maine Township. To receive membership applications or information about any Maine Township Senior activities, call Senior Services Director Sue Neuschel or Majorie Stiller at 297-2510.

Many people do not cast their bread upon the water until it is stale.

Rosewood Care Center in Northbrook will host a free seminar on "Understanding and Caring for the Person with Alzheimer's" in cooperation with the North Shore Senior Center and Omnicare, Inc. The program for professional care givers will meet from 9 to 10 a.m. on Wednesday, January 19, and family care givers from 2 to 4 p.m. on Sunday, January 23.

All sessions will be held at the Rosewood Care Center, 4101 Lake Cook Road, Northbrook. A primary focus of both sessions will be on person-centered care, a new philosophy developed by Dr. Tom Kitwood in Bradford, England.

This philosophy looks at the person as having value and dignity and as deserving respect despite the level of cognitive impairment. It fosters well being by providing for the basic comfort needs of the person with dementia.

The seminar will feature speakers with a range of experiences in caring for Alzheimer's patients. In addition, participants will learn about the values expressed in Kitwood's popular

Rosewood Care Center sets Alzheimer's seminar

book, "Dementia Reconsidered." Lecturers and panelists include: Elizabeth S. Kessler, M.D., Neurologist, Medical Director for the Memory Assessment Program at Highland Park Hospital, Associate Professor of Clinical Neurology and Associate Professor of Clinical Psychiatry at the Chicago Medical School; Sharon Roberts, R.N., B.S.N., N.H.A., M.A., and the immediate past-president of the Greater Chicago Area Alzheimer's Association; Rabbi Victor Weissberg, Rabbi Emeritus of Temple Beth El in Northbrook, where he has served as senior rabbi and rabbi emeritus for more than 45 years; and Julie Lambertini, ACSW, LCSW, Director House Services, North Shore Senior Center, Northbrook. Dr. Kessler and Roberts are both serving as consultants to the new Alzheimer's unit and day program at Rosewood.

Rosewood Care Center emphasizes comprehensive therapy and professional care. The philosophy of the center is to conform to the needs of the individual, rather than having the individual conform to Rosewood.

For guests with Alzheimer's disease and related dementias, Rosewood seeks the best possible quality of life, maintaining close and open lines of communication with family members, physicians, physical and occupational therapists and other health care providers. A day program provides better support to Alzheimer's patients and their families.

Rosewood Care Center is particularly pleased to be involved with Alzheimer's education along the North Shore. Most families express interest in learning as much as possible about the disease and new philosophies of care," said Sheldon Novoselsky, Rosewood's administrator.

For more information or to register for the upcoming seminar, call Rosewood Care Center at 847-562-1770. Professional care givers attending the session will be eligible to receive Continuing Education Units.

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We are a full service, not-for-profit senior living residence. Located on 10 beautiful acres and close to public transportation. We boast comfort and convenience in affordable senior housing with a full range of amenities for one monthly fee:

- Single Rooms with Private Bathroom
- 3 nutritious Meals
- 24 hr. security service
- Full activity Program
- Daily Mass and Devotions

Call today for an appointment
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Staffed by the Pelican Sisters under the auspices of Catholic Charities



Senior Seasons

Diners enjoy spaghetti dinner at Norwood Park Home



Nearly 400 diners gathered at three seatings for the recent Annual Spaghetti Dinner at Norwood Park Home, 6016-20 N. Nina Avenue, Chicago. One of the many eager diners was Bill Michalski, who spoons his spaghetti while savoring the basket of fresh-baked garlic bread offered by Linda Krogger, admissions coordinator at the Home and an employee volunteer for the event. The dinner was staffed by many NPH employee volunteers and members of the Resurrection High School Key Club. A final food and beverage tally for the evening indicated that the volunteers prepared and served 120 pounds of cooked spaghetti, 15 gallons of sauce, 60 three-foot loaves of garlic bread, 86 liters of wine, 50 pounds of salad, 40 pounds of cheese and crackers, and 12 gallons of spumoni ice cream. Proceeds of the event, which netted almost \$4,000, will be put towards the Capital Campaign, "Building a Second Century of Tradition" to continue the Home's major renovations.

Commonly Asked Questions On Prescription Drugs

by Mary Jane Yarrington

Mary Jane Yarrington is a recognized expert in the field of Social Security and Medicare policy. She has been involved in Social Security issues for more than 40 years as a congressional caseworker and as a senior policy analyst for the National Committee to Preserve Social Security and Medicare, the nation's second-largest seniors group.

Q. What is this big debate over providing prescription drug coverage for Medicare beneficiaries?

A. Medicare was created in 1965 to provide seniors with the same access to quality medicine that was available to people enrolled in private health plans. Over the last thirty-four years, the delivery of healthcare has changed dramatically. Advances in biotechnology and other areas of pharmaceutical research have led to the development of prescription drugs for heart disease, diabetes, hypertension and other conditions common among beneficiaries. In some cases, prescription drugs can be a substitute for surgery; in others, it can postpone institutionalization. Prescription drug coverage needs to be part of Medicare if the program is to keep up with recent developments in American medicine.

Q. What does Medicare cover now?

A. Medicare Part B, the supplementary insurance available for a monthly premium, provides access to a limited number of prescription drugs (those drugs that cannot be self-administered, blood-clotting factors for hemophilia, certain oral anti-cancer drugs and certain immunosuppressive drugs used in the first year after an organ transplant). The wide array of new cardiac drugs, diuretics, psychotherapeutic drugs and gastrointestinal preparations so commonly taken by seniors are not covered by Medicare. Beneficiaries must pay for these drugs, which can be expensive, out of their own income.

Q. What can I do if I think that drug coverage for seniors is important?

A. Let members of Congress know that prescription drug coverage is a serious concern for you. Contact your two Senators and your House Representative to include prescription drug coverage in their legislative agendas. Members of Congress can be reached by calling the Capitol operator at (202) 224-3121 and asking for them by name.

If you need more information on this or any other senior issues, call the National Committee to Preserve Social Security and Medicare at (800) 966-1955.

Alzheimer

Continued from Page 25

ManorCare Health Services, 432 Poplar Drive, Wilmette 60091, 4th Wednesday - 7:30 p.m.

ManorCare Health Services, 3300 Milwaukee, Northbrook 60062, 3rd Saturday - 10 a.m.

The Claremont Rehab Center, 150 Weiland Road, Buffalo Grove 60089, 1st Saturday - 10 a.m.

Addolorata Villa, 555 McHenry Road, Parlor Room, Wheeling 60090, 3rd Tuesday - 7 p.m.

Hampton Plaza Health Center, 3777 Greenwood Avenue, Niles 60714, 2nd Tuesday - 2 p.m.

Kenton Building (Adult Children), 9701 N. Knox, Skokie, 4th Wednesday - 7 p.m.

Rush North Shore Medical Center (Spouses Only), 9600 N. Gross Point Road, Meeting Room off cafeteria, Skokie 60076, 1st Tuesday - 7 p.m.

GEORGE J. & HANNAH GOLDMAN CENTER
Skilled & Intermediate Nursing Care

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Niles, IL 60714-4562
(847) 647-9875

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- Rehab services 6 days/week
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- In house dialysis
- Wound management
- Medically complex care
- Secured Alzheimer/dementia unit

Admissions 24 hours a day / 7 days a week

Forest Villa Nursing Center
6840 W. Touhy Ave.
Niles, IL 60714

www.familycaremgmt.com

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847 647 8994

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#1 Monarch Burgl Alr	56	63		
#17 FDR Post 923	55	64		

What everyone should know about stroke

Every fifty three seconds, someone in the U.S. has a stroke, about 600,000 people each year. Stroke, also known as "brain attack," is the number three killer in America and is a leading cause of long-term disability.

A stroke is similar to a heart attack. It occurs when a blood vessel bringing oxygen to the brain ruptures or is clogged by a blood clot or other particle. Nerve cells in the affected area of the brain die in minutes. The part of the body they control can't function which can lead to disability or death. The dead cells aren't replaced.

"Stroke is a medical emergency. Warning signs include: Sudden numbness or weakness on one side of the face or body. Sudden confusion, trouble speaking or understanding. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, loss of balance or coordination. Sudden unexplained headaches.

Stroke is the number three killer of American women after heart disease and cancer. Over two million are living with the consequences of stroke which include: "Once simple tasks can become a huge burden. "Loss of feeling in arm or leg; diminished sight in one eye. "Inability to understand speech or say what they're thinking. "Inability to swallow or speak. "Inability to think clearly. "Lutheran General Hospital, Park Ridge, is a recognized leader in cardiology services, with 42 board certified or board eligible cardiologists, and 3 cardiac surgery catheterization labs, operating 24 hours a day/7 days a week, perform over 3,000 procedures each year with 2 physicians present at each interventional procedure to ensure that experience and quality are always provided. Surgery is performed in two operating rooms dedicated to cardiac surgery around the clock.

If patients have access to a 10-bed Cardiac Intensive Care Unit (CICU) and a 56-bed Telemetry Unit.

An entire range of the latest cardiac technology is offered: Electrophysiology (adults and Peds), Noninvasive Cardiac Testing, Pacing and Monitoring, Cardiac Rehabilitation, Adult and Pediatric Cardiac Catheterization and Cardiac Nuclear Imaging. Lutheran General Hospital cardiology research activities focus on nearly one dozen clinical trials, and quality assurance protocols for chest pain and congestive heart failure provide full treatment plans resulting in reduced readmission rates for patients.

In 1998, Lutheran General Hospital performed invasive cardiology procedures that included 1,400 adult and pediatric catheterizations, 700 interventions, and 270 adult and pediatric electrophysiology studies.

Non-invasive testing included 6,165 nuclear cardiology, 28,410 ECGs, 540 Holter monitoring, 230 Transesophageal Echo, 975 Stress Echo, 8,500 adult and pediatric Translucence Echo.

USE THE BUGLE

GOLDENFACTS

On long-term care insurance... Long-term care, or nursing home, insurance may not be worth it for you. Your assets and income are most likely to determine your need for it.

The tax angle: Some long-term care policies premiums are deductible and some are not. Check with your agent. The cost of long-term care are deductible, though Congress is debating details. Long-term care costs are far greater than a deductible, of course.

Who needs it? If your income is small (in the \$15,000 per year range) and you have small assets, the answer likely is no. Medicaid will kick in once your finances are exhausted. Middle-income people have a tougher choice deciding between high premiums or retaining their assets. Women are more apt to need long-term care insurance. Individuals (double amounts for couples) with incomes above \$20,000 and large assets (\$75,000 or more, probably should take the insurance. If premiums will be less than 10 percent of your income, you probably want the insurance.

SOURCE: United Senior Health Cooperative, (800) 837-2604, Washington Post

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Sports / Park & Library News

Good Nutrition Leads to Good Performance on Playing Field

Young athletes wouldn't try to play baseball without a bat or football without a ball, so why try to participate in athletic activities without the body's proper equipment - good nutrition.

"Taking care of the body with proper diet can significantly help performance on the playing field," says Deborah Rees, R.D., supervisor for a USDA Team Nutrition grant awarded to the Illinois State Board of Education. Rees helped create a nutrition web site as a resource for students, parents and teachers. It can be found at www.kidseatwell.org.

One way to assure young athletes get proper nutrition is to follow the USDA's Food Guide Pyramid. The Pyramid illustrates the food groups that make up a healthy diet, and how much of each food should be eaten in a day. Following this guide is crucial to achieving a balanced diet with the proper combination of vitamins, minerals, protein and carbohydrates for optimum athletic performance.

Many student athletes believe that before a game they should eat only foods high in carbohydrate. However, making a habit of focusing only on carbohydrate can be dangerous for pre-teenage or teenage children because their bodies are still growing and need a wide variety of nutrients.

When the day of the big game comes around, it is actually the foods athletes have eaten in the last week that will provide the bulk of the energy they need to perform well. However, when and what athletes eat before exercise can help performance too. Ideally, athletes should try to eat a meal with lots of carbohydrate and moderate amounts of protein and fat at least three hours before exercise. If that's not possible, athletes can consume a smaller meal of juice, fresh fruit and a grain food, such as bread, bagel or an English muffin up to two hours before. Juice and a

Oakton off to fast start in conference Basketball

The Oakton Community College men's basketball team never gave Waukegan Community College a chance to show it is supposed to be among the elite teams this season in the Skyway Conference.

Instead, the Raiders were very unfriendly hosts on Jan. 6 when they rolled out to a 47-20 half-time lead on the way to an 86-61 victory. That win, coupled with an 82-69 decision over College of Lake County on Jan. 4, allowed Oakton to start the league season with a 2-0 record (12-6 overall).

The Raiders made seven three-point baskets in the opening half, including three by Davis Robinson. The 6-foot-2-inch guard scored 16 of his game high 27 points in the first period. Teammate Aaron Arz tallied 14 of his 24 points during Oakton's impressive first half. Russell Robinson (10 points) also scored in double figures.

In the victory over College of Lake County, Arz (20), Russell Robinson (20), Davis Robinson (15) and Murad Abusayyah (10) Raiders managed a 42-31 half-time advantage.

Inspirational Athlete of the Year Award

The recipient of the 1999 March of Dimes Inspirational Athlete of the Year Award will be 17-year-old Elk Grove High School senior Andrew (Drew) Shulman.

The award will be presented at the annual FOX Sports Net Sports Awards dinner to benefit the prevention of birth defects, Wednesday evening, January 26, 2000, at the Chicago Hilton & Towers, 720 N. Michigan Ave.

Recipients of this award are chosen by members of the FOX Sports Net Awards committee. To be considered for this award, the recipient must have been born with a birth defect and have noticeable achievements in sports. The recipient must be a resident of the Greater Chicago Area and may be of any age or gender.

Drew, the son of Nancy and Randy Shulman, was born without a left hand. Following his birth, the defect was determined to be hereditary.

Involved in sports since the 4th grade, he has been a starter on both the football and basketball teams at his school, and voted in by his teammates as captain.

For more information, contact Ed Schultz at the March of Dimes, or Jeff Nujch at FOX Sports Net.

USE THE BUGLE

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School News

Oakton Community College

Foreign language classes

Broaden your knowledge of other cultures by learning a new language. Classes offered by Oakton's Alliance for Lifelong Learning (ALL) begin the week of Jan. 31 at times and locations convenient to your schedule.

Basic language classes that build vocabulary, pronunciation and other fundamental skills are offered in Chinese I (Mandarin) (LCH B01), French I (LFR B01), German I (LGE B01), Hebrew I (LHE B01), Italian I (LIT B01), Japanese I (LJA B01), Russian I (LRU B01), and Spanish I (LSP B01).

For information about ALL foreign language classes, including registration, fees and requirements, call (847) 982-9888, press #3.

Safeguard your health

The Alliance for Lifelong Learning (ALL), the continuing education program partnered by Oakton Community College and district high schools, is offering a variety of classes this spring that focus on health and well-being.

Self-Hypnosis (PSY E01-01, Touch-Tone 13723) will help you to discover your potential and to enhance your self-image

by learning techniques of self-relaxation. Others have used these techniques to deal with smoking and weight problems, improve their athletic performance and cope with chronic medical problems. This seven-week class meets from 7 - 10 p.m. on Thursdays, beginning Feb. 10, at Glenbrook South High School, 6000 W. Lake Avenue, Glenview. The course fee is \$149.

ABC's of Herbs (HEA E65-01, Touch-Tone 10107) examines various herbs and their medicinal properties. This class meets from 7 - 10 p.m. on Wednesdays, Feb. 16, at Niles North High School, 9800 Lawrence, Skokie. The course fee is \$29.

Yoga I (PED S10) introduces the East Indian system of meditation and relaxation that uses controlled skillful movement to increase flexibility and promote well-being. There are two eight-week sessions of this class beginning soon. PED S10-02 meets from 7:30 - 9 p.m. on Wednesdays, beginning Feb. 2, at Niles North High School, 9800 Lawrence, Skokie. The course fee is \$120.

Writing for Children (COM E68-01), Touch-Tone (8763) focuses on creating an original

work for children. Learn about story generation, researching, marketing, agents and contracts. This seven-week class meets from 7 - 9:30 p.m. on Tuesdays, beginning Feb. 1, at Niles West High School, Oakton & Edens Expressway, Skokie. The course fee is \$135.

Advanced Short Story Writing (COM E89-01, Touch-Tone 08935) examines various story forms, styles and techniques through writing practices and discussions of student stories and other selected readings. Refine your short-story writing skills in a workshop format. This eight-week class meets from 7 - 9:15 p.m. on Thursdays, beginning Feb. 3, at Maine East High School, 2601 Dempster Street, Park Ridge. The course fee is \$135.

Other writing and communications classes beginning soon include English Grammar Refresher (COM B12), Public Speaking (COM B02), Sign Language I (COM B08) and Sign Language II (COM B03).

Students may register for ALL classes by mail or by FAX at (847) 635-1445. Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may

register by using the Touch-Tone system at (847) 635-1616. Both the Touch-Tone and FAX methods require payment via a major credit card (Visa MasterCard or Discover).

For more information about these classes and for a complete brochure of ALL courses, call (847) 982-9888, press #5.

Arts and Communications Whether you're interested in pursuing a certificate in Web Design or Makeup Artistry, taking classes on Duke Ellington, stand-up comedy or making your own documentary, Columbia 2 has something for you.

The continuing education division of Columbia College Chicago, Columbia 2 will launch its Spring 2000 semester on February 14. In addition to 11 certificate programs, courses are offered in advertising, appraising, art & design, business, creative writing, film, journalism, marketing, mortgage banking, multimedia, music, performance art, photography, public relations, publishing, radio, speech, television, theater and writing.

To receive a free catalog or for tuition and registration information, call 312/244-8190 or visit the website at www.colum.edu.

School News

Northwestern Business College's College Excel program

Starting Jan. 24, 2000, Chicago's high school students will have the opportunity to earn college credits while advancing their high school education through Northwestern Business College's College Excel program.

College Excel was designed by Northwestern Business College and Chicago Public Schools to provide successful and motivated high school juniors and seniors the opportunity to earn college credits and explore career possibilities.

Participating students will attend college-level courses two or three afternoons each week at NBC's north campus, 4829 N. Lipp Ave., Chicago, or south

campus, 8020 W. 87th St., Hickory Hills. Transportation will be provided by the individual high schools.

Participants will be eligible to earn up to 16 college credits, get a head start completing their associate of science degrees from NBC and qualify for a \$500-per-quarter scholarship upon successful completion of the College Excel courses and enrollment in an NBC degree program.

Access to NBC's support services, including career and academic advisement resources, tutorial support programs and use of the college's computer labs and libraries, is an additional

benefit of College Excel. To qualify for College Excel, students must be in their junior or senior year of high school with the following: a minimum GPA of 2.5; a passing score on Northwestern Business College's entrance exam; good attendance; a commitment to hard work and a desire to achieve.

College Excel offers courses in administrative assisting, computer information systems, hospitality management, medical assisting, paralegal and travel and tourism. The registration deadline is Saturday, Jan. 15, 2000. For more information or to register for College Excel, call (800) 682-9113.

District 63 Spaghetti Dinner

The District 63 Education Foundation will be sponsoring a Spaghetti Dinner on January 28, 2000. This fund raising event is designed to bring families together during the height of winter to enjoy the pleasure of a hot and nutritious meal while enjoying the music of the nationally renowned Gemini Junior High School Jazz Band. The Jazz Band will perform two sessions, with the first set to start at 6 p.m.

Because of limited seating in the Gemini Junior High School Cafeteria, advanced ticket purchases are "the thing to do."

Tickets can be purchased at any of the District 63 school buildings until Wednesday, January 26, 2000. Thereafter, tickets must be purchased at the door on the evening of the dinner. Meals will be served starting at 5 p.m. through 7:30 p.m. Prices for tickets are as follows: Adults - Advanced Sales - \$6, At the Door - \$7; Children - Advanced Sales - \$4, At the Door - \$5; Children Age 5 or under - FREE. At the Door - FREE.

The menu for the Spaghetti Dinner will consist of: Tossed Salad, Fruit Cup, Garlic Bread, Cookie, Spaghetti, Coffee/Milk

Juice Machine, Soft Drinks can purchased.

Raffles and door prizes will also be available to provide attendees a chance at winning a variety of selected gifts. The District 63 Education Foundation originated to create revenue which can be donated to the East Maine School District 63 Board of Education for the support of educational materials, equipment and supplies. The Foundation's current goal is to purchase technology equipment for each school. The Spaghetti Dinner will be one of many fundraising events which will be sponsored by the Foundation, and which will be scheduled during coming months. The aim of the Foundation, and which is to create a high degree of community involvement through participation at these events. Further information regarding additional fundraising events will appear in local newspapers as the event nears its scheduled occurrence.

For more information, or if you have any questions, call Mr. Walter Korpan or Dr. Robert W. Varga at 847-299-1900.

NEU named one of nation's leading universities in Templeton Project

One of Northeastern Illinois University's (NEIU) academic programs has recently been selected as one of the best in the nation in the book, The Templeton Guide: Colleges That Encourage Character Development, published by the John Templeton Foundation.

The book, designed for students, parents, and educators interested in personal growth at the collegiate level, praises NEIU's Curriculum Infusion

program for the way it brings information about the dangers of alcohol and drug abuse into the classroom. Drug prevention content is made a part of the course work in courses across the curriculum. For example, a business management course may address ways in which alcohol and drug use by employees negatively affects workers and greatly increases business costs. A sociology course may study the impact of alcohol advertise-

ments that target college students. Or, a chemistry course may include a unit on fetal alcohol syndrome.

This federally-funded project, under the guidance of NEIU Sociology Professor Ron Glick, one of the founders of Curriculum Infusion, was piloted at Northeastern and has since been developed nationally with successful programs at such campuses as Colorado State, DePaul, Roosevelt, North Park, and Shenedoah Universities.

District 71 News

Preschool Screening & Kindergarten Registration: Culver School will offer Preschool Screening and Kindergarten Registration on Friday, January 28th from 8:15 a.m. to 1:45 p.m. and Saturday, January 29 from 8:15 a.m. to 11:30 p.m. by appointment.

This free program is held to assess a child's general development and to detect any problems or delays in the areas of reading, motor skills, vision, hearing and/or speech and language development. The screenings are strongly recommended because educational difficulties or delays can be identified early and special services can begin before a child starts kindergarten. If the screening identifies educational needs, services are available in the township.

Registration is now being taken for 3, 4, and 5-year-old children living in Niles School District 71. Appointments can be scheduled or questions answered by contacting Mrs. Panko or Mrs. Koyach at 966-9280, ext. 120. Monday through Friday between 8:30 a.m. and 3:30 p.m.

Parents will need to present proof of residency such as a tax bill, rental or purchase agreement or utility bills (electric, gas, or phone). Student Council Kindness and Justice Challenge

Culver students will take part in the Kindness and Justice Challenge Program from January 17-28. This is a program that schools across the country are participating in. During these two weeks students try to live out the values taught by Dr. Martin Luther King. Some of these values are: responsibility, compassion, non-violence and moral courage. Trying to live out these ideals can be difficult and challenging but by working together we can all improve our interactions within our home, school and community.

Northeastern Illinois University is a comprehensive state university serving more than 10,000 commuter students. It is located at 5500 North St. Louis Avenue in Chicago.

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7. Check and Fill Battery Water	17. Check Your Hoses
8. Check and Fill Window Washer Fluid	18. Check Your Seals
9. Check Transmission Fluid	19. Check Your Belts
10. Check Air Filter	20. Check Your CV Boots

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Ferrari Club of America supports hospice

Park Ridge residents Mike Epifanio and his wife Pam annually host an event at their home for the Ferrari Club of America, an opportunity for membership to gather and enjoy each other's company and celebrate each other's Ferrari's. This year, the Epifanios decided to shine some light on the local hospice organization that cared for Mike's father last year until his death in June 1998.

With more than 60 Ferrari's on display - all red with the exception of one black - it was difficult for anyone who passed by not to notice a fiery display of red Ferrari's. And with the backing of the Park Ridge Police Department,

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D061327 on the JAN. 03, 2000. Under the Assumed Name of K. B. ELECTRIC with the business located at 7918 N. OCONTO AVENUE, NILES, ILLINOIS 60714. The true name(s) and residence address of owner(s) is: KAROL BISKAK, 7918 N. OCONTO AVENUE, NILES, ILLINOIS 60714

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, February 7, 2000, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- 00-ZP-1 Jayant Parekh
55 Stacy Court
Glenview, IL
Requesting a change in zoning from R-1 PUD to R-1 PUD Special Use to open a convenient store with ice cream and sandwich shop with 20 seats at 9194 Golf Road.
- 00-ZP-2 Clara Lee
5036 W. Payne
Skokie, IL
Requesting a change in zoning from B-2 to B-2 Special Use for video rental at 8526-J Golf Road.
- 00-ZP-3 Harold J. Hicks
Madigan & Getzendanner
30 N. LaSalle St.
Chicago, IL
Requesting a variation for reduction in required number of off street parking spaces from 1,584 spaces to 1,469 spaces, for a total 28% variation to parking at 5600-5760 Touhy Avenue, Pointe Plaza Shopping Ctr.
- 00-ZP-4 Harold J. Hicks
Madigan & Getzendanner
30 N. LaSalle St.
Chicago, IL
Requesting a change in zoning from B-2 to B-2 Special Use for restaurant at 5618 Touhy Avenue, New China Buffet.
- 00-ZP-5 Harold J. Hicks
Madigan & Getzendanner
30 N. LaSalle St.
Chicago, IL
Requesting a change in zoning from B-2 to B-2 Special Use for restaurant at 5720 Touhy Avenue, Starbucks Coffee.

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.



Maine Township residents Mike and Pam Epifanio, hosted a Ferrari Club of America event and named Rainbow Hospice as beneficiary. The event raised \$600 for Rainbow Hospice in appreciation of the Ferrari Club of America, Mrs. Shirley Epifanio, Mike's mother, and Dana Russell, Arlington Heights resident and Rainbow Hospice social worker who had served the Epifanio family while Mike's father was ill.

streets were blocked off to thru traffic due to the dozens of Ferrari's parked on the curb. Through this event is not held to be a fundraiser, the Epifanios decided to connect the two important organizations and name Rainbow Hospice as the beneficiary for this event. In all, the event raised more than \$600 for Rainbow Hospice which will be used for patient care needs not covered by the Medicare hospice benefit, Medicaid, or private insurance. The Epifanios have expressed their desire to do this on a "bigger and grander" scale next year.

"This is a wonderful gift for the patients and families served by Rainbow Hospice," said development director Dave Samson.

LEGAL NOTICE

VILLAGE OF MORTON GROVE
Cook County, Illinois
2000 Tree Trimming Program
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 "2000 Tree Trimming Program". Bids will be received up to the hour of 10:00 a.m. Local Time, on the 10TH day of February 2000, at the office of the 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, there is no fee for participation. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue Plans, 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 20th day of January 2000.

David O. Erb
Finance Director
Village of Morton Grove

Russell commented, "Mike and Pam were very gracious hosts, the food was delicious, the guests down to earth and friendly, and Mike's dad was definitely there in spirit," she added.

Park Ridge-based Rainbow Hospice serves terminally ill patients and their families. Last year, more than 80% of these patients were served in their own homes. Rainbow Hospice is affiliated with Advocate Health Care and Resurrection Health Care. Rainbow Hospice is a nonprofit, community-based organization with a mission of enabling people to cope with loss and the end of life.

For more information on Rainbow Hospice or how to use your own family traditions to benefit local nonprofit organizations, please call Dave Samson at (847) 692-8882.

People . . .

Continued from Page 4

ings. Each rental building would be inspected for code violations, and if repeated violations were found, the city could revoke or suspend the landlord's license. Could this problem solving approach be applied to the absence landlord situation as it exists in the Courtland Park area? It might be feasible for our Code Enforcement Department to contact Mr. Wolinski and/or the Evanston City Council. This could be a giant step in cleaning up a changing neighborhood.

Sincerely,
Robert Schultz
Niles.

LEGAL NOTICE

Sealed bids will be received until 11:00 a.m. on Tuesday, February 8, 2000 at Culver School District 71, 6901 W. Oakton Street, Niles, Illinois 60714 which bids will be opened at 11:05 a.m. on Tuesday, February 8, 2000, at Culver School, 6901 W. Oakton Street, Niles, Illinois 60714 for:

Purchase of Food and Cafeteria Supplies for the Months of March, April, May and June, 2000.

Bid specifications may be picked up at Culver School, 6901 W. Oakton Street, Niles, Illinois 60714 beginning January 19, 2000 between the hours of 8:30 a.m. and 3:30 p.m.

The Board reserves the right to reject any and all bids.

Mary Krueger
Secretary, Board of Education
Eugene H. Zaleski
Superintendent

SCORE offers workshops during February

SCORE, the volunteer counseling arm of the Small Business Administration, will conduct five subject specific workshops during the month of February. These specialized sessions are detailed but condensed into half day sessions. In addition, a full day workshop designed for people going into business will also be conducted during the month.

FREE ON-SITE COUNSELING AVAILABLE
SCORE also offers free confidential counseling daily, Monday-Friday from 8:30 a.m. to 1 p.m. No appointment is necessary. A Business Information Center is also maintained which contains excellent reference materials and computers. If you would like more information on SCORE counseling, its eleven locations or workshops, call (312) 253-7724 or visit our website at <http://www.scorechicago.org>

ON-SITE IRS TECHNICAL SPECIALIST
An IRS specialist is also available at SCORE's Chicago office from 9 a.m. to 1 p.m. every Wednesday and Thursday to answer tax related questions. Small business tax forms and publications are also available. Visit the Small Business Administration Information Center (BIC) at 500 W. Madison, Suite 1250, Chicago. No appointment or fees are required.

TUESDAY FEBRUARY 1: HOME BASED BUSINESS:
What you need to know to get started. Overcoming the obsta-

Jewel-Osco employees complete 200,000 volunteer hours

Jewel-Osco announced that its employees had completed a collective 200,000 hours of community service, doubling their original goal for the past 12 months. A target of 100,000 hours of service was set as part of the Jewel's 100th anniversary activities, which began just over a year ago.

Jewel-Osco employees volunteered in a gamut of community service activities including organizing school fundraisers; visiting the sick; teaching children to read; coaching children's athletic teams; running errands for the elderly; serving the less fortunate at soup kitchens and planting flowers at nursing homes.

During the 200,000 hours employees spent giving to the community, they could have swam the length of Lake Michigan 120 times, or walked the distance from Florida to Alaska 100 times.

Activist training seminar

On Saturday, Illinois Citizens for a Sound Economy (CSE) and the National Federation of Independent Republicans (NFI) will host an Activist Training Seminar in Chicago. The seminar will discuss ways for citizens to become active in the political process and make their voice heard.

Activist Training Seminar, Illinois CSE Director Joe Wiegand, Saturday, January 22, 2000, 1 p.m.-3 p.m., Shell Park Center, 3505 North Southport Avenue, Chicago, IL.

The forum is free and open to the public and the media. Those planning to attend should phone (815) 522-2040 to confirm seating.

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Your United States Congress

Can you imagine working at the following Company? It has a little over 300 employees with the following statistics: 29 have been arrested on drug-related charges, 8 have been arrested for shoplifting, 21 are current defendants in lawsuits. In 1998 alone, 84 were stopped for drunk driving. Can you guess which organization this is?

It's the 535 members of your United States Congress. The same group that perpetually cranks out hundreds upon hundreds of new laws designed to keep the rest of us in line.

Watch For our New Section "Real Estate Source Guide"
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BY JEFFREY CARDELLA
Special to The Bugle
PUBLIC SERVICE ADVERTISEMENT
Edward Jones: Free Yourself From Taxes

Did You Know?
A person in the highest federal, state and local tax brackets in New York City loses almost one-half of his investment yield to taxes (sources: IFDS Web site, www.ifds.com). It's no secret that taxes can eat up a considerable amount of the interest you earn on your investments. So how can you keep more of the interest your investments earn? Tax-free investments are a great way to lighten your tax burden while further diversifying your portfolio.

Municipal Bonds
A common approach to tax-free investing is the individual municipal bond. These bonds are issued by state or local governments to build roads, airports and hospitals, among other things. Interest earned on municipal bonds isn't taxable by the federal government. Additionally, if you purchase a bond issued by your municipality or state, it may be free from state and local taxes. Typically, a minimum investment of \$5,000 is required, and your tax-free interest is paid semiannually. One of the key advantages of individual municipal bonds is that the interest rates are fixed, so you always know how much you'll earn.

Tax-Free Mutual Funds
If you want to diversify your bond portfolio but you don't want to buy a legion of individual bonds, you can purchase shares in a bond mutual fund. These funds normally invest in 30 to 100 municipal bonds, giving you instant diversification. And in most cases, your initial investment can be smaller than \$5,000. In addition, tax-free mutual funds pay you monthly income; however, the amount of your payment is not fixed.

Tax-Free Unit Investment Trusts
Maybe you're interested in instant diversification of a mutual fund, but you'd rather receive a fixed interest rate. Purchasing shares of a unit investment trust would be an option for you. With a unit trust, you get a fixed rate of interest and the added benefit of diversification in seven to 12 tax-free bonds. Plus, tax-free unit trusts pay investors a monthly check. They do, however, generally yield less than individual bonds.

It is important to note that tax-free mutual funds and unit trusts may be subject to the alternative minimum tax as well as state and local taxes. In addition, the return and principal value of municipal bonds, mutual funds and unit trusts will fluctuate based on current market conditions.

Taxable vs. Tax-Free
Because of the tax advantages they offer, tax-free investments often provide significantly more after-tax income than comparable taxable investments paying higher interest rates. The chart below compares the taxable yields necessary to match the return on tax-free bonds after payment of federal income tax.

Tax-Free Yield	Marginal Tax Rate				
	15%	28%	31%	36%	39.6%
4.0%	4.71%	5.56%	5.80%	6.25%	6.62%
4.5%	5.28%	6.25%	6.52%	7.03%	7.45%
5.0%	5.88%	6.94%	7.25%	7.81%	8.28%
5.5%	6.47%	7.64%	7.97%	8.59%	9.11%
6.0%	7.06%	8.33%	8.70%	9.38%	9.93%

(This example does not represent currently available rates.)
Because of the tax advantages they offer, tax-free investments often provide significantly more after-tax income than comparable taxable investments paying higher interest rates. The chart below compares the taxable yields necessary to match the return on tax-free bonds after payment of federal income tax. You can't afford to overlook the benefits of tax-free investing. If you want to free yourself from taxes, remember, you have three ways to save: municipal bonds, tax-free mutual funds and tax-free unit investment trusts.
Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.

Home Style

Rediscovering The Joys Of Wallpaper

Wallcoverings are making a big comeback in the world of decorating. A great way to transform a plain room, wallpapering is so simple anyone can do it. However, before you get rolling, you should invest in a good wallpapering book to help you get started. *The Complete Guide to Wallpapering* (by David M. Groff, Creative Homeowner Press) is a great choice for amateurs as well as seasoned paperhangers. This book covers wallpaper from A to Z, with information on how

to remove old or outdated wallpaper, the right way to prepare walls, using adhesives, and more. If you're interested in incorporating some wallcoverings into your home's decor, read on for some basics designed to help you get started. **Tools of the trade:** Fortunately, wallpapering is not a high-tech business, so you don't need a lot of complicated tools and expensive equipment for the job. Just like any home improvement project, you'll need the basics like

a ladder, dropcloths, hammer, nails, and measuring tape. Some specific tools you'll need include a paint scraper, drywall knife, scissors, caulk and gun, rollers, steamer (if applicable), sandpaper, and a level. **Choosing the right wallpaper:** Before you fall in love with a pattern, first consider the basic characteristics of the wallpaper. Does it come prepeeled, or do you have to fuss with adhesives? Is it heavy-duty, thick paper, or is it thin and untreated,

which makes it prone to rips and tears? Can you wash it with soap and water, or does it have to be professionally cleaned? If you're looking for the kitchen or bath, consider vinyl paper, which stands up to grease, moisture, and water. Fiberglass weaves are also a good choice, because they're highly durable, long-lasting, and won't burn, rot or mildew. **Preparing the walls:** Preparation is half the job. When it comes to hanging wallpaper, that statement couldn't be more accurate. However, it depends on the condition of the surface as well as the type of wallpaper you choose. For smooth, reflective papers, you need a flat wall with no holes. The thicker papers tend to do a better job of camouflaging imperfections. Be sure to do a complete job of clearing and cleaning before you get started. Remove all wall fixtures, pictures, and electrical switch plates. Thoroughly clean dirty or greasy walls with equal parts of ammonia and water. Repair any cracks or holes in the walls, and use sandpaper to remove small bumps, and to create a smooth surface. **Getting started:** Before you choose a starting point, remember to check where the most dominant part of the pattern will fall,

and whether you like the location. Be sure to have the seams of the paper lined up correctly. Cut the first strip according to the wall measurements, and leave a couple of inches for trimming along the top and bottom. If you need to apply adhesive, lay the strip (face down) on a flat table, dip a brush into the bucket of paste, and apply the adhesive to the back of the paper with a smooth and continuous motion. Let the wallpaper sit for 5 to 10 minutes, allowing it to expand, and the adhesive to penetrate into the backing. Align the first strip to the guideline you've marked on the wall, and smooth out the paper without trapping air bubbles underneath, working from the guideline edge. Align the patterns as you hang the second strip, and repeat. **Troubleshooting:** Whether you're a novice or experienced pro, mistakes can happen. A common problem is rips or tears in the wallpaper. If your problem is limited to a small area, you can easily repair it with a spot patch. Just cut a circle around the damaged area with a razor blade, and remove the wallpaper. Cut a clean piece of wallpaper, at least 1" larger than the diameter of the circle,

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Home Style

Fire sprinkler myths need strong dousing

Thanks to a gadget pioneered by a piano maker more than a century ago, the world is a much safer place today. **What is it?** The fire sprinkler. An American, Henry S. Parmelee, invented fire sprinklers back in 1874 to protect his piano factory. Today sprinklers are standard fixtures in virtually every occupancy type - from industrial plants to high-rises.

Sprinklers are even making themselves at home in comfortable suburban subdivisions. In fact, more than two hundred communities nationwide require sprinklers in detached single-family homes. **While sprinklers boast a 96.2% success record at stopping fires, misconceptions are keeping them from protecting more lives.** According to the National Fire Sprinkler Association, here are a few sprinkler myths that need to be doused.

Myth: Fire sprinklers all go off at once.
Fact: Each fire sprinkler is individually heat-activated. The majority of fires in sprinklered buildings are handled by one or two sprinklers. **Myth: Sprinklers discharge accidentally.**

Fact: Loss records of Factory Mutual Research indicate that the probability of a sprinkler discharging accidentally due to a manufacturing defect is only 1 in 16,000,000 sprinklers per year in service. **Established in 1905, NFSA is a trade association comprised of installers and manufacturers of fire sprinklers and related equipment and services.**

Wallpaper ...
Continued from Page 40
and make sure it matches the pattern correctly. Paste it over the circle, and make a double cut through the overlapped part of the top piece, following the pattern outline to conceal the seam. Remove the excess pieces from the patch. You should have a perfectly matched, invisible seam. **Creative Homeowner Press** is the premier publisher of high-quality, home improvement, decorating, and gardening titles. **CHP** books are available where fine books are sold. You can also order them direct by calling 1-800-631-7795 or via their website at www.creativehomeowner.com.

Heating, electricity assistance available as cold weather arrives

An unusually mild December may have lulled some people into thinking that cold weather would never come. It has, and with it comes those higher utility bills that can create real hardships for low-income families and those living on fixed incomes. **The Low Income Home Energy Assistance Program (LIHEAP)** has funds available to assist eligible households with one-time payments on their heating and electrical bills. Payments are based on household size and 30-day income and range from \$625 to \$491 for natural gas and \$106 to \$232 for electricity. Households who's utilities have been disconnected could be eligible for up to \$750 in additional Emergency Funds. Applications are being taken at Maine Township, 1700 Ballard Rd., Park Ridge. Call 847-297-2310 for an appointment.

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Home Style

Illinois taxpayers due IRS refunds

The Internal Revenue Service is still trying to return money to Illinois taxpayers that are due refunds on their 1998 federal tax return. The IRS announced in October that it is trying to find 3,643 taxpayers in Illinois who are due a total of \$2,414,436.57. Many of these people, who are owed on average \$662.76, have not yet contacted the IRS with their correct address so the checks can be mailed to them. The IRS says it is trying to find the correct addresses for the taxpayers who have not yet received their refund because of incorrect names and addresses or because the taxpayers moved and did not give the IRS or the U.S. Postal Service their new address. If you are due a refund and have not received it, call the IRS toll-free at 1-800-829-1040. The best way to avoid a lost, stolen, or undelivered refund is by having the money deposited directly to your bank account. If you should move after filing your tax return it is best to send the IRS your new address on Form 8822, "Change of Address."

It's better to creep along slowly on the right road, than to march confidently along the wrong.

Top romance expert dispenses free tips Online

Need some creative ideas for a date this weekend? How about a romantic, yet clever gift for your sweetheart's birthday? Michael Webb created a career selling his romantic ideas and advice, now he's giving them away for free. When Webb established *The Romantic* magazine in 1996, he gained instant notoriety and the title of "The World's Most Romantic Man." From the successful publication he spun off *The Romantic Syndicated Column*, which runs in more than 90 outlets worldwide. A collection of his ideas is being published in a book (*The Romantic's Guide: Hundreds of Creative Tips for a Lifetime of Love: Hyperion*), which will be available in January, just in time for Valentine's Day 2000. Now, Webb is adding the Internet to his romance empire. His website, *The Romantic's Guide* (<http://www.theromantic.com>), is consistently ranked among the most popular relationship/romance websites. The site is filled with all things creatively romantic, including tips on romantic dates, gifts, getaways, contests, proposals and more.

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Home Style

Web Watch

Four new agents join Century 21 McMullen
 You may care to look for these sites next time you're on the web: ePlay at www.eplay.com; eHobbies.com; Shop@AOL at www.aol.com; Jiffy at www.jiffy.com; Merck-Medco at www.merck-medco.com; The U.S. Postal Service, Know Fraud: www.consumer.gov/knowfraud; The Federal Deposit Insurance Corporation: www.fdic.gov; The Optical Society of America: www.osa.org; The Pampered Chef, Ltd.: www.pamperedchef.com; The Air Travelcard: air-travelcard.com; Kodak: www.kodak.com; The Air National Guard: www.ang.af.mil; Samba medical facts at: www.ang.af.mil; Elsevier: www.elsevier.com; The Medication Depression Center: www.medications.com; The American Association of Clinical Endocrinologists: www.aace.com; Woodside Biomedical: www.drugstore.com; The Dow Chemical Company: www.dowchemical.com; Santsa.com.

Four new residential real estate agents joined Century 21 McMullen at 6000 N. Harlem, Chicago. All graduated from real estate classes at this company's school then obtained their state licenses. Sandy Aksoy is also a registered nurse and spent the last 15 years in orthopedics, surgery and other specialties at Swedish Covenant Hospital. She always enjoyed home transactions and working with many varieties of people. Aksoy concentrates in residential real estate and is eager to help people buy and sell homes. She lives in Portage Park with her husband and three children. Kathleen Weiss Boyle spent 10 recent years in medical materials management. She purchased and supplies for surgery at Rush North Shore Medical Center in Skokie and worked with medical manufacturers beforehand. She was drawn to real estate by her uncle, Dennis Boyle, who also works at Century 21 McMullen. Kathleen Boyle is excited about real estate and wrote her first home contract on her second work day. She was born in Bucktown and raised in the Old Irving Park neighborhood in a home once owned by Clarence

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Home Style

Web Watch

married and lives in Des Plaines, Illinois. John Zedella previously served the health food industry, in his family business and with outside stores. He studied journalism and advertising at Southern Illinois University. He is now selling residential real estate and plans to add commercial business. Zedella is single and lives in northwest Chicago. Century 21 McMullen ranks among the largest real estate firms in Chicagoland. It is now 55 years old and located in the former Borg Flowers & Gifts building at 6400 N. Harlem, at Northwest Highway and Devon in Chicago. Telephone 773-631-8300.

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Arts & Humanities classes offered

Nurture your creative spirit this winter with a course offered by the Alliance for Lifelong Learning (ALL), the continuing education program partnered by Oakton Community College and district high schools. Whether your artistic tastes tend to drawing or handicrafts or theater, ALL has a class for you to enjoy.

Creative Vocal Coaching (MUS 525) helps you create your own vocal style with confidence. Two eight-week sections of this class are offered at Oakton's Des Plaines campus, 1600 East Golf Road: MUS 525-01 (Touch-Tone 12755), beginning Jan. 31, and MUS 525-02 (Touch-Tone 12765), beginning April 3. Call instructor Eileen Berman at (847) 674-0035 for a schedule of private lesson times. The course fee is \$180.

Introduction to Photography (ART 502-01, Touch-Tone 07407) covers the fundamentals, including different types of cameras, film and exposure length, light filters and the basics of black and white photography. Students will also learn about composition, framing and indoor vs. outdoor photography. This eight-week class meets from 7:30 - 10 p.m. on Tuesdays, beginning Feb. 1, at Glenbrook South High School, 4000 Lake Street, Glenview. A camera and its instruction leaflet (if available) should be brought to the first class. The course fee is \$160.

Japanese Shibori (ART C90-01, Touch-Tone 07377) teaches basic immersion dye techniques the "Shibori" way - by folding, pleating, wrapping and binding cloth tightly to prevent the penetration of dyes, resulting in beautiful and complex patterns. This five-week, introductory class meets from 7 - 10 p.m. on Thursdays, beginning Feb. 3, at Glenbrook South High School, 4000 W. Lake Ave., Glenview. Course fee is \$99, with an additional \$15 materials fee payable at the first class.

Other arts and humanities classes offered by ALL include Piano I (MUS B02) and Piano II (MUS B03), Oil Painting (ART C15), Gems and Gemology (ART C22), Enjoy the Symphony III (MUS E52) and Enjoy the Symphony IV (MUS E55), Calligraphy (TEC B62), Judaism: Its Beliefs and Celebrations (HIS E45), Graphic Design (TEC A17) and Blues and Boogie Woogie Piano Styles (MUS S35).

Early registration is recommended. Students may register for ALL classes by mail or by FAX at (847) 635-1448. Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register by using the Touch-Tone system at (847) 635-1616. Both the Touch-Tone and FAX methods require payment using a major credit card (Visa, MasterCard or Discover).

For more information about these classes and for a complete brochure of ALL courses, call (847) 982-9888, press #3.

Investigate career options at Oakton

Oakton Community College's Alliance for Lifelong Learning (ALL) is offering several workshops and classes to acquaint you with the skills and training needed to break into a new career.

Orientation to the Travel Agency Profession (OFF E11) is an opportunity for those interested in the travel profession to speak with an agency operator and teacher about employment opportunities with travel agencies and airlines. Two sections of this class are offered in spring 2000: OFF E11-01 (Touch-Tone 13157) meets from 7 - 9 p.m. on Tuesday, Feb. 1, at Niles West High School, 9600 Lawler, Skokie, and OFF E11-02 (Touch-Tone 13156) meets from 7 - 9 p.m. on Monday, April 3, at Niles North High School, 9900 Lawler, Skokie. The course fee is \$27.

Food Service Sanitation Supervision (BUS A50) prepares food service operators and employers for the certification examination required by the Illinois Department of Public Health. Topics include sanitary food handling, maintaining a safe environment and meeting state regulations. Students applying for this course should have a 10th grade reading and comprehension level. Two seven-week sections of this class begin soon. BUS A50-01 (Touch-Tone 08269) meets from 7 - 9:30 p.m. on Mondays, beginning Jan. 31, at Niles North High School, BUS A50-02 (Touch-Tone 08172) meets from 7 - 9:30 p.m. on Wednesdays, beginning Feb. 2, at Maine West High School, 1753 S. Wolf Rd., Des Plaines. The course fee is \$170, which includes the cost of the manual.

Other business and career exploration courses offered by ALL this spring include Waitress/Waiter Workshop (BUS S35), Introduction to Aviation Careers (TEC B02), Breaking into the Music Business (MUS S33), Market Your Small Business (BUS A79), Food Safety Refresher Course (BUS R99-02) and Getting a "Jump Start" on an Acting Career (BUS S39). Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register by using the Touch-Tone system at (847) 635-1616 or by FAX at (847) 635-1448. Both methods require payment with a major credit card (Visa, MasterCard or Discover).

For more information about these classes and for a complete brochure of ALL courses, call (847) 982-9888, press #3.

Annual Cinderella Ball at Niles Park District

It's that time again for Niles Park District's Annual Cinderella Ball on Friday, February 11. Girls are invited to ask the favorite man in their life (dad, grandpa, uncle or family friend) for an evening of fun.

Girls in grades Kindergarten through 6th grade will enjoy an evening of dancing to a live D.J., games, prizes, and refreshments. What a wonderful way to celebrate the Valentine's Day holiday. A flower and instant picture are included.

Event is held at the Niles Park District Howard Leisure Center Banquet Room from 7 to 9 p.m. Fee for this exciting event is \$20 per couple for residents, and \$25 per couple for non-residents (\$5 for each additional daughter). To register, come to the Howard Leisure Center, 6676 W. Howard St., or call for more details at (847) 967-6633.

North Central College President's List scholars

North Central College has named its President's List scholars for the 1999 Fall Term. To be eligible for the President's List, undergraduate students must maintain a grade-point average of 3.6 (4.0=A) for the term and be enrolled as full-time students. Part-time students are recognized at the end of each academic year if they meet the same criterion and have completed at least 8 credit hours, the equivalent of one term as a full-time student.

Area students are: Dnistry Bolyer and Jason Richard Widgus of Des Plaines; Michael John Doty of Glenview; and Mary Elizabeth Nuzzo of Park Ridge.

Sometimes how well you sleep depends on how little you lie.

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Cable ...

Continued from Page 1 name is Marty Michaels, is in Chicago's Cook County Jail pending the posting of his \$25,000 cash bond. His bond was reduced to \$250,000 from the original \$300,000 at a hearing in Skokie Jan. 10. Hoffman is accused of having sexual contact with one of the victims for a shorter time. He was allegedly involved with the second victim for a shorter time, according to Des Plaines Police Det. Kevin O'Connell. A local home and a Chicago hotel room are suspected of having been the scenes of the alleged molestations, O'Connell said. Hoffman was first questioned by Des Plaines Police Jan. 5 after the parent of one of the victims informed police of the child's accusations. During an interview of the victim at the Children's Advoca-

Dist. 63 ...

Continued from Page 1 County taxpayers were given the right to appeal for reductions in their taxes directly to the Property Tax Appeal Board. Prior to 1995, only downstate taxpayers had direct access to the PTAB, while dissatisfied Cook County taxpayers had to file their complaints with the Circuit Court of Cook County. The businesses seeking refunds for the 1998 tax year include Sears (\$36,000), Bradford Exchange (\$41,000), Klamont Properties (\$72,005), Kohl's (\$19,000), the Golf Mill Profes-

Explosion ...

Continued from Page 1 leased as yet. Officials are conjecturing that some residual powder, such as highly combustible magnesium which is used in gunpowder, may have been ignited by a spark from the new company-built machine, which employees were still trying to perfect, according to Bell. Bell said he doubted that there would have been enough magnesium left to cause a blast of the magnitude of the Jan. 12 explosion. He put forth a theory that a spark or flash may have ignited an overhead gas furnace in the workshop area. Niles Fire District Chief Ronald Derbes, however, ruled out the possibility of a gas explosion. Investigators from his department are focusing on several shell casings found at the scene, Derbes said. Workers in other plants in the industrial section of Niles were taking extra care this week to avoid any other accidents. Last week's explosion was the first mishap in Electronic Recovery Specialists' three-year history.

DeVry open house

An open house on career opportunities in technology-based business and electronics fields, as well as the educational programs offered at DeVry Institute of Technology, is scheduled for 1 p.m. Sunday, February 6, at DeVry's Chicago campus, located at 3300 North Campbell Avenue. The seminar will include a film on opportunities in technology-based fields as well as several discussion sessions during which DeVry representatives will answer questions on technology career opportunities and DeVry curricula, financial aid and career services. DeVry offers bachelor's degree programs in electronics engineering technology, computer information systems, telecommunications management, technical management, business administration and accounting as well as an associate degree program in electronics. DeVry Inc. is an international higher-education system. For additional information, contact the DeVry admissions office at 773/929-8500.

Council 9 Children's Christmas Party



The Children's Christmas Party on December 5, 1999, at the Polish Women's Alliance Headquarters was a huge success. It was sponsored by P.W.A. Council 9 and featured pictures with Santa, ornament and cookie decorating, lunch, gifts and caroling. The children ranged from 16 months to 14 years. The elf helpers were the adult members. Thanks were given to donations by Roman, Inc., Rosselle, J.F. Morrow & Sons, Inc., Chicago, Alverno Religious Goods, Chicago, Family Christian Book Store & Walmart-EK Grove, Sam's Club-Gurnee, Dominiko's Park Ridge & Niles, McDonald's & K Mart-Niles, the White Sox, Blackhawk, Dulles-Chicago, and individual group member donations at the party. Piano accompaniment and a Nativity video helped support the Christmas theme.

SIUC winter graduates

Southern Illinois University Carbondale held winter commencement ceremonies Saturday, December 18, at the SIU Arena. About 1,300 students are graduates from the SIU School of Law. Area graduates are: Shahzad P. Alam of Des Plaines; Steven L. Lundberg of Glenview; Sang Un Lee of Morton Grove; Cortney V. Brown, Victoria P. Heehler, and Timothy S. McGoohan of Northbrook; Andrea L. Cienkus of Park Ridge; and Honoy Mae L. Lee and Austin F. Schwartz of Skokie.

Census ...

Continued from Page 1 Census data is not shared with any government agency - including the IRS, IRS, or any state or local government agency. A complete count is important in securing funds from the US and State governments. In 1990, the Village of Niles was significantly undercounted. If this had gone unnoticed, Niles would have lost out on many State and Federal government dollars. A Complete Count will benefit the entire community. For more information on the US Census, contact the Village of Niles 388-8000 or the United States Census Bureau - 294-0540. Don't let yesterday's mistakes trouble you: our tomorrow's fears spoil your today. In 1985 as an assistant professor

Loyola announces new Departmental Chairs

Loyola University Chicago announces the appointment of five new department chairs: Faruk Guider, Ph.D., professor, information systems and operations management; Douglas Massengill, Ph.D., associate professor, management; Anthony Cardoza, Ph.D., professor, history; Patricia Heres, MFA, associate professor, fine arts; and John Peissero, Ph.D., professor, political science. Faruk Guider first joined Loyola's faculty in 1983 as an assistant professor of operations management. His research interests include quality and operations management, and inventory and distribution location solutions. Guider is a member of the American Society for Quality and an examiner for the Lincoln Awards for Excellence in Illinois. He holds a doctorate in quantitative analysis (1983) and a master's degree in production and operations management (1979) from the University of Wisconsin-Madison. Guider received his bachelor's degree in production and operations management from Ege University in Izmir, Turkey (1969). Patricia Heres has been a member of Loyola's faculty since 1990, after serving as a fine arts instructor, and later chairperson, at Mundelein College. Her research focuses on artists' books and her art exhibitions include the Woman Made Gallery, Masks and Magic and Design Elements in Children's Book Illustration. Heres holds a master's (1967) and bachelor's (1965) degree in fine arts from The School of The Art Institute of Chicago. John Peissero came to Loyola in 1985 as an assistant professor

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DESIGNER/SALON SMB Hair Salon - Experienced Designer Wanted - New Positions Available - Call 847-966-9999 Your credit is good with us. We accept Visa and MasterCard. Call: 847-288-1900	FOOD SERVICE FOOD SERVICE WAIT STAFF STOCK PERSON Full-time & Part-time positions available. Apply Monday - Friday 9:00 a.m. - 4:00 p.m. Full range of benefits for Full-time including 401k. Apply in person Monday-Friday 9 a.m. - 4 p.m. at: NORWOOD PARK HOME 6016 N. Nina, Chicago IL (near Northwest Highway, east of Harlem) EOE	INTERNET USERS Are You Connected? Internet Users Wanted! 530-8800/wk. 1-888-349-6728 or www.tobfree.net	MECHANIC Mechanics-Mfg. Co. in Morton Grove 5 yrs. hands on experience. Will repair machine and perform preventative maintenance. Electric and milling experience a plus. Full time with benefits. Call 847-966-8383	

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MAIL ROOM CLERK Leading electronics company is seeking a dependable and energetic person. Duties include collection and distribution of mail, filing, plus other clerical duties. It's an entry level position in our accounting department. Qualified candidate must have car for daily transportation of mail. Some computer experience preferred. We provide an excellent benefit program. Please send or fax resume with salary history to: Rauland-Borg Corporation Attn: General Accounting Department 3450 W. Oakton St., Skokie, IL 60076 Fax: (847) 679-0950	MEDICAL/HEALTHCARE RECEPTIONIST/ MEDICAL ASSISTANT/ VERSATILE X-RAY TECH Needed For Busy Medical Practice. Varied Medical And Office Responsibilities. Clerical, Reception, Typing, Insurance, Coding & Billing Experience Preferred. Must Be Flexible PM Hours & Saturday Northwest Side 773-777-2620	MEDICAL / HEALTHCARE Dialysis Technicians Dialysis clinic located in Melrose Park is seeking Full-Time Dialysis Technicians. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis and an excellent benefit package. Qualified candidates should contact: Fresenius Medical Care/ Neomedica, Inc. Human Resources Dept./ 312-654-2790 a drug free work place/EOE M/F	MEDICAL / HEALTHCARE Switchboard Operator Part Time Currently seeking candidates for a part time Switchboard Operator position. Candidate must be detail oriented and have excellent customer service experience. Prior switchboard experience would be helpful. For confidential consideration send/fax resumes to: DeepPATH Medical Associates 71 Waukegan Rd. Lake Bluff, IL 60044 Fax: (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE	MEDICAL / HEALTHCARE Human Resources Receptionists Exciting position available for a skilled Receptionist in a growing HR Department. Qualified candidate must be able to prioritize, juggle multiple tasks, have good communication and computer skills and be able to adapt to a changing environment. For confidential consideration send/fax resumes to: DeepPATH Medical Associates Attn: Human Resources 71 Waukegan Road, Lake Bluff, IL 60044 (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE
MEDICAL / HEALTHCARE CNAs Premier Northshore LTC facility seeks CNAs for all shifts - full and part time. Competitive salary and benefits. Transportation assistance available. Glenview Terrace Nursing Center 1511 Greenwood Road, Glenview, Illinois 60025 Call Helen: (847) 729-9090 Equal Opportunity Employer	MEDICAL/ACTIVITIES ACTIVITY AIDE Sunrise Assisted Living, the premier assisted living provider in the U.S., seeks a Part Time Activity Aide for weekend & some evening programming at our Park Ridge community. This position is responsible for the social & recreational needs of our Assisted Living & Alzheimer's residents. Must be flexible, creative & energetic. A dedication to seniors is essential. Please send/fax resume or apply in person - Sunrise Assisted Living of Park Ridge, 1725 Bellwood Rd., Park Ridge, IL 60064. FAX: 847-824-9864. EOE M/F/D/V.	HEALTH CARE/HOME \$ Signing On Bonus \$ CNAs and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park. Call for an appointment Monday-Friday. Ask for Mary or Linda. Genie Home Services, Inc. 847-432-9100	MEDICAL/ HEALTHCARE DENTAL ORTHODONTIST ASSISTANT Full-Time/Part-Time - Will Train Good Salary & Benefits Beautiful Northbrook Office Near I-90 (847) 272-7550	PHARMACY TECH. Pharmacy Technician DeepPATH Medical Associates is currently seeking Pharmacy Technicians. See our advertisement under "Medical Opportunity - Patient Advocate" or call (847) 535-8080 Try a classified! Call today!
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<p>PROFESSIONAL OPPORTUNITIES</p> <p>*WRITER Freelance For Suburban Newspaper Steady Work Fax Inquiries to Marti At: (847) 588-1911</p>	<p>RETAIL</p> <p>Men/Women Seniors Welcome Are You Tired Of Working 20k A Year? How Would You Like To Double Your Salary This Year? Are You A Cares? Do You Like Helping People? Are You Hardworking, Honest And A Team Player? We Offer \$1050 Fast Start Training Bonus, Medical, Dental, 401k, Stock Ownership, High Commission And Above All A Career. Don't Delay! Call Now! Elmwood Cemetery Call Bob: (708) 453-0273</p>	<p>TEACHER/ASSISTANT</p> <p>Corporate Child Care Seeking Teacher Assistant Teacher For Northfield child care facility Call: (847) 441-6777 For Interview</p>	<p>SALES</p> <p>NEW 2K PAY! 6 Months Experience - 30¢/Mile Top Pay 40¢/Mile DEDICATED Home Weekly</p> <p>STUDENTS MNC Professional Driver Academy Interest Free Loan Jump Start Lease Program Owner Operators Welcome M.S. CARRIERS 1-800-231-5209 EOE</p>	<p>ORCHESTRA Bill Porter is looking for vocalists with a background in swing, jazz and popular standards to work with his band. For more info, please send photo, resume and tape to: Bill Porter, P.O. Box 10032, Morton Grove, IL 60053 or call 847-679-8825</p>
<p>RESEARCH</p> <p>EARN EXTRA CASH Research Sessions Half-day to week-long activities occurring throughout the year 2000</p> <p>We are seeking participants in an exclusive research panel that will evaluate online business school courses. To qualify, you must hold a bachelor's degree, be familiar with word processing and spreadsheet programs, and be motivated to learn about business. Selected applicants will be compensated \$25 per hour. For more information about our company, please visit www.usnet.com. To apply contact Mary Lee via e-mail at lee@usnet.com Or fax response with resume and days/dates hours of availability to 847-405-5005</p> <p>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.</p>	<p>RESTAURANTS/FOOD SERVICE</p> <p>*WAITRESSES *WAITERS Part-Time/Full-Time Call Vince At: (708) 867-7770 VINCE'S RESTAURANT Harlem & Lawrence</p> <p>Barnaby's Restaurant Cashier And Pizza Makers Part-Time Days Or Evenings Call Carl or Larry (847) 967-8600</p>	<p>TRADES/DRIVERS</p> <p>SKB Hair Salon Experienced Designer Wanted New Positions Available Call 847-966-0686</p>	<p>CONTRACTOR</p> <p>COUNTER SALESPERSON HVAC Distributor. Knowledge industrial supplies and HVAC applications, non-smoking. Company has paid health benefits, physical and drug test required. Call HEINLEIN SUPPLY CO. 1-773-774-8616</p>	<p>DRIVERS</p> <p>Early Morning Delivery Part-Time or Full-Time READ DISTRIBUTION, INC. (847) 966-1560</p>

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<p>TELEMARKETING</p> <p>TELEMARKETING To Sell Advertising For Niles Newspaper 4 Days A Week/9 AM - 5 PM Must Have Experience Salary Plus Commission Call Beverly: (847) 588-1900</p>	<p>TRADES</p> <p>PAINTER Part-Time / 2 Evenings A Month! Light Painting For Offices Call Marti: (847) 588-1900</p>	<p>PERSONALS</p> <p>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. B.D.</p>	<p>TRADES / DRIVERS</p> <p>DRIVER Light Delivery in Niles Area. 2 Days A Week - Thursday and Friday Must Have Own Car. Call Beverly: 847-588-1900</p>	<p>PERSONALS</p> <p>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. B.D.</p>
<p>TRADES / DRIVERS</p> <p>DRIVER Light Delivery in Niles Area. 2 Days A Week - Thursday and Friday Must Have Own Car. Call Beverly: 847-588-1900</p>	<p>MISCELLANEOUS</p> <p>REAL ESTATE</p> <p>APARTMENTS FOR RENT 2 Bedroom, Hardwood Floors, Heat & Laundry Included, Oakton/Crawford. \$1100 847-674-1025 Or 773-908-6466</p> <p>Garden apartment in Niles - 1 bedroom \$600.00/month. Available now. 847-581-1174</p> <p>NILES - 7630 N. Milwaukee Ave. 1 Bedroom - \$600/Available Now 773-764-0802</p>	<p>PERSONALS</p> <p>Never Fail NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>	<p>CONDO FOR RENT</p> <p>GULF FRONT SIESTA KEY Beautifully furnished 2 bedroom, 2 bath Condo. Panoramic view. Available April 8 thru 28. \$1,000/week; after May 6, \$750/week. Call owner 841-928-2900 or 841-928-8711 evenings.</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>
<p>TRADES</p> <p>FAMILY FITNESS CENTER Part-Time Positions The Village of Niles Family Fitness Center is accepting applications for the following part-time positions: -Male Locker Room Attendants 12:00 - 6:00 p.m. Saturdays -Woman Locker Room Attendants 12:00 - 6:00 p.m. Saturdays & Sundays -Certified American Red Cross Lifeguards for the early morning shift Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714. For more information, call Tenna Mackey 847-588-8400 EOE m/f</p>	<p>CONDO FOR RENT</p> <p>LOREN SUICK/HYUNDAI 1620 Waukegan Road, Glenview 708-729-8900</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>	<p>TRUCK DRIVER</p> <p>NEED STEADY RELIABLE DRIVER to deliver construction related items. \$10-\$12/hour plus benefits. Phone 847-229-9694</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>
<p>IN-PLANT/LOCATION CABINET CLEANERS North Shore Company seeking motivated, well managed, energetic individuals with driver's license. Good wages for those who are ambitious. Benefits and overtime available. 773-743-1303</p>	<p>FURNITURE/ FOR SALE</p> <p>Business closing - Office Furniture for sale - large assortment - for information call 847-470-9655</p> <p>Contemporary Dining Room Set. Table With Pads, 4 Chairs + Hutch. \$800.00 Or Best Offer - Call 847-825-6034</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>	<p>HOUSEHOLD GOODS</p> <p>Cleaninghouse. Make your offer for: Miscellaneous luggage, pots and pans, record player, photo developer, clothes, baby, new 16" tv, electric coffee maker, commercial floor scrubber and polisher. Call for appointment: 847-677-1078</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Child, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say "St. Theresa, help me" each followed by "St. Theresa of the Child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it to others may offer it.</p>

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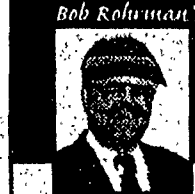
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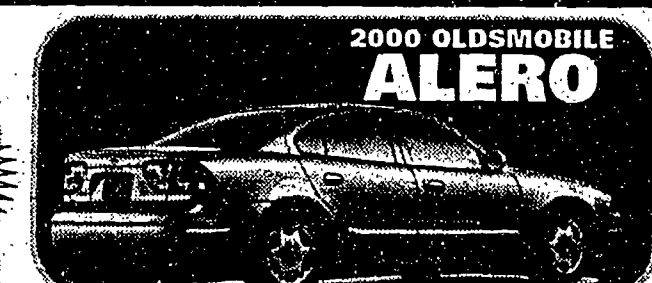
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