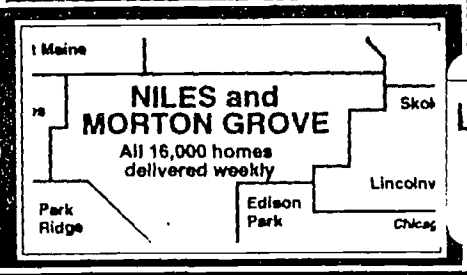


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THURSDAY, APRIL 26, 2001

VOL. 44, NO. 44

**Union a first for Niles Firefighters;
contracts to be established**

Niles Park District wants Tam Fitness Center

by Lisa Ashkenaz Croke

Seeking to find space for the Niles Park District's expanse of programs and activities, the Board of Park Commissioners unanimously approved an ordinance at this month's meeting to file a condemnation suit for the acquisition of the Tam Fitness Center located on the 7600 block

of Caldwell Ave.

Niles Park Director Joseph LoVerde explained that as a municipal body, the park district can seek to have property condemned under rules of eminent domain. If municipal acquisition of the property is deemed to be in the public

Continued on Page 46

National Anxiety Disorders Screening Day

Do you find yourself worrying all the time, being afraid in social situations, anticipating your next panic attack, feeling sad, having difficulty sleeping, trouble concentrating, or getting headaches

Continued on Page 46

Reappointments, raccoons and Abt

by Jeanine Kromer

It was wonderful to see some new faces at the Morton Grove Village meeting. A Call to Order, the Pledge of Allegiance, Roll Call, Approval of Minutes, no

Continued on Page 46

Niles - a place where kids count

by Lisa Ashkenaz Croke

As any parent knows, the adolescent years are the toughest. The physiological change for a child about to enter his or her teens can create volatility in even the most stable homes. The lack of resources for many schools to offer beneficial extracurricular activities often compounds the situation, and it's the child who suffers most when faced with diminishing outlets to expend their energy and share perspectives of this strange new world.

Community leaders in Niles have decided to do something about it.

In a joint effort between the Village and Niles Park District, a youth association has been formed for 6th, 7th, and 8th graders.

"There are a lot of kids out there with a lot of spare time on

Continued on Page 46

Niles Fire Department joins Teamsters Union

by Barbara A. Mendelsohn

Niles firefighters and department lieutenants will enter into future negotiations with the village as members of the Teamsters Union.

An election held 4/16/01 has resulted in a pass vote, according to Deputy Fire Chief Barry Mueller, who was told of a passing vote by the Illinois Labor Board, the body who oversaw the election.

Passage is based on a majority-plus-one count. That is, if 44 voters are in attendance, 23 yes votes are needed to pass.

A certified count will not be available until either Mon., Apr. 23 or Tues., Apr. 24, after The

Bugle's deadline.

Based on the reported result,

future negotiations between the

Continued on Page 46

Des Plaines mail carrier guilty of non-delivery

A postal carrier and Des Plaines resident pleaded guilty in federal court for failing to deliver mail over a 6-year period.

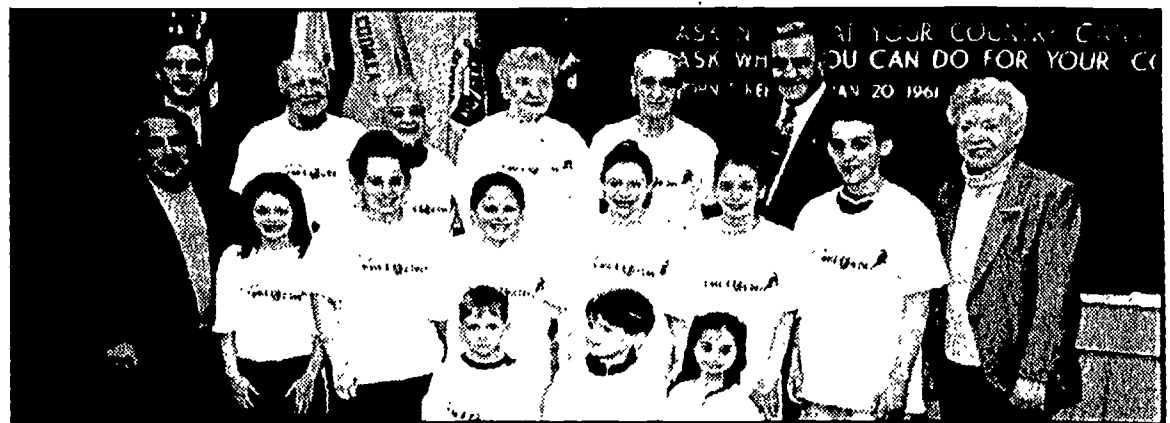
Robert Hudson, who worked out of the Des Plaines post office, came under investigation when a van he had parked illegally in January was approached by a police officer who noticed

bundled mail on the front seat and reported his sighting to postal authorities.

Hudson, 36, admitted that he had not been delivering all his mail, "to save time," according to charges. He faces up to ten months in custody, and sentencing is set for July 12. Hudson

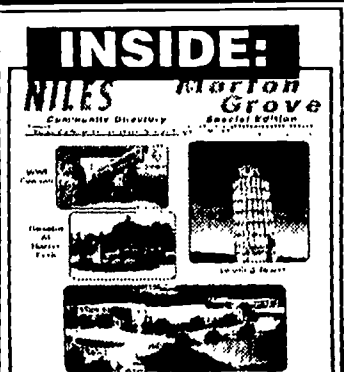
Continued on Page 46

Niles promotes Community Track and Field Day



Young and old alike were present at the March Village Board Meeting to promote the Community Track and Field Day. The event is sponsored by the Village of Niles, Niles Park District and Notre Dame High School for tots to seniors. The Community Track and Field Day will be held on Sunday, April 29, at 11 a.m., at the track and field stadium of Notre Dame High School. Everyone is invited to attend.

Shown - Top row (left to right): Carl Maniscalco, Director of the Niles Family Fitness Center; Ned Cappeloppo, Conchita Goldberg, Helen Sparkes, Paul Greco, and Mayor Nicholas B. Blase. Middle row: Joe LoVerde, Director of the Niles Park District; Erin Mueller, Jackie Begale, Kimberlie LoVerde, Katie O'Grady, Eric Papucci, Jeff Springer, and Elaine Helnen, Niles Park Commissioner. Bottom row: Matthew Infusino, Blake Kons and Alyssa Sinatra.

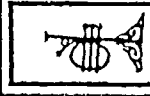


**Niles/MG
Community
Directory
Pages 13-20**

**Crossroads to
Health
Pages 21-28**

**Classifieds
Pages 40-44**

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



Comprehensive Health Screening in Morton Grove

A comprehensive health screening for adults (18 and older) will be offered by the Village of Morton Grove through MyHealthlink screening services from 7 a.m. to 1 p.m. on Thursday, May 3 in the Morton Grove Village Hall. Testing includes a blood chemistry profile (24 tests including HDL, LDL, total cholesterol), a complete blood count, blood pressure analysis, and coronary risk profile. Cost for the blood tests and analysis is \$45. An ultrasound bone mineral density screening measuring the calcaneus bone with the Sahara Sonometer will also be available for \$35.

Please call MyHealthlink at (847) 590-0200 to make an appointment.

Other tests available include: thyroid panel; ulcer/gastritis screening for H. Pylori bacteria; arthritic profile to screen for rheumatoid arthritis; menopause profile test of female hormone levels; PSA- prostate specific antigen to screen for possible prostate cancer; vitamin deficiency anemia profile testing iron, B12, and folic acid.

For further information and prices on additional testing, contact MyHealthlink at (847) 590-0200. Reservations are required.

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Mother's Day is May 13



It's not too late to make plans

This Mother's Day, show your mother how special she is by taking her to the "Best Sunday Brunch on the North Shore" with Pianist Paul Anton. Enjoy omelettes made to order; carved Prime Rib, Turkey and Ham; smoked salmon; peel and eat shrimp; pasta station; seafood station; breakfast and lunch items, salads; desserts; and more.

For more information, contact 847/982-5647

Reservations Required

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Estate Planning: Know the Terminology

Although thinking of one's own death is an uncomfortable task, many people agree that initiating some form of estate planning is prudent. However, some people may feel intimidated by meeting with an attorney to discuss their needs because of an unfamiliarity with the law. A good lawyer will discuss your available options in simple terms that a person with no legal training can comprehend. But you can also relieve some of that hesitancy by familiarizing yourself with legal terminology before meeting with a qualified estate planning attorney to discuss the appropriate choices for you. The following is a short list of common legal terms that may come up in an estate planning meeting:

Attorney-in-Fact: A person who is named under a Power of Attorney to act on behalf of another person.

Beneficiary: A person or entity that receives a benefit from an estate, trust or asset transfer vehicle.

Death Probate: The legal process used to assemble and transfer a decedent's assets to the intended beneficiaries and settle a decedent's outstanding debts.

Decedent: A person who has

passed away.

Donee: A person or entity who receives a gifted asset from a donor.

Donor: A person or entity who gifts an asset to another person or entity.

Estate: All the assets owned by a decedent upon his or her death.

Executor/Personal Representative: The person responsible for settling a decedent's estate.

Grantor: A person who transfers an asset to another person or entity.

Guardian of the Person: A court-appointed supervisor in charge of the care of a minor or incompetent person's physical well-being.

Guardian of the Estate: A court-appointed supervisor in charge of the care of a minor or incompetent person's financial well-being.

Testator: The creator of a Will.

Trust: A legal arrangement created to facilitate the transfer of property to a trustee for the benefit of a beneficiary.

Trustee: A person or entity named in a trust agreement to be

responsible for holding and administering the trust assets according to the terms of the trust.

Trustor: A person who creates a trust.

Will: A legal document used to transfer assets upon a decedent's death.

Take just a few minutes to familiarize yourself with this short list of estate planning terms and keep it handy for future reference. Lawyers generally receive four years of undergraduate schooling followed by a minimum of three years in law school in order to learn the law. A good lawyer will be patient with you and explain those terms that are unclear to you. Familiarizing yourself a little bit with the law can make your estate planning experience more comfortable. Be sure to meet with a qualified attorney specializing in estate planning who listens carefully to your particular needs.

Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 30 years. For more information or to attend an upcoming seminar, call (773) 631-2525.

Wolff's Flea Market outdoor season to open

Wolff's Flea Market will officially open its 11th season outdoors at the Allstate Arena in Rosemont, IL, on April 29. As in previous years, gates will open for vendors at 5:30 a.m., while shoppers will be welcome from 7 a.m.-3 p.m.

Wolff's Flea Market in Rosemont is the largest weekly all-outdoor flea market in Chicago, and one of the largest in the Midwest. It attracts about 500 vendors and 10,000 shoppers each Sunday through October.

The market has grown in both the average number of weekly shoppers and vendors each year since it opened in 1991, and David Wolff, co-owner of the market with his brother Donald, expects more of the same in 2001.

"Wolff's is known throughout the Midwest, and we get customers from across the region on a regular basis," he said. "We have become one of Chicago's best-known tourist attractions, which is important given our close proximity to O'Hare Airport and the airport hotels.

"Plus we're also easy to get to, with our convenient location at the intersection of two major interstate highways. All of this should add up to a new attendance record for us in 2001."

According to Donald Wolff, customers flock to Wolff's as much for the wide variety of mer-

chandise, as for the convenient location.

"Our outdoor market is a giant treasure hunt," he explained. "We have many vendors who sell with us on an ongoing basis, but we have at least 250 new vendors every week who bring in merchandise that hasn't been seen before. Not knowing what you're going to see each week is a big part of the fun, and is part of what keeps shoppers coming back."

At Wolff's Flea Market, shoppers will find both the things they need and the things they want. Among the items regularly on display by vendors are collectibles, antiques and garage sale items, as well as new merchandise including clothing, footwear, CDs, videos, tools, jewelry, electronics, books, packaged foods, produce and baked goods, sporting goods, personal care items, and much more.

"We like to say, 'If you can't find it at Wolff's, it probably doesn't exist,'" said David Wolff.

"Our vendors are constantly on the lookout for closeouts and overstocks. When they find such items, they bring them to our market. Our vendors also work on tighter margins than traditional retailers, because they don't have as much overhead. So, shoppers will find good quality items - many of them name brands - at bargain prices."

Donald Wolff added that the market's venue - the Allstate Arena - is another plus.

"We're blessed with the best facility for an outdoor flea market I've ever seen. The Allstate Arena has plenty of parking, clean rest facilities - no 'porta-potties' at Wolff's - and great food provided by the building's concession staff. Our customers tell us that the Allstate Arena is one of the things that sets us apart from other markets. We're grateful for the support and cooperation given us by the building staff, especially general manager Patrick Nagle."

As if this isn't enough, Wolff's also maintains an indoor location in Melrose Park, IL, just 10 minutes south of the outdoor location, on Mannheim Road at North Avenue. Much of the same can be found at the indoor flea market, plus a 20,000 square-foot antiques mall and specialty shows and events, including a monthly baseball card and sports collectibles show.

The indoor location is open both Saturday and Sunday. Doors open for vendors at 6 a.m., while shoppers are welcome from 8 a.m.-4 p.m. Shoppers can visit both locations for one price on Sundays only.

More information on Wolff's Flea Markets, Antique Mall and specialty shows can be obtained by visiting www.wolffs.com or by calling 847-524-9590.

Blase, trustees comment on their service

Mayor Blase has no aspirations to hold another office, according to an interview appearing in a local paper. Back in 1972, he says, he was defeated in a run for the House of Representatives. At the time, he just wanted to see what would happen, but now he's satisfied to focus on Niles and his job as mayor.

Along with Blase's 41 years as mayor, several village trustees have also racked up impressive tenures in office.

Trustee Bart Murphy has been on the job for 23 years; Louella Preston for 16; James Mahoney, Jr., 15; and Andrew Przybylo and Tom Bondi, each with 12 years. Robert Callero, the most recent member, was elected trustee in 1995.

Murphy, formerly the president and CEO of Bankers Life and Casualty Co., retired from that post in 1996 but stayed on as Niles trustee because he finds it challenging.

Murphy is proud that during his tenure the village built a new village hall, fitness center, senior center and public works facility—all without raising taxes. "Our goal has been to provide the best service to residents with the lowest taxes," Murphy has said.

Bondi, who was appointed to the office in 1989 and elected in 1991, served on the zoning board prior to serving on the board of trustees. Bondi says during his time on the board he has been amazed at the mayor's dedication to residents' needs.

Przybylo ran unsuccessfully for Cook County Board in 1986, but following his appointment in 1989 and subsequent election in 1991 like Bondi, he has not run for any other office. "I like being involved in a successful operation, and there are things to do yet," he says. He would like to see a youth center and more beautification.

Two Niles paramedics awarded

Callero ran to give back to the community he's lived in for 44 years, he said. He is an accountant whose business is located in Niles. He feels his expertise in accountancy helps keep the village's finances healthy and stable, which, in turn, keeps services high and taxes low.

While having long-term officers provides consistency, Blase sees a downside, a lack of opportunity to cultivate future leaders.

Blase did not comment on plans four years from now.

The Niles Fire Department commended members Tom Hendricks and Greg Schmidt for preventing widespread contamination and comforting young victims of a Hazardous Materials emergency.

Firefighter Paramedics Tom Hendricks and Greg Schmidt were recently awarded for their prudent medical treatment of young children and the prevention of widespread contamination during a recent hazardous material spill in Skokie. The pair were assigned to Ambulance 3 and dispatched to Skokie for children ex-

posed to mercury. While enroute they reviewed handling procedures for the material and upon arrival were told to transport several victims to Rush Medical Center by Skokie incident command. However, timing did not allow for extended contamination control procedures and no further assistance was available.

Without the benefit of extensive hazardous material training recognizing the possibility for widespread exposure to hospital staff, their vehicle or others they improvised modifying existing equipment.

Niles welcomes inspector from Germany



Niles Police Department welcomed Trainee Police Inspector Alexander Manthey (left) of the Berlin, Germany Police Force for a ride-along on April 8th, 2001. Manthey was here in the United States as part of an apprenticeship program from the University of Applied Science in Berlin, Germany where their inspectors receive their training. Shown with Manthey is Niles Police Department Sgt. John Hulinker.

Niles Senior Computer classes now in session

The Niles Senior Center is excited to announce new opportunities to participate in the computer classes. The Computer Lab in the center offers classes and open lab for those who wish to use the computers on their own time. Class registration for the summer session is Monday, June 4 at 8:45 a.m. Classes on sale include, *Pre-Introduction to Computers* (for those who have no previous experience on computers), *Introduction to Computers*, *Microsoft Word*, *Microsoft Word II*, and *Create your own Address Book Workshop*.

Special This Summer
This summer, the Center will

be offering a class on Tuesday nights beginning July 10, from 6 to 7:30 p.m. This will be an Introduction to Computers class. During this class, you will learn the fundamentals of Windows 98. The class includes instruction, handouts and lab time. Learn how to get your computer working for you!

Open lab will also be available Sunday, May 6, noon to 2:30 p.m.

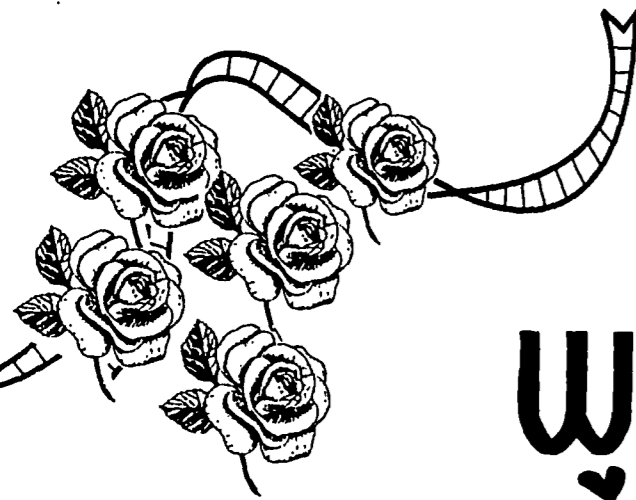
If you have any questions on future computer classes, please contact Jaymi at the Niles Senior Center, (847) 588-8420.

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<p style="text-align: center;">2000 MERCURY SABLE</p> <p style="text-align: center;">Auto, A/C, Moon Roof, PW, PL</p> <p style="text-align: center;">\$15,188</p>	<p style="text-align: center;">1994 LINCOLN CONTINENTAL</p> <p style="text-align: center;">Auto, A/C, Moon Roof, Green W/Tan Leather</p> <p style="text-align: center;">\$5,988</p>
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<p style="text-align: center;">1993 SUBARU IMPERZA</p> <p style="text-align: center;">AWD, Auto, A/C, Green.</p> <p style="text-align: center;">\$5,988</p>	<p style="text-align: center;">1999 LINCOLN TOWNCAR</p> <p style="text-align: center;">Only 13,000 Miles, White With Leather</p> <p style="text-align: center;">\$20,588</p>
<p style="text-align: center;">1999 CHRYSLER LHS</p> <p style="text-align: center;">Leather, Moon Roof, Alloy Wheels, Auto, A/C, 6 cylinder, Cruise, PL, PW</p> <p style="text-align: center;">\$19,588</p>	<p style="text-align: center;">1997 CADILLAC DEVILLE</p> <p style="text-align: center;">Auto, Leather PW, PL, Clean!</p> <p style="text-align: center;">\$15,988</p>



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<p>FRESH SPINACH 99¢ LB. 10 OZ.</p>	<p>3 DIAMONDS CHUNK LIGHT TUNA in water 59¢ 6 OZ.</p>	<p>SWEET BABY RAY'S BARBECUE SAUCE \$2.99 40 OZ.</p>	<p>RACCONTO ANGEL HAIR PASTA \$1.29 12 OZ.</p>

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CHURCH & TEMPLE NEWS

Our Lady of Ransom Upcoming Fun-Fest 2001

Our Lady of Ransom Parish, Niles will hold its 10th Annual Fun-Fest 2001, on the parish grounds, Greenwood and Normal Avenues, beginning June 20-24.

This year we will once again feature indoor air-conditioned bingo, a beer garden, carnival rides, nightly entertainment, our grand cash raffle, food and ware

vendors, and a silent auction. We will also have designated neighborhood community nights, where we will have residents of Niles, Park Ridge, Des Plaines and Parishioners be eligible for \$25 in Ransom Tickets to be used at the fest. There will be something for everyone to enjoy. For information call (847) 823-2550.

St. John Brebeuf celebrates St. Joseph Day

On Monday, March 19, St. John Brebeuf students and parish community, led by the sixth grade, celebrated the feast of St. Joseph with a special Liturgy. Along with Fr. May, pastor and celebrant, the sixth grade enthusiastically prayed and sang.

Andy Bishop proclaimed the first reading and Lauren Bronski the second. Aimee Nickerson, Paul Sidlowski, and Caitlin Bobos in the Prayer of the Faithful requested special intentions on behalf of the community. Throughout the Liturgy the sixth

graders lifted their voices in song and honored St. Joseph with a special song, "St. Joseph, Great Protector."

The community was reminded that St. Joseph, husband of Mary and stepfather of Jesus is the patron of the universal Church, workers, fathers, and the dying. He is also the patron of social justice.

Following the celebration, the students returned to class renewed in their admiration of St. Joseph, a caring and compassionate man.

JCC announces reorganization

The Board of Directors of the Jewish Community Centers of Chicago, a nonprofit social service organization founded in 1903, voted on April 4 to restructure the agency beginning July 1, 2001. Changes will involve reorganizing its seven neighborhood-based Centers into four regional service units and organizing the program areas of Early Childhood Education, Day Camping, Overnight Camping, and Jewish Education into JCC-wide service units.

"These changes were prompted by a number of basic realities that have been evolving over many years," said Board President Bruce Bachmann. "The geographic span of our constituency has broken through traditional neighborhood lines. Our programs and services have grown far beyond the ones reflected in our founding mission of acculturation of new immigrants, socialization and recreation. Lastly, our broad and growing social service and Jewish mission mandates that JCC increase its philanthropic support."

JCC currently has 15,000 members and serves about 1 million people annually. The four new regional units — North-

Northwest, Skokie/Rogers Park, Lakefront, and South Suburban — will develop programs for children, teens, adults and senior adults that have not been possible in the current JCC structure. The region will also serve a larger geographic area and Jewish population than in today's neighborhood limits.

Through the new JCC-wide service units, JCC executives expect that staff will be able to monitor industry trends more effectively as well as share resources and expertise. "On any given day, we serve 4,000 children in our early childhood program, and about that same number in our summer camps," said JCC General Director Avrum Cohen. "If you add to that the thousands we serve every week in fitness and sports, Jewish education, older adult travel, vacation day programs, cultural arts, and so on, you see the range of programs we offer and the age span of the people we serve. The reorganization will make our agency stronger and more responsible to individual and family needs that are much more complex than in years past."

"The benefits to our members will be new programs, more and

improved features of existing programs, and more innovation and quality throughout our organization," said Cohen. "We will be very careful not to weaken any of the relationships and service qualities that have prompted families to be part of JCC for multiple generations. We really have taken the best of JCC and made it better."

The planning process that yielded the recommended changes began more than a year ago and involved up to 50 staff and 100 volunteer leaders at various stages. As JCC of Chicago nears its second century of service, its volunteer leaders view these changes in the context of the agency's history. Bachmann explains that "we have never stood by and watched change happen around us. JCC is as strong as it is because we have always renewed the organization in different ways when we saw shifts in our communities and/or in the needs of our constituents."

One of the prominent goals of the Jewish Community Centers of Chicago is to provide Jewish individuals, and families increased opportunities for Jewish celebration, learning, and association. Through its program for children, teens and adults, JCC offers opportunities for people of all ages and interests to enrich and enhance their lives.

In addition to seven neighborhood based Centers located throughout the Chicago metropolitan area, JCC owns and operates 13 early childhood satellite sites, Camp Chi, an overnight camp in Lake Delton, Wis., and "Z" Frank Apache Day Camp in Northbrook, IL. It also administers the EZRA Multi-Service Center, a Jewish Federation-funded, emergency service center located in Chicago's Uptown neighborhood.

SJB Super Flea Market

St. John Brebeuf's annual Super Flea Market sponsored by SJB's Youth Ministry and Boy Scouts will be held on the school parking lot, 8307 N. Harlem, on Saturday, May 5th, from 9 a.m. until 3 p.m. Admission is 50¢. Food and beverages will be available throughout the day at nominal prices.

There are a few vendor spaces remaining. For information, call: Kathy Barnat, (847) 965-8730.

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.

—James Branch Cabell

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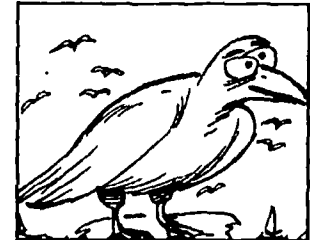
ERIC SKAJA
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MARK CIOLEK

Mother's Day Gift and Dining Guide

Jean Michel Cousteau to appear at Our World-Underwater

Jean Michel Cousteau, president of the Ocean Futures Society, will present his film "South Africa — White Shark Expedition" at the Saturday evening film festival during this year's Our World-Underwater Show. The show, which opens on April 27, 2001, at the Donald E. Stephens Convention Center, brings travel and diving operators from as near as the great lakes and as far as the South Pacific. 2001 marks the show's 31st year, as well as the 27th anniversary of the Our World-Underwater Scholarship Society.

Cousteau, son of the late ocean explorer Jacques Cousteau, is an award-winning film producer and environmental ac-



The state bird of Utah is the sea gull.

tivist. The Ocean Futures society was formed in 1999 through a merger of the Jean-Michel Cousteau Institute and The Free Willy Keiko Foundation. Its mission is to serve as a "voice for the oceans."

The Our-World Underwater Show features film festivals, workshops and seminars and showcases the latest in SCUBA diving technology and techniques. The exhibit hall will host more than 250 exhibitors, from worldwide vacation destinations through dive tour operators and equipment manufacturers.

Our World-Underwater provides an ideal weekend activity for families, giving them an opportunity to plan Summer and Winter vacations and experience new activities. It runs from Friday, April 27 through Sunday, April 29 at the Donald E. Stephens Convention Center (formerly the Rosemont Convention Center).

Another highlight of the show is the "Try Scuba" attraction. Kids 5-7 can try SAS (Supplied Air Snorkeling for Youth);

Kids 8-11 can try Bubble Maker; and everyone 12 and over can try SCUBA. To participate, people just need to bring a towel and swimsuit. Attendees will also have the opportunity to register for a liveboard dive vacation, with round-trip airfare, courtesy of the Aggressor Fleet. No purchase is necessary to register for the door prize.

Exhibit hall hours are 6 p.m. - 10:30 p.m. on Friday, 9 a.m. - 5 p.m. on Saturday and 9 a.m. - 4 p.m. on Sunday. Exhibit hall tickets are \$9 for adults; children under 12 are free with a paid adult. Attendees can park in Hyatt lots for just \$9 per day. For ticket information, people can call (708) 403-5447 or log onto www.ourworldunderwater.com.

The Our World-Underwater Show has grown over its 31 years and this year will feature more than 250 exhibitors. The 2000 show broke attendance records with more than 10,000 attendees from throughout the Chicago area and surrounding states.

Morton Grove Woman's Club luncheon

The Morton Grove Woman's Club will hold their Luncheon/Meeting on Thursday, May 10.

Cocktails: 11:30 a.m. and Luncheon, noon at The Wilmette Country Club, Terrace Restaurant — Lake Avenue/Harms Road.

The Morton Grove Woman's

Club invites all to attend. A regular monthly meeting follows the luncheon and at the conclusion of the meeting, entertainment is scheduled.

For additional information and directions, please call Mary Dismang, (773) 286-8677 or JoAnn Depenbrok, (847) 965-3265.

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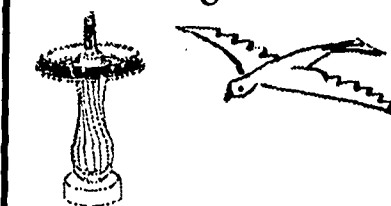
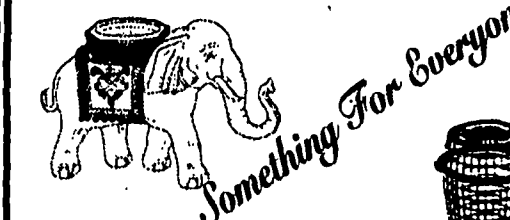
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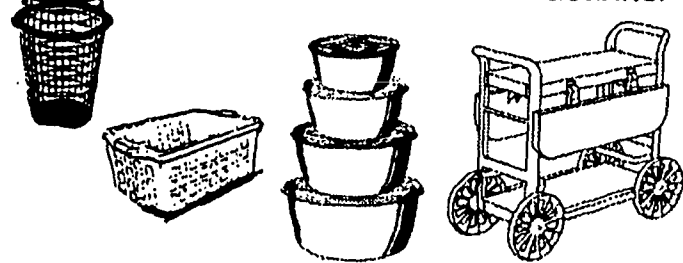
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Mother's Day Gift and Dining Guide

Mother's Day Gift and Dining Guide

Butterfly on Forehead



We have all been enchanted by the Monarch butterfly, Danaus plexippus, as they dot the summer fields in Illinois. Imagine strolling through a very special outdoor environment where you are surrounded by hundreds of real, live butterflies! Back by popular demand, The Field Museum features Living Colors: A Butterfly Garden. In an expansive, screened garden, these charming creatures spread their wings, fly about and sip nectar from flowers...even land on your forehead! Living Colors is open Friday, May 25 through September 3. It's more than an exhibition -- it's an experience with nature. For more information please call The Field Museum at (312) 922-9410.

Remembering Rodgers and Hammerstein

Join Dominican University Center Stage for a spring time afternoon of enchanting music when they present Remembering Rodgers and Hammerstein, an afternoon of Broadway's favorite musicals, on Sunday, May 6, at 3 p.m. The performance will take place in the Lund Auditorium, located in the Fine Arts Building, 7900 West Division Street. Tickets are \$12.

"Oh, What a Beautiful Morning," "It's a Grand Night for Singing," "Shall We Dance?" Simply mentioning these songs seems to conjure the technicolor images of a more pristine era. Such was the magic created by Richard Rodgers and Oscar Ham-

merstein, the dominant forces behind the dynamic musicals of the 1940's and 50's. The Noteables, Chicagoland's premier master songsmiths, will bring these wonderful tunes to life.

Dominican University Center Stage is directed by Jill and Michael Poehlman. Center Stage is offering a full season of performances including *The Jungle Book*, the story of Mowgli's adventures retold by Oak Park writer Siobhan Sullivan and *Alphabetic Soup* productions on May 19 and 20.

For more information or to purchase tickets, please call Dominican University Center Stage at (708) 524-6942, or visit www.centerstage.dom.edu.

Niles West String Quartet to perform

A string quartet from Niles West was selected by audition to perform at the Allerton String Chamber Music Symposium, sponsored by the University of Illinois. The Niles West quartet was one of eight ensembles chosen from across the state. The ensembles will work with faculty from the University of Illinois School of Music at the Allerton House in Monticello, Illinois on April 27-28 and will give a recital. The Niles West orchestra students who will participate in the event are: Eugene Gekhter, violin; Sharon Chang, violin; Charles Williams, viola; and Elisa Winter, cello. The Niles West Orchestra Director is Steven Katz.

Intergenerational Songfest

An Intergenerational Songfest will be held Monday, April 30, 2001, 10 a.m., at the Niles Senior Center, 999 Civic Center Drive, Niles, including performances by the Culver School Kindergarten,

Notre Dame High School Band, and the Niles Senior Center's Golden Notes and Kitchenaires. Admission is free. Please register for this event by calling the Niles Senior Center at 588-8420.

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Sat. & Sun., May 5 & 6
10 am-5 pm

Admission: \$4/adults, \$1/children
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Memories in the Making

by Jeanine Kromer

If you are like me most of your pictures are in a shoebox at the top of a closet somewhere in your house. The best I can do is to date them when I get them developed but that's about it for making memories in my house. If you want to change your ways, turn over a new leaf and/or start a new family tradition, Precious Memories in the Washington Commons Shopping Center is the place to go for inspiration. Precious Memories is a newly opened scrapbook supplies store in Morton Grove. A supplies store sounds rather pedestrian and Precious Memories is anything but pedestrian.

Immediately upon entering you are struck by color. There are racks and racks of paper to choose from. As mentioned, I am not a scrapbooker and I was compelled to peruse through all the different kinds of paper. The multitude of colors and patterns is exciting not to mention the tactile pleasure the paper gives. I was trying to think of something I could do with the paper like redoing my bathroom walls. For scrapbookers out there a few of the paper brands carried at Precious Memories are Susan Branch, Mrs. Grossman, Club Scrap, K&Company and Disney. The paper runs from 35-60 cents per sheet.

The many reels of stickers include kids, babies, animals, outdoor themes, sports, holidays,

flowers, Disney and vacation just to mention a very few. I was enthralled by the Francis Meyer vacation stickers. It made me want to go on vacation. Like I said Precious Memories oozes inspiration to be creative and festive. Other stickers that caught my eye were Me & My Big Ideas that featured these adorable kids!

Paperkins were another item worth mentioning. They reminded me of paper dolls from when you were little. Each package has a little person and comes with clothing and accessories. Overalls included theme related cut-outs and phrases to decorate an entire page from top to bottom. I have to mention the gum wrapper corner weaves. As a kid I spent hours chewing gum and folding the wrappers into chains. What a way to whittle away a summer! Now you can use them to decorate a page in your scrapbook.

Precious Memories has a nice workspace room in the back and offers scrapbooking classes on site. The classes are usually on Tuesdays and Thursdays. Some of the classes include Basic Scrapbooking for beginners. For those interested in creating family keepsakes Precious Memories offers Heritage Workshop. Interested in making your own cards? How about the Making Mother's (Father's) Day Cards (poems are provided) class? If you are an experienced scrapbooker looking for new holiday or vacation

scrapbook ideas try the Holiday or Vacation class. The classes run from \$12-18 and include a few complimentary papers and/or stickers. The classes must be paid in advance. The classes are first come first serve so sign up early because space is limited.

Friday Crop nights are special social nights at Precious Memo-

ries. Every Friday scrapbookers get together at Precious Memories and work on their books and chit-chat. Precious Memories owner Kim Connolly, an avid scrapbooker herself, provides a few snacks on Friday for a nominal fee.

Precious Memories is located at 7961 Golf Road in Morton

Grove. Their phone number is 583-9952. Precious Memories hours are Monday 10 a.m.-6 p.m., Tuesday-Friday 10 a.m.-9 p.m., Saturday 10 a.m.-5 p.m. and Sunday 11 a.m.-4 p.m. Precious Memories has a newsletter that tells what's new, what's on sale and provides details and a calendar on classes offered.

Catholic Women's Bowling League

Wed., April 11, 2001	Kay Pecoraro	518
TEAM	Millie Kroll	507
	Pam Kenny	486
	HIGH GAMES	
#6 C.M.S.	Mary Wasilewski	211
#4 Thomas Drozd, DDS	Kay Pecoraro	189
#5 Classic Bowl	Rita Slechta	179
#1 Skaja Terrace	Linda Fahey	172
#2 Candlelight Jwlr	Pam Kenny	171
#3 Old Kent	Millie Kroll	171
HIGH SERIES		
Mary Wasilewski	528	

PWA Mother-Daughter Luncheon

The Polish Women's Alliance Council '9 will hold its fourth annual "Mother-Daughter Luncheon" on Saturday, May 12, at 1 p.m. in the Madame Curie Room located at their National Headquarters, 205 S. Northwest Highway, Park Ridge.

affiliated with West Suburban Hospital. She is an integrative allergist and combines traditional and alternative treatments, and has been featured on Channel 2 and Channel 7 newscasts. Guests are encouraged to bring their questions along for Dr. Szpindor-Watson.

The luncheon will be catered by Kasia and tickets are \$12; for reservations, please contact Adeline Holda (773) 736-5861.

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Mother's Day Gift and Dining Guide

Early childhood program at NTJC

Gan Yeladim, the early childhood program at Ezra-Habonim, the Niles Township Jewish Congregation, is accepting enrollment for the summer session of our Parent-Toddler program. Classes are for two year olds together with a parent and meet on Tuesdays and/or Thursdays from 10-11:45. Classes run for six weeks, beginning June 19. For more information or to register call Beisy Rotberg, (847) 675-4152.

Menahem Pressler to solo with Midwest Young Artists



Menahem Pressler, founding member of the Beaux Arts Trio and one of the world's most distinguished and honored musicians, will perform on May 5 with the Midwest Young Artists Senior Orchestra in its final season concert at Northwestern University's Pick Staiger Concert Hall. Mr. Pressler will play Beethoven's Piano Concerto #4. The program, which begins at 7:30 also includes Bernstein's Divertimento and Brahms's Symphony #2. This is a program for unabashed music lovers; all tickets will be sold reserved seating. At 3 on the same day the MYA Junior Orchestra will play a "World of Music" concert featuring works by Saint Saens, Tchaikovsky, the Beatles and Sousa.

Calendar:
Event - Midwest Young Artists Spring Concert; Place - Northwestern University Pick Staiger Concert Hall; Date, times - May 5, 2001; 3 p.m.—Junior Concert, 7:30 p.m.—Senior Concert; Tickets - Junior Concert—\$10 for adults, \$5 for children and seniors (general admission); Senior Concert—\$20 for adults, \$10 for children and seniors (reserved seating).

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Sunday -- Apr. 29 -- Buddy Charles -- 5:30 to 9:30 (\$5 Cover)
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Sunday -- May 6 -- Judy Roberts-Greg Fishman - 5-9
Friday -- May 11 -- Tony Smith Show - 9-1 (\$5 Cover)
Tuesdays -- Jack Carr, Pianist & Singer -- 7 to 10:30
Wednesdays -- Jerry Owings, Pianist & Singer -- 7 to 10:30
Thursdays -- Jack Carr, Pianist & Singer -- 6:30 to 9
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TOPPINGS EXTRA
Must present coupon when ordering. Must present coupon on pickup or delivery. Not valid with any other offers. Expires 5/31/01.

NEW! Mother/Daughter Cosmic Bowl Event

Niles Park District invites girls in grades kindergarten and up (must be accompanied by an adult) to a fun night of Cosmic Bowling on Saturday, May 19. Girls can ask their mom, aunt, grandma or special someone for an exciting night of bowling with special effects...laser lights, fog and popular music! A pizza dinner will be served. Kids will receive 6 game tokens for the game room, bowling shoes and cosmic bowling. Fees are Res \$20 per couple; Non-Res \$30 per couple. Don't miss out on this NEW special event at Niles Brunswick Bowl, 7333 N. Milwaukee. Event time is 7-8 p.m. Pizza Dinner and 8-10 p.m. Cosmic bowling.



Charles Goodyear accidentally discovered vulcanization—a process of using extreme heat to keep rubber from becoming hard and stiff in cold temperatures, or soft and sticky in hot temperatures—in 1844.

Mother's Day Gift and Dining Guide

Duke Kahanamoku vs. the Surfnappers



Truck (Nick Cimino, center) and his friend Judy (Katie Powers, right) ponder Duke Kahanamoku's (Brad Stevens, left) victories as they stand in admiration of his statue in Duke Kahanamoku vs. the Surfnappers, by Eric Overmyer. The ocean all around Hawaii has mysteriously turned smooth as glass. A gigantic statue of the real-life Olympic champion Duke Kahanamoku, revered as the Father of Surfing, comes to life and joins two teenagers in the quest to rescue Hawaii's waves from the conniving Mr. Double Bogey. This Chicago premiere, commissioned by the Honolulu Theatre for Youth in 1993, takes you from the beaches of Waikiki to the crater of the Kilauea volcano in a race to save the surf. Duke Kahanamoku vs. the Surfnappers plays through May 26, 2001, at DePaul University's Merle Reskin Theatre, 60 E. Balbo Drive, Chicago. Tickets are \$7 per person. Group rates available. For information and to purchase tickets, call the Box Office at (312) 922-1999.

Get 'In Touch' with Your Infant

A four-week, small group experience for mothers and fathers and their infants who are not yet crawling. Open to all, "Get In Touch with Your Infant — Infant Massage and Other Forms of Communications" meets on Tuesday mornings, 10:45 a.m. to 12:15 p.m., from May 1 to May 22, at the Virginia Frank Child Development Center, 3033 West Touhy, Chicago. Led by Lynn Altschul, LMFT, the group is limited to eight parents and their children; the \$40 group fee is adjustable, if needed. For reservations or for information, call Lynn Altschul, 773/761-4550. Get Together — A Drop-In Program For Parents and Children under 5 Years Old: A drop-in program for parents and their children under five years old. While children play, parents and professional staff discuss

Continued on Page 12

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SUBWAY 850 Civic Center Drive Niles (Civic Plaza) 847-965-8050 Fax: 847-965-0945
SUBWAY \$1.00 OFF Get \$1.00 OFF any Footlong Sub or \$1.50 OFF any 6" Sub or Salad One coupon per customer per visit. 850 Civic Center Dr., Niles, IL (847) 965-8050. Expires: May 31st, 2001.
SUBWAY FEED 12 PEOPLE FOR \$24.99 WHEN YOU GET A 4 FOOT PARTY SUB MAKE IT BIGGER FOR JUST \$10.00 PER FOOT (That's only \$2.08 per person) 10 hour notice required. One coupon per customer per visit. 850 Civic Center Dr., Niles, IL (847) 965-8050. Expires: May 31st, 2001.
SUBWAY Buy Any 6" Sub - Get 2nd FREE With purchase of 32 oz. Drink Equal or Lesser Value One coupon per customer per visit. 850 Civic Center Dr., Niles, IL (847) 965-8050. Expires: May 31st, 2001.
SUBWAY THREE Regular Footlong Subs For Only \$9.99 One coupon per customer per visit. 850 Civic Center Dr., Niles, IL (847) 965-8050. Expires: May 31st, 2001.

Mother's Day Gift and Dining Guide

Mother/daughter team receive award



Terri Swindall, (center) Madame Alexander Doll consultant presents the "Diamond Achievement Award Plaque" to the Mother-Daughter Team of Gigi's Dolls & Sherry's Teddy Bears, located at 6029 N. Northwest Hwy., Chicago.

The Mother-Daughter team of Gigi Williams (r) and Sherry Baloun (l) first located in Plainfield, then to Niles in the Oak Mill Mall, and now in their 5,000 sq. foot Doll Store and Showroom. The Diamond Achievement Award is presented to those dolls merchandisers who fulfill the exacting high standards and requirements of Doll Merchandisers.

Infant . . .

Continued from Page 11

developmental issues, and share experiences, ideas and concerns.

Open to all, "Get Together" meets at the Virginia Frank Child Development Center, 3033 West Touhy Chicago, four times a week: Mondays, 10 to 11:30 a.m. (until June 11) and 3:30 to 5 p.m.; Tuesdays, 3:30 - 5 p.m.; Wednesdays, 10 to 11:30 a.m. The \$5 per session, per family, fee is adjustable, if needed. To register, call Lynn Altschul, 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.

Getting "In Touch" with Your Infant

During the past two decades, much attention has been focused on the importance of maternal-infant bonding in relation to child development. Studies have demonstrated that infants whose mothers have difficulty touching, cuddling or talking to their infants during the first few

months of life are more likely to suffer from developmental delays. Touch is our most intimate and powerful form of communication, and it forms the foundation of the development of the self.

The benefits of infant massage are many:

- Massage helps to strengthen and regulate the digestive, respiratory and circulatory systems.
- Massage helps relieve symptoms of gas and colic.
- Massage enhances loving communication and nurtures parenting skills.
- Massage helps parents to understand and respond appropriately to baby's nonverbal cues.
- Massage teaches babies to be aware of their body's tensions and how to release them.
- Massage enhances a parent's sense of competence when dealing with fussy, sick or special needs of babies.

Getting "In Touch" with Your Infant is led by early childhood professionals and social workers who are trained and certified by the International Association of Infant Massage. This experience offers families hands-on instruction in infant massage techniques as well as support and information related to the transition to parenthood and early child development.

Getting "In Touch" with Your Infant accommodates four to six families (approximately 8 to 12 people) during each four-week session).

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Exp. 4-26-01

NILES

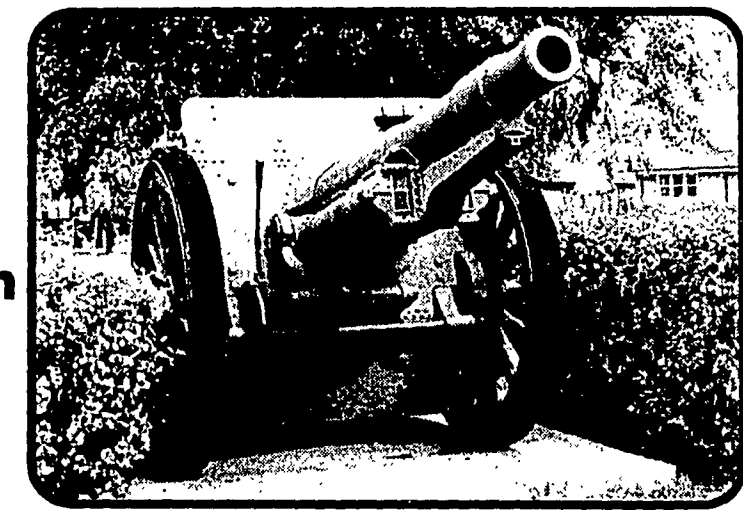
Community Directory

Morton Grove

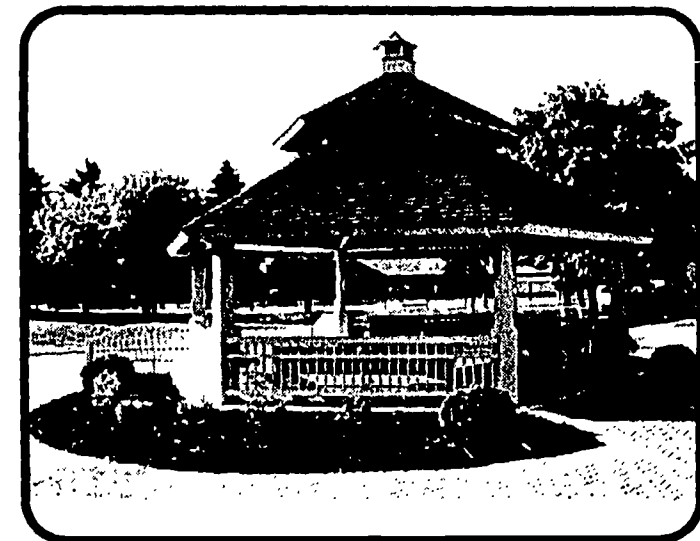
Special Edition

This special section produced and edited by The Bugle Newspapers, Niles, IL • Thursday, April 26, 2001

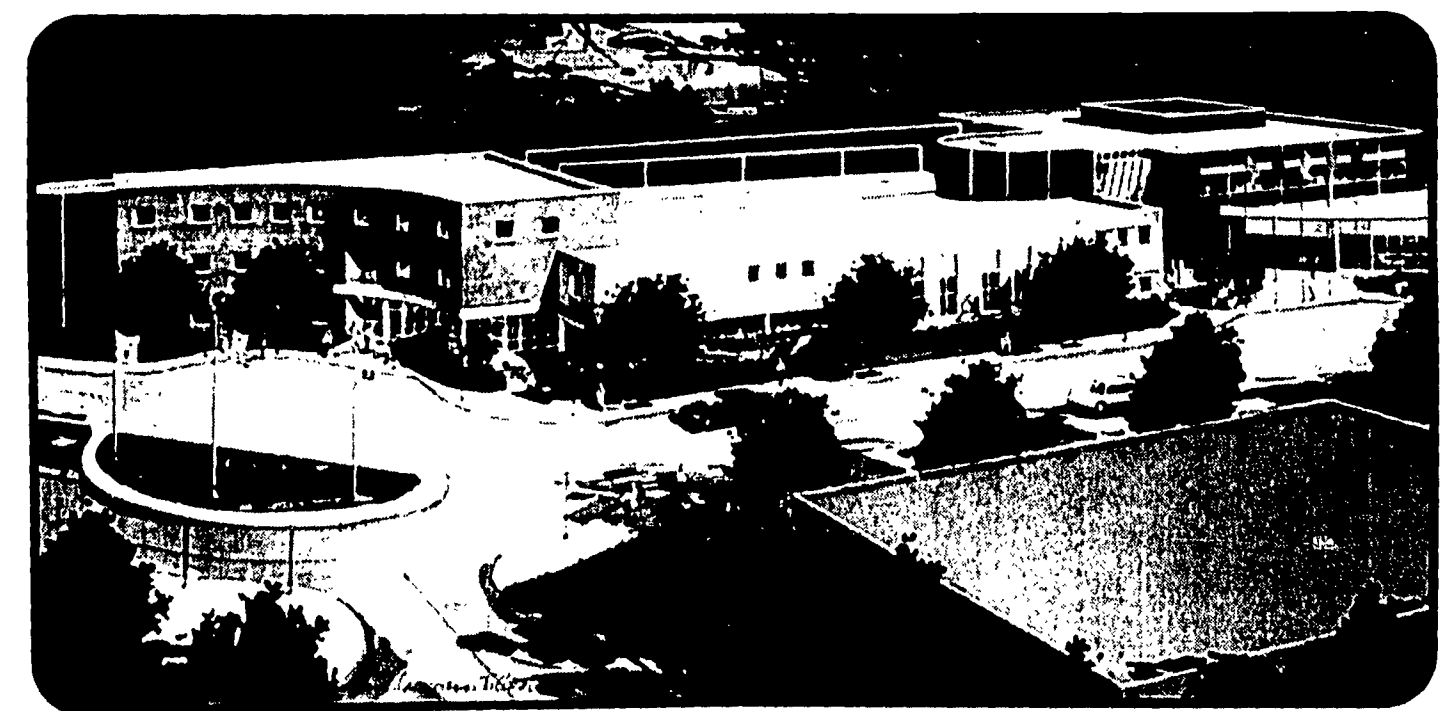
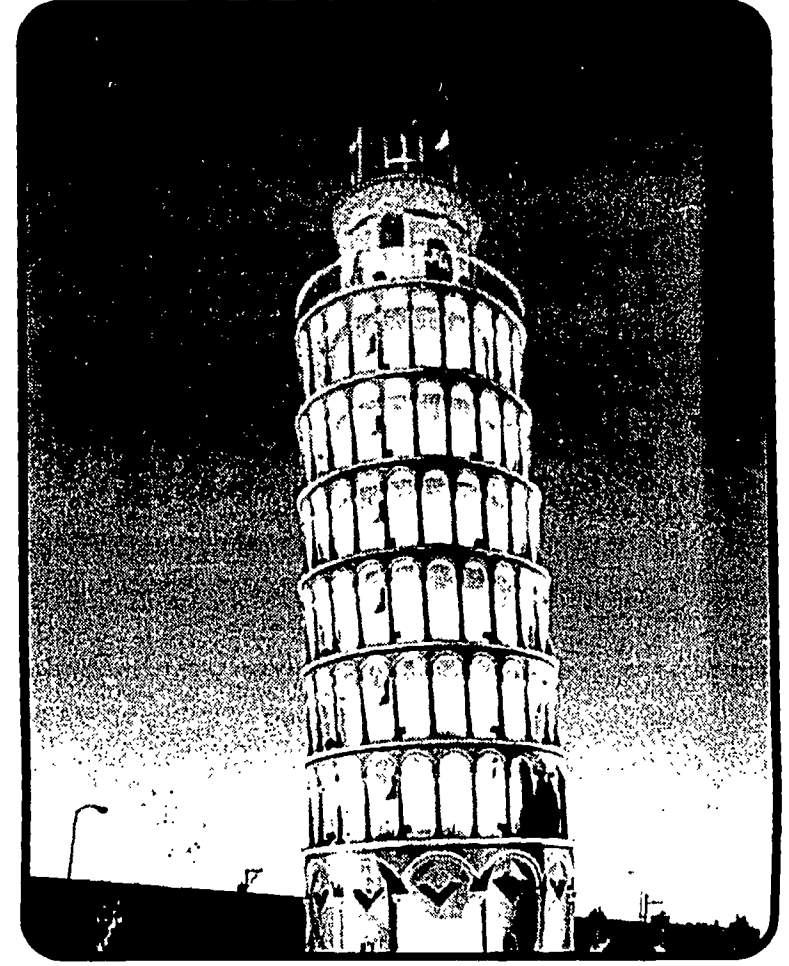
WWI Cannon



Gazebo At Harrer Park



Leaning Tower



Niles Family Fitness Center

Niles-Morton Grove Community Guide

Letter from the Executive Director



by Joseph V. LoVerde Jr.
Executive Director

Dear Niles Residents,
The 2001 budget of \$9,702,212.00 reflects the continued commitment to operate the park district in a business like manner. I am proud to report that the 2001 budget reflects a reduction of \$478,272.00 over fiscal year 2000. Since 1997 your tax rate has been reduced 6.31%. We continue to address and prioritize our capital improvement plans. We set a goal to do capital improvements out of operations, thus eliminating the need to borrow funds. I am pleased to announce that we have accomplished this for fiscal year 2001. Our capital improvement and new equipment fund of \$360,000.00 will come out of district operations. We will continue to upgrade our aging buildings and enhance the exteriors to complement our neighborhoods. We will continue to place a very high priority on acquiring selected additional facilities and open space to provide our growing future recreational needs, without raising taxes.

Fiscal year 2001 will continue to present challenges in light of the tax cap. The 2001 budget has been put together with the importance of providing quality programs and services, along with the maintenance of our parks and facilities that we can be proud of. We will continue to keep our promise to operate the park district in a business like manner, keeping a close eye on expenditures, maximizing every dollar, reducing long-term debt and provide quality service that you expect and deserve.

I thank the Board of Commissioners for their leadership, confidence and shared vision as we move forward. I congratulate all the employees for an outstanding job. I sincerely thank you our residents for your continued support.

Your comments are greatly appreciated. I can be reached at joel@niles-parks.org, or (847) 967-6633, x-115.

I wish you and your families a safe & fun summer.

Niles Park District & Village of Niles 1st Annual Community Track & Field Event

Niles Park District & Village of Niles, in cooperation with Coca Cola Bottling Company & Notre Dame High School, are excited to present this NEW family track and sports mania event on Sunday, April 29 (Rain Date*: May 6) from 10 a.m.-3 p.m. This event will take place at Notre Dame High School Track & Field Stadium. 7655 W. Dempster, Niles.

Tots (6 months) to Seniors are invited to participate in a variety of Track & Field Events: Check In 10 a.m.; Warm-Up 10:45 a.m.; Tot Olympics 11 a.m.-Noon; 50 Meter Sprints 11:15 a.m.-12:45

p.m.; Age 50+ 1 Mile Walk 12:45-1:15 p.m.; 400 Meter Run 1:15-2 p.m.; Age 50+ 400 Meter Walk Relay 2-2:15 p.m.; Family 400 Meter Run Relays 2:15-3 p.m.; (Both relays require 4 teammates); Field Events (Long Jump, Softball Throw & Frisbee (Discus) Throw) 11 a.m.-2 p.m.

There will also be a live band to entertain the participants and spectators from 1-3 p.m. Be sure to visit our skill games (baseball, basketball, golf and hockey), tot play area and Community Health & Safety Tent too!

All participants receive participation ribbons. There is no fee for

this event but pre-registration is required. Those who pre-register are guaranteed an event t-shirt on day of event. There will be a raffle and give-aways too! Concession stand will be available for a variety of snacks at a nominal charge. Registration forms are available at the Howard Leisure Center, 6676 W. Howard Street; Grennan Heights, 8255 Oketo; Niles Family Fitness Center, 987 Civic Center Drive. Please call (847) 967-6633 or (847) 588-8400 if you have any questions. *Rain Date Hotline: (847) 647-6777. Don't miss the fun!

North Shore Basketball Camp

Niles Park District is one of the host sites for the North Shore Basketball Camps. The one-week camp begins on August 6 and takes place at Grennan Heights Gymnasium, 8255 Oketo. Girls and boys, ages 8 to 14, will be taught by coaches and former professionals such as Dickey Simpkins of the Chicago Bulls and Everette Stephens of the Mil-

waukee Bucks. Emphasis is placed on basketball skills, fundamentals, team play and sportsmanship. Fees include a basketball, T-shirt, team photo, squeeze bottle and certificate of completion. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. This camp is sure to fill up early, so sign up today!

Niles West Expressions Cabaret

The community is invited to attend a free performance at 3 p.m. on Sunday, April 29 in the Niles West Cafeteria, 5701 W. Oakton, Skokie. Expressions, the Niles West madrigal and vocal jazz group, will perform. For more information, please contact Choral Director Paula Bachman at (847) 568-3777.

Niles-Morton Grove Community Guide

Niles Park District Pool passes now on sale



Niles Park District is now selling pool passes for the upcoming 2001 pool season at Oasis Waterpark, 7877 N. Milwaukee Avenue and IceLand Pool, 8435 Ballard Road.

Niles Park District is very proud to announce their excellent aquatic safety record. All lifeguards are trained by the Ellis & Associates Lifeguard Training Program, a comprehensive course that mandates professionalism as well as technical expertise. During the swimming season, the Niles Park District is audited three times by these safety experts. Niles Park District is proud to announce that we received the Bronze National Aquatic Safety Award from Ellis & Associates for the 2000 Season.

Niles Park District invites you to take advantage of our Early Bird pricing until May 31. The rates are as follows:
Thru 5/31/01
Individual Res/\$43, NonRes/\$86
2/Family Res/76, NonRes/152
3/Family Res/95, NonRes/190
4/Family Res/110, NonRes/220
5/Family Res/125, NonRes/250
6/Family Res/140, NonRes/280.

Additional:
Person/Each/Res/20, NonRes/40, 6/1/01 and After
Ind. Res/\$50, NonRes/\$100
2/Family Res/83, NonRes/166
3/Family Res/102, NonRes/204
4/Family Res/117, NonRes/234
5/Family Res/132, NonRes/264
6/Family Res/147, NonRes/294
Additional:
Person/Each/Res/20, NonRes/40
Stop in the Howard Leisure Center, 6676 W. Howard Street, to purchase your 2001 pool pass. Call (847) 967-6633 if you have any questions.

Niles Park District Six Stars Hockey Camp

Niles Park District invites your child to participate in our popular Six Stars Summer Hockey Camp at IceLand Arena, 8435 Ballard Road. This camp offers campers, ages 7-13, the opportunity to spend the hot summer months staying cool on the ice receiving quality hockey instruction, as well as, low-keyed hockey fun, along with other traditional summer camp activities, including swimming, horseback riding, roller hockey, crafts, outdoor activities mini-golf, and much more. A detailed camp brochure is available. No camp July 4. Sec-

tion 01, 02, 04, 05, 06, 07, 08, & 09 fees are Res \$180; Non-Res \$198 per week. Section 03 fee: Res \$144; Non-Res \$158.40.
Sec#01, M-F, 9 a.m.-5 p.m., 6/18-6/22.
Sec#02, M-F, 9 a.m.-5 p.m., 6/25-6/29.
Sec#03*, M-F, 9 a.m.-5 p.m., 7/2-7/6.
Sec#04, M-F, 9 a.m.-5 p.m., 7/9-7/13.
Sec#05, M-F, 9 a.m.-5 p.m., 7/16-7/20.
Sec#06, M-F, 9 a.m.-5 p.m., 7/23-7/27.

Sec#07, M-F, 9 a.m.-5 p.m., 7/30-8/3.
Sec#08, M-F, 9 a.m.-5 p.m., 8/6-8/10.
Sec#09, M-F, 9 a.m.-5 p.m., 8/13-8/17.
Discounts are available. Only one discount can apply. Register your child for all nine sessions and take 10% off your total camp fee. Two or more children from immediate family take 10% off your total camp fee. If you have any questions, please contact Director of Hockey Operations, Steve Glickman at (847) 297-8031.

IceLand Blade Adventure Camp

Niles Park District IceLand invites kids ages 6 to 12 years old to join our Blade Adventure Camp. This exciting camp takes place at IceLand Arena, 8435 Ballard Road. Campers will enjoy fun-filled days ice-skating, swimming arts and crafts, outdoor games, movies, bowling, mini-golf, and much more! The camp is from June 18-August 10 from 9

a.m.-4 p.m. There is no camp on July 4. Fees are Res \$26 per day; Non-Res \$29 per day. Discounts are available: 5% off for 10 or more days; 10% off 20 or more days; 15% off 30 or more days; 20% off if you register for all days. Registration will be accepted at IceLand beginning May 7. If you have any questions, please call (847) 297-8010.

Special service offered for pre-schoolers at BJBE
Congregation B'nai Jehoshua Beth Elohim, Glenview, is offering a special Shabbat service, Friday night, May 4, from 7 to 8 p.m., for pre-schoolers. The service, called Shabbat Y'ladim, is for young children up to six years of age. The children sit on carpets while listening to stories, working on crafts and partaking in a snack. For information, contact Shari Bauer (847) 729-7575 or online at: <http://www.bjbe.org>

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Niles-Morton Grove Community Guide

Join a Niles Park District Fitness Class

Yoga Class. Niles Park District invites those 16 years and older to join our Yoga class. Hatha Yoga is an ancient practice of gently stretching and limbering the body to increase health, vitality and self-awareness. Breathing and relaxation exercises are taught for balance and energy. Please wear loose and comfortable clothing. Babysitting available for a small fee. Classes will be held at the Howard Leisure Center, 6676 W. Howard Street from 7-8:15 p.m. on Mondays, 4/30-6/25 and Wednesdays, May 2-June 20. Class fees are Res \$40; Non-Res \$46.

Step Aerobics Class. Niles

Park District invites those 16 years and older to join our Step Aerobics class. Learn new, creative step combinations and techniques along with choreographed aerobic movements! You will accomplish the technical achievements of step and physical fitness while experiencing the freedom and thrill of rhythmic movement. Maneuvers are designed to condition the cardiovascular system, build muscle tone and increase endurance. Babysitting available for a small fee. Classes will be held at the Howard Leisure Center, 6676 W. Howard Street from 9-10 a.m. on Saturdays, May 5-June 23. Class fees are Res \$35; Non-Res \$40.

Girls Softball Leagues

Niles Park District is proud to offer a wide variety of softball teams for girls in 1st grade through High School. Beginners are welcome! A 2-week clinic begins on April 14 and games begin on May 12. Registration will be accepted until April 21. High School leagues begin May 25. In-

dividual skills and team play are taught along with the games. All participants will be awarded a trophy and participate in the Opening Day Parade. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. For more information, please call 847-967-6975.

Niles Park District Tam O'Shanter Jr. Golf Program

The goal of the Junior Golf Development Program is to give the junior golfers a sound foundation and fun introduction into the game of golf in a camp environment. There will be two levels of training offered in the junior program, Beginner and Intermediate. All programs will be under the direction of Director of Golf and P.G.A. Professional Pete Jones at Tam O'Shanter Golf Course, 6700 Howard Street.

Beginner Junior Golf Program. This program is an introduction to the game of golf in a fun atmosphere. The following basic fundamentals will be taught: grip, set-up, alignment and swing. Introduction to the short game and putting techniques are also part of the program. This class is recommended for beginners and juniors who have had little exposure to the game of golf. Class schedule is as follows:

Time: Tues & Thurs, 8-8:45 a.m.
Who: Ages 7-10
When: 6/12-6/23
When: 7/10-7/26
Who: Ages 11-12
Time: Tues & Thurs, 9-9:45 a.m.



When: 6/12-6/28
When: 7/10-7/26
Fee: Res \$75; Non-Res \$82.
Intermediate Junior Golf Program. This program is designed to take the junior player to the next level. Juniors must have participated in an introductory program before taking this class. This class will focus more on the individual player needs and swing drills will be designed for each student. Students in this class are expected to practice at least 2 hours between classes.

When: 6/12-6/28
When: 7/10-7/26
Who: 13 years & older
Time: Tues & Thurs, 11-11:45 a.m.
When: 6/12-6/28
When: 7/10-7/26
Fee: Res \$75; Non-Res \$82.

Pioneer Park Re-Opens For the Season

Niles Park District invites you to enjoy practicing your swing in our batting cages or play a friendly game of mini-golf at Pioneer Park, 7135 Harlem Avenue! The Niles Park District facility has an 18-hole mini-golf course, 7 batting cages, bocce ball courts, walking path, playground, field house and concession stand. Parties and fundraisers are available. There is something for everyone at Pioneer Park. Pioneer Park Spring hours (April 7-June 1) are: Monday-Friday 5-10 p.m.; Saturday and Sunday 10:30-10 p.m. These hours are weather permitting. For more information, call Julene Valle at 847-967-6633 ext. 147, or call Pioneer Park during business hours.

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Niles-Morton Grove Community Guide

Village of Morton Grove

Vehicle Sticker Deadline

New vehicle stickers must be properly displayed before midnight, April 30, 2001. For your convenience, the Village Hall will be open until 7 p.m. on Monday, April 30, 2001, to sell vehicle stickers.

The fees for vehicle stickers are as follows:

Passenger Vehicles — \$20;
Trucks/Commercial — \$40-100;
Motorcycle — \$15; Motor Scooter/Mopeds — \$10; Antique/Religious — \$10; Recreational Vehicles — \$15.

Residents who are 65 years of age or older may purchase one sticker per household for the reduced fee of \$10.

Late fees will be applied after Sunday, April 30. Beginning Monday, May 1, vehicle stickers will cost an additional \$10. Failure to properly display a valid vehicle sticker after midnight, April 30, will result in a \$50 fine for each violation. For additional information, call 847/965-4100.

Street Construction News

Several street projects will be underway this construction season. Below is important information on the improvements you will see around town.

• Beckwith Road reconstruction from Sayre to Austin

has begun. This project will consist of installing a new water main from Waukegan to Narragansett. Storm and sanitary repairs/modifications will be constructed throughout the project limits. From Sayre to Lehigh the pavement will be ground off and patched with a final surface. From Lehigh to Narragansett new curb and gutter will be installed and the pavement will be removed and replaced. From Narragansett to Austin the street will remain as a rural section with no curb and gutter however the pavement will be removed and replaced.

• Beckwith Road resurfacing from Oriole to Sayre Avenue. This project will consist of: grinding the entire street; patching the pavement; installing protected parking on the north side of Beckwith; storm sewer work; spot curb and gutter removal and replacement; and resurfacing the entire street.

• Waukegan Road reconstruction from Golf to Dempster. Construction on Waukegan began in the construction season of 2000 and is scheduled to be completed this year. This project includes a water main installation from Beckwith to Dempster (already completed); new curb

and gutter, sidewalks and driveways; installation of streetscape improvements including new decorative roadway and walk lighting, and new landscaping. The street pavement will be ground off and patched, and a new surface installed. The street will be striped with a bi-directional left turn lane to provide for safer and easier left turn movements while insuring the smooth flow of traffic.

• Dempster Street resurfacing from Waukegan to east Village limits. The Illinois Department of Transportation will begin this project on April 2, lasting approximately 45 days. Work will consist of grinding the existing surface and patching the base. The street will be restriped and a bi-directional turn lane will be installed for safety and shopping convenience.

• 2001 Street Resurfacing Program. The Village will be resurfacing or reconstructing 12 streets throughout the Village this year. Resurfacing includes the grinding of the existing streets and the installation of a new bituminous surface. The reconstruction process entails removing the entire street, curb and gutter. The new bituminous material is installed along with

replacement of driveway aprons, curb and gutter installation, and some sidewalk replacement.

Resurfacing Streets:

- Church St: Church to Osceola;
- Birch Ave: Church to Davis;
- National Ave: Dempster to south Edison right-of-way;
- Carol Ave: Marmora to Menard;
- Mansfield Ave: Theobald to South Park;
- Major Ave: Dempster to Theobald;
- Madison Ave: Marmora to Menard;
- Monroe Ave: Marmora to Menard;
- Reba St: Marmora to Menard;
- Main St: Austin to McVicker.

Reconstruction Streets:

- School St—Capulina to Lincoln;
- Harms Rd—Lake to Greenwood.

• Gross Point reconstruction from Oakton to Main. This is a joint project with the Illinois Department of Transportation and was originally scheduled for construction in 2003. The Village Board worked diligently to get this construction project

moved from 2003 to 2001. The street pavement will be totally removed and replaced. All new curb and gutter, driveways and spot replacement sidewalks will be installed. Storm sewer modifications will be made with a new line being installed. Protected parking areas will be constructed on both the east and west sides of Gross Point Road. The street will be repaved providing for one lane of traffic in each direction.

All these construction projects should be completed this year barring any unforeseen delays. While these construction projects will cause some inconvenience, once completed they will prove to be worth the wait. The Public Works Department will do everything possible to keep these inconveniences to a minimum. Should you have any questions or concerns please contact us at 847/470-5235.

Comprehensive Health Screenings and Bone Density Screening May 3, 2001

A comprehensive health screening for adults (18 and older) will be offered through MyHealthlink Screening Service from 7 a.m. to 1 p.m. on Thursday, May 3, 2001, at the Morton

Continued on Page 19

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† See dealer for warranty details.

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Niles-Morton Grove Community Guide

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For the next twenty years these two strong willed individuals face the bumpy roads of prejudice, fear of aging and loss of independence forging out a deep and lasting friendship. Journey with them and enjoy their hilarious good humor and poignant tenderness. Lunch will be served. Join us on Wednesday, May 30 at the Howard Leisure Center, 6676 W. Howard Street. Bus departs at 8 a.m. and returns at approximately 6 p.m. Fees are Res \$60; Non-Res \$65.

READ THE BUGLE

Niles-Morton Grove Community Guide

Stickers . . .

Continued from Page 17

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Other testing is available by appointment on May 3 and includes a thyroid panel; ulcer/gastritis screening for H. Pylori bacteria; arthritis profile to screen for rheumatoid arthritis, menopause profile test of female hormone levels; PSA-prostate specific antigen to screen for possible prostate cancer, vitamin deficiency anemia profile testing iron, B12, and folic acid; homocysteine level (an amino acid related to heart disease); and cardio C-reactive protein test. For further information and prices on additional testing contact Myhealthlink at 847/590-0200. Reservations are required.

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What is a permit? Basically, a building permit is an agreement between the Village and the applicant. While the applicant agrees to abide by Village building codes, the Village agrees to inspect new buildings or new construction to ensure that building codes are properly followed.

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How much does a permit cost? All building permit fees for new construction or rehabilitation work are calculated on the estimated cost of completing the work, based on fair market value. Building permit fees for single family construction are \$6 per thousand of value, plus any additional electrical, plumbing and miscellaneous costs. Generally, the total permit cost will be 1% of the total project value. Building permit fees for commercial and manufacturing projects are calculated at \$7 per thousand of value, plus any ad-

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Classes are limited to six students per class so hurry and reserve a seat. For reservations

Continued on Page 20

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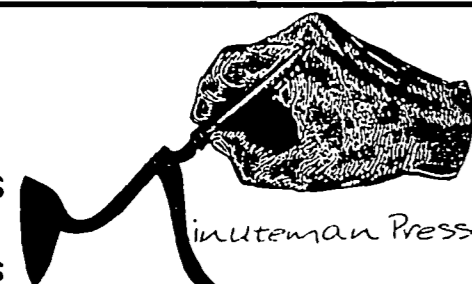
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Morton Grove Chamber of Commerce & Industry

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Morton Grove

May 14, 2001 - 5 - 7 PM

Stickers . . . Continued from Page 17

call the Morton Grove Fire Department at 470-5226 Monday through Friday, 9 a.m. to 5 p.m. All classes are in accordance with the American Heart Association (AHA) guidelines.

Free Care in Your Home

During the past seven years, senior citizen residents of Morton Grove have been fortunate to be able to take advantage of free home care assistance through a Community Development Block Grant Program authorized by the Cook County Board of Commissioners.

The "Morton Grove Home-care Service" assists an individual with everything from a simple bath two, three, or four times a week; to more personal care for up to eight hours a day, seven days a week.

For more information about age and financial eligibility or frequency and intensity of services, call the Morton Grove Department of Family & Senior Services at 847/663-6110.

Citizen's Police Academy

The Citizen's Police Academy, one of the many programs

provided through the Community Awareness Network (C.A.N.), is designed to provide residents of Morton Grove information on how to better protect themselves and their property from crime. This program allows residents to visit the Police Department to see how it operates, receive an overview of topics such as the chronology of an investigation and police officer training, and find out how to help the Police Department help the community. The next Police Academy will be on Saturday May 26, 2001 at the Morton Grove Police Department. In order to make an appointment, please contact the Crime Prevention Bureau at 847/470-5200.

White Sox Camp

Niles Park District is one of the host sites for the Chicago White Sox Baseball Camps. Two levels of camps are offered and begin June 11. Camps take place at Pioneer Park on Harlem and Touhy Avenue. Young players, ages 7 to 14, will be taught basic and advanced skills by collegiate coaches, ex-professional players and full-time private instructors. Student to instructor ratio is 10:1 or less. Fees include pair of game tickets for 3 White Sox games, hat, bag, T-shirt, and membership in the prestigious Silver and Black Pack. Registration is being accepted at the Howard Leisure Center, 6676 W. Howard Street. For more information, please call (847) 967-6975.

Niles Park District Summer Co-Ree Sand Volleyball

Niles Park District invites you to spend fun summer nights with your friends in organized co-recreational sand volleyball leagues. Games are played at the Niles Park District IceLand Sand Courts, 8435 Ballard Road. The Adult (18 & over) Co-Recreational League is on Wednesday evenings beginning

June 13 and the High School Co-Recreational league is on Thursday evenings beginning June 14. Registration is by team only is being accepted at the Howard Leisure Center, 6676 W. Howard Street. Fees are Res \$250; Non-Res \$350. Please call Grennan Heights at (847) 967-6975 for further information and/or an application.

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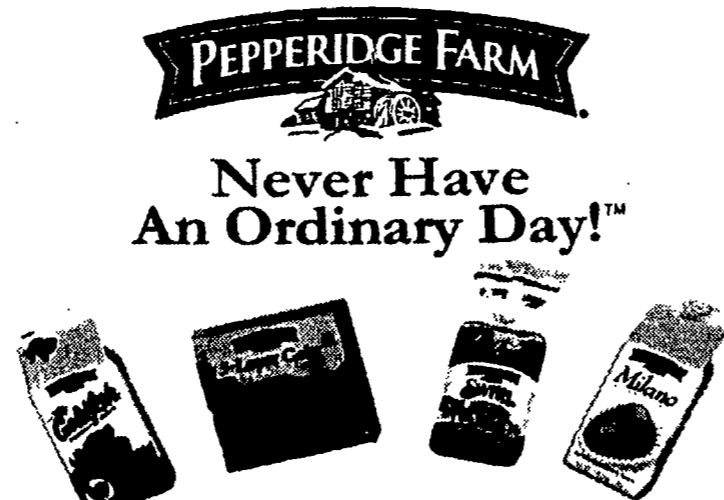
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IN THIS ISSUE

Early detection means 95% breast cancer cure



Abdominal aneurysms target men over sixty



Looking at options for treating varicose veins



Seeking help when you suspect a hearing loss



The health news about garlic isn't all good



CROSSROADS TO HEALTH

Options for treating varicose veins range from lifestyle changes to surgery

by Jeanine Kromer

Bathing suit season is closer than you think. Nothing like trying on the skimpiest piece of clothing ever owned by man under fluorescent lights accompanied by a full encasement of mirrors after a long, long winter that includes absolutely no exposure to sunlight. This may include the first scary glimpse of those unsightly varicose veins.

Millions of people suffer from varicose veins. Varicose veins are most commonly seen in the legs of women. Varicose veins occur when the vein is not functioning correctly to bring blood back up towards the heart. Pressure causes the walls of the veins to thin and lose their elasticity. This pressure also causes the veins to expand and enlarge. The pressure is usually caused by gravity and/or an increase in weight. Gravity creates an uphill effect that results in varicose veins being found primarily in the legs. Varicose veins are often very painful and may bleed and/or worsen without treatment.

Common causes of varicose veins include heredity, age, pregnancy, prolonged standing

and trauma. Increased downward pressure is the usual culprit. Pregnancy is a temporary condition that may result in varicose veins or the daily strain of a bowel movement may also contribute to the downward pressure that results in varicose veins. Often there is a family history of varicose veins suggesting that there may be something inherently different about varicose veins themselves.

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CROSSROADS TO HEALTH

Abdominal aortic aneurysms often found in men over 60; treatment becoming routine

by Jeanine Kromer

A life-threatening problem usually found in men over 60 years is abdominal aortic aneurysm. An aortic aneurysm is the swelling of a part of the aorta. The aorta is the largest artery in the body and swelling of it could cause some major problems. The majority of aortic aneurysms occur in the abdomen.

Most abdominal aortic aneurysms are caused by arteriosclerosis in which fatty deposits are left in the arteries making the walls weaker and less elastic. Risk factors linked to arteriosclerosis are smoking and high blood pressure.

Most people have an abdominal aortic aneurysm for years before experiencing any symptoms. Symptoms include pulsating beats in abdomen, abdominal pain and back pain. If abdominal aortic aneurysm becomes too large it may burst resulting in almost sure death.

Thoracic and abdominal aortic aneurysms are usually detected through routine physical doctor's visits that include chest and abdominal x-rays. Your doctor may utilize an ultrasound scan, computerized tomography (CT)

or magnetic resonance imaging (MRI) to determine if there is an aortic aneurysm present.

The best course of treatment depends on the symptoms of the disease. Symptomatic aneurysm requires surgery to replace part of injured aorta with a synthetic graft. The graft is made out of an elastic material that has many of the same properties as a normal healthy aorta.

At Lutheran General Hospital, doctors are using a new device called the Ancure Endograft System. The technique is a vast improvement over more invasive surgery because it requires only a small incision in the leg of the patient that increases recovery time and decreases pain and surgical complications. Local anesthesia is used and patients return home in one to two days and are fully recovered after a week.

Surgeons at the University of Pennsylvania are utilizing a new procedure too. The endovascular stent graft used at the University of Pennsylvania is minimally invasive. The important difference is that doctors are working inside the patient instead of out-

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CROSSROADS TO HEALTH

Options for treating varicose veins range from lifestyle changes to surgery

by Jeanine Kromer

Bathing suit season is closer than you think. Nothing like trying on the skimpiest piece of clothing ever owned by man under fluorescent lights accompanied by a full encasement of mirrors after a long, long winter that includes absolutely no exposure to sunlight. This may include the first scary glimpse of those unsightly varicose veins.

Millions of people suffer from varicose veins. Varicose veins are most commonly seen in the legs of women. Varicose veins occur when the vein is not functioning correctly to bring blood back up towards the heart. Pressure causes the walls of the veins to thin and lose their elasticity. This pressure also causes the veins to expand and enlarge. The pressure is usually caused by gravity and/or an increase in weight. Gravity creates an uphill effect that results in varicose veins being found primarily in the legs. Varicose veins are often very painful and may bleed and/or worsen without treatment.

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and trauma. Increased downward pressure is the usual culprit. Pregnancy is a temporary condition that may result in varicose veins or the daily strain of a bowel movement may also contribute to the downward pressure that results in varicose veins. Often there is a family history of varicose veins suggesting that there may be something inherently different about varicose veins themselves.

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CROSSROADS TO HEALTH

Hearing loss, if untreated, can result in isolation, frustration and depression

by Jeanine Kromer

When one of my very best girlfriends told me she had Meniere's disease it was as a complete shock. She sometimes had difficulty following conversations in bars but it could have been the beer. Unfortunately, she was suffering from a sensorineural hearing loss. She was so young barely 25 years old. The world looked a little different after she broke the news. Sign language classes were discussed as her hearing worsened. It was a privilege to be given the duty to hold onto her hearing aid batteries at her wedding. She shouldn't miss the most important words to be spoken to her in her life!

The most common type of physical disability in the U.S. is hearing loss. An estimated 28 million people have a significant hearing loss that impedes their ability to understand normal speech and participate in conversations.

Hearing loss is defined as hearing worsening and deafness is when hearing loss becomes profound, there are two different types of hearing loss depending on which part of the ear is af-

ected. The outer ear is similar to a seashell. The outer ear gathers sound waves from the surrounding environment and carries them down through the ear canal. The sound waves reverberate off the eardrum that causes three tiny bones (ossicles) to pass the vibrations onto the inner ear or cochlea. The cochlea has many tiny hair-like structures that transmit the pending sound waves to the auditory nerve of the brain. Conductive hearing loss is caused by anything interfering with the conduction of sound from the outer ear through the inner ear. Anything that interferes with this process is considered a conductive hearing loss. Conductive hearing loss may be permanent but most likely is temporary. Causes of conductive hearing loss include middle ear (ossicles) infections, collection of fluid in middle ear, wax and damage to eardrum.

Sensorineural hearing loss, also known as nerve deafness indicates damage to the pathway for sound from the inner ear to the brain. The impulses from the

tiny hair-like cells are not transmitted to the brain causing profound hearing loss. The impulses are interpreted by the brain that makes sense of the sounds and gives meaning to words. Sensorineural hearing loss is more common and almost always permanent. Sensorineural hearing loss is most often caused by presbycusis, a form of hearing related loss that destroys hair cells. Causes of sensorineural hearing loss range from age, acoustic trauma, viral infections of inner ear, Meniere's disease (abnormal pressure in the inner ear), meningitis, encephalitis, multiple sclerosis, brain tumors to strokes.

Age is the most common risk factor for hearing loss. About 30% of people between 65 and 74 years of age experience difficulty hearing. But hearing loss is not limited to senior citizens. About 14% of the population between 45 and 65 years experience hearing loss as well as 8 million people between the ages of 18 and 44.

The effects of hearing loss can be long lasting and signifi-



Hearing loss, a serious problem at any age, can result in a person becoming isolated from the world around him or her. Receiving prompt care can ease the stress related to not knowing what the future holds.

cant to a person's development. A person may experience significant reduction in quality of life including strained relationships to limited employment opportunities. Anything from making friends, to work productivity to successful education experiences are effected by hearing loss. One of my girlfriend and my favorite things to do was to view the latest foreign film at a downtown theater. That seemingly simple pleasure has now taken on a new dimension. How is her hearing today?

Common gastroesophageal reflux disease easy to diagnose, treat

by Jeanine Kromer

Too much garlic in the pasta? Heartburn seemed like a fictitious problem until the last month of my pregnancy with our second kid. Eating anything after 6 p.m. resulted in a burning sensation in my chest or belching up acidic whatever.

Heartburn is most commonly associated with gastroesophageal reflux disease. The esophagus is the food tube. Food is moved down through the esophagus to the stomach by wavelike muscle contractions called peristalsis. One of the most important parts of the digestive tract is the LES (lower esophageal sphincter) that allows food to travel down the stomach for digestion but closes after receiving food to prevent regurgitation. If the body's protective measures fail, then acid and other stomach contents may push back up through the esophagus causing "heartburn." In most people, the symptoms are short lived and can be attributed to particular foods or activities.

For about 20% of the people affected with heartburn it becomes a chronic health problem. If the "heartburn" is chronic, the results can include irritation, inflammation and erosion of the

esophagus from the regurgitated bile and/or stomach acid. In extreme cases of GERD (gastroesophageal reflux disease) Barrett's esophagus may develop and eventually lead to cancerous changes in tissue lining of the esophagus.

Temporary heartburn is caused by overeating acidic foods and can happen to anyone especially when bending over, lifting or taking a nap after a large meal. If the heartburn persists it may be due to abnormal biologic or structural factors which may be malfunctioning of LES, injuries to lining of esophagus, peristalsis problems or over acidic stomach contents.

If the muscles that close the lower part of the esophagus lose their tone, problems will arise. If the stomach experiences delays in emptying caused by impaired motility then acid back up may result. Hiatal hernia involves a protrusion of the stomach muscle from the abdomen into the chest causing prolonged heartburn.

Health factors that contribute to GERD include asthma, Crohn's Disease, diabetes, peptic ulcers, lymphomas and cancer. Foods that contribute to GERD

are garlic, onion, chocolate, fat, peppermint, spearmint, caffeine, citrus and tomato products. All carbonated products will cause GERD symptoms. Alcohol as well as smoking will relax LES muscles causing acidic back up.

GERD may cause ulcers (bleeding) in the esophagus. Acid reflux from GERD may lead to sleep apnea. The spasms that occur during sleep are detrimental to healthy, sound sleep. Dental erosion is very common among GERD patients. The acidic back up from the stomach wreaks havoc on the enamel of teeth.

Methods employed to determine if a person suffers from GERD include a diagnostic test upper GI series that examines the organs of the upper digestive tract by injecting barium into the system and following it through the organs with x-rays to evaluate the system. An esophagogastroduodenoscopy requires an endoscope (thin, flexible, lighted tube) to be guided through the esophagus, stomach and duodenum so the doctor can examine the organs and remove tissue samples if necessary. The Bernstein test aids in determining if

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Alternative Medicine in MS symposium

"Alternative Medicine in MS: How to Choose Wisely" will be the theme of the fifth annual Fannie and Charles Penikoff Research Symposium to be presented on Saturday, May 5 by the Greater Illinois Chapter of the National Multiple Sclerosis Society. Open to people with MS, their families and friends as well as healthcare professionals, the symposium will be held from 9 a.m. to 3:30 p.m. at the Wyndham Hotel, 400 Park Blvd., in Itasca.

The use of bee venom, herbs, hypnosis, yoga and acupuncture are some of the treatment possibilities often bringing questions from people with MS. Addressing some of these issues will be keynote speaker Allen Bowling, M.D., assistant director of the Rocky Mountain MS Center and director, Complementary and Alternative Medicine Program. Dr. Bowling's participation is sponsored by an unrestricted grant from Teva Marion Partners.

Multiple sclerosis is a chronic, often disabling disease of the central nervous system that generally strikes people between the ages of 20 and 40. Symptoms can range from numbness in the limbs to paralysis or loss of vision. The progress, severity, and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatments are giving hope to those affected by the disease.

The National MS Society provides programs and services that make life better for the third of a million Americans with multiple sclerosis and their families and friends designed to inform and empower people to maximize their health and independence. In the Greater Illinois region, there are more than 10,000 people

Love or Garlic

Continued from Page 24

acid in the esophagus is causing problems.

Treatments for GERD is based on age, overall health, medical history, extent of condition, tolerance for medications, procedures and therapies and personal opinion. Changes in diet and lifestyle many times result in a decrease in heartburn. Changes like monitoring medications, quitting smoking, reducing fried and fatty foods, reducing alcohol intake, losing weight and waiting a couple of hours after eating to go to sleep.

If you are interested in learning more about heartburn, the Park Center in Glenview is offering a class by Thoracic Surgeon Sean Grondin on Tuesday May 22 from 7 - 8:30 p.m. Call 847/570-5020 for additional information.

CROSSROADS TO HEALTH

Healthcare groups join to create programs to stop youth violence

A coalition of ten prominent health care groups, a unique partnership of medicine, nursing and public health, has released a report that details recommendations for preventing youth violence. The Commission on the Prevention of Youth Violence called on their colleagues across the country to join them in advocating for violence prevention.

"Violence in America can and must be prevented," said Howard Spivak, MD, of the American Academy of Pediatrics. "And we're calling on the health care professionals, who are responsible for repairing the bodies and lives of victims of violence, to play an active role in this crusade."

Commission members signed a pledge of commitment to four principles: to be involved in the community, put youth violence prevention into practice, become educated about youth violence prevention and intervention, and to advocate for youth violence prevention. The report offers seven priorities:

- Support the development of healthy families.
- Promote healthy communities.
- Enhance services for early identification and intervention for

- children, youth and families at risk.
- Increase access to health and mental health care services.
- Reduce access to and risk from firearms for children and youth.
- Reduce exposure to media violence.
- Ensure national support and advocacy for solutions to violence through research, public policy, legislation and funding.

There are detailed strategic recommendations for implementing a violence prevention action plan at the community level. The report also recognizes the key roles schools, law enforcement, the clergy and the judicial system must play in taking a stand against violence among youth.

The Commission's report recognizes the value and primary role of families and communities working together to develop a stable environment in which the cycle of violence can be broken. "We know the seeds of violence are planted early," Mary Foley, MS, RN, of the American Nurses Association. "We also know that appropriate parenting and community involvement can place a protective buffer around chil-

dren and strengthen their abilities to cope in appropriate ways."

"We have moved against smoking, drunken driving and failure to use seatbelts. Violence, too, is preventable," said Richard Levinson, MD, of the American Public Health Association.

"As healthcare professionals, we see the effects of violence permeate all parts of our communities. Through violence screening, open dialogues and community-focused initiatives, we can overcome this public health crisis."

The Commission, funded by The Robert Wood Johnson Foundation, convened in October 1999. Its goal was to combine each organizations' clinical and advocacy efforts, explore critical questions concerning youth and school violence and develop recommendations to help make violence prevention a top priority. The findings of the report are based on scientific research, numerous interviews and personal visits with victims of violence and their families.

Participating organizations in the Commission include: American Academy of Child and Adolescent Psychiatry, American Academy of Family Physicians, American Academy of Pediatrics.

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CROSSROADS TO HEALTH



Breast cancer remains a leading cause of death, yet 95% of cases cured when detected early

by Jeanine Kromer

Breast cancer puts fear into the hearts of most women these days and for good reason. According to the Breast Cancer Center, 1 in 8 women will have breast cancer. Breast cancer is the leading cause of death for 40+ women in the United States. Every year 41,000 women die from breast cancer nationwide.

Although the outcomes vary widely, if the cancer is detected early, there is a 95% cure rate. The Parkside Magnetic Resonance Center at Lutheran General Hospital is the first MR center in the Midwest to use the "fast scan" techniques. Parkside utilizes the MRI to detect abnormal blood flow within the breast long before it would be seen on a mammogram. For a variety of reasons, 15% of breast cancers cannot be detected by mammograms at all. Dr. John Anastos of Lutheran General says the Breast MRI is capable of detecting almost 100% of cancers.

Once detected, breast cancer falls into three categories. Early breast cancer indicates that the cells are found within the breast

ducts only. Invasive breast cancer means the cancer has spread beyond the ducts to the surrounding breast tissue. Most invasive breast cancer is present for several years before it is detected. Metastatic breast cancer indicates that the cancer has spread to other parts of the body such as distant lymph nodes, bones, lungs, liver or brain.

Treatments for breast cancer include surgery, radiation, chemotherapy and hormone therapy. Surgery ranges from lumpectomy (removal of lump, surrounding tissue and lymph nodes under arm) to mastectomy (removal of entire breast). Radiation utilizes high doses of x-rays to shrink or kill cancerous cells. Chemotherapy involves drugs to kill the cells. Hormone therapy is used when tests indicate that the cancer has spread to estrogen and progesterone receptors such as ovaries. Hormone therapy is using drugs to alter how the hormones work or removing the hormone producing organ.

Currently, Rush-Presbyterian is studying antiangiogenic therapy to treat metastatic breast cancer. Other treatments being tested in clinics include biological therapy, bone marrow transplants and peripheral blood stem cell transportation. Biological therapy uses material made by the body or in a lab to boost, direct or restore the body's natural defenses to fight the cancer. High doses of chemotherapy kill bone marrow cells. To protect the bone marrow, it is removed before chemotherapy and frozen. The bone marrow is returned to the patient following chemotherapy. Peripheral blood stem cell transportation removes the stem cells from the blood and treats them with drugs before returning the cells to the patient's blood to fight the cancer from within.

Ladies, stay on top of things. Check yourself monthly and make an annual trip to the doctor for a mammogram. Rumor has it that appointments are hard to get so do yourself a favor and call now.

Tips on finding the appropriate home care agency

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

When selecting an agency, it is important to clearly understand what types of services they do provide and what, if any, insurance or reimbursement they accept. Home care agencies typically provide paraprofessional home care, using experienced homemakers and certified nurses aides. Home health agencies may use registered nurses, licensed practical nurses, and physical therapists to focus on medical aspects of home care and are often affiliated with a hospital. A nurse registry or agency typically uses private duty, registered nurses and other types of skilled therapists.

When selecting an agency to provide care for a loved one, there are several questions you will want to ask:

1. What is the fee structure? Do you pay the agency or the caregiver? Are there extra costs? Is Medicare or private insurance accepted?
2. Is the agency for-profit or not-for-profit? Is there a larger continuum of care available, i.e., day care, assisted living, nursing home care?
3. Is the agency bonded and insured?

and meal preparation, medication reminder, escorts to doctor and hospital visits, or simply companionship. Selecting a reputable agency will enable you or your loved one to live in the comfort and safety of your own home for as long as possible.

Tricia L. Mullin has a Masters of Gerontological Studies and is the Director of United Methodist Community Support Services, which offers a professional and personal approach to home care, enabling older adults to remain independent and safe in the comfort of their own home. United Methodist Community Support Services is a division of United Methodist Homes & Services, a nonprofit and nonsectarian organization with more than 100 years of experience as a provider of housing and supportive services for older adults. Additional information on Home Care Agencies and United Methodist Community Support Services is available at (773) 769-5270.



A worker who regulates the fires in a glass-blowing factory is called a teaser.

CROSSROADS TO HEALTH

Medication shortage affecting patient treatments

Last-minute medication changes, rescheduled surgeries and delayed booster shots are becoming more common across the nation as increased numbers of pharmaceuticals become scarce commodities.

First, reports regarding flu vaccine production delays and spot shortages made big news last fall. More recently, a shortfall in tetanus vaccine supplies made headlines. But it is becoming evident that these examples may not necessarily be exceptions in what is usually considered an efficient drug supply-demand pipeline.

Specifically, physicians have been grappling with serious shortages of numerous drugs for several months, and the situation seems to be growing worse.

"I've been in this game for 35 years, and I've never seen a shortage of critical drugs like this before," said Bruce Cullen, MD, chief of the Anesthesiology Dept. at Harborview Medical Center in Seattle.

The shortages cover a wide range of pharmaceuticals from anesthetics to vaccines to antibiotics. Some drugs are no longer being produced at all.

Drug shortages are becoming more common, acknowledged Mark Goldberger, MD, who is involved in managing the shortages at the Food and Drug Administration's Center for Drugs. Shortages affect the entire range of medical specialties. And there are several complex reasons behind their occurrence, Dr. Goldberger said. Among them:

- Consolidations in the pharmaceutical industry have resulted in only one or two firms producing a particular drug. Any production problems can rapidly lead to nationwide shortages.
- Firms may find some drugs less profitable to produce, particularly when their patents expire. A business decision may be made to stop manufacturing them.
- Increasing globalization has led to reliance on only one or two suppliers of raw materials, and any problems they experience can quickly lead to a shortage.

Dr. Cullen is particularly concerned about recent scarcities of the narcotic fentanyl and the muscle relaxant succinylcholine chloride.

The fentanyl shortage will soon end, said Douglas Petkus, spokesman for Wyeth-Ayerst, the manufacturer. But while the drug was unavailable, physicians were substituting morphine, a drug that is harder to control, Dr. Cullen said.

"Some people who weren't familiar with using morphine could conceivably get into trouble with it," he said. However, he noted, he was unaware of any harmful occurrences.

Like many physicians, Dr. Cullen uses succinylcholine to relax patients when inserting a tracheal tube. The drug is also often used in emergency surgery, he said, particularly at trauma centers such as Harborview. And recently, the facility's dwindling supply reached a near crisis point.

"We were literally down to one ampule of succinylcholine," he said. A call to the manufacturer, Abbott Laboratories, resulted in a shipment being flown in the next day. The company attributed the shortage to a supplier's failure to deliver raw materials.

Ophthalmologists are facing an even more perplexing dilemma. Wyeth-Ayerst has stopped producing Wydase, or hyaluronidase, a drug used for at least 15 years by ophthalmologists in cataract surgery, and no other manufacturer has stepped in, as yet, to fill the void.

The decision to eliminate Wydase, made in late January, occurred after a "review of product portfolio," said Wyeth-Ayerst's Petkus. The patent on the drug had expired, he noted. The tetanus vaccine also was eliminated from the Wyeth production line at about the same time.

"We have a few months' supply of Wydase left for people to get on an as-needed basis," Petkus said. "I've not heard of any emergency situations." The drug has been in very common clinical use for cataract, retinal and corneal surgeries, said Samuel Masket, MD, chair of the American Academy of Ophthalmology's Wydase Task Force. About 750,000 applications were used in the past year alone, he said.

Wydase facilitates the spread of local anesthetic over a broad area of the eye, enabling the physician to use a smaller amount of painkiller, Dr. Masket explained. The drug also shortens the time for the onset of the anesthetic.

The absence of the drug has been implicated in an increasing number of cases of double vision after cataract surgery, Dr. Masket said. The cause is thought to be the pooling of higher concentrations of the anesthetic, which is toxic to the extraocular muscles, he said. The condition is treatable with additional surgery or the use of prisms in eyeglasses.

But there is an alternative method for administering the

anesthetic, and Dr. Masket and the ophthalmology academy are producing an instructional videotape and monograph as teaching aids. The educational material is being funded by a grant from Wyeth.

No easy fixes

Web sites established by the FDA and the American Society of Health-System Pharmacists include postings of drugs that are in short supply. But overall solutions to the drug shortages are not right at hand.

The pharmaceutical industry has yet to perceive current circumstances as problematic. Of the approximately 25,000 drugs available, there appear to be only four drugs in short supply, said Jeff Trehwhitt, a spokesman for the Pharmaceutical Research and Manufacturers of America. "In the scheme of things, four drugs isn't much," he said.

Trehwhitt did note that there aren't very many vaccine manufacturers left. For example, there used to be nine or 10 makers of flu vaccines; now only two remain. One of the problems is that vaccines are difficult to produce, and companies that produce them are laboring under price control regulations, he said.

Still, many professionals see a real problem and are looking for answers. Given the very different kinds of drugs reported to be in short supply, broad-range solutions are needed.

"Trying to deal with this in a piecemeal way is not productive," said Joseph Deffenbaugh, MPH, RPh, a professional practice associate at the American Society of Health-System Pharmacists.

"It's a very complex set of variables that influence whether any one product will meet the nation's demand at any particular point in time," he said. In addition, the FDA has no authority to force anybody to make anything, Deffenbaugh said.

And no government bureaucracy has as yet stepped in to study the problem, noted Fred Sparling, MD, chair of the public policy committee of the Infectious Diseases Society of America.

Dr. Sparling's group spearheaded a meeting last fall on the shortage of antibiotics. They assembled representatives from the FDA, the pharmaceutical industry, the Centers for Disease Control and Prevention, and health practi-

Early diagnosis of cystic fibrosis provides hope for child's future

Early diagnosis of cystic fibrosis (CF) through neonatal screening, combined with aggressive nutritional therapy, can prevent malnutrition, growth stunting and other problems among children with CF, according to a study published in the January issue of Pediatrics.

The 13-year study of children with CF throughout Wisconsin compared those who were diagnosed early through neonatal screening with those who were diagnosed later.

The children in the screened group were diagnosed at a mean age of 7.2 weeks. The children in the control group were diagnosed at a mean age of nearly 2 years. The patients were followed through 12 years of age. Those who were diagnosed, and therefore treated, earlier showed significantly better growth.

By 9 years of age, the risk of height below the fifth percentile had been eliminated in the screened group, while many children in the control group still showed signs of severe malnutrition. According to the authors, poor nutrition has been associated with a worse prognosis in CF patients and they recommend that more states begin to initiate pilot projects

Pediatricians issue recommended immunization schedule



The American Academy of Pediatrics (AAP) has issued its year 2001 childhood immunization schedule for the United States. The statement represents unified recommendations from the AAP, the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention and the American Academy of Family Physicians. These recommendations are issued by all three organiza-

tions in January of each year.

Since publication of the 2000 schedule, one major change has been made. The heptavalent conjugated pneumococcal vaccine (PCV) is now recommended for all children 2 to 23 months of age. The schedule recommends that PCV be given concurrently with other recommended childhood vaccines at 2, 4, 6, and 12 to 15 months. The number of

PCV doses required depends upon the age at which vaccination is initiated. It is also recommended for other high-risk children aged 24 to 59 months.

Immunizations have reduced vaccine-preventable infectious diseases in this country by more than 95 to 99 percent, and have had a dramatic impact on reducing childhood morbidity and mortality, the AAP says.

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Police News

New police officers for Niles



On April 7, 2001, the Niles Police Department swore in four new members for the position of patrol officer in the village. The new police officers, pictured from left to right are Samuel Cora, Roy Balsamo, Danielle Helma and Ricardo Siota. Cora, Balsamo and Helma are currently attending the Cook County Sheriff's 12 week Law Enforcement Officer Training Academy to become an Illinois State Certified Police Officer. Siota is already an Illinois State Certified Police Officer and is currently participating in the Niles Police Department's Field Training Program. Performing the ceremony were Board of Fire & Police Commissioners Sam Bruno and Bob Berg (not pictured).

Niles man killed in Jewel parking lot accident

A Niles resident is dead after being struck by a car in the parking lot of Jewel-Osco at 481 Busse Saturday, Apr. 14.

George W. Garry, 75, was walking through the lot to the store when he was hit by a car backing out of a parking space, according to Park Ridge police.

Both police and fire departments responded to the call about 1:20 p.m. and began treating Garry at the scene before bringing him to Lutheran General Hospital where he died at 11:58 p.m.

The driver, Julia Jazzar, 90, of Park Ridge, was backing up when she reportedly accelerated, hitting Garry.

Park Ridge Deputy Chief Thomas Swoboda said that the department conferred with the State's Attorney's office and no criminal charges will be issued.

Since the accident took place on private property, no citations were issued.

The Park Ridge Police's crash unit is investigating to determine if the fault was mechanical or operational.

Promotions and new hires at NFD

The Niles Fire and Police Commission along with Chief Kinowski would like to announce recent officer promotions within the ranks and the hiring of new members of the Niles Fire Department.

Promoted to Lieutenant from Fire Apparatus Engineer: John Zeman 25 years assigned to Ladder Truck 2; Dan Driscoll 28 years assigned to Engine 2; Jack Henriksen 18 years assigned to Engine 2; and Dave Chapp 16 years assigned to Engine 2.

Promote from Firefighter Medic: Bill White 13 years assigned to Engine 3.

Promoted to Fire Apparatus Engineer from Firefighter Medic: Don Kaderabak 16 years of service Truck 2; Tom Seelos 21 years of service Engine 2; Mike Siena 16 years of service Engine 3.

New members: Bill Cottrell; John Crosby; Bob Greiner; Pat Nagle; and Matt Reider.

The Commission and Fire Department would also like to pass on best wishes to retired members Lt. Sheldon Mikkelsen for 36 years and Lt. Calvin Radway with 33 years of service to the Niles residents and surrounding communities.

Child Safety Seat Inspection

The Niles Police Department in conjunction with Babies 'R Us will be conducting a free Child Safety Seat Inspection Saturday, May 5, 10 a.m. to 2 p.m. at Babies 'R Us, 5660 Touhy Ave., Niles. (In the Pointe Plaza Shopping Center on Touhy between Lehigh & Central.)

Certified Technicians will inspect child restraint seats to ensure proper installation in order to increase children's safety.

For additional information call Officer Ron Brandt at the Niles Police Department (847) 588-6500.

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For additional information call Officer Ron Brandt at the Niles Police Department (847) 588-6500.

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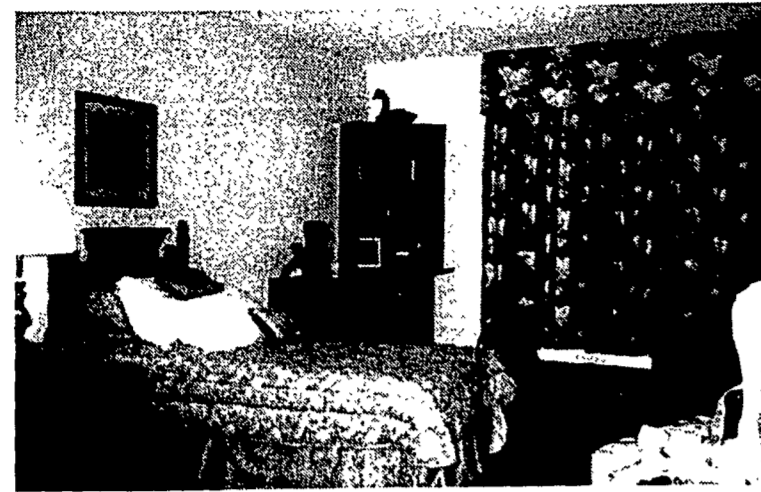
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Asbury Court to open new units

There is excitement and anticipation at Asbury Court Retirement Community located at 1750 South Elmhurst Road, in Des Plaines. 180 new units are due to open May 1. Members of the surrounding communities await their move-in dates. The first resident is scheduled to move in on May 1.

It has been fun for staff and residents to see the plot of land evolve into the 5 story building. The building will have small and large studios like the existing construction, as well as, much needed one bedroom apartments. Recognizing the need for afford-



able but more spacious living, the small studios in the new building are more spacious than the existing large studios. The one bedroom units include 2 full baths. To make sure there is enough storage, the closets are a full 9 feet. Individually controlled heat/air conditioning units are ready to provide comfort by choice.

The large selection of delicious meals, which are freshly prepared by Asbury's own four-star chef are served restaurant-style in the spacious elegant dining room.

Variety and experienced activity staff provide exciting activities and outings to round-out the resident's day.

Six years ago, after extensive renovations of the Camelot Hotel, the Asbury community was forced. Named Ashley Court and was renamed Asbury to identify with sister facilities in Aurora. A virtual tour, as well as, complete information on the existing building can be seen at Asbury's web site:

www.seniorhousing.net/ad/asburycourt

Looking to keep with a quality environment and striving to keep improving has made readiness for the added units. The opinions of the residents at Asbury, count. Spacious, affordable, and home-like are the key words when describing this facility.

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.

Open to all, this ongoing group is held on Wednesday mornings, 10:30 to 12 noon, at the Jewish Family and Community Center, Goldie Bachmann Luftig Building, 5150 Golf Road, Skokie, conveniently located near Old Orchard Mall. For more information, call Sheri Fox, LCSW, at (847) 568-5200. The \$5 fee per session is adjustable, if needed.

"The Senior Connection" is a program in the Family Life Education Series sponsored by Jewish Family and Community Service.

Morton Grove Senior Citizens 470-5223

MAINE EAST, NILES NORTH & NILES WEST

Maine East, Niles North and Niles West High Schools invite seniors (Maine Township residents call 825-4484, Niles Township residents call 568-3956) to join in on free school productions to be performed this spring:

At Maine East: "Annie", May 3, 4 p.m.
At Niles North: Vocal Jazz Night, April 27, 7:30 p.m.
"Twelfth Fifth", May 2, 10 a.m.
Band Concert, May 2, 7:30 p.m.

At Niles West: Expressions Cabaret, April 29, 3 p.m.
NATIONAL ANXIETY DISORDERS SCREENING

Normal anxiety is a part of everyday life and can be an appropriate and reasonable response to situations that arise.

However, there are some of us who experience a level of anxiety that is different from everyday, normal anxiety. It may last longer, persisting for months instead of going away when the stressful situation has passed. Screenings will be held from 1 to 5 and 6 to 8 p.m. on Wednesday, May 2 in the Prairie View Community Center. Please contact Morton Grove Family and Senior Services at 470-5219 for more information.

COMPREHENSIVE HEALTH SCREENING

A comprehensive health screening for adults (18 and older) will be offered by the Village of Morton Grove through Myhealthlink screening services from 7 a.m. to 1 p.m. on Thursday, May 3 in the Morton Grove Village Hall. Testing includes a blood chemistry profile (24 tests including HDL, LDL, total cholesterol), a complete blood count, blood pressure analysis, and coronary risk profile. Cost for the blood tests and analysis is \$45. An ultrasound bone mineral density screening measuring the calcaneus bone with the Sahara Sonometer will also be available for \$35. Please call Myhealthlink at 847-590-0200 to make an appointment. Other tests available include: thyroid panel; ulcer/gastritis screening for H. Pylori bacteria; arthritic profile to screen for rheumatoid arthritis; menopause profile test of female hormone levels; PSA-prostate specific antigen to screen for possible prostate cancer; vitamin deficiency anemia profile testing iron, B12, and folic acid; homocysteine level (an amino acid related to heart disease); and cardio C-reactive protein test. For further information and prizes on additional testing contact Myhealthlink at 847-590-0200. Reservations are required.

HOME AND YARD CHORES

Morton Grove's home and yard "Chore Program" links senior homeowners with youth and young adult workers. Seniors who need help cutting grass can have a neighborhood worker come by to assist. There also are individuals who can perform minor odd jobs. Seniors must provide equipment and negotiate the fee to be paid to the worker. Call Bud Swanson at the Morton Grove Village Hall Senior Center, 965-4100, ext. 6110.

MORTON GROVE HOMECARE SERVICE

The Morton Grove Homecare Service is a program offered by the Village of Morton Grove and funded by a Cook County. The service is for residents age 60 and older who may need assistance with a combination of the following: bathing, laundry, personal care, companionship, preparing meals and light house-keeping. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through the Visiting Nurse Association North. To qualify, a person must be age 60+, a Morton Grove resident, demonstrate a medical need for home care, meet income (less than \$28,150 annually) and asset (less than \$50,000) eligibility criteria. For more information, contact Morton Grove's Senior Citizens Services at 965-4100 today.

RTA REDUCED FARE PERMIT

The Morton Grove Village Hall Senior Center is a distribution point for the RTA Reduced Fare Permit any weekday morning between 9 a.m. and 12 noon. This card provides a half fare discount on the CTA, Metra or Pace transit systems. Individuals must be age 65+ and bring in a driver's license or Illinois identification card, plus a current color 1-1/2" by 1-1/2" photograph. If travelers do not have a photo, the senior center will take one for \$3. For more information, call the Morton Grove Senior Hot Line at 470-5223.

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

Niles Senior Center 588-8420

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To register to become a member, please drop in and fill out an application, or call us and we will mail one to you.

NILES - ONLINE

Visit the Village of Niles online at www.vniles.com. Learn more about the Village and its services, 24 hours a day, 7 days a week. While online, take a moment and give us your thoughts through our online survey. Help us make this site work better for you.

Ask about *The Niles Community Track & Field Day*, Sunday, April 29, 10 a.m. to 3 p.m. For all ages - Notre Dame High School. Call Fitness Center, 588-8400.

FOR YOUR HEALTH - MAY

MAY 9 BLOOD PRESSURE SCREENING

Wednesday, 1 p.m. to 3:30 p.m. No appointment is needed.

MAY 30 SENIOR HEALTH AND FITNESS DAY

Wednesday, 9:30 a.m. to 11 a.m. Come to the gym in the Fitness Center for some FREE fun. Join in on some fitness activities and a walk around the track. Food and a raffle will be available for all participants. Register at the Senior Center or at the Fitness Center.

MAY 31 DASH DIET - DIETARY APPROACH TO CONTROLLING HYPERTENSION

Dash Diet - Dietary Approach to Controlling Hypertension is a free lecture presented on Thursday at 2 p.m. Come learn how diet can control hypertension. Presented by Terry Dalla Valle RN, BSN. Registration is required.

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

90+ BIRTHDAY PARTY AND GOLDEN ANNIVERSARY CELEBRATIONS

Two separate celebrations: **The 90+ Birthday Party on Sunday, May 6, 11 a.m. to 3 p.m., & Golden Ring Celebration on Thursday, May 24, 11 a.m. to 3 p.m.** If you or someone you know is 90 or older, or if you are a couple who married in 1951, please contact the Senior Center by May 1, so we may recognize you on your special day.

EVENING AT THE CENTER: SENIOR PROM - CLUB INTERNATIONAL

The Evening at the Center: Club International will be Friday, April 27, 5 to 8:30 p.m. Students from Maine South will join us for dining, dancing, and socializing. Meal (served 5:30 to 6:30 p.m.) features Greek Salad, Chicken Parmesan, Perogi, and German Chocolate Cake. Dance with the students to songs from around the world. Limited seating. Cost: \$10.

INTERGENERATIONAL SONGFEST

The Intergenerational Songfest is Monday, April 30 at 10 a.m. Enjoy performances by the Culver School Kindergarten class, the Notre Dame High School Band, The Golden Notes, and The Kitchenaires. Registration is required.

HOOKED ON FISHING?

Join us for some summer fun. Equipment rental available. Call MaryAnn for more information.

COOKING IN 30 MINUTES OR LESS II

30 Minutes or Less II are Wednesday, May 2 to 23 at 10 a.m. Stir-fry included. Cost: \$12.

NEWCOMERS MEETING

Newcomers Meeting is Thursday, May 3 at 10 a.m. Meet the staff. Learn about our programs and services. Refreshments will be served. Registration is required.

GENERAL TICKET SALES

Call For Ticket Availability

Poker Tournament - Friday, April 27, 12 noon to 3 p.m. Come and play seven-card stud and five-card draw. Includes lunch and prizes. Cost: 3.50.

May Lite Lunch & Movie - Friday, May 4, 12 noon. Enjoy a lunch (12 noon to 12:45 p.m.) of Italian Sub & Chips. At 1 p.m., see *The Contender* (2001, R) starring Jeff Bridges as a President who wants to replace the deceased Vice President with Senator Joan Allen who is strongly challenged. Cost: \$2.50.

Senior Trip To "Driving Miss Daisy"

Niles Park District invites seniors to "Driving Miss Daisy" at the Fireside Dinner Theatre, Fort Atkinson, Wisconsin. This play is funny, sensitive and a gentle Pulitzer Prize winner. It cruises into the Fireside with its own award winning touch.

Join us on Wednesday, May 30 at the Howard Leisure Center, 6676 W. Howard Street. Bus departs at 8 a.m. and returns at approximately 6 p.m. Fees are Res \$60; Non-Res \$65.

READ THE BUGLE

Computer Classes

Introduction to Computer, Keyboard & Mouse. Join Niles Park District by taking the first step in exploring the computer world with this 3-hour introductory computer course. Class will be held on Tuesday, May 8 from 6:30-9:30 p.m. at the Howard Leisure Center. Class fee is Res \$40 and Non-Res \$50.

Introduction to Microsoft Excel. Niles Park District offers Microsoft Excel classes. Explore Excel's capability to organize, analyze, interpret and present infor-

mation. Create a simple spreadsheet and learn to format your reports. Pre-requisites for the class are basic mouse skills and knowledge of Windows. Class will be held on Tuesday, 5/15 and 5/22 from 6:30-9:30 p.m. at the Howard Leisure Center. Class fee is resident \$90 and Non-Res \$115.

For more information on any of our computer classes, call Niles Park District at (847) 967-6633. Register early, class limit is five participants.

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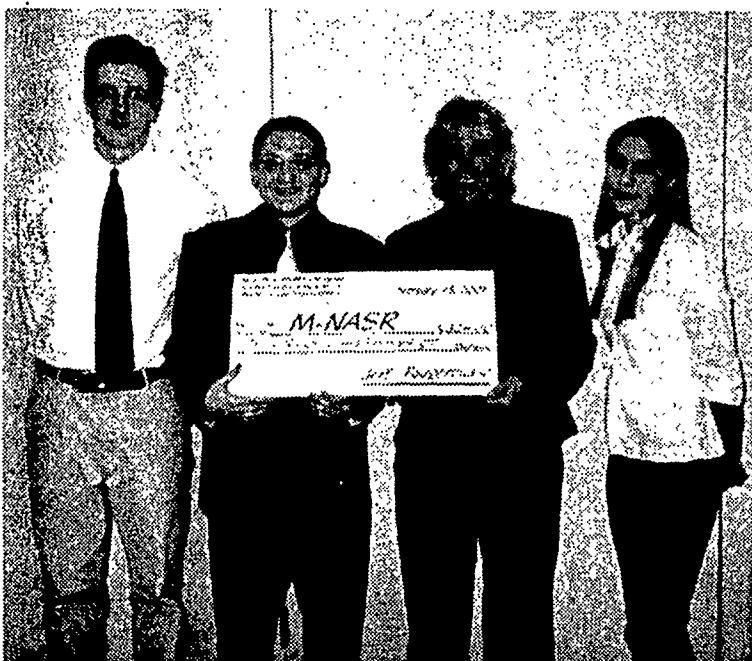
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School News

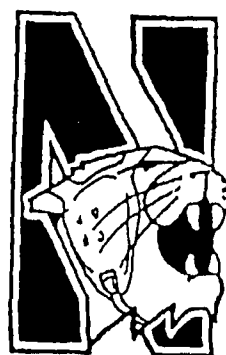
Niles West High School DECA Students awarded 1st Place



Niles West High School DECA students, recently took first place in the state competition held in March. This 1st place finish earned them a trip to the National competition in California. The DECA students project was a "Big Fun for Everyone Camp Day" held at the Morton Grove Park District. All proceeds raised were donated to Maine-Niles Association for Special Recreation.

Sue Bear, Executive Director of M-NASR accepts a donation check from the Niles West High School DECA students, Matt Ochawa, Marat Fleytlikh and Michele Filipp.

Wildcat Wrestling Camps



SESSION 1: TEAM CAMP
Sunday, July 8 - Thursday, July 12

INTENSIVE TAKEDOWN-TO-WIN MINI CAMP
Friday, July 13 - Sunday, July 15

SESSION 2: TECHNIQUE CAMP
Sunday, July 15 - Thursday, July 19

INTENSIVE PIN-TO-WIN MINI CAMP
Friday, July 20 - Sunday, July 22

SESSION 3: TECHNIQUE CAMP
Sunday, July 22 - Thursday, July 26

GIRLS INTENSIVE CAMP
Friday, July 27 - Sunday, July 29

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How students are selected for the Gifted/Talented Program in District 207

Special programs are available to gifted students in District 207. Summer seminars directly linked to the regular year program outcomes are available for identified freshman gifted students.

1. Students are initially considered as gifted students based on three criteria:

- Students who score in the top 20% locally on Terra Nova tests, taken in 8th Grade, on the reading, language, and/or mathematics test.
- Students who are recommended by their 8th Grade teacher or are in a gifted program during 8th Grade.
- Students who are nominated by teachers, parents, or students as having a particular talent or gift (Nomination forms are available from the Jr. Highs and High Schools.)

er or are in a gifted program during 8th Grade.

• Students who are nominated by teachers, parents, or students as having a particular talent or gift (Nomination forms are available from the Jr. Highs and High Schools.)

2. The initial selection is narrowed using the following criteria:

- A score of 130+ on the Cognitive Skills Test.
- A member of a gifted program during 8th Grade.
- A nomination from a teacher, parent, or student citing specific reasons for membership, or examples of giftedness.

er parent, or student citing specific reasons for membership, or examples of giftedness.

• A score of 95% or greater on the Terra Nova test in reading or mathematics.

• Recommendation by a Junior High or Middle School teacher for outstanding talent in the fine arts.

3. Students who qualify after the second selection are:

- Asked to complete a written self assessment essay.
- Interviewed by a panel of current members and/or faculty on the gifted advisory council.

'Operation Prom Night' makes bad decision a reality

While prom night should be one of the happiest memories for high school students, one wrong decision could change the rest of their lives. A crash... a car with two prom couples collides with a family. Some bodies remain tangled in the wreckage as others are thrown from the car... some scream hysterically and others die on impact... a young woman is strewn across the hood of the car in a blood-drenched gown... Suddenly, all the dreams have ended.

The sirens of ambulances, fire engines and police cars fill the air as help arrives to the scene of the accident. Some victims are rushed to the hospital and others leave in body bags. The state troopers ask the young male driver to step out of the

car... he fails the sobriety test.

This is the "Operation Prom Night" simulation that almost 500 Resurrection High School juniors and seniors will witness at 9 a.m. on May 4 in the school's parking lot at 7500 West Talcott. To add to the realism, young women from Resurrection High School and young men from a neighboring high school will play the roles of the two prom couples.

This is the second time that Resurrection has sponsored the simulation in conjunction with The Chicago Police and Fire Departments, Resurrection Medical Center, and Chicago Access Channel.

Following the simulation, the students will gather in the Little

Theatre for the inside portion of the program, where they will hear from guest speakers from the Illinois State Troopers, as well as Martha Belluschi, from the Illinois Secretary of State Office. The juniors and seniors will also see a slide show compiled by Resurrection's photography club which depicts everyday life at Resurrection High School combined with trauma scenes from Resurrection Medical Center's Emergency Room.

"Operation Prom Night" was designed to help students think twice and make an intelligent decision in the face of peer pressure," said Dean of Students, Tamara Bernardin.

For more information on "Operation Prom Night" please call (773) 775-6616, Ext. 12.

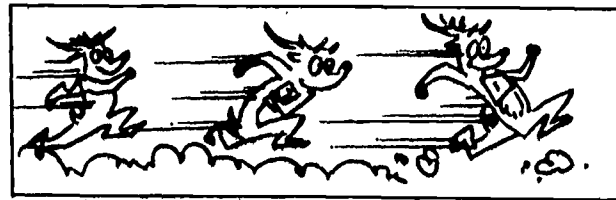
International trade opportunities course offered

Learn how to use the Internet to access foreign markets by enrolling in The Internet: Your Window to Exporting and Importing Opportunities (ITR 290-0W1, Touch-Tone 08491) offered by the International Trade Program at Oakton Community College.

Taught by Harvey R. Shoemack, president of the International Marketing Center, Ltd., and member of the Illinois District Export Council, this one-credit-hour course explores the many ways the Internet eases the process of exporting and importing in today's competitive climate. The class meets from 9 a.m. - 4 p.m. on two Saturdays, May 5

and May 12, at Oakton's Des Plaines campus, 1600 E. Golf Road.

Students who applied to Oakton or have attended classes at the College since summer 1998 may register using the Touch-Tone system at (847) 635-1616. For more information about registration, call (847) 635-1629 or visit www.oakton.edu. To learn more about The Internet: Your Window to Exporting and Importing Opportunities and other courses offered by Oakton's International Trade Program, call Robert Matthews, program chair and professor of business, at (847) 635-1814.



In Lapland, Easter is celebrated with reindeer races.

School News

OLR 3rd grade spelling bee



During Catholic Schools Week, all third grade students participated in the Annual 3rd Grade Spelling Bee at OLR School. Shown are — 1st place: Steven Veselka (left); 2nd place: Christine Merchut (center); 3rd place: Kevin Haneman (right).

Niles North Vocal Jazz Night concert

The community is invited to attend a free Vocal Jazz concert at 7:30 p.m. on Friday, April 27 in the Niles North Auditorium at 9800 North Lawler, Skokie. "Take One" and "Sound Check,"

the school's vocal jazz ensembles will perform. For more information, please contact Choral Director Daniel Gregerman at (847) 568-3416.

Resurrection students participate in Hunger Meal

Resurrection High School juniors and seniors from the "Models of Faith" religion class recently hosted a "Hunger Meal" for other religion classes. In order to demonstrate the lack of nourishment experienced by many underdeveloped countries.

Students were divided into three groups that represented the most developed countries, those with an adequate standard of living, and those who experience a low standard of living. The three students that represented the most developed countries were served pizza, pop and dessert and allowed to eat as much as they wished in order to represent the abundance of resources in those countries. The ten students that represented those countries with

an adequate standard of living were given pizza and had to split it among themselves. The fifteen students that represented the lowest economic standard of living were given plain pizza crust and water to divide among the group that represented the lack of resources in those regions.

Half of the world's population is undernourished. The "Hunger Meal" was intended to teach the students how various countries have different quantities of resources and how one in five people are forced to live in poverty. The students conducted this project in conjunction with the Lenten season and Operation Rice Bowl, for which students collect money for underdeveloped countries.

Summer Sports Camps

Registration is being accepted for the Niles Park District Summer Sports Camps for girls and boys in grades 1-6. Camps begin June 11 and take place at Grennan Heights Recreation Center, 8255 Oketo. Full day All Sports Camp is offered 9 a.m.-4 p.m. and half day All Sports Mini Camp, 9 a.m.-Noon. Extended care is available after 4 p.m. for an additional charge. Two 4-week sessions are offered for the full day camp and four 2-week sessions

for the mini camp. All campers will learn a variety of sports including soccer, baseball, softball, basketball, track & field, golf, flag football and more. Full day camp includes swimming and weekly field trips. All counselors are experienced, knowledgeable, and CPR and First Aid certified. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. For more information about Sports Camps, please call (847) 967-6975.

For information, call the Ministry Center at (847) 823-2550.

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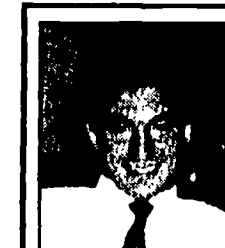
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BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Turn Retirement Savings into Retirement Income

What can you do in retirement? Just about anything you want. But make sure you've got the income you need to live the life you choose.

Today's retirees are opening their own businesses, consulting, traveling, pursuing their hobbies and even going back to school. And with advances in health care and an increased awareness of the importance of healthy lifestyles, many of us can now expect to live two, or even three, decades in retirement.

To support your chosen lifestyle for all those years, you'll need to look at how you can turn your retirement savings into retirement income. Let's consider some of the options you have available.

First, if you do open a new business or do some consulting, you will receive earned income. How much you earn depends, of course, on what you do and how much you plan to work. But even many "working retirees" find that they still have to draw on their retirement plans, such as their 401(k) or IRA, to supplement their income. So, let's take a look at some ways you can get at these funds.

When you leave your job or retire, you can get instant access to your 401(k). But if you take this money in a lump sum, you'll face a big tax hit. It may be a better idea to roll your 401(k) money over to an IRA administered by a brokerage firm. You won't have to pay immediate taxes, and you can avoid possible IRS penalties. You'll also gain more investment options and more control over the size of your eventual withdrawals. You can choose an amount to withdraw based on your life expectancy, your monthly expenses and your expected rate of return. In other words, this type of 401(k) rollover gives you a great deal of flexibility.

What if you don't need your 401(k) or traditional IRA funds right away? You can delay taking withdrawals until you reach 70-1/2, when the government requires you to start taking minimum distributions. (This rule does not apply to Roth IRAs.) Of course, the longer you wait before you start tapping into your 401(k) or traditional IRA, the larger your account may grow. In fact, it might grow so large that you can't use it all during your lifetime. If that happens, however, you can pass on the remaining balance to your heirs. Be careful, though -- this type of transfer could have estate-tax consequences, so discuss this option with your tax adviser.

This estate-tax issue highlights the need for you to do some serious planning regarding your retirement income. If you have too much income, you could get bumped into a higher tax bracket. But if you take too little income, you could end up fattening your taxable estate. So look at all your funding sources: Social Security, 401(k), pensions, IRAs and personal investments. Then, see how you can get all these sources to work together to provide you with the "Goldilocks" level of retirement income -- not too much, not too little, but just right.

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

Seniors and students go international for second annual Intergenerational "Prom"

Members of the Maine South High School Brotherhood organization have again teamed with senior citizen from the Niles Senior Center and the Des Plaines Community Senior Center to create a unique intergenerational experience. This year's theme, "Club International" will feature a catered dinner with Greek, Italian, German and French cuisine; and dancing to rhythms from around the globe. Ice breaker activities will include groups of seniors and students answering cosmopolitan questions on dancing, music, geography and famous people.

Friday, April 27, 2001 from 5:30 - 9:30 p.m.

Niles Senior Center, 999 Civic Center Drive (Intersection of Oakton and Waukegan).

Faculty sponsors of Maine South's Brotherhood club — a service organization with over 150 members — and program directors of the Niles and Des Plaines Senior Centers began planning the second annual senior/student prom in August, 2000. Last year's first-time event was a tremendous success with

nearly 150 students and senior participants. Niles Senior Center program coordinator Kelly Mickle states, "Considering it was a first-time event (last year), we could not have anticipated the high energy and enthusiasm from everyone. To see everyone on the dance floor...was wonderful" to behold. Many seniors were impressed with the students' reaching out to them. The purpose of the prom is to have high school students interact with local senior citizens in an activity where they can plan, make decisions together, and have fun!

"Club International" promises to be a gala event, with seniors matched with students one on one, all dressed with international flair. The evening will begin with the ice breaker activity followed by dinner and dancing. Live music will be provided.

Groups of students and seniors have met every month since August — and weekly during April — to plan for the dinner dance, serving on food, entertainment, seating, and decorating committees. The meetings

have been lively as students, seniors, and event sponsors brainstorm ideas and negotiate when their "preferences" for music, attire, and cuisine don't quite match!

Skokie Art Guild Exhibit

The following members of the Skokie Art Guild will be exhibiting at the following locations during May and June:

Rachel Slotnik at Bank of Lincolnwood, 4433 W. Touhy, Lincolnwood - Oils Watercolors & Acrylics.

Barbara Schrenzel at LaSalle Bank, 7080 Carpenter, Skokie - Acrylics.

Fred Vyshkind at Bank One, 8001 Lincoln, Skokie - Multimedia.

Doris Monti at Liberty Bank for Savings, 666 N. Lincoln, Lincolnwood - Acrylics, Watercolors & Pastels.

Shirley Locker at McDonald's, 4830 W. Dempster, Skokie - Pastels.

LEGAL NOTICE

PLEASE TAKE NOTICE — THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on MONDAY, MAY 21, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following cases:

CASE 1344
Requesting a variation from Sections 2.5.5.1, 6.2.7.1 and 6.2.7.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to construct a three-car detached garage:

Front Yard		
Required	25.00 feet	
Requested	23.51 feet	
Variation necessary	1.49 feet (after the fact)	
Front Yard - Corner Lot		
Required	15.00 feet	
Requested	13.85 feet	
Variation necessary	1.15 feet (after the fact)	
Detached Garage in Front Yard		
Required	15.00 feet	
Requested	5.00 feet	
Variation necessary	10.00 feet	

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 8542 School Street, Morton Grove, Illinois. The petitioner is Clifford Schwartz.

CASE 1345
Requesting a variation from Sections 6.2.7.2 and 2.5.5.4 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to construct a second floor addition to an existing home:

Front Yard - Corner Lot		
Required	25.00 feet	
Requested	22.91 feet	
Variation necessary	2.09 feet (after the fact)	
Distance Between Principal Structure and Accessory Structure		
Required	10.00 feet	
Requested	7.02 feet	
Variation necessary	2.98 feet (after the fact)	

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 9346 National Avenue, Morton Grove, Illinois. The petitioner is Marty Koleno, Architectural Design and Building, Ltd, 830 W. Northwest Highway, Palatine, Illinois 60067.

All interested parties are invited to attend and be heard.

Steven Blonz
Chairman

North Suburban NeedleArts Guild

North Suburban NeedleArts Guild is pleased to have Joanne Zaborik, teacher, rug hooker and fiber dyer who will bring her techniques and dying knowledge to our guild. She will speak on "My Life as a Hooker" on Tuesday, May 1st at 9:30 a.m. Meetings are held at the Village Presbyterian Church, 1300 Shermer Road, Northbrook. Her workshop, "Nettie and Kitten" will be held on May 2 and 3.

For further information, call Debbie Brice at (847) 221-5278 or visit our Web Site at: http://www.needleartsguild.com. Guests welcome.

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 Spring Luncheon and Installation of Officers on May 2 at the Valley Lo Country Club Glenview, Illinois. Social 11:30 a.m.; luncheon 12:30 p.m. \$25 reservations are requested. Call Social Chairman, Marilyn Sala at 847-675-5103 by April 27th. Following the luncheon, invited Scholarship recipients from Niles West and North will give a brief talk on their future plans. The program for the day will feature, Ellena Lieberman, an exciting, talented soprano. A veteran performer with a background of opera, musical theater and classical recitals.

Women interested in joining the club are welcome; phone Phyllis Cossarek, President at 847-256-1177.

Maine East Fine Arts presents 'Annie'

The Maine East Fine Arts Department and the Maine East Fine Arts Boosters present "Annie" on April 27 & 28, and May 4 & 5, at 7:30 p.m. in the Maine East Auditorium. Over one hundred cast, crew, and orchestra members have been working since February to bring this spectacular Broadway musical to life. Tickets are \$7, and can be reserved by calling 692-8500, or can be purchased at the door.

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"2001: A Skate Odyssey"



Niles Park District is proud to present its 2001 Ice Show, "2001: A Skate Odyssey," to be held at Niles Park District Ice-Land Ice Arena on Friday, May 4 through Sunday, May 6. The show will feature over 175 skaters. Performance times are Friday night at 7:30 p.m., Saturday at 2 p.m. and 7:30 p.m., and Sunday at 2 p.m. Tickets are \$8 for reserved seats and \$6 for General Admission. Tickets are available at the IceLand Admissions Office, 8435 Ballard Road. For more information on the Ice Show, please call 847-297-8010.

Donations needed for Flea-Market

On May 5, 2001, St. John Brebeuf Church will host the annual Flea Market in the West parking lot - adjoining 8300 N. Harlem Ave., Niles, IL.

This year's event, jointly sponsored by Boy Scout Troop 175 and the St. John Youth Ministry, will again offer members of our community the opportunity to donate any salable items to benefit the scout troop.

Last year's generous donations allowed the Troop to purchase new equipment for the Troop's growing needs, but we're still growing and continue to need assistance.

The Scouts of Troop 175 sincerely thank the generous folks who donated to their cause last year and ask for additional support for this year!

LEGAL NOTICE

PLEASE TAKE NOTICE — THE MORTON GROVE PLAN COMMISSION will hold a public hearing on MONDAY, MAY 21, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following case:

CASE PC01-04
Requesting an amendment to the existing PUD to permit replacement of 120 condominium units (Buildings "A", "B" and "C") with 54 townhome/villa units and reconfigure Building "F" to add 18 condominium units resulting in a total development mix of 306 units (252 condos and 54 townhome/villas) at the property located at 6301 Lincoln Avenue. The applicant is the Elliott Group, 6301 Lincoln Avenue, Morton Grove, Illinois 60053.

All interested parties are invited to attend and be heard.

Steven L. Blonz
Chairman

Resurrection teacher wins award

Recently, Resurrection High School math teacher Aurelia Skiba was honored with the RadioShack National Teacher Award. This award honors high school teachers who have made a commitment to educational excellence in mathematics, science and technology.

Since 1988, RadioShack, a Tandy Company, has sponsored a National Teacher Awards program. Experienced high school teachers from over 20,000

schools nationwide compete for 100 - \$3,000 cash awards and a Compaq computer. RadioShack seeks exceptional, innovative teachers who can instill a spirit of intellectual curiosity, innovation and competitiveness into today's students.

Nominees are selected by principals or past prize recipients. The selection process considers the applicant's communication of knowledge and involvement with students depth of knowledge

base; professional development and continuing education, and service to school, profession and community, especially in activities related to mathematics, science or technology.

A graduate of DePaul University with a Bachelor of Arts in Mathematics, and a Masters in Mathematics Education from the University of Illinois, Mrs. Skiba has been a mathematics educator for over 33 years. She is currently the moderator for the Resurrection High School chapter of the National Honor Society and facilitates the Peer-Tutoring program. Mrs. Skiba has presented workshops for high school students, teachers and administrators and attempts to expand the limits of teaching through her involvement as an active member of the Illinois State Mathematics Standards Committee.

Oakton presents 'Einstein's Dreams'

An original reader's theater piece based on Einstein's *Dreams*, the international best-seller by Alan Lightman, will be presented at 8 p.m. on Saturday, April 28, and 2 p.m. on Sunday, April 29, in Rooms A145-152 at the Ray Hartstein Campus, 7701 N. Lincoln Avenue, Skokie.

Einstein's Dreams - called "whimsical and meditative, playful and provocative" by the *New York Times* - dates to imagine what thought and images invaded the sleep of young Albert Einstein in the nights leading up to the formulation of his special theory of relativity. Each of the 30 dreams illustrates a world in which time obeys different rules that impact human behavior. Director Karol Verson, who adapted the novel for Oakton's production, has added music and multimedia images to underscore the moods and the meanings of these dreams that poignantly reflect the human condition.

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. DO1070155 on the APR 17, 2001. Under the Assumed Name of UNIQUE SHOPPER PROMOTIONS with the business located at 8246 N. LEHIGH AVE., MORTON GROVE, IL 60053. The true name(s) and residence address of the owner(s) is: GRACE J. NATHAN, 9123 KILDARE AVE., SKOKIE, IL 60076.

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. DO1070082 on the APR 13, 2001. Under the Assumed Name of GREY LADY DESIGNS with the business located at 5434 N. GLENWOOD, #3N, CHICAGO, IL 60640. The true name(s) and residence address of the owner(s) is: STEPHANIE MARIE FERRELL, 5434 N. GLENWOOD, #3N, CHICAGO, IL 60640.

MEDICAL / PROFESSIONAL GUIDE

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Morton Grove Chamber of Commerce

Chamber members and the Morton Grove community go hand in hand! Concert in the park! July 17, 2001, co-sponsored by On Time Promotions, Cambridge Bank, Edward Jones, LaSalle Bank.

You're invited by the Morton Grove Park District to enjoy 6 summer evenings of exceptional musical entertainment in the beautiful surroundings of Harner Park. These Free concerts begin promptly at 7 p.m. at the Pavilion at the north end of the park. Each evening, a different restaurant will be offering a variety of tasty and reasonably priced menu items for your family's appetite. Restaurants begin serving at 6 p.m. Bring your family, friends and neighbors and join us for evenings packed with music and scrumptious local specialties.

The Morton Grove Chamber of Commerce, On Time Promotions, Cambridge Bank, Edward Jones and LaSalle Bank have joined together to co-sponsor one concert on July 17, 2001. The band that evening will be "Public

Eye." Our featured restaurant will be Chamber Member Champs Sports Bar & Grill. We hope to see you there.

2001 Annual Golf Outing!
 Are you ready to play golf? Well then why not sign up for the Chamber's Annual Golf outing which will be held on Wednesday August 22 at the Buffalo Grove Arboretum Golf Course. You'll enjoy lunch, a foursome photo sponsored by Cambridge Bank, 18 holes of shotgun golf with cart, Free drink on the 19th hole sponsored by LaSalle Bank, and a spectacular barbecue dinner followed by our raffle. There's only room for 144 golfers, so be sure to reserve your spot early. Raffle Tickets are now available in the Chamber office. The cost of the raffle tickets are \$10.
First Prize: \$1,000
Second Prize: Set of Tommy Armour Evo Irons & Golf Bag
Third Prize: Lawnware Furniture Package.
 There will be many other prizes to win other than the 3 top prizes so be sure to get your raffle

ticket!

Promote your business at the Morton Grove Chamber of Commerce Annual Golf Outing. There are many ways to get your company's name before the many Chamber members that participate in the Golf Outing.

The Golf Outing Committee meets every 3rd Wednesday of the month. If you're interested in being a committee member please call Deborah Gallas at 847-470-1023.

2001 "Cruise our World" Maiden Voyage Sensational!
 The Morton Grove Chamber of Commerce recently hosted our second annual "Cruise our World" Restaurant tour. This all-inclusive event featured a progressive dinner provided by some of Morton Grove's finest eateries: Champs Sports Bar & Grill, Kappy's Restaurant and Bella Via Ristorante. Nearly 30 Residents and Chamber members attended the inaugural event. As with most cruises there was plenty of food and fun!

4th of July Parade.
 It's that time of year when the Morton Grove Days Committee is beginning to plan for their annual 4th of July parade. The parade will start off at 2 p.m. Once again they will be welcoming a variety of participants in this event. The committee would like to include your group, business or organization in this year's festivities. Please keep in mind that the Morton Grove Chamber of Commerce will award the President's Trophy for the best decorated entry or float. For more information and an application contact Ralph Hintz at 847/965-3090.

Morton Grove Community Guide. The Morton Grove Community Guide is scheduled to go out in January of 2002. The Community Guide is the resource for local information and reaches those consumers you want most. This is your opportunity to showcase your business in over 10,000 copies distributed to residents, as well as prospective move-ins and visitors. The guide is sent to 10,000 residents in Mor-

ton Grove and sent by the Village and Chamber office to prospective businesses. Chamber Members receive a FREE listing both alphabetically and categorically in the business and service directory. There are also displaying advertising opportunities for Chamber Members.

Please keep in mind only Chamber Members in good standing will receive the FREE listing. For display advertising information call Tina at the Chamber office. 847/965-0330.

Mayoral State of the Village Address Luncheon a Huge Success!
 On March 21, 2001, at the Double Tree Guest Suites in Glenview, Mayor Daniel D. Scanlon proclaimed a State of the Village Address. Mayor Daniel Scanlon brought us a complete update on new development activity in the Village of Morton Grove as well as the economic development and other current useful village information. The Morton Grove Chamber of Commerce

Arts Festival to be held

The International Center on Deafness & the Arts (ICODA) presents the 25th Annual International Creative Arts Festival, an artistic competition and awards banquet featuring more than 50 children and teens from the U.S., Canada and Europe who are deaf or hard of hearing. The awards banquet and showcase of the Silver Anniversary Arts Festival will be held Saturday, April 28 at 6:30, Doubletree Guest Suites Hotel, 1400 Milwaukee Ave., Glenview.

Categories of competition include photography, drawing, painting, computer graphics, short story, playwriting, poetry and performing arts. More than 500 participants were divided in six age groups, from 6-18 years old, with over 50 1st, 2nd and 3rd place award winners being recog-

nized at the awards banquet Saturday. Such high profile North Shore natives as Academy Award winning actress Marlee Matlin was a past contestant and winner of ICODA's International Creative Arts Festival.

This annual event provides contestants the chance to participate in workshops led by prominent artists who are deaf and hard of hearing, showcase their artistic talent, interact with peers and increase public awareness of the benefits of arts within the hearing-impaired community.

To order tickets or for more information about the Festival and ICODA's continuing effort to educate children and adults who are deaf and hard of hearing of the pleasures and benefits of the arts, call (847) 559-0110 or TTY users use (847) 559-9493.

Knightly News & Views

Attention all 3rd Degree Brother Knights - on April 29, the Hillinger Assembly will be hosting the special 4th Degree Exemplification at the Marriott O'Hare Hotel in Park Ridge. The fee is only \$60 for the privilege to become a Sir Knight and a special celebration & awards banquet following the ceremony. Any Brother 3rd Degree interested in participating should contact Ken Lee @ 847-967-6234.

A 1st Degree Exemplification has been scheduled prior to the next business meeting on Wednesday, May 2, in Flanagan Hall. All candidates and prospective candidates are invited to arrive 1/2 hour prior to the starting time of 7:30 p.m. For more information or to get more information - contact Ken Lee @ 847-967-6234.

On Wednesday, May 9, 2001, our Council will sponsor a special Marian Hour of Prayer, including a procession from Flanagan Hall with the 'Our Lady of Guadalupe' Icon, starting at 6:30 p.m. All members of our community are invited to attend this special prayer service. All 4th Degree Brother Knights are asked to as-

'Tag Day' volunteers needed

Leaning Tower Family YMCA's 7th Annual "Tag" Day fundraiser will be here before you know it and we're starting to recruit volunteers now. "Tag" Day this year is Friday, May 4th and Saturday, May 5th, and we need your help. The main predictor of how much money we can raise on "Tag" Day is the number of volunteers we have out on those street corners - the more volunteers, the more money we can raise for all our programs at the Leaning Tower Family YMCA.

Leaning Tower Family YMCA is a non-profit organization providing programs for the entire family. Please help the

Leaning Tower Family YMCA to continue to help you, your friends and neighbors by volunteering for "Tag" Day. We ask for a minimum of a two hour commitment on either May 4th or 5th. If you belong to any club, organization, group, church, etc. that might be a source of additional "Tag" Day volunteers.

The "Tag" Day coordinator is available to speak to groups about "Tag" Day and our need for volunteers. For more information and to volunteer, call Chris Bertana "Tag" Day Coordinator, Leaning Tower YMCA, (847) 647-8222, Ext. 2204.

Illinois artists capture the magic of its flatland in new Oakton exhibit

To some, the Illinois flatland is a million miles of monotony, but to three notable Illinois artists, it is an endless source of beauty and inspiration.

Illinois Landscapes, paintings and works on paper by Harold Greger, Fred Jones and George Atkinson, will be exhibited from May 3 - June 22 at Oakton Community College's William A. Koehnline Gallery, 1600 E. Golf Road, Des Plaines. A free reception with light refreshments is scheduled from 5 - 8 p.m. on Thursday, May 3.

The artists' fascination with the American heartland is perhaps, best expressed by Greger, an esteemed professor emeritus at Illinois State University.

"...I love and find inspiration in the landscapes of the American Midwest. I see character and strength there. It is a subject distinctly American: the fruitful plain—the working farm consisting of corncribs, barns, silos—images that have become cliché but that I have tried to invest with wonder and revived meaning."

Gregor gained national prominence in the 1970s within the Photo-Realistic movement. The topography and modest structures of the rural Midwest are the inspiration for his sweeping panoramas and his vibrant "flat-scapes" paintings. To achieve the aerial perspective of these paintings, Gregor hires a pilot to fly him over Illinois farmland while he studies and photographs the rural landscape. Using careful color choices and his signature brush strokes, he trans-

forms these flattened, two-dimensional scenes into dazzling, color-formed spaces.

His artwork is exhibited in numerous public and private collections, including the Art Institute of Chicago; McCormick Convention Center, Chicago; Illinois State Library, Springfield; Chemical Bank, London; Amoco Corporation, New York; and Springfield Art Museum, Missouri. *Illinois Landscape #80* (acrylic on canvas, 1986), exhibited at Oakton's Ray Hartstein Campus in Skokie, is part of the college's permanent collection.

The landscapes of Fred Jones are essentially about a "sense of place." A native of Wales, he came to the United States in the 1960s to study and work. Since 1968, he has taught at Western Illinois University, where he was appointed a Distinguished Professor in 1998. Living at the edge of the prairie, Jones is continually fascinated by the subtle and dramatic changes he witnesses in the endless sky and land that surround him.

His landscapes are exhibited in the many collections, including those of the Victoria and Albert Museum, London; Welsh National Museum, Cardiff; Illinois State Museum, Springfield; University of Illinois; Westinghouse Corporation and McDonald's Corporation. Three of his pieces are part of Oakton's permanent collection: *Illinois Landscapes, 1983* (pen and ink) and *Sunburst Storm* (acrylic on paper), exhibited at the Des Plaines campus; and *Darksky Storm, 1999* (acrylic on paper),

exhibited at the Skokie campus.

Atkinson, a native of Springfield, Illinois, received his M.F.A. from the San Francisco Art Institute in 1975. A trip to his wife's native England—where he toured the countryside and viewed firsthand the paintings of Sargent and Whistler—inspired his interest in landscapes. Like the others, Atkinson is fascinated by the immensity of the Midwestern land and sky, and its momentary changes in light and shape. His pastels portray the state's disappearing farmland against this vast prairie sky and can be found in the collections of the Illinois State Museum; State of Illinois Center, Chicago; Art Institute of Chicago; U.S. Department of State, Washington, D.C.; Arthur Anderson & Company, Chicago; and Hallmark Cards Incorporated, Kansas City. *After Evening Milking in August at Ron's Dairy Operation* (pastel on paper, 1999) is part of the permanent art exhibit at Oakton's Ray Hartstein Campus. In 1999, Atkinson and Greger were included in the exhibition, *Contemporary American Realist Drawings*, at the Art Institute of Chicago.

The William A. Koehnline Gallery is open from 10 a.m. - 5 p.m. on Mondays, Tuesdays and Fridays; and from 10 a.m. - 6 p.m. on Wednesdays and Thursdays through May 31. From June 1 - Aug. 7, hours are Monday - Thursday, 10 a.m. - 7 p.m. For more information, call Nathan Harpaz, curator, at (847) 635-2633.

Notre Dame Summer Athletic Camp

Notre Dame High School for Boys' head coaches and student-athletes will give instruction on eight different sports in a total of 23 camps at the school's Niles campus this summer.

Head football coach Mike Hennessey will run three camps for different age groups. All camps are held from 9 a.m.-noon and cost \$110 except the incoming freshman camp, which will cost \$80. Fourth, fifth and sixth graders will gather June 25-29. Seventh and eighth graders meet July 9-13 and incoming freshmen are scheduled for July 24-27. Proper techniques and fundamentals will be emphasized in this non-contact camp.

Head basketball coach Dennis Zelasko will operate two camps. His shooting/ball handling camp will be held June 25-29 and cost \$90. Fifth and sixth graders meet 9-11:30 a.m., and seventh and eighth graders get together from 12-2:30 p.m. The skill camps cost \$150. Fifth and sixth graders will meet June 11-15 and the seventh and eighth graders follow on June 18-22. Each camp will run 9:30

a.m.-2:30 p.m. and supervised refrigerators will be available to keep lunches. Incoming freshmen have a nine-day camp July 9-13 and 16-19. That camp runs 10:30 a.m.-1 p.m.

Four baseball camps are offered for fourth grade through incoming freshmen students by head coach Guy Gianni. A hitting camp is scheduled for June 11-15 from 8:30-11:30 a.m. A defense (infield) and base running camp will be held that afternoon from 12-3. A pitchers/catchers camp is slated for June 25-29 from 8:30-11:30 a.m. and will be followed by another hitting camp from 12-3. Each session costs \$110. Space is limited for these camps.

Head wrestling Coach Augie Genovesi will run his camp June 25-29 from 2:30-4:30 p.m. The camp is for any sixth grade through senior-year student and costs \$80. Head coach Gianfranco Grande will run a soccer camp from June 18-22. The camp will be held 9 a.m.-noon and is for any student seventh grade through incoming freshmen. Cost of the camp is \$110. Head volleyball

coach Dave Astrahan will conduct a skill development camp July 23-27 from 10 a.m.-noon. The camp is for seventh and eighth graders and incoming freshmen, and the cost is \$80. Head coach Mike Jankowski will run a track and field camp from June 11-15. The camp is for fifth through eighth graders and incoming freshmen. Camp time is 9 a.m.-noon and cost is \$110.

Head golf coach Bob Beckman is sponsoring seven camps with limited space. Each camp is \$110 and includes one day at a par-3 course. Students from fourth grade through incoming freshmen are invited, except for the beginner skills camp for second and third graders, which will be held June 11-15 from 11:30 a.m.-12:30 p.m. and costs just \$75. All other camp hours are 9-11 a.m.

Registration forms may be picked up at Notre Dame. Camp shirts will be given to all participants. Campers are responsible for their own transportation. For more information, call Notre Dame's athletic department at 847/779-8650.

The Bugle Newspapers' Area Employment News

Swiss Precision Machining provides exacting standards to a world market

By Jeanine Kromer

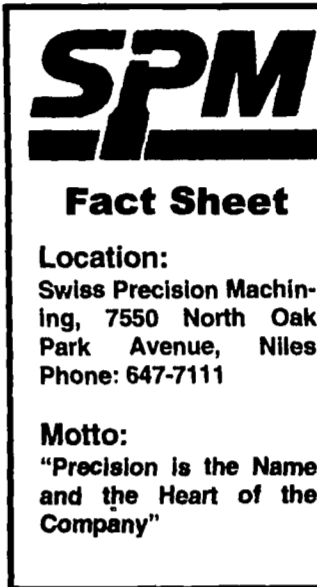
Swiss Precision Machining in Niles is more than a manufacturer of parts. When you walk in the door Swiss Precision Machining's motto says it all "Precision is the Name and the Heart of the Company". Right there you know where you stand with this company. Swiss Precision Machining sets itself apart from other companies in its industry by the exacting tolerances that they work with. Swiss Precision Machining strives to combine competitive pricing along with superior customer service.

Swiss Precision Machining has been in business since 1979 and has been rapidly growing ever since. They manufacture screw machine products and specialize in precision tolerances on Swiss-type equipment. Swiss Precision Machining's customer base includes companies in a vast

Swiss Precision Machining are required to undergo rigorous training. Some of the staff has been sent to Switzerland to train on Tornos Swiss style machines. The training at Swiss Precision Machining demands perfect scores on written exams and practical tests before being allowed to advance to the next level of training.

Top quality customer service that runs the gamut of an operation is a priority. At Swiss Precision Machining they envision the big picture as well as manufacture the parts. The engineering staff at Swiss Precision Machining understands how a particular product is being used and has the capability to foresee any potential problem. Swiss Precision Machining works as a partner with its clients to bring a project to completion.

Swiss Precision Machining



Fact Sheet

Location:
Swiss Precision Machining, 7550 North Oak Park Avenue, Niles
Phone: 647-7111

Motto:
"Precision is the Name and the Heart of the Company"

21st century jobs is focus of new Labor office

The heart of the operation at Swiss Precision Machining is the craftsman who are responsible for making the parts. Swiss Precision Machining craftsmen take immense pride in their work.

spectrum of industries such as medical, surgical, dental, automotive, fiber optic and electronics. The company moved to Niles so it could increase its space, number of employees and equipment to better serve its customer base.

The heart of the operation at Swiss Precision Machining is the craftsman who are responsible for making the parts. Swiss Precision Machining craftsmen take immense pride in their work.

The skilled machinists at

employs CNC 5-Axis Vertical Machining in addition to its well-rounded machining abilities. They offer a variety of secondary machining services at Swiss Precision Machining such as drilling, thread rolling, deburring, reaming, thread cutting, knurling, boring and much more.

Swiss Precision Machining is located at 7550 North Oak Park Avenue in Niles. For more information about job opportunities they may be reached at 647.7111.

Unemployment claims for week at 385,000; down 10,000 from previous period

In the week ending April 14, the advance figure for seasonally adjusted initial claims was 385,000, a decrease of 10,000 from the previous week's revised figure of 395,000. The 4-week moving average was 382,250, an increase of 750 from the previous week's revised average of 381,500.

The advance seasonally adjusted insured unemployment rate was 2.0 percent for the week ending April 7, un-

changed from the prior week's unrevised rate of 2.0 percent.

The advance number for seasonally adjusted insured unemployment during the week ending April 7 was 2,513,000, a decrease of 47,000 from the preceding week's revised level of 2,560,000. The 4-week moving average was 2,521,000, an increase of 12,500 from the preceding week's revised average of 2,508,500.

New rules hope 130 million workers will receive quick processing on health claims

New rules announced by the U. S. Department of Labor will ensure workers quick processing of health insurance claims and timely decisions on appeals when claims are denied. The rules cover health plans offered by employers and covered by the Employee Retirement Income Security Act, known as ERISA.

"More than 130 million people in employer-based health plans will be able to count on a faster, fairer and more informed process for handling their claims and appeals to pay benefits," Secretary of Labor Alexis M. Herman said. "This final rule was based on recommendations from the President's Advisory Commission on Consumer Protection and Quality in Health Care, which called for better disclosure of information about health benefits and a fair and efficient system for resolving disputed claims for health benefits." It is the first change in rules governing the claims and appeals process in 20 years.

The Labor Department published proposed claims procedures in September 1998 and held a hearing on the proposal in February 1999.

The new rule covering ERISA-governed health plans: requires timely coverage and appeal decisions; provides meaningful information to patients about their rights under the appeals process; and creates a more fair process to review decisions to deny benefits.

The final rule provides for: faster decisions on initial claims and appealed claims, with time frames based on whether the claims are pre-service and post-service; special rules requiring expeditious consideration of claims involving "urgent care"; more time for patients to appeal denied health claims; different decision maker to handle appeals; consultation with relevant health care professionals in making decisions about ap-

peals that involve medical judgment; enforcement of claimants rights through the court; timely action on "concurrent care reviews" for patients receiving a course of treatment who face early termination of benefits or have a need to extend treatment; fuller disclosure, including a full decision of the plan's claim procedures; and more information about the reasons for a denied claim and the criteria and rules applied by the plan.

In addition, the Department will publish tomorrow amendments to its regulation governing the contents of summary plan descriptions to update and clarify specifically what information must be disclosed to workers and their families about their health plans. The final rule also covers plan descriptions that affect both pension and welfare benefit plans. It further adopts in final form regulations that were effective on an interim basis implementing certain amendments to ERISA's disclosure rules that were enacted as part of the Health Insurance Portability and Accountability Act and the Newborns' and Mothers' Health Protection Act.

In the years since 1977, when the Department first adopted a benefit claims regulation under ERISA, the health care industry has seen dramatic changes.

Those changes have shifted the usual method of delivery of health care from doctors making independent medical decisions, while indemnity insurance companies decide later whether to pay, to integrated delivery systems under which "managed care" organizations review and oversee doctors' medical decisions, often before care is provided. The patients' rights claims procedure regulation, which is now being issued in final form, creates new important patient protections.

Latest figures show continued decline in workplace injuries

Workplace injury and illness rates declined in 1999 for the seventh straight year—nearly a 30 percent drop since 1992. This steady trend downward shows that employers and workers are making occupational safety and health a high priority.

That's good news for business, workers and all Americans. Injuries and illnesses dropped 4 percent in 1999 even though employment rose 2 percent. That means 200,000 more workers went home to their families without a job-related injury or illness than in 1998.

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ADMINISTRATIVE	BANKING OPPORTUNITIES	CLERICAL/OFFICE OPPORTUNITIES		
<p>***EXECUTIVE ASSISTANT*** Must have 2 years administrative experience. Proficiency in MS Word and Excel required. Rosemont and Mt. Prospect locations. Call Lisa Today At: 773-380-7300 Or Fax Resume To: 773-380-7303 EOE ADVANCED PERSONNEL Rosemont</p> <p>ADMINISTRATIVE ASSISTANT For Skokie-Hi-Tech Contractor. Diversified Duties. Recorded Details: (847) 679-2521 --We Are Not An Agency--</p>	<p>Banking</p> <p>CUSTOMER SERVICE REPRESENTATIVES/TELLERS Full-Time, Part-Time and Peak-Time</p> <p>As a Customer Service Representative/Teller, your responsibilities will be to service our customers efficiently and accurately when working on their transactions, cross-sell bank products and be a team member of our Niles and Northbrook staff.</p> <p>Qualified candidates should have previous sales and cash handling experience and excellent communication skills. Salary range between \$9.50 and \$10.90/hour.</p> <p>Niles/Oakton office opportunities: (7100 W. Oakton St., Niles, IL):</p> <p>Full-Time: 40 hours M-S, Day off during the week. Part-Time: M-Th-F 10:00am-7:00pm; Sat. 6:45am-1:15pm AND M-Th-F 6:45am-4:00pm; Sat. 6:45am-1:00pm Peak-Time: M-W-F 10:00am-2:00pm; Sat. 6:45am-1:15pm</p> <p>Northbrook office opportunities: (1300 Meadow Rd., Northbrook, IL):</p> <p>Full-Time: 40 Hours M-S, Day off during the week Part-Time: 20-30 hours including Saturdays 7:00am-1:00pm (for more info. regarding these hours please call HR at (847) 487-1818 x2164).</p> <p>When you consider the competitive pay and outstanding benefits we offer, you'll see opportunity is more than just talk at Old Kent. To be considered, please apply in person at any Old Kent location, forward resume to 486 W. Liberty St., Wauconda, IL 60084, or fax to: (847) 526-3750.</p> <p>Old Kent is becoming Fifth Third Bank www.oldkent.com Equal Opportunity Employer</p>	<p>RECEPTIONIST Full Time - Basic Office Skills Skills Including Computer Knowledge Fax Resume To: 847-647-8557 Send Resume To: Edison Construction Co. 6959 N. Milwaukee Ave., Niles, IL 60714 EOE</p> <p>RECEPTION POSITION Available At A Senior Retirement Community Part-Time 8 AM-4 PM - Weekend Shift With Extra Hours Possible - Glenview Area Experience Helpful, But Will Train Must Have Reliable Transportation Call Jessie At: (847) 803-7100 Or Fax Resume: (847) 803-7101</p>		
AIRLINES		COLLECTIONS/CUSTOMER SERVICE		
<p>FLIGHT ATTENDANTS</p> <p>United Express is seeking Flight Attendants - many openings based out of O'Hare.</p> <p>We are accepting resumes for recruiting sessions in April and May.</p> <p>Requirements:</p> <ul style="list-style-type: none"> • Minimum 19 years of age • High School diploma or equivalent • 2 years customer service experience • Able to lift up to 75 pounds <p>WE OFFER:</p> <ul style="list-style-type: none"> • Competitive salary • Full range of benefits • World-wide travel privileges <p>Fax resume to: (920) 749-4233 www.airwis.com</p> <p>UNITED EXPRESS An American Airlines Corporation</p>		<p>Collections/Customer Service - Lincolnwood</p> <p>Come grow with us! Major Expansion! Major Career Opportunity!</p> <p>Arrow Financial Services, a rapidly growing major player in the asset recovery industry, is looking to fill the following positions:</p> <p>Experienced Collectors</p> <p>Any experienced collector will find our commission structure is the best in the industry! We have contingency and fresh purchase paper (2nds and 3rds). Commission is based on dollar one collections (not on net fees). We offer a competitive base rate and do not vary our commissions. Therefore, you will be greatly rewarded for your experience and performance.</p> <p>Trainees</p> <p>We also have the best training, auditing and mentoring team in the business. If you are assertive, have good communication skills and can manage your time well, we can train you to make an excellent total compensation which is made up of a base salary and the best commission structure available in the industry.</p> <p>Customer Service & Skip Tracers</p> <p>We need entry level or experienced customer service agents & skip tracers to support our collection operations. Base salary plus some positions include bonuses based on information you find. Training & Coaching provided. Medical, Dental, Life/AD&D and 401K for Full Time employees. If interested, call Renee at: 847-557-1100 x 506 Fax resume to: 847-763-0995 Or stop by at: 7301 N. Lincoln Ave., Lincolnwood, IL 60712 EOE</p> <p>Our offices are located at 7400 Waukegan Road, Niles and we are open weekdays only, 9am-5pm. You may stop in call (847) 588-1900 to place your ads. Our deadline for all insertions for our Thursday editions is Tuesday prior to publication at 2pm. Call your representative for other specific information.</p>		
	CLERICAL/OFFICE OPPORTUNITIES	CLERICAL/OFFICE OPPORTUNITIES		
	<p>FULL-TIME OFFICE ASSISTANT needed for environmental engineering firm in Wheeling. Responsibilities include project tracking, report preparation, database management & accounts receivable/payable. Position requires strong communication skills and dependability. Knowledge of Microsoft Office programs preferred. Excellent benefits including health/dental, 401K, tuition reimbursement, bonuses. Call Rebecca at: 847-353-8740 And/Or Fax Resume To: 847-353-8742</p> <p>Insurance COMMERCIAL ASSISTANT. Growing north suburban agency seeks assistant to provide clerical support & assist claims dept. with client transactions. Some experience preferred. Competitive salary. 847-724-6000</p>	<p>***RECEPTIONIST*** Outgoing, assertive individual needed for mid-sized office in Lincolnwood and Des Plaines area. Computer skills a plus. Call Lisa today at: 773-380-7300 Or Fax Resume To: 773-380-7303 EOE ADVANCED PERSONNEL Rosemont</p> <p>OFFICE ASSISTANTS \$9.50-\$10.30 Per Hour. Locations in Niles and Glenview. Bilingual Serbian or bilingual Korean. Handle a variety of office duties in a busy sales office. Call Keisha Barber. (708) 449-8070</p>		

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<p>A.F.S. Excellent Opportunity Arrow Financial Services is looking to fill entry-level collections positions requiring a customer service approach. If you are assertive, have good communication skills and basic computer skills, we have a new career for you. Experience in customer service, sales or telemarketing a plus. We offer a comprehensive training program, good base plus bonus, 401K, dental and health insurance and much more. If qualified, immediate employment available. Call Tony at: 800-279-0224 x 225 Fax resume to: 847-763-0995 Or stop in before 5 p.m. at: 7301 N. Lincoln Ave., Lincolnwood, IL</p>	<p>Grocery</p>  <p>Excellent Opportunities Immediate Openings/Full & Part-Time Bakery Department - Baker Deli Department - Experienced Counter Help</p> <p>For application and info call: Highland Park - Michael Sohovich 847-432-5500 Libertyville - Allen Perin 847-573-9570 Lake Forest - Bill Tarpey, Jr. 847-234-8380 Northbrook - Bruce Gonzalez 847-272-7700</p> <p>Extraordinary Benefits Program including Medical, Dental, Life Insurance, 401(k), Employer Sponsored Retirement Plan, Employee Referral Program and Scholarship Program.</p>	<p>HEATH CARE Part-Time & Full-Time Skilled nursing facility seeking energetic, creative individual, experienced with alzheimer & dementia residents. Excellent salary & benefits, including 401K. Send or fax resume to: Michelle Caldwell c/o Forest Villa Nursing Center 6840 West Touhy Niles, IL 60714 Fax: 847-647-1539</p> <p>ACTIVITY ASSISTANT Part-Time & Full-Time Energetic, creative individual with experience in working with geriatric residents. Background in music and recreational therapy a plus. Convenient to public & private transportation. Excellent salary & benefits, including 401K. Send or fax resume to: Olivia Carey Forest Villa 6840 West Touhy Niles, IL 60714 Fax: 847-647-1539</p>		
COUNTRY CLUB		HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions		
<p>WAITSTAFF Full-Time /Part-Time FOR GLENVIEW CLUB Starting Pay \$9.00 / Hour No Experience Necessary - Will Train Call (847) 729-6500 Tuesday - Sunday / 11A.M.- 3 P.M. Or Call After 6 P.M. - Ask For Audra</p>		<p>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 Gentle Home Services, Inc. 847-432-9100</p>		
COMPUTERS	EDUCATION	FUND RAISING	MARKET RESEARCH	
<p>Process medical claims from home! Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission. 1-877-FTC-HELP A message from The Bugle and the FTC.</p>	<p>*CHILD CARE ASSISTANTS* *Educational Aids* (School Age Care) Part & Full Time positions with benefits. (ie: paid vacation, medical benefits) \$8.67-\$12.42/hr. depending on education and experience. Position located at Glenview Naval Base. For details call: Margie 847-832-9580</p> <p>Education Teacher Wilmette Community Nursery School. Begin 9/01. Education Degree & experience preferable. Send resume to: WCNS 1125 Wilmette Ave. Wilmette, IL 60091 Or call Kathy: (847) 256-5886</p> <p>We accept Visa and Master Card! Call: 847-588-1900</p>	<p>TELEMARKETING \$\$\$\$\$\$\$\$\$\$\$\$ Earn \$500-\$1500 per week. Great work environment. Bring your ambition. For interview call Bob at: 773-205-6806</p> <p>All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com</p> <p>DON'T GET STUCK! GET HELP... LOOK IN THE CLASSIFIEDS!</p>	<p>\$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack</p>	
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CORRECTIONS
Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.

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Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them!
Buying or selling, the first place to look is in...The Bugle Classifieds!

Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free:
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Or visit: www.ftc.gov.
A message from The Bugle and the FTC.

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Niles Area
Please Call:
(847) 204-6878

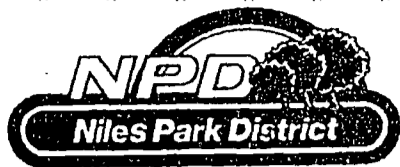
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Niles Community

FREE Family Track & Sports Mania Event

Sunday, April 29th

(Rain Date*: May 6th) from 10:00 a.m. - 3:00 p.m.

Notre Dame High School Track & Field Stadium,
7655 W. Dempster, Niles.

Niles Park District & Village of Niles,
in cooperation with Coca Cola Bottling Company &
Notre Dame High School, are excited to present this
NEW Event to tots (6 months-2 years) to seniors!

Try our Skill Games:
Baseball, Golf & Hockey

Live Band
Entertainment
1:00-3:00 p.m.

Non-Competitive
Track & Field Events
(Pre-register & receive
a FREE t-shirt & ribbon)

Raffle &
Give-Aways!

Community Health
& Safety Tent

FUN for the
Entire Family!

Tot Play Area

- Check In...10:00 a.m.
- Warm-Up...10:45 a.m.
- Tot Olympics...11:00 a.m.-Noon
- 50 Meter Sprints... 11:15 a.m.-12:45 p.m.
- Age 50+ 1 Mile Walk...12:45-1:15 p.m.
- 400 Meter Run...1:15-2:00 p.m.
- Age 50+ 400 Meter Walk Relay...2:00-2:15 p.m.
- Family 400 Meter Run Relays...2:15-3:00 p.m.
(Both relays require 4 teammates)
- Field Events (Long Jump, Softball Throw
& Frisbee (Discus) Throw)...11:00 a.m.-2:00 p.m.

To **pre-register** for track and field events, please stop in the Howard Leisure Center, 6676 W. Howard Street; Grennan Heights, 8255 Oketo; Niles Family Fitness Center, 987 Civic Center Drive. Please call (847) 967-6633 or (847) 588-8400 if you have any questions.

*Rain Date Hotline: (847) 647-6777.