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Bugle News

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VOL. 42, NO. 3

From the Left Hand

by Bud Besser

Niles village manager, Abe Selman gave us a progress report on the new construction taking place in town which is under the auspices of the village.

Touhy Ave. Park

The Touhy Avenue park construction west of the Pontarelli complex off Harlem Avenue is moving along. Foundations are about to be poured for the concession stand and the recreation building. He hoped they would be completed by November. Abe reported the new rec building there will have room for meeting-goers.

Public Works Building

At the old public works building east of Niles South elementary school the one-story section of the present building on its west side will be demolished while the two story section where the present offices reside will be retained. Part of the existing building will be raised with a garage built under the offices. There will be a storage building for public works vehicles and a bus barn and maintenance.

Continued on Page 46

Niles VFW Auxiliary installs new officers

The Ladies Auxiliary to Niles V.F.W. Post #7712 installed their new officers for 1998-1999 at their June meeting. They are as follows: President Roberta Fitch, Sr. Vice President Gertrude Kwielford, Jr. Vice President Pauline Bolton, Secretary Anna Krueger, Treasurer LaVerne Kozak, Chaplain Dorothy Keller, Conductress Jeanette Schramback, Guard Emily Paluch and Patriotic Instructor Lucille Prybil.

The State (Dept.) Convention for the V.F.W. Ladies Auxiliary was held in June as well, at the Hyatt Regency in Schaumburg. The new Department Officers were installed at the Convention. They are Linda Jackson President, Linda Lorenz Sr. Vice President, Rita Frank Jr. Vice President, Mary Ann Coffee Chaplain, Sharon Prokuski Conductress.

Former Nilesite George C. Hall dies at 86

Longtime Niles resident George C. Hall died Monday, July 13 in DeBary, Florida. He was born July 8, 1912. He was the beloved husband of the late Corine (nee Bucholz) and dear fa-



George C. Hall

ther of Sandra (Geroge) Stromborn; Mary (Robert) Trembly and Robert E. (Freda). Mr. Hall was also the loving grandfather of 10 and great-grandfather of 11. Fond friend of Jean Cole.

Visitation will be held at Skaja Terrace Funeral Home, 7812 Milwaukee Ave., Niles on Thursday, July 16 and Friday, July 17 from 2 p.m. to 9 p.m. each day. Funeral Mass will be celebrated at St. John Brebeuf Church, 8301 N. Harlem Ave., Niles on Saturday, July 18 at 10 a.m.

Oakton Ct. resident holds up parking ban behind library

by Rosemary Tirio

A parking ban on the south side of Oakton Court, proposed by a group of residents in the wake of an accident in which a 9-year-old girl was struck and slightly injured by the car of a library employee, has been withheld from consideration by the Village Board because one resident refuses to sign the petition.

After the May 20 mishap, the young victim's father circulated the petition banning parking on the south side of the street, which 26 residents have signed so far.

At the time of the accident, traffic on the street was congested because the Oakton Court entrance was the only one open to the public. Now a second entrance has been opened on Oakton Street, relieving some of the congestion. Nonetheless, residents concerned for the safety of neighborhood children are con-

Continued on Page 46

Village Board blocks nursing home project following objections by religious groups

Morton Grove blocks building on cemetery site

by Scott Tharp

At their July 13 meeting, the Morton Grove Board of Trustees blocked the plans of a developer to build an assisted senior housing center on the site of an abandoned Jewish cemetery.

Jeffrey Green of Devco Realty and Equity Co. bought the two acre site for delinquent taxes in 1996 and intended to start building with village permission.

However, there has been increased debate over the actual number of graves on the land and the religious significance associated with extracting and reintering remains. The matter was tabled by the board.

"That means we're not going to discuss it and not going to vote on it," said Trustee Terry Liston. She went on to say, "It's not going to return to the agenda; we have no intention of returning it to the agenda." The issue would return to the agenda if new infor-

mation surfaced, there would be a majority vote by the board or Green repetition.

The property is zoned as com-

Joseph Academy drops plan to lease vacant South School building

by Rosemary Tirio

An open meeting about the future of Niles Elementary School (South), July 6 left matters still airborne as representatives of Joseph Academy, 8257 Harrison St., failed to make the announced presentation about their intention to lease the elementary school.

Clifford Drexler, secretary of the District 71 Board of Education, said he was "quite disturbed" when the board received a letter dated June 25 from Joseph Academy officials stating that they did not intend to pursue leasing the South School because there was no indication that the

mercial property. It is zoned for property," said Green. "I had the assumption I could develop the

Continued on Page 46

private special education facility would receive zoning approval for the required change from P1 public use to B1 special use zoning. The school would have to go before the Zoning Board to obtain the zoning change according to Todd Bavaro, head of Code Enforcement.

Drexler said he was at a loss to understand why the Joseph Academy officials were no longer interested in leasing the soon-to-be empty school building, which had formerly accommodated kindergarten through fourth grade

Continued on Page 46

Vitello's Grand Opening in Butera Finer Foods



Photo by Don Angelo

On Thursday, July 9 Vitello's Bakery officially returned to Niles after a long absence. They are now located in the Butera Finer Foods store in Golf Mill Center and once again, are making their famous bakery cakes, rolls and pies available to the local public at a renowned location. Shown above l. to r. at the official Ribbon-Cutting ceremony are Tom Vitello, owner of Vitello's Bakery; Joseph R. Butera, vice-president of Butera Finer Foods; Tony Imburgia, store manager and Niles Mayor Nicholas B. Blase. Vitello's Bakery other location is in Skokie at 8044 N. Lincoln Ave.



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'New Frontiers' Business Expo

The Des Plaines Chamber of Commerce & Industry will hold a "New Frontiers" Small Office and Home Office Business Expo on Thursday, October 22 at the Casa Royale Banquet Hall, 783 Lee Street in Des Plaines. Reservations for exhibitors, corporate sponsors and advertisers are being taken. Corporate sponsors as of June 17th are:
Cas Royale Banquets
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Journal & Topics Newspapers
Superior Office Products, Inc.
S.C.O.R.E. (Service Corp of Retired Executives, sponsored by the U.S. Small Business Administration).

Highlights of the Expo will be outstanding business exhibits, workshops, refreshments, special guest appearances, and prize drawings. For exhibit information call the Chamber office at (847) 824-4200.

The Des Plaines Chamber of Commerce & Industry is a not-for-profit organization whose mission is to promote, support, and assist the Des Plaines business community through effective communication and quality service. For more information on becoming a Chamber member call 824-4200.

PSI new officers

The newly-elected officers for 1998-99 for the Skokie Valley Chapter of Professional Secretaries International, the Association of Office Professionals, were installed on Monday, June 8, at Howard Johnson's in Skokie.

President: Pauline Wehr CPS (Certified Professional Secretary) is Executive Assistant to President McCarty of the First National Bank of Morton Grove.

Vice-President: Susan Theus is the Office Manager for Tonco Automotive in Vernon Hills.

Recording Secretary: Joanne McDonagh CPS is the Administrative Assistant to the Associate Director, Mary Beth Rubin, and Director of Development, Wallace Moore for Presbyterian Homes in Evanston.

Corresponding Secretary: Nancy Pytel CPS is an Administrative Secretary II for the Human Resource Department for the City of Park Ridge.

Treasurer: Sally Stefanski is temporarily an Administrative Assistant in the Human Resource Department of G.D. Searle in Skokie.

Review courses for this two-a-year testing for the CPS certification are offered through the office systems technology department at Oakton Community College as well as other locations in the Chicago area.

Membership in the Skokie Valley Chapter is open to all office professionals and educators in the Chicago area. If interested, please contact President Wehr at (847) 965-4400, ext. 245.

Household Hazardous Waste Collection Day



From left: Commissioner Gloria Alitto Majewski of the Metropolitan Water Reclamation District of Greater Chicago is pictured along with Kathleen Davis, Project Manager for the Waste Reduction Unit of the Illinois Environmental Protection Agency and William Munch, Assistant Chief Engineer for the Water Reclamation District at the recent Household Hazardous Waste Collection Day held at Oakton Community College in Des Plaines. The event saw a record turnout of participants from the northwest suburbs.

Local 'unsung hero' featured on NBC show July 19

Peter Mayer, who was recently honored by NBC-TV with the prestigious Jefferson Award recognizing the highest ideals and achievements in public service, will be featured on a 30-minute show on NBC airing Sunday July 19 at 11 a.m. and again at 11:35 p.m. and on Saturday, Aug. 1 at 1 p.m.

Mayer, volunteer president of Medi-Check International, received the award along with six other outstanding leaders in public service. The award recipients have been featured in several spot announcements on NBC-TV between 9 a.m. and 10:30 a.m. and between 5 p.m. and 5:30 p.m. NBC officials were so taken with viewer response to the spots that they decided to produce the 30-minute show based on the tapings of the seven award recipients.

Mayer was selected to receive the award, founded in 1972 by the late Jacqueline Kennedy Onassis and Robert Taft, Jr., in cooperation with the American Institute of Public Service, in recognition of his work with the Medi-Check International Foundation.

Nearly 200,000 persons all over the world have received emergency medical devices from Medi-Check during its 33-year existence, many in the Chicago area, but some as far away as Hawaii and Europe. The devices are distributed free of charge at several area schools, at Children's Memorial Hospital and La Rabida in Chicago, and at the Children's Hospital of Wisconsin in Milwaukee. Brochures are available at police and fire departments, clinics, medical associations and three Alzheimer disease groups. "We're in about 1500 hospitals throughout the country," Mayer said. "We're also in about 51 local chapters of the American Diabetic Association," he added.

Mayer said he has labored tirelessly and without compensation for more than 33 years, raising funds in a variety of ways to keep Medi-Check running. Telethons, doll house and miniature shows and Gingerbread House shows at local malls at Christmas are some of the activities that have kept Medi-Check International alive and well over the years. In addition, for the four past years, Mayer has conducted Bingo games Thursday nights at Mr. Peter's Banquet Hall in the Mt. Prospect Plaza. All proceeds of Mayer's fundraising activities have gone directly to support Medi-Check.

Mayer, 67, and his entire family are now dedicated to Medi-Check International. In addition to Mayer, his wife Martene, son David and daughter Tracie are involved full-time in the Foundation, which recently moved to new expanded headquarters at 800 Lee Street in downtown Des Plaines.

Mayer is now involved in a campaign to broaden even further the scope of Medi-Check International. He is trying to form a volunteer corps comprised especially of parents who, like Peter and Marlene Mayer, have suffered the loss of a child or anyone who has experienced the death of a loved one and wants to contribute some meaningful public service in their memory.

With the help of these volunteers, Mayer hopes to increase dramatically the number of medical devices the foundation provides at no charge to any and all who may need them.

For more information about the Medi-Check International Foundation, to obtain brochures about Medi-Check International or to join the volunteer group, call (847) 299-0620 or fax (847) 299-5399.

Village of Niles Leaning Tower Concert Series

The Village of Niles Free Leaning Tower Concert Series continues with shows on Thursday, July 16 and July 23 at 7 p.m. at the Leaning Tower Plaza in Niles. Food will be available by Riggio's in Niles. Please bring your lawn chairs. The concert series will continue each Thursday night from 7-9 p.m. in July and August. Each event is free and open to the public. Please call the Village of Niles at (847) 588-8000 with any questions.

The first two shows have been very successful with large crowds in attendance. Enzo Incandela (July 2) and the Buffalo Shufflers (July 9) were delightful and entertaining for the crowds of several hundred spectators.

The David Rothstein Trio will perform on July 16. The trio will play jazz music with a bass, guitar, trumpet and vocalist. They play each Tuesday and Friday evening at Sreenz Digital Universe at 2717 N. Clark in Chicago and every Wednesday at Oolala at Buckingham and Halsted in Chicago. This is their first performance at the Leaning Tower Concert Series.

The July 23 concert will feature the Waterloo German Band. The Waterloo German Band is an Oom Pah band that plays polkas, waltzes, and old time favorites. They will bring Alp Horns, a stamptfiddle, bells and Schnitzel-

bank. The Waterloo German Band plays in several festivals and parades in and around Saint Louis each year. Danke Schön!

Here is a list of the remaining concert events:
July 30: Meisner Magic, polka music.

August 6: Musica Viva Wind Trio, swing and big band music.

August 13: Maxwell Street Klezmer Band, Yiddish music.

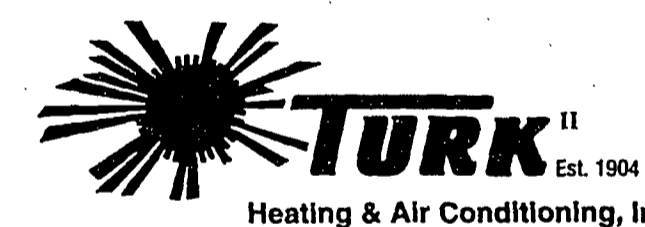
August 20: Ciminello Orchestra, Italian Orchestra.

August 27: The Connection, rock, Motown, retro 70s & 80s to current top 40.

Emergency Handicap File Working for You - with You

The Emergency Handicap File is a special computer file that helps the Fire Department and the public. If a fire is reported in the home of a physically or mentally handicapped person, while enroute, the firefighters would be aware of the type of handicap, where the person sleeps, and other relevant information. All information, must be entered in the Fire Dept. dispatch computer.

If you have any questions, or would like to have your household information put into the computer, call 588-6800.



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Financial News

Chamber creates 'Intercultural Networks'

The Des Plaines Chamber of Commerce & Industry recently established a new area of focus for the business community - "Intercultural Network". The Des Plaines business community is unique because of its diversity. Its business owners are from various cultural backgrounds which creates special opportunities for consumers. Through monthly meetings and discussions, programs and services

will be identified that address their specific needs and concerns.

Charter members of the Intercultural Network include: Carlos DeLeon - DeLeon & Massouras, Ltd. Law Firm; Manu Joshi - Speedway Printing; Orlando Miranda - CMG Partners Incorporated; Richard Szpara - ART-MET; Hue Anh Tran - Ching Hua's Chinese Restaurant; Tony Garcia - Co Vest Banc; and Fari-

da Darugar - American Speedy Printing Centers.

For more information on this network call the Chamber office at 824-4200. The Des Plaines Chamber of Commerce & Industry is a not-for-profit organization whose mission is to promote, support, and assist the Des Plaines business community through effective communication and quality service.

Harlem Irving names Corporate Marketing Director

Laura A. Heitz has been named Corporate Marketing Director for The Harlem Irving Companies. She will direct and implement all advertising, sales promotion, and public relations activities for Harlem Irving Plaza, as well as for other Harlem Irving Company projects.

The Harlem Irving Companies originated as a shopping center development business in 1954 with the establishment of Harlem Irving Plaza. Today the company has expanded its scope of interest to include development and management for retail, residential, and commercial projects.

Ms. Heitz draws from 15 years of marketing and public relations experience. Before joining The Harlem Irving Companies, she was Marketing Manager for Chicago Ridge Mall. She also served as Assistant Marketing Director at Gurnee Mills Mall. Heitz began her marketing career with the Disney organization, working for the Midwest office of Buena Vis-



Laura A. Heitz

ta Television, the syndicated television division.

Heitz graduated from Loyola University Chicago with a Bachelor of Arts degree in Mass Communications. A Chicago native, she lives on the northwest side of the city. "I've shopped at Harlem Irving Plaza for twenty years," notes Heitz. "I'm proud to be joining this dynamic team."

Edward Jones' Chief market strategist to appear on PBS' Street Week

According to Jeffrey L. Cardella, the local Edward Jones investment representative, Alan Skrainka, the firm's chief market strategist, recently accepted an invitation to share his expertise with the viewers of PBS' nationally recognized program, "Wall Street Week With Louis Rukeyser." Skrainka will appear on the show as a special guest. The segment is scheduled to air July 17. Viewers should check their local listings for times.

"It's a tremendous honor to have a representative from Edward Jones participate in this discussion on various investment topics," said Cardella. "Wall Street Week With Louis Rukeyser," provides viewers with well-researched, intelligent information. It's exciting to have our chief market strategist on the program to participate in the exchange."

Cardella added that as a representative of Edward Jones, Skrainka will provide a perspective that will be beneficial to individual investors. As Jones' chief market strategist, Skrainka regularly serves as a spokesperson for media inquiries on a variety of topics, including interest rates, the economy and the stock market. His unique ability to analyze market situations in terms average investors can digest has made Skrainka a popular guest and interviewee among the national business and new media.

Alan has been widely quoted in such major publications as The Wall Street Journal, Business Week, Investor's Business Daily, and USA Today," Cardella said, "not to mention his appearances on CNN, CNBC, and

PBS' "Nightly Business Report." His credibility reinforces our clients' confidence in Edward Jones."

Skrainka is also responsible for co-managing the Edward Jones Model Portfolio, which was ranked No. 1 (out of 15 firms) in performance for the year 1997 by The Wall Street Journal. Investors following the advice of Edward Jones would have earned an estimated return of 39.5 percent last year.

Jeffrey L. Cardella's office is located at 8141 N. Milwaukee Ave. The office phone number is (847) 470-8953. The Edward Jones Web site is at www.edwardjones.com.

Residents authors article in Illinois Bar Journal

Michael Lee Tinaglia, of Park Ridge, a partner at the Park Ridge law firm of DiMonte & Lizak, is the author of an article, "Same-Sex Harassment in Illinois after Oncale v. Sundowner Offshore Services," which appears in the June issue of the Illinois Bar Journal, the monthly magazine of the Illinois State Bar Association (ISBA).

In the article, Tinaglia explains how same-sex sexual harassment cases are actionable under federal law as a result of the recent U.S. Supreme Court case, Oncale v. Sundowner Offshore Services.

The 35,000-member ISBA, with offices in Springfield and Chicago, provides professional services to Illinois lawyers, and education and services to the public.

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Church & Temple News

OBITUARIES

ALICE WHALEN
Alice Whalen, 94, of Niles, died Thursday, May 7 at St. Benedict Home, Niles. She was born Saturday, July 25, 1903 in Chicago. Beloved sister of the late William Whalen, the late Frances Whalen and John Whalen. Services were held May 9 at St. Benedict Home Chapel, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery, Hillside.

HERMAN OSCAR WERNER JR.
Herman Oscar Werner, Jr., 70, of Park Ridge, died Friday, May 8 at Lutheran General Hospital, Park Ridge. He was born Wednesday, August 31, 1927 in Chicago. Beloved husband of Marian (nee Meisinger) Werner. Beloved father of Tom (Deborah) Werner, Jean (John) Santoro and Jim Werner. Grandfather of Katherine, Nicholas, Emily, Maggie, Peter and Jack. Brother of Elvera (Robert) Spencer, Sr., Peter Julian Werner and Kathleen (Roger) Tansley. Services were held May 12 at Our Lady of Ransom Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

HELEN BEULICK LADA
Helen Beulick Lada, 81, of Niles, died Thursday, May 7. She was born Sunday, October 8, 1916 in Chicago. Beloved mother of Darlene Lada and Roland (Kathy) Lada. Grandmother of Natalie (Vincent) Serpico and Jennifer Lada. Great-grandmother of Anthony Serpico. Sister of Rose Jeddick and Betty Weber. Services were held May 11 at St. Sava Monastery. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Sava Cemetery, Libertyville.

ANAHID DERBALIAN
Anahid Derbalian, 73, of Lincolnwood, died Thursday, May 7. She was born Saturday, May 2, 1925 in Lebanon. Beloved wife of Arthur Derbalian. Beloved mother of Arpy (Jack) Seferian, Artemis (late Nick) Khadiwala, George (Su Min) Derbalian and Silvia Maranian. Grandmother of 6. Sister of John (Doris) Kavok-sorian, Lousap (Bernard) Mehall and the late Lucy (Asaad) Mar-shi. Services were held May 9 at Armenian All Saints Apostolic Church, Glenview. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines.

HARRY RATAJCZYK
Harry Ratajczyk, 72, of Niles, died Friday, May 8 at Lutheran General Hospital, Park Ridge. He was born Sunday, March 14, 1926 in Poland. Beloved husband of Krystyna (nee Kolota) Ratajczyk. Beloved father of Rosemary (Ed) Majcan, John Ratajczyk, Young and Andrew (Caroline) Jaworski. Grandfather of 4. Uncle of Wanda Makatowicz. Great-uncle of Philip Makatowicz. Services were held May 12 at St. Thecla Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

EMILY WITEK SZUBA
Emily Witek Szuba, 83, of Charles, MO., died Saturday, May 9. She was born Thursday, July 2, 1914 in Chicago. Beloved wife of the late Walter Szuba. Beloved mother of Maryellen (Robert) Stakenas. Grandmother of Jenny and Heather Stakenas. Sister of Bruno Witek. Services were held May 13 at Maryhill Cemetery Chapel, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JAMES D. BECCHETTI
James D. Becchetti, 62, of Des Plaines, died Saturday, May 16. He was born Tuesday, June 18, 1935 in Chicago. Beloved husband of Barbara (nee Milos) Becchetti. Beloved father of Joyce (Sam) Deligio and Dori (Ray) Lytle. Grandfather of Sammy, Danny, Dominick, Tianna and Nina Deligio and Tawny, Amber and Jade Lytle. Services were held May 22 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Montrose Crematory, Chicago.

CLARENCE "BUD" F. REICH, JR.
Clarence "Bud" F. Reich, Jr., 77, of Park Ridge, died Saturday, May 16 at Lutheran General Hospital, Park Ridge. He was born Monday, March 14, 1921 in Chicago. Beloved husband of Lucy (nee Michalak) Reich. Beloved father of Gary (Kathy) F. Reich. Brother of Bernice (George) Welter and the late Walter (Lillian) Reich. Uncle of many. Services were held May 19 at Immaculate Conception Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines.

ROBERT JOHN LITZ
Robert John Litz, 49, of Niles, died Thursday, May 21. He was born Monday, October 11, 1948 in Chicago. Beloved son of the late Florian and Florence (nee Gajen) Litz. Grandson of Lillian Bartell. Services were held May 27 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

VIRGINIA L. SONDERMANN
Virginia L. Sondermann, 77, of Niles, died Thursday, May 14. She was born Tuesday, November 9, 1920 in Chicago. Beloved wife of Richard A. Sondermann. Beloved mother of Richard Sondermann and Diane (Jim) Lasken. Grandmother of Sarah Lasken. Services were held May 16. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines.

BOLESLAW KOLODZIEJCZYK
Boleslaw Kolodziejczyk, 81, of Niles, died Saturday, May 16 at Lutheran General Hospital, Park Ridge. He was born Monday, May 7, 1917 in Poland. Beloved husband of the late Helena (nee Cielma) Kolodziejczyk. Beloved father of Andrej (Anna) Kolodziejczyk and Mrs. Jane Williamsen. Grandfather of Margaret Campos Faustmann and Ms. Kristina Faustmann. Brother-in-law of Mr. Stanley Cielma. Services were held May 20 at St. Hyacinth Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

MARY PIECZYNSKI
Mary Pieczynski, 103, of Niles, died Friday, May 15 at St. Andrew Home, Niles. She was born Wednesday, June 20, 1894 in Worcester, Mass. Services were held May 18. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

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Church & Temple News

What can you do to help The Ark?

The philosophy of The Ark is unchanged since its 1971 inception. Volunteers provide service in the spirit of the Mitzvah of Tzedakah. The friendly, helping hand of The Ark volunteer is the symbol of this Mitzvah.

We need more volunteers now to help us with this work. There is an almost infinite variety of services and programs in which you could become involved. Doctors, lawyers, dentists, pharmacists, counselors and therapists give of their time and expertise to service the needs of our clients. These volunteers see clients here in our new and much more spacious facility, or they see them at their office. Some of these volunteers donate a morning a week, others a morning a month. One podiatrist donates 1 hour -- (it is all that he can spare) -- each week and sees as many people as he can. Some dentists will see one client a month. We work with each volunteer to find a schedule with which he/she can feel completely comfortable.

The non-professional volunteer is always needed at The Ark. These volunteers make The Ark work. Each morning Telecare volunteers hone shut-ins to check on them and offer a little companionship. For most of these clients

this will be their only call of the day. Other volunteers go on home visits to these shut-ins. These visits will become cherished memories to these lonely clients. We have many reception desks which must be staffed by volunteers who will greet clients and help them find their way. Deliveries of food and medicine to needy families are made by a small group of volunteer drivers. The Thrift Shop volunteers do everything from unpacking the clothes to making the final sale. The Ark does not have a secretary, typist or file clerk on staff, but we have volunteers who come in for a few hours to do whatever is needed. Our newsletters are labeled, sorted, bagged and carted to the Post Office by volunteers.

You don't have to come alone by any means! Bring some friends and give us an afternoon at the Thrift Shop. Donate one day a month on which someone from your congregation will be a driver for us. If you can only arrange one day a year, make it at a holiday time and join us in our special celebration. Some area congregations "adopt" families in the Shabbos Basket program. Members take turns each week doing the shopping and then delivering the food to these fami-

Congregation meets society's problems head-on

Congregation B'nai Jehoshua Beth Elohim's Social Action Committee, chaired by Northbrook resident Merle Terry, will be participating in the newly opened JUF Uptown Cafe.

Roughly fashioned after the Inspiration Cafe, this establishment will serve kosher meals every Monday, Tuesday, Thursday evenings and Sunday for brunch.

Patti Frazin, Deerfield, explains that The Cafe, located at 4000 N. Sheridan Road, in Chicago, is operated by the Jewish United Fund and serves hungry and/or homeless Jews and non-Jews alike, and that congregants will help serve the guests and join in conversation.

In addition to The Cafe, the congregation sponsors the on-going project Feed The Homeless, where bagged lunches are made for distribution to the homeless on the 4th Sunday of every month.

Another on-going project is the Russian Conversation Club which meets every Wednesday from 7:30 p.m. - 9 p.m. to assist recent emigres with their English.

PFLAG, a confidential meeting for parents, friends, and family members of gays and lesbians, meets on the 2nd Sunday of each month from 2 - 4 p.m.

Confidential meetings of Alcoholics Anonymous and Overeat-

ers Anonymous meetings are also held, for the community, at the congregation's building, on a weekly basis.

WINGS, in Des Plaines, is the beneficiary of the congregation's help on Monday evenings when members babysit for children. The community's elderly are also beneficiaries when volunteers deliver food once a month for Meals on Wheels.

The community is encouraged to participate in any of these projects, for information contact Shari Bauer (847) 729-7575 or <http://www.shamash.org/reform/uahc/congs/il/1010>.

Good Templar Camp

Famous Norwegian Lincoln impersonator Richard Anderson and Swedish soprano Sandra Ohlson highlight the program in the Community Center of Good Templar Camp, 628 East Side Drive, Geneva, IL - Sat. July 18, 1998 at 7 p.m. - free admission. Refreshments will be served following for a nominal donation. (Take North Ave. west to 7th Ave. in St. Charles and south to Geneva where the street becomes East Side Drive and the camp entrance on your right. The next two entrances are to Good Templar Park. Camp phone: (630) 232-9762.

Vacation Bible School

Jerusalem Lutheran School invites children, from preschool through eighth grade, to attend their annual Vacation Bible School for a week of Bible stories, songs, crafts and meeting new friends. Jerusalem Lutheran is located at 6218 Capulina Ave. in Morton Grove. This year's VBS theme will be "Jesus Is..." and the children will learn how Jesus is their Savior, a friend and the key to life in heaven.

Vacation bible School will be held July 20-24, from 9 to 11:30 a.m. Monday through Thursday, and will conclude with a picnic and family fun early Friday evening. To register or for more information, please call Mr. Gustafson at 965-4750, or just come early on Monday morning.

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Women's News

Ways to help your children cope with emergencies

We live in a very uncertain world. News headlines indicate that none of us is immune to the possibility of disasters such as fires, floods, mudslides, blizzards, ice storms, tornadoes and hurricanes.

Author Arlene Butler says through the years her family has weathered disasters in two states: "When we lived in Utah, our family death with such conditions as blizzards, high winds, a flood, and a mudslide. In California, we

experienced fires and multiple earthquakes."

While everyone has trouble coping during an emergency, Mrs. Butler says children are especially vulnerable during these life-shattering situations. She lists eight ways parents can help children cope with emergencies in the June, 1998 issue of *The Engsign*, a magazine published by The Church of Jesus Christ of Latter-day Saints.

1. Accept your own and your

family's limitations. Disasters tend to create a lot of anxiety and push people to the limit of their endurance. To help everyone cope better, reassure and comfort victims often - especially children. If possible, eat regularly and rest when needed. Don't try to go it alone; accept help that is offered, both emotional and physical.

2. Children can be easily overwhelmed by a disaster and may experience difficulty in coping. Common behaviors noted in children who experience a severe earthquake include fear, anger, sleeplessness, nightmares, loss of appetite, fatigue, irritability, and impaired concentration. Sometimes even older children may regress to a childlike dependency, being too shocked, dazed and fearful to be much help. If not understood, this can frustrate parents. Such signs of stress should not be met with demands, over-concern or punishment. Calm, positive reassurance is more effective.

3. Limit the amount of news coverage you watch or hear. Butler found that having constant news coverage, unless strictly necessary for safety, increased anxiety and heightened fear. Sometimes it's more constructive to turn the news off so a family

can calm down, begin to talk about what happened, and start working together on solutions to the situation.

4. Children often need to talk about upsetting or dangerous experiences. Parents can help by being reassuring, understanding listeners. Children will sometimes talk about the disaster for months afterwards. However, after a reasonable length of time, it can be beneficial to divert children's attention to another subject so they don't fixate on the disaster.

5. As soon as children are able to help, include them in recovery activities. Doing something positive will help them feel good and get their minds off their fear. Resume normal activities as soon as reasonably possible. Familiar surroundings and situations are soothing and will help children feel that life will eventually return to normal.

6. Keep the family together as much as possible. Children may be afraid to be separated be-

cause they fear the event will recur, a loved one will be seriously hurt, and that they will be left alone. Being surrounded by family will help them feel safe again.

7. Make an effort to contain your own emotional reactions to the emergency. Your response communicates to children the seriousness of the problem. If parents become distraught, children are likely to become even more frightened. Children take comfort when adults appear to be in control and know what to do. If anyone becomes hysterical, take that person somewhere private until he or she calms down because hysteria can cause a chain reaction and unnerve others who are feeling worried and jittery.

8. Remember to spiritually nourish your family with prayer, scripture reading or a visit with clergy. Often exercising faith through these means can bring a spirit of peace and hope into otherwise trying circumstances.

Juggling your life and your laptop

Female business travelers now have the knowledge of nationally known travel and lifestyle experts at their fingertips on the World Wide Web. "The Executive Woman's Travel Network" - a unique program created by Delta Air Lines and American Express - has brought top columnists and authors on its Web site at: www.delta-air.com/womenexecs to provide information and advice on issues facing working women today.

The Executive Woman's Travel Network Advisory Council members will provide advice on topical issues such as reducing stress, balancing business and personal life, fitness on the road, travel deals and efficient packing. Advisory Council members include: Judith Gilford - author of "The Packing Book," provides

tips on traveling light and shares some of her own handy packing methods with Web site visitors.

"The Executive Woman's Travel Network" Web site also provides tips and advice on travel-specific topics such as travel safety, nutrition on the road and reservations. Visitors can also register to receive special savings from Delta Air Lines and 10 other program partners. Among the Delta offers are a \$99 companion fare and a free one-class upgrade. Visitors can also register by calling toll-free, 1 (888) 241-8526. Consumers must use an American Express® Card to take advantage of all offers and must be a member of SkyMiles®, Delta's frequent flyer program. Participants can easily join SkyMiles, free of charge, by calling 1 (800) 323-2323 or on the Web at: <http://www.delta-air.com>.

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Women's News

New link between diet & breast cancer

New evidence suggests that a woman's diet can affect her likelihood of experiencing cell damage that can lead to breast cancer. A study, reported in the *Journal of the American Dietetic Association*, found that red meat consumption was linked with increased genetic damage that could lead to cancer, while a greater consumption of vegetables was protective against the damage.

Chemicals in the environment, tobacco use, or even normal metabolic processes in the body can be the source of genetic damage in cells. A healthy diet can supply a variety of antioxidant substances, which have been shown to block or repair some of the damage. These cancer-fighters include vitamins C and E, beta carotene and other carotenoids, the mineral selenium, and phytochemicals found in vegetables, fruits, tea and many herbs. Research on populations around the world links a lower risk of cancer with a diet that emphasizes foods high in vitamin and phytochemical antioxidants - diets that include plenty of vegetables, fruits and grains.

While scientists believe the antioxidants in foods are important to our defenses against cancer, their effectiveness when taken as dietary supplements is still unknown. Past studies examining the efficacy of beta carotene supplements to prevent lung cancer, for example, found that the antioxidant can apparently also increase cancer risk.

The recent study published in the *Journal of the American Dietetic Association* addresses concerns about whether simple dietary changes are "enough" to make a significant difference in cancer risk. Women in this study were not trying to increase anti-

oxidant consumption; their goal was simply to eat a low-fat diet. By doing so, they ate less red meat and more vegetables, fruit, and poultry, and reduced their levels of a genetic damage marker to one-third of the amount in women who did not change their diets.

Some of the benefits resulting from the women's dietary changes may have resulted from decreased fat consumption. However, when researchers analyzed the data to identify which dietary changes were most closely linked to the decrease in cell damage, the consumption of vegetables, especially cooked vegetables, appeared to have the greatest impact on cancer risk. According to researchers, this doesn't mean that cooked vegetables are necessarily better for you, but may reflect that the vegetables most people eat cooked, such as broccoli and winter squash, have a higher antioxidant content than the varieties usually eaten raw, such as cucumbers and lettuce.

In its recent report, *Food, Nutrition & the Prevention of Cancer: A Global Perspective*, the American Institute for Cancer Research concludes that eating a predominately plant-based diet centered around vegetables, fruit, and whole grains can not only lower risk of breast cancer, but many other forms of the disease as well. That conclusion, along with more recent studies, provides more evidence that simple dietary changes can make a difference.

For a free brochure with ways you can reduce your risk of breast cancer, send a self-addressed, stamped business sized envelope to the American Institute for Cancer Research, Dept. BHB, P.O. Box 97167, Washington, DC 20090-7167.

Kids in the Kitchen

School is out and kids are looking for summer fun. Since we all know that kids love food, why not put some of their time and energy to good use in the kitchen? Not only can junior chefs help make dinner preparation easier for you, but they can learn valuable lessons and skills that will serve them for a lifetime.

When cooking with kids, it's important to assign tasks that are appropriate for their individual ages and skill levels. A preschooler, for instance, can tear lettuce or snap string beans, while a six-year-old can wash and peel carrots. Other easy jobs include tossing a salad, measuring ingredients, spreading, stirring and mashing.

Safety should be the main focus for kids learning to cook, so be sure the basic rules of the kitchen are clear: wash hands be-

fore beginning; roll up long sleeves and tie back long hair; hold knives by their handles, and work on a clean, dry cutting board; use oven mitts or pot holders when handling hot baking sheets and pans - even when removing things from the microwave.

Kebabs make a colorful, simple supper that can be adapted to any age or level of kitchen experience. Younger kids will delight in creating "no-cook" ham and fruit kebabs with chunks of pineapple and green pepper, mandarin orange slices, and rolls of thin-sliced lean ham. More mature chefs have the skills necessary to prepare skewers for the grill, including cubes of marinated chicken breast, cherry tomatoes, pieces of red or green pepper, mushrooms and zucchini slices.

NAWBO to host seminar on financial planning

Women business owners will gain assistance in planning for their long-term financial well-being at a seminar hosted by The Chicago Area Chapter of the National Association of Women Business Owners (NAWBO).

The dinner program, called "Securing Your Wealth," begins at 6 p.m., Wednesday, August 12 at the Hyatt Deerfield, 1750 N. Lake Cook Rd., Deerfield. Joan

Holthaus, a Chicago-based Registered Investment Advisor, will teach the audience to build wealth through five fundamentals of successful financial planning.

"Financial planning is important for everyone, but many women business owners place it on the back burner," said Anna Weselak, president of Weselak & Associates of Lombard. Weselak also chairs the Chapter's Subur-

ban Committee. "This program will give our audience the knowledge and focus needed to construct an action plan."

Admission is \$25 for NAWBO members and \$40 for non-members. After August 7, the price increases to \$35 for members and \$50 for non-members. For information or reservations, call the Chicago NAWBO office at (312) 322-0990.

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Women's News

Rush North Shore Spring Luncheon combats domestic violence



Preparing for their runway debut modeling of the newest spring fashions at the recent Rush North Shore Medical Center Spring Luncheon were (l to r) Robyn Offenbach, 10, of Highland Park, Darci Frankel, 9, of Glenview and Jessica Offenbach, 14. Committee members Randi Frankel of Glenview (middle left) and Sabra Piller of Wilmette (middle right) were among the hundreds of other supporters who raised money to support the Domestic Violence Task Force at Rush North Shore Medical Center. WMAQ-TV reporter Robin George served as keynote speaker at the fundraiser. The spring fashion show was produced by Susan Glick, fashion director of the Chicago Apparel Center, and highlighted some of the newest styles for spring. Rush North Shore Medical Center is a 268-bed acute care teaching hospital affiliated with Rush-Presbyterian-St. Luke's Medical Center and a member of the Rush System For Health. Rush North Shore is committed to providing a comprehensive continuum of high quality patient-centered healthcare in cardiovascular services, cancer, geriatric and general medicine, inpatient and outpatient surgical services, women's health, infertility center, psychiatry, orthopaedics, and state-of-the-art Breast Imaging and MRI/CT Center. Rush North Shore Medical Center is accredited by the Joint Commission on Accreditation of Healthcare Organizations, and was awarded Accreditation with Commendation. For further information, please call Diane Lato at 847/933-6425.

Urinary Tract Infection a Common Health Issue

A serious health issue, urinary tract infections (UTI) are responsible for more than eight million doctor visits each year. Of these eight million visits, the majority are by women. In fact, one of every five women will have at least one UTI in their lifetime.

Why are women more likely to get this type of infection? The reasons are not entirely clear, but the most common reason provided is that the urethra, the "tubing" which carries urine from the bladder to outside of the body is normally two inches long in women, which makes it fairly easy for invading bacteria to reach the bladder.

Unfortunately, many women suffer from frequent UTIs. Approximately 20 percent of women who have a UTI will have another within 18 months and 30 percent of those who have had at least two, will have yet another. And of those who have had at least three, 80 percent will have more recurrences.

While pregnant women do not appear to be at a higher risk, two to four percent do develop a UTI which needs to be treated promptly to prevent premature delivery and other risks, such as high blood pressure. However, there

are factors that appear to increase the risks, including sexual activity, the use of diaphragms, spermicidal foam with condoms, diabetes, abnormalities of the urinary tract, and even age.

While easily treated with an antibiotic regime, UTIs can develop into more serious infections of the kidneys if left untreated. If at risk of developing a UTI, then precautionary measures such as drinking plenty of water, urinating as soon as the need is felt, and detailed attention to hygiene especially before sexual intercourse may help.

For those at risk, especially for recurring infections, there are now UTI tests available without a prescription, such as The Health-Check™ Urinary Tract Infection Screening Test from Technical Chemicals & Products, Inc. (NASDAQ:TCTPI). This test detects nitrite in urine, an indicator of the presence of certain bacteria that are commonly associated with bladder/urinary tract infections. A positive result may detect a possible UTI, sometimes before symptoms are present. If the test is positive, the user should consult a physician immediately. The Urin-Test should also be used following antibiotic treatment to verify that the bacteria is gone.

For more information on urinary tract infections, contact your physician or call the Health-Check Help Line at 1-800-482-2907.

Women in Construction

The O'Hare Suburban Chapter #193 of the National Association of Women in Construction (NAWIC) will meet Saturday, July 18th, for a Job Site Tour of the Northwestern Memorial Hospital Redevelopment at 8:30 a.m., 259 East Erie Street (Northwest Corner of Erie and Fairbanks Streets), Chicago.

Hardhat is required for this very informative tour followed by lunch at the jobsite. Cost is \$12. Park at parking garage on Erie east of Fairbanks (Southeast Corner) at special discounted rate of \$5.50.

Join the National Association of Women in Construction (NAWIC) for this Once-In-A-Lifetime event. Tour courtesy of Power/CRSS.

Guests and all women interested in construction are invited to attend. For membership information, contact Shari Ralish at (312) 908-4765.

Reservations are required and may be made by contacting Jenny Oratowski at Enger-Vavra, Inc. (847) 678-4200.

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Community Calendar

Theatre 219 celebrates 25th year with 'Hello, Dolly!'



The prim and proper Cornelius Hackl (standing, played by Robert C. Kimmeth of Morton Grove), joins Irene Molloy (also standing, portrayed by Stephanie M. Feder of Skokie) in watching Minnie Fay (portrayed by Aviva Gibbs of Lincolnwood) and Barnaby Tucker (played by Bradley Lee Kinsner of Chicago) discuss the finer points of etiquette in a scene from Theatre 219's 25th anniversary production of "Hello, Dolly!" Performances of this marvelous musical are scheduled for 8 p.m. July 24, 25, 30, 31 and August 1 in the auditorium at Niles West High School, 5701 Oakton Street in Skokie. A special matinee will also be staged at 2 p.m. Sunday, July 26. Tickets are \$12 and are on sale at the box office or by calling (847) 966-8280 during the afternoons. Senior citizens will receive \$2 off the ticket price for the matinee only.

ARTS & CRAFTS

July 18-19 Edens Art Fair

Watercolor and oil paintings, mixed media works, pottery and much more will be on display during the Annual Edens Art Fair presented by American Society of Artists, a national membership organization, at Edens Plaza, Lake, Skokie & Edens Expressways, Wilmette, Sat., July 18 from 10 a.m. to 5 p.m. and Sun., July 19 from noon to 5 p.m. Among the exhibitors will be Karen Schuman, Skokie; John Olsen, Park Ridge; Irene Shanok, Des Plaines; Vujadin Davich, Park Ridge; Lili Persone, Morton Grove. Additional information may be obtained from A.S.A. at (312) 751-2500.

July 26-Sept. 2 Summer Exhibition

The 1998 biennial Student Summer Exhibition opens Sun.,

City of Evanston and is located at 2503 Sheridan Rd. Limited, free parking is available. Gallery hours are Monday-Saturday, 10-4 p.m.; Monday-Thursday, 7-10 p.m.; and Sunday, 2-5 p.m. The galleries are closed the fourth Thursday evening of the month. For more information or photos, please call (847) 475-5300.

ART FESTIVAL

July 24 - 26 Art Festival

You won't want to miss the 7th Annual North Michigan Avenue Art Festival on July 24, 25 & 26 from 10 a.m. to 6 p.m. Friday and Saturday and 10 a.m. to 5 p.m. on Sunday. All of the work is available for purchase. The show is held in downtown Chicago in Pioneer Court on North Michigan Avenue at the Chicago Tribune Tower opposite of Wrigley Building. Admission is free. For more information, please call (815) 937-0920 or (954) 472-3755.

ENTERTAINMENT

July SHAKESPEARE ON THE GREEN

Shakespeare on the Green, the professional theater festival, returns for its seventh season beginning July 17. The festival will be held July 17 to 19, July 23 to 26, and July 30 to August 1, on the beautiful front lawn of the Barat College campus in Lake Forest. This year's festival features the classic tragedy, *Macbeth*, with performances at 8 p.m. Festival grounds open at 6 p.m. with music and an early-evening picnic. Seating is on a first-come, first-served basis with a roped-off area for blankets and additional seating for chairs and beachers. For more information on Shakespeare on the Green, or to purchase Gala tickets, call JoAnne Zielinski at (847) 604-6344.

July 25 & 26 Joseph

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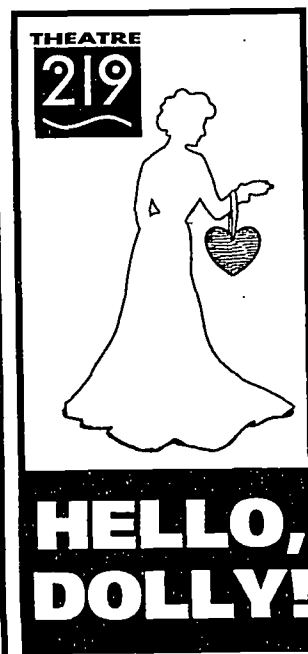
HEALTH

Wed., July 22 Vision Problems

"Lasik: State of the Art Refractive Surgery," is the title of a free community education program that will be offered at Resurrection Medical Center, 7435 W. Talcott Ave. The program will take place on July 22 from 7-8 p.m. in the Mother Hedwig Room on the ground floor. A Lasik refractive specialist from Lieberman Eye Associates in Chicago will lead the program and

Continued on Page 12

USE THE BUGLE



HELLO, DOLLY!

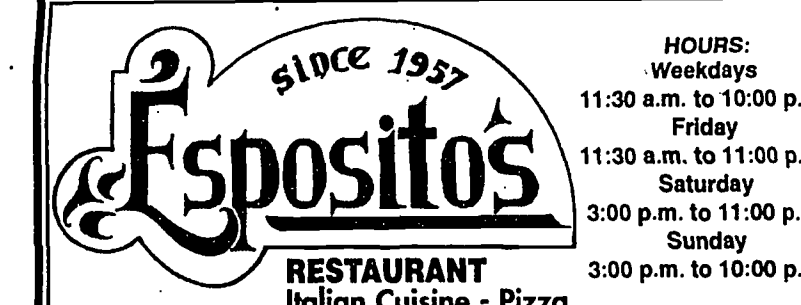
THEATRE 219 PRESENTS

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Community Calendar

HEALTH

Continued from Page 11
will discuss the new Lasik procedure for correcting nearsightedness, farsightedness and astigmatism. The differences between the Lasik procedure and other procedures to correct vision problems also will be discussed. Registration is required. For more information and to register, call (773) RES-INFO (737-4636).

Hearing Screenings
Free hearing screenings for adults will be offered on July 22

from 1:30-4 p.m. and July 23 from 9:30 a.m. to noon, at Resurrection Medical Center, 7435 W. Talcott Ave. The screenings will be conducted by audiologists in the Speech, Language and Audiology Department located on the ground floor. The screening includes a check for hearing problems and consultation. Registration is required. For more information and to register, call (773) RES-INFO (737-4636).

Wednesdays
Chemical Dependency group
Couples Affected by Chemical

Dependency, an ongoing group for couples dealing with the impact of chemical dependency, is offered from 7:30-9 p.m. every Wednesday at the Pastoral Counseling Center of Lutheran General Hospital, 1610 Luther Lane, Park Ridge. Sponsored by the Pastoral Counseling Center in conjunction with the addictions program at Lutheran General Hospital, the group is designed for couples in which one or both members have been affected by chemical dependency. The fee for group participation is \$55 per couple per session. For more information or to register, call the Pastoral Counseling Center at (847) 518-1800.

LUNCHEON

Thurs., July 23

Race Relations

A coalition of The Asian American Bar Association, The Chicago Bar Association, The Cook County Bar Association and The Hispanic Lawyers Association will inaugurate its annual Vanguard Awards with a luncheon held Thurs., July 23 11:30 a.m. in the Grand Ballroom of the Standard Club, 320 S. Plymouth Court. Civil Rights attorney Angela Oh, the only Asian-American on President Clinton's seven-member advisory board on race rela-

SEMINAR

Sat., Aug. 1

ADA

The Guild for the Blind will host a seminar on "The ADA and Students" on Aug. 1 from 8:30 a.m. to 12 p.m. at 180 N. Michigan Ave., Suite 1700, Chicago. This seminar is for parents and teachers of children who are blind or visually impaired. This seminar will provide parents with information about the ADA, particularly the sections that relate to children who are blind or visually impaired. This seminar is free, however, participants must register in advance. For more information or to reserve your space, please call Cheryl Daube at (312) 236-8569 by July 24.

Continued on Page 13

Anti-Cruelty Society's Annual Dogwash

The Anti-Cruelty Society will be hosting its annual DogWash in the Society's courtyard on Saturday, July 18, where even the dirtiest and scruffiest dogs will come out clean. The courtyard entrance is at 510 N. LaSalle Street. Hours for the wash are 10 a.m. - 2 p.m. No appointments are necessary for grooming sessions. '98 will provide trained volunteers to wash the dogs, including celebrity dog washer Steve Dale, host of "Pet Central," WGN Radio and syndicated columnist for the Chicago Tribune. For a donation of \$10 for dogs 25 pounds or less, \$15 for dogs 26 - 49 pounds, and \$20 for dogs weighing more than 50 pounds, each canine will receive a full "beauty treatment" which includes washing, drying and brushing. Dale, author of the upcoming DogGone - Sniffing Out the Best Places to Take Your Best Friend, and contributor to WGN TV morning news, will be on-hand to groom dogs from 10 - 11 a.m. only.

Special prizes will be awarded to the dog and owner who look most alike, the smallest dog, largest dog, smelliest dog, dog who drools the most, and many other categories.

All attending dogs must be at least six months old, up-to-date on vaccinations, and be on a leash at all times. Chain leashes should not be used. Aggressive animals will not be washed. Free treats will be provided.

All funds will benefit Anti-Cruelty Society programs and services. The Anti-Cruelty Society is a full-service humane society which receives more than 16,000 homeless animals yearly. For more information about DogWash '98 or other Anti-Cruelty programs, call (312) 644-8338.

PICNIC

Sat., July 18

WING DING

The Purple Martin Society of Illinois (PMSI) invites all Purple Martin enthusiasts and friends to their annual WinDing Picnic Affair July 18 at the Oak Brook Shelter Building, 1300 Forestgate Road (west of Jorie Blvd.), Oak Brook. The WinDing begins at 11 a.m. Martin mavens from Illinois and neighboring states and all interested newcomers are invited to come, picnic and learn the "new martin-thinking and techniques" in today's wildlife management of the increasingly more "uncommon" songbird, the Purple Martin. The Purple Martin WinDing promises to provide much fun, food and festivities as well as Purple Martin wisdom for all. All attendees should bring a covered dish. For more Purple Martin WinDing information, call Terry Suchma (630) 855-2028, or Chris Harden (815) 459-2795.

Community Calendar

CJE honors outstanding volunteers



Six individuals were awarded the special title of Outstanding Volunteer at a luncheon Council for Jewish Elderly held recently which drew over 250 agency volunteers. Outstanding Volunteer awards are presented to individuals who demonstrate exceptional commitment to CJE clients and programs. This year's Outstanding Volunteers are (L-R, seated) Margaret Witkovsky, Deerfield; Bob Klein, Wilmette; Rosalie Superfine, Chicago; (L-R, standing) Alex Rubenzik, Skokie; Dorothy Harrison, Glenview; and Burt Lichterman, Glenview. More than 1,500 agency volunteers logged over 41,000 hours last year visiting the homebound, leading activities at CJE sites, delivering meals and performing other mitzvahs.

Park Ridge Toastmasters Club presents award

Melinda Mitrovic, Vice President-Education of Park Ridge Toastmasters presented Al Benz with the coveted Advanced Toastmaster-Bronze award. To achieve this designation, Al had to complete five speeches each from two separate advanced projects as prescribed by Toastmasters International, a non-profit organization. Al, who could not speak in front of more than five people at a time before he joined Park Ridge Toastmasters four years ago, has since not only spoken to several large audiences, but actually enjoyed the experience. As a Division Governor he oversees the activities of 24 Toastmaster Clubs and continues to help other Park Ridge club members gain the necessary ability and confidence to speak in public.

UI degrees awarded

The University of Iowa held fall commencement ceremonies May 14, 15, 16 and 17 awarding degrees.

Among the students from the area who received degrees at the UI commencement are: Amy Sliva, Lisa, Christa Joan Poskozim, Daniel A. Hodapp, James W. Kearns and Ryan Robert Mander, all of Park Ridge.

SINGLES

Continued from Page 12

Fri., July 17

"Midwest Singles Association"

The Midwest Singles Association will sponsor a "Pre-Grand Opening Dance" at 8 p.m. at the Radisson Schaumburg Hotel, 1725 E. Algonquin Road, Schaumburg. DJ music will be provided. Admission is free. For more information call 773-509-5000.

Fri., July 17

Chicagoand Singles Dance

The Chicagoand Singles Association and The Aware Singles Group invite all singles to a Super Dance at 8 p.m. on Fri., July 17, in the Grand Ballroom of the Hyatt Regency Oak Brook Hotel, 1909 Spring Rd., Oak Brook. DJ music will be provided. Admission is \$8. For more information, call (773) 545-1515.

Fri., July 17

Good Time Charley Singles Dance

There will be a Good Time Charley Singles Super Dance at 8 p.m. on Fri., July 17 at The Odyssey Country Club, 19110 S. Ridgeland Ave., Tinley Park. All singles are invited. Admission is \$5. For more information, call (708) 445-4450.

Fri., July 17

North Suburban Shabbat

North Suburban Shabbat Singles (ages 35+) will meet on Fri., July 17 at Northshore Congregation Israel, 1185 Sheridan Road, Glenview, IL. Services at 8 p.m. followed by an Oneg Shabbat. For information, call (773) 761-8862.

July 17 & 18

St. Peter's Singles Club

All singles or widowed persons over 45 are invited to the following St. Peter's Singles Club dances. Fri., July 17, Tivoli Gardens, 3258 N. Harlem at 8:45 p.m. and Sat., July 18, Francesco, 8465 W. Grand Ave., River Grove at 8:45 p.m. Cost both dances is \$7. Live bands. Coat and tie required.

Sat., July 18

T.G.I.S. Singles

T.G.I.S. Singles will have a dance at 8 p.m. on Sat., July 18 at The Garden Chalet, 11000 S. Ridgeland Ave., Worth. Door Prizes - 19' Color TV. All singles are invited. La-

dies in tree before 8:30 p.m. Admission is \$5. For more information, call (708) 445-4450.

Sat., July 18

North Shore Jewish Singles 50+

Sat., July 18, 8 p.m. Gilson Pk. in Wilmette presents "Show Boat" Lake St. at the Beach. Arrive 1 Hr. earlier, bring a sweater and your own chair. Look for the Silver Ballon. For info, call (847) 679-2953.

Sat., July 18

Combined Club Singles Dance

All singles are invited to a Combined Club Super Dance at 8 p.m. on Sat., July 18 in the Grand Ballroom of the Radisson Schaumburg, 1725 E. Algonquin Rd., Schaumburg. DJ music will be \$8. The event is co-sponsored by the Northwest Singles Assn., Young Suburban Singles, and Singles & Co. For more information, call (708) 209-2068.

Sun., July 19

Good Time Charley Singles Dance

Good Time Charley Singles will sponsor a Free Admission Singles Dance with Free Buffet at 7 p.m. on Sun., July 19 at BG Fellows, 5055 W. 111th St., Alsip. All singles are invited. For more information, call (708) 445-4450.

Continued on Page 14

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Community Calendar

SINGLES

Continued from Page 13

Sun., July 19

North Shore Jewish Singles 50+
Sun., July 19, 7:30 p.m. Rap session \$4 at What's Cooking Restaurant Lower Level, Lincoln Village Shopping Ctr., 6107 N. Lincoln Ave. Subject: Report based on the book "Anger Kills." Refreshments. Reservation a must, call (847) 675-5752.

Sun., July 19

Northwest Suburban Singles
The Northwest Suburban Singles invite all singles to a dance at 7 p.m. on Sun., July 19, at The Atrium Restaurant, 3223 W. Algonquin Rd., Rolling Meadows. Admission is \$7 and includes a buffet. For more information, call (708) 786-8688.

Sun., July 19

39+ Jewish Singles
Brunch in Wheeling on Sun., July 19 at 10:30 a.m. Cost is \$6 for non-members and \$4 for members. Contact Adrienne at (847) 724-1913 or Bella at (847) 818-0244.

Fri., July 24

Aware Singles Dance
The Aware Singles Group and

the Chicagoand Singles Association invite all singles to a Super Dance at 8 p.m. in the Hyatt Regency Oak Brook Hotel, 1909 Spring Road, Oak Brook. Featured will be a Celebrity Look-A-Like Contest. One Hundred Dollars worth of prizes will be given to the winners. DJ music will be provided. Admission is \$8. For more information, call Aware at 847-632-9600.

WORKSHOP

Wed., July 29 Rental Subsidy

The Chicago Lawyers' Committee for Civil Rights Under Law, Inc., will conduct a free workshop for landlords interested in participating in or learning more about the Section 8 rental subsidy program. The workshop is part of a series planned by the Chicago Lawyers' Committee for Civil Rights under a project funded by the U.S. Department of Housing and Urban Development. The workshop will be held on Wednesday, July 29 from 7 to 9 p.m. at the Northwest Association of Realtors, 1655 S. Arlington Heights Road in Arlington Heights. Interested persons can call Mark McArdle at (312) 630-9744 for more information.

Demolition begins on Garrick Garage; What was once a theater will be a theater again

The excitement is building in Chicago's North Loop as construction activity for the New Goodman Theatre heats up. The New Goodman Theatre, a state-of-the-art theater complex to span a half city block on the east side of Dearborn between Lake and Randolph Streets, is scheduled to open in the fall of the year 2000. The first major step in the construction process is the demolition of the Garrick Garage, located on the southwest corner of the project. That demolition began this week.

The Garrick Garage is the former location of the Garrick Theater, one of the Loop's most impressive playhouses. Built in 1892 as part of the Schiller Building, the Garrick Theater, then called the Schiller Theater, featured the distinctive touches of architects Adler and Sullivan, most notably the proscenium arch designed as a receding and contracting barrel vault. By the turn of the century, the Schiller Theater was renamed the Garrick Theater, which it remained until it was torn down in 1961 to make way for a parking garage. Now as a part of the New Goodman Theatre, the spirit of the Garrick Theater will live on.

In addition to the former site of the Garrick Theatre, the New Goodman Theatre will share the historic site of the Woods Theater and the landmark Harris and Selwyn theaters, which will be incorporated into the design. The New Goodman Theatre will house two principal theaters, one seating approximately 800 (The Albert Var Goodman Theatre) and one seating approximately 400 (The Owen Bruner Goodman Theatre), each capable of presenting

the entire scope of plays in the theatrical canon. Theater design will make the theater-going experience more immediate for audiences, and expanded lobby space and facilities will add to the level of customer service. The southeast corner of the project at Randolph and Dearborn will contain a restaurant/retail complex developed by a private developer in partnership with the Goodman, further enhancing available amenities.

Queen of the Stardust Ballroom to be presented

Kary M. Walker, Executive Producer of the award-winning Marriott's Lincolnshire Theatre, is proud to present a new musical, **Queen of the Stardust Ballroom**. Preview performances begin July 29. Musical runs through October 4, 1998.

A lonely widow finds new life when she goes dancing at the Stardust Ballroom, meets a mailman with the soul of a poet, and falls madly in love with him.

Queen of the Stardust Ball-

room is based on the true life events of book writer Jerome Kass. While attending the funeral of his mother, who had unexpectedly died in her sleep, Mr. Kass discovered a secret and almost magical side to his mother's life after she herself had become widowed.

Performance Schedule:
Wednesdays at 2 p.m. and 8 p.m.;
*Thursdays at 8 p.m. (excluding 9/24 & 10/1); Fridays at 8 p.m.;
Saturdays at 5 p.m. & 8:30 p.m.;
and Sundays at 2:30 p.m. and 7 p.m. *Added matinees - Thursday, September 24 & Thursday, October 1 at 2 p.m.

Tickets: Prices:
Tickets to Wednesday and Sunday performances are \$33; tickets for *Thursday, Friday, and Saturday performances are \$38. Senior citizens and students receive \$5 off the regular ticket price Wednesday 2 & 8; and Sunday 2:30 & 7 performances.

*Receive a complimentary dinner (limited availability) with the purchase of a full price ticket for Thursday evening performances. Reservations with a major credit card can be made by calling the Marriott's Lincolnshire Theatre box office at (847) 634-0200. Children under 6 years of age not admitted. Free parking/wheelchair accessible.

Letters to the Editor

Hesser scolds Besser over Bull

Dear Mr. Besser:

I must say that I look forward to and enjoy the column "From the Left Hand". However 6-18-98 column really disappointed me and deflated my admiration of you and your previous interesting columns. No reason to have tried to blemish Mike Jordan's reputation - he is a great athlete and a genuinely good person. Did you

know that he distributes new athletic shoes to children in poverty areas, on a regular schedule?
"Let he who is without sin cast the first stone."

M. Hesser
Niles

P.S. If you can't say anything nice --- don't say anything.

Athletic director agrees with 'Left Hand'

Dear Mr. Besser:

I recently read your article on "Sportsmania" in the June 18 edition. I am writing to tell you that I couldn't agree with you more. As a person who has spent his entire life and career in sports officiating, coaching, participating and administering, I am very disturbed at the trends you discussed. Although not mentioned frequently, I too believe that Michael Jordan was asked by his bosses (whether they be the N.B.A. or the Jerry's Krause and Reinsdorf) to take an unscheduled "vacation" for his apparent gambling problem at that time. (As a personal aside, in regards to your reference to Pete Rose, my feeling is that Pete Rose should be admitted to the Hall of Fame immediately after the induction of Shoeless Joe Jackson.)

At one point you ask, "Is winning the bottom line?" Unfortunately, professional sports are a business, and here and only here is winning at all costs justified. However, you are one hundred percent correct in your observation that the same thing has happened to college athletics, and this is a shame. How is it possible that a young athlete can go

through high school and college and still end up nearly illiterate? Something is drastically wrong. Unfortunately, college presidents are also looking at the "bottom line" and using their football and basketball programs to fund a good portion of their budgets.

What is extremely sad that I see the same attitudes of the professional athlete making their way down to the high school and grammar school athletes. The people that the young athletes are looking up to as role models are models not fit for emulating. Along with this, coaches contribute to the problem as well. Go to any summer league basketball game (Maine West, Proviso West, St. Benedict, etc.) and you will see coaches blatantly violating the spirit if not the letter of the rules regarding off-season participation with their teams. There are grade school teams (under the guise of A.A.U. sanction) that play as many games as N.B.A. teams do. This is just ludicrous. When are parents, teachers, and administrators going to wake up and put a stop to this? Enough is enough!

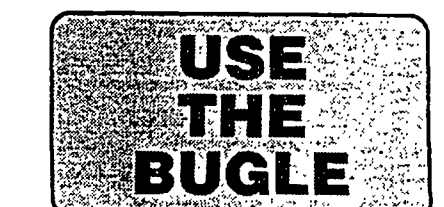
Thank you for taking the time to write your article. Hopefully,

little by little, we will be able to reach enough people and get sports put back in the proper perspective. There is an old saying that says, "Sports do not build character, they reveal it," and in the cases that you cited, we can see that currently the character of sports is in trouble. Athletics are a means to enhance the educational setting and teach lessons not possible in the traditional classroom, not to abuse and take advantage of young and impressionable athletes, not to mention feeding the egos or wallets of overly ambitious and misguided adults.

Keep up the good work.

Sincerely,

Garry K. Falcone,
Athletic Director
St. John's Lutheran School
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Park Ridge Garden Club Garden Walk



Mother Nature has been good to us - especially gardeners who are preparing for the 4th Annual Park Ridge Garden Club Garden Walk, Sunday, July 19, from 1 p.m. to 5 p.m. Except for a few hot days, the nights have been cool and the gardens are in full bloom.

Tickets for the 9-garden Walk are available at Lurvey's on Dempster, Erica's Jewelry on

Devon, Scharringhausen Pharmacy (Uptown Park Ridge) also, Raffias on Prospect, Amlings Florist on Northwest Highway, Lutheran General Hospital, and the Community Bank of Park Ridge on Devon.

Donation \$6 in advance and \$8 the day of the Walk available at 826 S. Fairview, Park Ridge. For information call 847-825-3935.

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School News

Kids' College offers summer classes

Kids' College, a program of Oakton Community College's Alliance for Lifelong Learning (ALL), is offering a variety of classes this summer for children entering kindergarten through eighth grades. Registration is still open for classes in two sessions: Monday - Thursday, July 20 - 30 from 1 - 2:30 p.m. or 2:40 - 3:10 p.m. or Aug. 3 - 13, from 8:45 - 10:15 a.m. or 10:20 - 11:50 a.m. Classes meet at

Oakton's Des Plaines Campus, 1600 E. Golf Road. Course fees range from \$47 to \$55. The registration deadline is July 16 for the second session of classes.

Shark Science is offered during the July 20 - 30 session for students in grades five and up. Students will learn about this successful predator in a two-part class. Session I includes perch dissection and external examination of two-foot shark specimens. In session II, students pair-up for shark dissection. A \$4 materials fee is required for each class session. The class meets from 2:40 - 4:10 p.m.

Spanish is offered during the July 20 - 30 session for grades five and up. The course content for this two-part class is different for each session. The course features favorite lessons from Oakton's Language Club Program that is offered in local elementary schools during the year. The course also gives those with one or two semesters of Spanish a chance to reinforce vocabulary using flash cards, games and group activities. The class meets from 2:40 - 4:10 p.m.

For more information about Kids' College summer classes or to obtain a complete brochure, call (847) 635-1808.

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Norwood Park Chamber awards college scholarships



The winners of two Josephine Kurek Memorial \$500 college scholarships from the Norwood Park Chamber of Commerce & Industry accepted their awards during a special recognition luncheon at the Norwood Park Home, 6016 N. Nina Ave., Chicago. Sylvia Pawlak (third from left) and Julie Zuhke (third from right), both seniors at Resurrection High School, display their awards following the presentation by (from left): Pat Alm, Norwood Park Chamber executive director; 41st Ward Ald. Brian Doherty; Tim Turner, director of development for Resurrection High School; and Corrine Schreiber, Norwood Park Chamber president.

Nelson

'Author, Author'

The students in Mrs. Chazin's 6th grade reading class have learned the effort taken to write books, even those meant for first and second graders.

After reading a group of stories revolving around artists, they brainstormed all the attributes one would need to be a successful writer and author. They then studied Caldecott winning children's books and saw how important the illustrations are to the telling of a story for younger children. Armed with this new awareness, they each wrote and illustrated an original story.

Nelson School is one of the six schools in East Maine School District #63 and is located at 8901 N. Ozanan in Niles.

School Reunions

Sentimental Journey, Ltd. will be coordinating the following reunions:
November 28, 1998 - Maggiano's - Skokie
Mather High School Class of 1978
July 24, 1998 - Chateau Rand
Reavis High School Class of 1978
August 1, 1998 - Oaklawn Hilton
Kelvyn Park High School
Classes of Jan. 1962/Jan. & June 1963
August 8, 1998 - Sheraton North Shore
Portage Park Elementary School Class of 1973
August 8, 1998 - Monastero's
Niles West Class of 1967
August 15, 1998 - Sheraton North Shore
Morton High School Classes of 1948

Weekend of September 11-13, 1998 - Indian Lakes Resort
Waukegan High School Class of 1963
September 19, 1998 - Illinois Beach Resort and Conference Center
Senn High School Class of 1977-1978-1979
September 26, 1998 - Holiday Inn North Shore - Skokie
Glenbrook South High School Class of 1978
October 9, 1998 - The Double Tree Glenview
Calumet High School Classes of 1948
October 17, 1998 - The Drake Oak Brook
Niles North High School Class of 1978
November 27, 1998 - Maggiano's - Skokie

Mather High School Class of 1977
November 28, 1998 - Maggiano's - Skokie
Mather High School Class of 1978
November 28, 1998 - Maggiano's - Skokie
Mather High School Class of 1979
Fall 1999
Senn High School Class of 1949
August 21, 1999 - Hyatt Deerfield
Senn High School Classes of 1963
July 1999
Sullivan High School Class of 1968
Spring/Summer 1999
South Shore High School Class of 1969
July 24, 1999 - Arlington Park Race Track
Sullivan High School Classes of January and June 1950
June 24, 2000 - Embassy Suites Deerfield
Niles North High School Classes of 1970 - TBA 2000
Austin High School Classes of 1951 - TBA 2001

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

USE THE BUGLE!

School News

High school students get taste of Township government



Forty one students studying local government from Maine West and Maine South High Schools had an opportunity to learn about Township government on June 19, as part of their Clinical Government class.

After a short introductory slide presentation which described Township government and services, the class visited Avenues of Independence and Northwest Suburban Day Care where they learned more about the wide variety of services funded by Maine Township. "Many students who were familiar with city and county government learned that Maine Township fills many gaps in services and provides many unique services as well," said Township Community Agency Coordinator Phyllis Klug.

Klug told the students how Maine Township serves to augment services provided by other local governments, and in many cases is the only provider of a wide variety of services to thousands of residents who live in unincorporated areas of the Township. "Residents of incorporated areas also come to Maine Township for assistance and referrals for senior citizens, handicapped persons, property tax concerns, and many emergency assistance services not addressed by other agencies," said Klug.

Maine Township covers parts of Park Ridge, Des Plaines, Niles, Glenview, Morton Grove, Rosemont and Chicago.

Fall classes start August 24 at Oakton

If you are planning to register for fall classes at Oakton Community College, but you just haven't gotten around to it, don't wait any longer. Fall semester begins Aug. 24.

For your convenience, Oakton offers morning, afternoon and evening courses. Most classes begin the week of Aug. 24 and end Dec. 18. However, meeting times for some courses vary, including media-based classes (broadcast on television); distance learning (taught interactively between both Oakton campuses and other colleges, universities and high schools); and weekend college (held Friday evenings or Saturday or Sunday mornings or afternoons). A variety of shorter term courses will also be offered.

Students can register in person Monday - Thursday from 8:30 a.m. - 8 p.m. at the Des Plaines campus, 1600 E. Golf Road, and at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Both Oakton campuses are closed on Fridays during the summer term, May 29 through Aug.

14. Late registration will be held Aug. 24-29 from 9 a.m. - 7:30 p.m. Monday - Thursday. Students who have applied and registered for Oakton classes since spring of 1994 may use the Touch-Tone Registration system Monday through Thursday from 8:30 p.m. - 8 p.m., Friday from 8:30 a.m. - 5 p.m. and Saturday from 9 a.m. - noon. To register by phone dial (847) 635-1616 and refer to the computer ID number listed by the course title in the Fall Credit Class Schedule.

Dean's Honor Roll

Creighton University student Shelby T. Joseph of Morton Grove, has been named to the Dean's Honor Roll for academic achievement during the fall 1997 semester.

Full-time students who achieve a grade-point average of at least 3.5 on a 4.0 scale are eligible for the Dean's Honor Roll.

Dean's List

The following students have received recognition on the Dean's List for the fall semester at Bradley University in Peoria: Arthur V. Gaerlan, Morton Grove.

Amy Beth Goldberg, Lesley L. Gragg, Shellie Lynn Morse, and Nicole Marie Sindermann, Northbrook; and Rachel R. Arai, Skokie.

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For admission and registration information. Fall classes begin August 24.

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Police News

Commissioner Clark retiring from village



The Fire and Police Commissioners (left to right) Robert Berg, Sam Bruno, and Tony Scarlati (far right) were present at the June Village Board Meeting when Mayor Nicholas B. Blase presented retiring Commissioner Joanne Clark with a plaque for her ten years of employment with the Village of Niles.

Criminal damage to autos

The supervisor of a truck yard in the 6900 block of Austin Avenue reported that unknown offender(s) made entry to four unlocked box trucks parked in the yard sometime between 6 p.m. July 10 and 5 a.m. July 13 and sprayed foam from a fire extinguisher inside the cab of each truck. Some exterior lock mechanisms were also sprayed with the fire extinguisher. The hood of one vehicle was marked with a magic marker or a paint-type pen. The complainant was unable to estimate the damage cost at the time of the report.

A Niles student reported that unknown offender(s) dripped and rolled paint over the hood, windshield, driver's window and driver's door of her 1997 Chevrolet Cavalier while it was parked in the Theater parking lot at 210 Golf Mill Center sometime between 7 p.m. and 10 p.m. July 7.

A Niles resident reported that unknown person(s) flipped his white 1998 Hyundai Excel onto the passenger side causing damage to the right sideview mirror. The victim and the responding police officer pushed the auto back into an upright position.

Criminal damage to property

The manager of a restaurant in the 9100 block of Golf Road reported that a 21-year-old Chicago man and a 20-year-old Chicago woman who were formerly boyfriend and girlfriend became involved in a verbal argument in the dining area. The man proceeded to kick a table and picked up numerous plates and cups, throwing them down on the table and floor, breaking them and causing \$50 damage. The woman made restitution for the damage, so the complainant did not sign a complaint.

Theft

An unknown male described as 20 years of age standing 5 ft. 8 in. tall weighing 170 pounds with dark hair and a fair complexion and driving a white late 1980s model Chevrolet Camaro is the suspect in the theft of a vacuum

valued at \$300, a recovery machine valued at \$1,200, an electric rodder valued at \$350, a hammer drill valued at \$250, a cordless drill valued at \$250 and a tool box with tools valued at \$200. The items were taken from a van in the service station in the 7600 block of Milwaukee Avenue around 10:30 p.m. July 6. Police observed that the sliding door window on the right side of the van was shattered and had probably been the entry point.

**LEGAL NOTICE
NILES, ILLINOIS
NOTICE TO CONTRACTORS
REQUEST FOR PROPOSALS**

The Village of Niles will be accepting proposals for:

- Modular Furniture Systems (Furniture, Furnishings, Equipment)
- For new Human Services/Family Fitness Center

The Village of Niles is accepting bids to furnish and install modular furniture systems for the new Human Services/Family Fitness Center at 999 Civic Center Drive, Niles, Illinois.

General information and proposal forms will be available Thursday, July 16, 1998, in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive (southeast corner of Waukegan Road and Oakton Street), Niles, Illinois 60714, (847-588-8011).

Sealed proposals will be accepted until 12:00 Noon, Friday, August 7, 1998, at Niles Village Hall, 1000 Civic Center Drive, Niles, Illinois (southeast corner Oakton Street and Waukegan Road). Proposals will be opened at 3:00 P.M. Friday, August 7, 1998, in the Conference Room at Village Hall. Contract award will be made at the Village of Niles Board Meeting of August 25, 1998.

The Village reserves the right to consider such factors as time of completion of the work, materials and methods of construction, experience and responsibility of the bidder, including past performance, references and similar factors in determining which bid it deems to be in its best interests.

Nothing herein is intended to exclude any responsible firm or in any way restrain or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any proposal and to accept the proposal which it deems to be in the best interests of the Village.

A Continuous Effort to Improve Niles

Once again, the Code Enforcement Department will conduct neighborhood surveys. Exterior inspections will include residential and commercial properties to determine if the unit complies with Village codes. Inspectors drive a marked vehicle and wear uniforms to identify themselves as Village employees. The program is part of an effort to maintain high property values and make Niles the finest suburb in the northwest area -- where people count.

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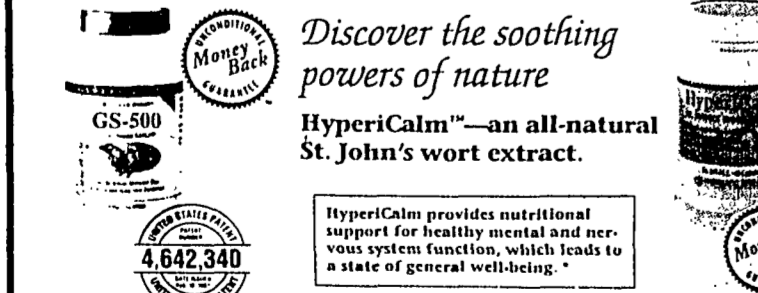


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Senior News

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Friday, August 21, at 10:30 a.m. to hear Ruth Jacobsen speak on the cost to us in curbing fraud and abuse in the Medicare and Medicaid Programs.

Ms. Jacobsen will help us determine whether there has been abuse in these programs.

The meeting will be held in the Lincolnwood Village Hall Council Chambers, 6900 N. Lincoln Avenue, Lincolnwood.

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St. Matthew display in PR Chamber Expo



St. Matthew Lutheran Home will be at the Under the Big Top - Chamber Business Expo '98 at the Park Ridge Library grounds on Saturday, July 25, 9 a.m. to 3 p.m. Stop by to visit our display and Barta Wilson will be happy to answer all your questions about St. Matthew Lutheran Home which is located at 1601 N. Western Ave., Park Ridge.

Loyal Oakton supporter honored as a "Super Senior"

Jack Mabley, a loyal supporter of Oakton Community College, was honored as a Super Senior by The North Shore Senior Center at its 25th annual "Super Senior

Day" on May 27. The event, sponsored by the Senior Center and Northern Trust Bank in Winnetka, recognizes community volunteers for their dedication

and support of education.

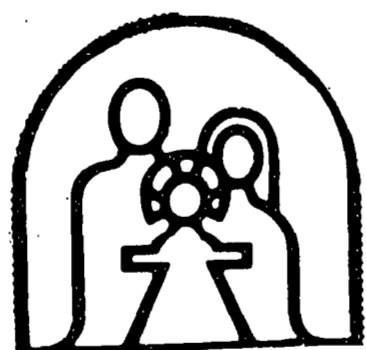
"In our society, older adults take on a special role as mentors and role models," says Sandi Johnson, executive director of the North Shore Senior Center. "The caring deeds, expertise and involvement in the community provided by these special seniors are a shining example of individuals meeting society's needs."

A 50-year resident and former mayor of Glenview (1957-61), Mabley and his wife Fran, have made invaluable contributions to Oakton and the community, including a scholarship endowment that provides financial assistance to Oakton students enrolled in health-related programs.

Mabley is well known as a prominent columnist, having written for the *Daily News*, the *Daily Herald* and the *Chicago Tribune*. He has also taught journalism classes at Oakton.

His volunteer leadership activities include past president of the Rush North Shore Medical Center's Board of Directors and membership on the Board of Directors of the Illinois Association for Retarded Citizens, the Board of Governors for the Volunteer Trustees for Not-for-Profit Hospitals and the Commission of Hospital Governing Bodies of the American Hospital Association. Mabley also founded the Forgotten Children's Fund.

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Senior News

Cartilage transplants relieve pain and prevent the progression of arthritis in the knee

Cartilage transplantation offers a new and effective treatment to relieve pain and restore knee function for people who have damaged the soft cartilage, the meniscus, that cushions the junction of the bones at the knee, according to Dr. Brian Cole, orthopedic surgeon at Rush-Presbyterian-St. Luke's Medical Center, Chicago.

Rush is the only medical center in Chicago, and one of only a handful nationwide, performing the procedure called meniscal allograft transplantation. Dr. Cole is conducting research of the effects of this procedure for people who have developed arthritis in their knees.

"About 10 years ago it was not uncommon to remove a torn meniscal cartilage rather than trying to repair it," says Dr. Cole. "Today, however, we fully realize its protective value and try everything possible to repair torn cartilage. Many patients who have previously underwent removal of the meniscus are now developing osteoarthritis at a relatively young age."

Each year, nearly one million Americans injure their meniscus, the crescent shaped cartilage between the knee bones that helps to stabilize the knee and provide a protection cushion between the bones in the knee joint. Injuries to this part of the knee commonly result from a sudden twisting movement occurring when the foot is planted, causing the cartilage to tear. People who participate in contact sports that require quick, cutting movements often are prone to this type of injury.

For 31-year old, former college athlete Matthew Doucet, an injury to his meniscus resulted in more than 15 knee surgeries within 14 years. To relieve pain from the meniscus tear, Doucet's cartilage was removed when he was a teenager in a procedure called a meniscectomy. Over time, the absence of the meniscal cartilage allowed the ends of the bones of the knee to rub together, causing painful arthritis.

Doucet's previous procedure, the meniscectomy, now required a treatment of its own. Nearly six months ago, Doucet underwent a cartilage transplant on his left knee to alleviate his arthritis pain, and he recently had the procedure performed on his right knee for similar symptoms.

"I was looking for an option that would reduce the pain in my knees without compromising my lifestyle," says Doucet. "The cartilage transplant offered me both -- I have regained full use of my left knee and continue to see progress in my right knee."

Cartilage transplants can be performed arthroscopically through several small incisions

in the knee. Dr. Cole begins by removing scar tissue and remnants of damaged cartilage in preparation for the donor cartilage that is obtained from a cadaver that was screened for any transmittable disease. Next, Cole drills small tunnels into the shin bone or tibia to prepare the site for the meniscus (see diagram).

The donor cartilage is carefully secured in place with bone

plugs attached to the ends of the donor cartilage which are secured with sutures or stitches. The perimeter of the donor cartilage is similarly sutured into place so that it sits on the tibia like the patient's own meniscus (see diagram).

The procedure is most effective in people under the age of 50 who have stable knee joints without end-stage osteoarthritis

which is characterized by significant bone spurs and joint surface irregularities.

"Currently, there are few options for young, active people who have had meniscal cartilage removed. Joint replacement is not an option for the relatively young, active patient since the replacement will last for a limited period of time before it would have to be redone," says

Cole. "Meniscal cartilage transplantation is very promising because it represents the only preventive measure that stops the pain and progression of osteoarthritis."

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And, our monthly family support group will help you learn more about Alzheimer's disease and coping strategies as a caregiver. More importantly, you will learn that you are not alone in facing these challenges.

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For Further information, call Barb Wilczynski at (847) 729-9090.

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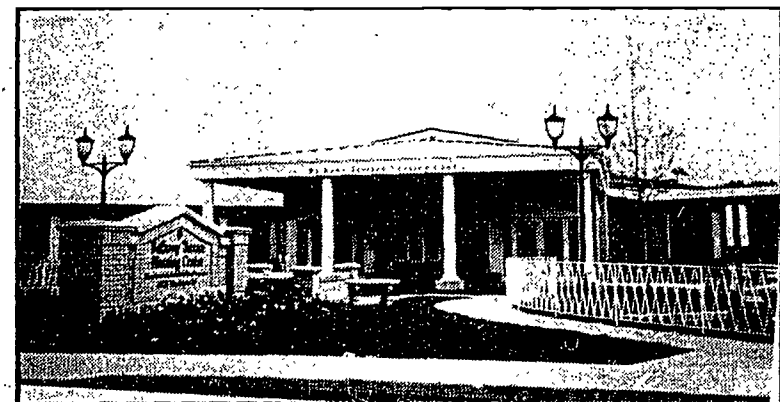
Senior Seasons

Glenview Terrace plans Community Fun Fest

Glenview Terrace Nursing Center will host its Community Fun Fest on Sunday, August 9, from 11 a.m. to 4 p.m. to raise vital funds for research and community education programs for the Alzheimer's Association.

The day's event will include carnival rides and booths, food, a raffle with many area merchants donating gifts, and health screenings and massage therapy -- all of which will be geared toward the

whole family. All monies raised will help the Alzheimer's Association conduct research and community education programs to help find a cure for this disease and to help community caregivers. Glenview Terrace Nursing Center is located at 1511 Greenwood Road in Glenview. For more information regarding the Community Fun Fest, call Curtis Fletcher at (847) 729-9090.



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Regency residents celebrate 65th Anniversary



Ann and "Ray" (Roman) Filar enjoyed a special party at Regency Healthcare and Rehabilitation Center in honor of their 65th Wedding Anniversary. Ann and Ray have three children, seven grandchildren, and one great-grandchild. When asked what advice they would give to someone getting married today, they said, "To be calm and never go to bed angry with another." Ray and Ann say that the best thing that ever happened to them was when they met. Congratulations to them both!

Take a creative writing class at Oakton this fall

If you have a story you would like to write, enroll in *Creative Writing: Stories, Poems, Autobiographical Tales* (EGL 201 002, Touch-Tone 5938) this fall at Oakton Community College. The 16-week class, offered through Oakton's Emeritus Program, will meet on Thursdays from 12:30 - 3:20 p.m. beginning the week of Aug. 24 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Read the work of contemporary poets and fiction writers and then try creating your own stories and poems.

Students can register for this and other Emeritus fall credit offerings Monday through Thursday from 8:30 a.m.-4:30 p.m. in Room A-100 at the Skokie campus and in Room 1140 at the Des Plaines campus. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have their correct Social Security number on file may register by the Touch-Tone telephone system at (847) 635-1616.

Tuition is \$39 per credit hour for persons under 60 and \$19.50 per credit hour for persons over 60 who live in-district; \$148 per credit hour for persons who do not live in-district.

For more information about this or other fall class offerings, call the Emeritus office at (847) 635-1414.

Emeritus program offers walking class

Learn the advantages of brisk walking in an Emeritus class offered this fall at Oakton Community College's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. The 16-week class meets Aug. 24 - Dec. 18. The class, Walking (PED 136 002, Touch-Tone 0457) will show how brisk walking can improve aerobic endurance and result in weight loss. Stretching exercises precede a fast walk for several miles outdoors (weather permitting). The class meets on Tuesdays and Thursdays from 11 - 11:50 a.m.

Students can register for this and other Emeritus fall credit offerings Monday through Thursday from 8:30 a.m. - 4:30 p.m. in Room A-100 at the Skokie campus and in Room 1140 at the Des Plaines campus. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have their correct Social Security number on file may register by the Touch-Tone telephone system at (847) 635-1616.

Tuition is \$39 per credit hour for persons under 60 and \$19.50 per credit hour for persons over 60 who live in-district; \$148.00 per credit hour for persons who do not live in-district. A \$15 registration fee is required for persons under 60 or for those who live out-of-district.

For more information about this or other fall class offerings, call the Emeritus office at (847) 635-1414.

Joseph P. Magrow

Marine Pfc. Joseph P. Magrow, son of Arthur Magrow of Des Plaines, recently completed the Marine Aviation Maintenance Administration Course.

The 1997 graduate of Maine West High School joined the Marine Corps in August 1997.

Michael Crowley

Marine Lance Cpl. Michael J. Crowley, son of Rhonda Crowley of Des Plaines, recently completed a six-month deployment to Okinawa with 2nd Battalion 6th Marines, home based at Camp Lejeune, N.C. The 1994 graduate

of Maine West High School of Des Plaines, joined the Marine Corps in October 1996.

USE THE BUGLE

Attended Gardening Lecture



Several Maine Township senior citizens recently attended a gardening lecture entitled "Small Gardens, Small Spaces," given by Carolyn Ulrich, Managing Editor of "ChicagoLand Gardening." Among those attending and learning gardening tips and tricks from Ulrich (left) were Niles residents George and Ceil Antol (center and right).

Internet scams latest in senior investment pitfalls

Secretary of State George H. Ryan warned that con artists are now trying to scam senior citizens with investment fraud over the Internet because of the ease in getting e-mail addresses.

The North American Securities Administrators Association reported that millions of e-mail addresses can be purchased for a couple hundred dollars. This is an open opportunity for unscrupulous investment dealers to have access to Internet users.

"While there are thousands of legitimate investment opportunities available to consumers, there is also a reasonable percentage of those who will promise to make someone rich while stealing everything they have," Ryan said. "Here in Illinois, we have made a commitment to protecting seniors from fraud and I want to send out a warning that everyone should be careful when investing."

Last spring, Ryan proposed legislation to protect seniors and others in Illinois from telemarketing investment scams. Under Senate Bill 1694, solicitors selling securities by phone would be required to identify themselves and the purpose of their call immediately; limit their calls to certain hours of the day; and maintain "do not call" lists. If enacted, Ryan's proposal would increase penalties to a Class 2 felony providing three to seven years in prison.

These changes are consistent with the Illinois Telephone Solicitation Act of 1994, which excluded investment salespeople

and dealers. "Unfortunately, the Internet is not under strict regulations and crooks have found a new way to squeeze money from seniors," Ryan said.

Seniors are being targeted through anonymous messages posted on the Internet bulletin boards devoted to investment topics, or they may be lured by "spam" (unsolicited junk e-mail) to give up their names and phone numbers, which could lead to a call from a high-pressure stockbroker. State regulators reported that billions of dollars a year are lost to stock fraud.

According to the U.S. Department of Justice, telemarketing fraud alone costs American citizens as much as \$40 billion annually. In one study, 80 percent of fraudulent investment telemarketers investigated by the FBI targeted the elderly.

Ryan outline several steps for investors to take to protect themselves from Internet investment fraud. "Everyone, including seniors, should remember to never give out phone numbers or personal information over the phone or through e-mail to any questionable person or company. If dealing in investment securities or stocks, ask for a prospectus, annual report or something in writing," he said.

"And, if in doubt, I encourage everyone to contact the state securities regulator to find out if a firm is licensed to do business in Illinois. Remember, if it looks too good to be true, it probably is," Ryan added.

Senior News

Photo IDs offered at First National Bank of Morton Grove

First National Bank of Morton Grove, in conjunction with Secretary of State George H. Ryan, will be offering photo identification cards on Tuesday, July 28 from 9:30 a.m. to 2:30 p.m. The cards are free for residents age 65 or older and persons with disabilities and will be available at the bank's main location at 6201 Dempster Street in Morton Grove.

Increasingly, valid photo identification is required for financial transactions, travel and other dai-

ly business. State-issued photo ID cards are a good alternative for many seniors and persons with disabilities who do not maintain a driver's license.

Residents may be issued a photo ID provided they submit three acceptable forms of identification. (Acceptable forms of identification include the following: passport, certified copy of birth certificate, military or employment ID card, school transcripts, charge card, bank statement, ve-

hicle title or registration, marriage license, utility bill, etc.) Applicants must prove name, date of birth, Illinois residency and provide signature for comparison and a Social Security number.

Additional information and a complete list of acceptable forms of identification can be obtained by calling the Secretary of State's office at (800) 252-2904. Those individuals under the age of 65 without disabilities may obtain photo ID cards at the nearest drivers' facility for a fee of \$4.



Walter, a five-year resident in Regency, together with Kathy Clyde, Director of the Unit.

REGENCY...A LEADER IN QUALITY ALZHEIMER'S CARE

Regency Healthcare and Rehabilitation Centre has long been recognized as an outstanding provider of dignified, compassionate care to persons with Alzheimer's disease. Among the many reasons that Regency's Alzheimer's Unit is one of the best Alzheimer's Units in the nation:

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- Regency's Alzheimer's Unit has one of the lowest levels of medication usage for behavior management of any Alzheimer's Unit in the United States.
- All staff members have completed specialized training in Alzheimer's care through Rush-Presbyterian Medical Center.
- Regency's Alzheimer's Unit was one of the first Alzheimer's Units in the United States to be accredited by JCAHO.
- Regency's Alzheimer's Unit has been specially-redesigned based on the latest research of how environmental elements influence the abilities of persons with Alzheimer's disease. Lighting, color, fabrics, furniture, and flooring material have been carefully selected to promote resident independence and reduce feelings of anxiety.

Call or visit us for more information.

R Regency Healthcare & Rehabilitation Centre, Inc.
OUR PRIDE SHOWS

6631 N. Milwaukee Avenue, Niles, IL 60714
(847) 647-7444

'Roll Out the Barrel'



'Barreling' down the street for the 4th of July parade is the Niles Senior Men's Club. Despite the cloudy day, a good time was had by all.

Gidwitz Place celebrates First Anniversary

Dancing, "hot jazz" and a champagne toast are how residents at Gidwitz Place celebrated Council for Jewish Elderly's newest assisted living residence's first anniversary. It has been a busy first year filled with programs, activities, and outings all geared to making life as pleasant as possible for residents of this community, which is geared to people 60 years and older. The Joseph L. and Emily K. Gidwitz Place for Assisted Living is a partnership of CJE and Jewish Federation.

"We have a lot of fun here," says resident Nat Markowitz about the 125-unit red brick building situated on the Harry and Jeanette Weinberg Community for Senior Living campus in north suburban Deerfield. "There's a lot going on, and I have made many new friends."

"The demand for this type of retirement option in this location is very high," says Mary Ann Manion, director of Gidwitz Place.

There are more women residents than men statistically, but Manion reports enough interest to start a men's club. Currently there are 15 married couples in the building.

"The residents are really involved," says Manion. "We hold monthly town meetings and share information and ideas to make life even better at Gidwitz Place. The sports lounge with a large screen TV on the 4th floor really draws people together during sporting events, and was inspired by the ideas of a resident. Another resident, Ernest Sonderling, decided to start an opera program which he leads twice a month. Lots of residents encouraged adding a treadmill to the extensive equipment in the state-of-the-art exercise room."

For more information or a tour, please call (847) 374-0500.

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Tuesday, August 11, for a trip to the Trump Riverboat Casino in Buffington Harbor, Indiana.

The cost of \$7 for members, \$9 for guests include admission, fabulous lunch buffet and transportation (Deluxe Motorcoach).

We will depart from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue at 10:30 a.m. and will return at 6 p.m. (approx.).

Read the Bugle

For subscriptions call
(847) 588-1900
The newspapers that deliver.

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION
The Niles Senior Center is open to residents of the Village of Niles age 62 and over, and their younger spouses. Niles seniors interested in obtaining additional Senior Center information should call or visit the Center and be placed on the mailing list. The center is located at 8060 Oakton Street.

NEW NILES SENIOR CENTER MEMBERSHIP CARDS
Members who have not picked up their new membership card will be called to verify address/phone number. Cards will then be mailed. As of July 1, the new cards will be necessary for registering for classes, trips, purchasing tickets, etc. Members who do not have the new cards, call the Senior Center.

SENIOR CITIZEN LAW ENFORCEMENT ACADEMY

It's still not too late to join the Senior Citizen Law Enforcement Academy hosted by the Niles Senior Center. Sponsored by Sheriff Michael F. Sheahan and the Niles Police Department, the classes are held on eight consecutive Thursdays at the Center. The program which began July 16, educates senior citizens on personal safety, gang and drug awareness, police department operations, criminal and civil laws, county courts and other law enforcement issues. Registration is required for this informative lecture series, and space is limited. For more information, contact the Senior Center.

OSTEOPOROSIS SCREENING
Osteoporosis screening is on Thursday, July 23, 10 a.m. to 2 p.m., for women 35 and up, and men 45 and up. A bone density scan will be done to diagnose this disease. Price \$25. Contact Terry Sprengel RN BSN for more information.

WOMEN'S CLUB LUNCHEON AND MEETING
The Women's Club is meeting on Monday, July 27 at 12 noon. Following a meal of Chicago style hotdogs and chips, Teena Mackey, Director of Health and Wellness, will discuss the new fitness center and answer any of your questions.

JULY LITE LUNCH AND MOVIE
July Lite Lunch and Movie is on Tuesday, July 28 at 12 noon. Enjoy an Italian beef sandwich and chips followed by a movie, "As Good As It Gets," starring Jack Nicholson and Helen Hunt. Price: \$2.

ANIMAL ASSISTED THERAPY
Animal Assisted Therapy, an organization of volunteers dedicated to providing innovative therapeutic activities aimed at reaching special needs populations by focusing on the human-animal bond, will hold a free presentation on Wednesday, July 29 at 2 p.m. Registration needed.

PINOCHLE TOURNAMENT
Pinochle Tournament is Friday, July 31 at 1 p.m. (Arrive at 12 noon for refreshments.) All players are encouraged to participate in this three handed tournament. Seating is random. Refreshments and prizes included. Price: \$3.50.

FALL CLASS REGISTRATION
Fall Class Registration will be held on Monday, Aug. 3 at 9 a.m. Classes for the Fall include: Ceramics, Choral, Introduction To Computers, Windows 95, Word Processing, Drama, Line Dance, Oil and Watercolor Painting, Quilting, Square Dance, Tap Dance, Men's Exercise and Woodcarving. For more information, contact the Center.

WOMEN'S TAM GOLF
Ladies, don't miss out on the fun this summer with the Women's Golf program. The next outing will be held on Monday, August 3. The cost of \$13 includes golf, lunch, and prizes. Registration required; all levels welcome.

TICKET SALES
Ticket sale in August is scheduled for Wednesday, Aug. 5 at 9 a.m. (doors open at 8:30 a.m.). Tickets will go on sale for Odyssey Cruise and Navy Pier Trip on Wednesday, Aug. 26 from 10 a.m. to 4:30 p.m. Price: \$36.50 includes lunch; September Lite Lunch and Movie is on Friday, Sept. 11 at 12 noon. Price: \$2 includes Sloppy Joe Sandwich followed by the movie "Sense and Sensibility"; The Secret Garden Trip is on Thursday, Sept. 24 from 9:15 a.m. to 5:45 p.m. We'll travel to the Clock Tower Dinner Theatre in Rockford, IL for lunch and the play "The Secret Garden." Price: \$30; The Annual Dinner Dance (The Snowflake Ball) is Friday, Oct. 2 from 5:30 p.m. to 9:30 p.m. Dinner will be Cornish Hen which will be followed by the music of The Rudy Drnek Orchestra. The Game Room will be open. Price: \$9.50.

COMPUTER LECTURE
Attention Computer Buffs! All of you are invited to attend a lecture on Tuesday, Aug. 11 at 2 p.m. Representatives from the Chicago Computer Society will describe their services and even update a PC. FREE registration required!

Morton Grove Senior Citizens 470-5223

TUNES ON TUESDAY

The Morton Grove Park is proud to offer two more evenings of exceptional musical entertainment. These FREE concerts begin promptly at 7 p.m. in Harter Park either at the Pavilion (north end) or at the Gazebo (south end). A different local restaurant will be featured each evening offering a variety of tasty and reasonably priced menu items. Restaurants will begin serving at 6 p.m. Starbucks Coffee will also be at each concert. Bring the family and friends and come on out for some good music and good food. Don't forget to bring lawn chairs.

- July 21, Charley Cameron & Sunshine Festival, China Chef at the Pavilion.
- July 29, Liar's Club, Champs Sports Bar & Grill at the Pavilion.

VISUALLY IMPAIRED MOTIVATORS

Morton Grove's support group for people with visual impairments will hold their next meeting at 10 a.m. on Tuesday, July 21 in the Morton Grove Village Hall. Helpful information and supportive interaction assists participants adjust to their impairments. For more information, or for transportation, call the Morton Grove Senior Hot Line at 470-5223.

SENIORS ON THE GO

The Prairie View Community Center will be the site of the Illinois Secretary of State's "Seniors On The Go" program. This is a five-part program, and consists of:

- 1) A review of the new and current laws and information that is needed to renew a drivers license.
- 2) Vision screening for those that will be renewing their drivers license within 90 days of the date of the screening.
- 3) Simulators which allow drivers to experience various driving conditions with the help of a simulated car and a movie. This is a refresher for driving skills such as checking mirrors, blind spots, and the use of turn signals.
- 4) "Think Smart Be Smart" offering tips on making safety a habit and avoiding becoming a victim of crime.
- 5) "Driving With Disabilities" giving valuable information about safe driving practices for the disabled.

Reservations for all sessions can be made Monday through Thursday with Catherine Dean at the Morton Grove Park District, 965-1200.

- Rules of the Road: July 27, 1 to 3 p.m.
- Vision Screening: July 27, 1 to 5 p.m.
- Simulators: July 28 to Aug 7, 9:30 a.m. to 3:30 p.m.
- Think Smart Be Smart: July 30, 1 to 2:30 p.m.
- Driving With Disabilities: Aug. 5, 1 to 2:30 p.m.

MALL SHOPPING

Senior wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 28 should call today to reserve a seat on the bus. Home pick-ups begin at 10 a.m. with arrival at Golf Mill around 11 a.m. Shop and browse for three hours until the bus returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 to make a reservation.

TALENT SEARCH

Singers, dancers, musicians, joke tellers, poetry readers, and others with talents are offered the opportunity to showcase their talent in an Intergenerational Talent Show. The Morton Grove Park District is planning an Intergenerational Talent Show to take place this fall at the Prairie View Community Center. The talent search committee includes Ethel Libkin, director; Bud Swanson, Morton Grove's director of senior citizens services; and Catherine Dean, Morton Grove's senior adult supervisor. Auditions will be held on July 28 and 29 from 1:30 to 5 p.m. at the Prairie View Community Center. For more details, call Ethel at 965-5119.

ANGELS FROM THE VATICAN

St. Louis has been selected as one of only five cities in the U.S. to host the Angels from the Vatican exhibit. Morton Grove seniors will visit the exhibit on Thursday, July 30, and Friday, July 31. On display are beautiful works of art that have never been seen outside of the Vatican. Included in this trip is deluxe coach transportation; three meals; tours of Grant's Farm, Union Station, and the Basilica Angels exhibit. The fee for the trip is \$269 for single occupancy, \$229 for double, and \$219 for triple. Register at the Prairie View Community Center, or call Catherine Dean at the Morton Grove Park District at 965-1200.

Sheriff offers H.E.L.P. to local seniors

Representative from the Cook County Sheriff's Office will be visiting with seniors from Morton Grove on July 20 and 24 to offer important medical and personal information packets that can help seniors in the event of an emergency, according to Sheriff Michael F. Sheahan.

Seniors attending the meeting at the Morton Grove Park District, 6834 Dempster on July 20 or the meeting at the Morton Grove Senior Center, 6101 Capuline on July 24, will receive the "Helpful Emergency Lifesaving Packet" (H.E.L.P.), which is an emergency information kit designed to help seniors consolidate medical data in one place so it can be found quickly in the event of an emergency.

The H.E.L.P. packet consists of two stickers and a plastic vial in which seniors put a completed health information form. They then place the vial in their refrigerator and, to indicate participation in the program, put stickers on the door or window nearest the entrance of their home and on their refrigerator. Any emergency personnel responding to the home, such as a police officer or firefighter, will recognize the sticker and have access to the senior's personal and medical information.

"If a senior citizen becomes incapacitated in the event of an emergency in their home, access to their medical information and personal history can mean the difference between life and death. That is why this program is so important to the well being of our seniors," Sheriff Sheahan said.

For more information on the H.E.L.P. program, contact the Sheriff's Office of community Services at (708) 974-6042.

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Friday, August 14 at 10:30 a.m. to hear Betty Chiacuolas demonstrate floral arrangements. She will show us how to place flowers in a vase for a long and low centerpiece, how to coordinate flowers, what to do with flowers when they get old, what greens to use with flowers and how to arrange different types of centerpieces. She will also discuss heights and the different types of vases to be used.

The meeting will be held in the Lincolnwood Village Hall Council Chambers, 6900 N. Lincoln Avenue, Lincolnwood.

USE THE BUGLE

Summit Square Luau



Summit Square residents Ed Bielawki, John Skopoc and Arnold Donnay were show participants as the Royale Polynesian Review entertained at Summit Square in Park Ridge. The annual luau couldn't be held poolside because of rain, but it was still a big success as the retirement community was transformed into a tropical paradise for the evening.

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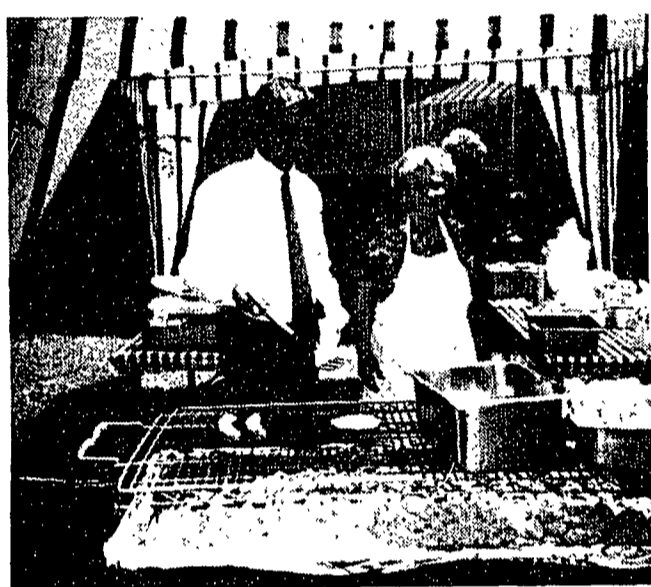
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Senior News

Picnic Time at Bethany Terrace



Bethany Terrace Administrator Ken Kolich (l) is shown manning the grill with Central Supply Manager Ann Penczek, a 33 year employee of Bethany.



Enjoying the Bethany Terrace Methodist picnic are residents Kathryn and Jack Mayer.

Similar to the joke about Chicago's politics of "Vote Early -- Vote Often," the residents of Bethany Terrace Nursing Centre in Morton Grove picnicked early and often during June! Over 260 residents enjoyed hot dogs, brats and hamburgers with all the trimmings, potato salad, corn on the cob, baked beans, ice cream and lemonade at seven separate picnics during June in Bethany's lovely garden areas. Activity Di-

rector Lori Lentz and her Assistant Mila Gallardo and their capable Activity staff planned these events, decorated the outside with helium filled balloons and colorful streamers. Administrator Ken Kolich flipped the burgers on the grill, assisted by many staff. Family members visited with residents and assisted by helping all the residents go outside and into the gardens. All present agreed that "Picnics are

fun!" Resident Council President Jeanne Heller commented "The weather was just perfect and the food always tastes better outside. It was a great effort between Dietary and Activities to get us out for an old fashioned picnic. Vice

President Rita Russell agreed and added "Let's do that again. The food was delicious and the company was just grand. Many thanks to the cooks and helpers. Also, the barbecued ribs on the 4th of July were finger licking good!"

Bethany is fortunate to have three beautiful outdoor gardens, one of which is a therapeutic garden which twice won awards from the Chicago Botanic Garden for being the most beautiful and most productive garden. In order to win this award, a garden must meet many requirements including raised gardening for the residents so that they do not have to get down onto the ground to plant or weed, adaptive equipment for handicapped, vegetable and colorful flower gardens, fountains, shade, many seating areas and lovely walking paths.

Bethany Terrace is a not-for-profit skilled and intermediate care nursing facility affiliated with the United Methodist Church and operated by Methodist Hospital of Chicago. Its mission is to provide holistic health care for people of all faiths in a safe, cheerful and compassionate environment where the individu-

al's dignity is respected as his or her physical, emotional and spiritual needs are met.

If you would like more information about the services provided at Bethany Terrace, please drop in or call (847) 965-8100.

Maine Township: A wealth of resources for seniors

Maine Township has become a center of activity for area senior citizens, as well as a clearinghouse of information, a place to meet and learn new crafts, a source of valuable information, and an opportunity to meet new friends and establish rewarding relationships.

Programs designed for seniors include Craft Classes and Workshops, "Options 55" trips to locations both near and far, and activities for single and widowed seniors as well. Seniors can obtain important and otherwise hard-to-find information concerning health insurance needs, find help filing Medicare claims, review long-term care policies and comparisons between Medicare supplements and take advantage of Township referral services through one of many outside agencies funded by the Township serving senior needs.

Maine Township Adult & Senior services also hosts Bingo games and schedules luncheons throughout the year complete with entertainment and great food at modest prices. Plans are already underway for the Township's annual "Grandparents Day", where grandparents can bring the grandkids (and parents) to a special day of fun, games, food and prizes especially for Grandparents and Grandkids. This year's Grandparent's Day is scheduled for August 8, 1998 at the Township's Town Hall and will feature a "Star Wars" theme.

Seniors (or adult children of seniors) with questions about senior services or Grandparent's Day should contact Maine Township at 827-2510 for information and assistance, or visit the Town Hall at 1700 Ballard Road, Park Ridge.

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Tuesday, August 25, for a narrated cruise of Lake Geneva, Wisconsin, the Eddie Cash Show at the Belfry Theatre in Delevan, Wisconsin and lunch at Millie's Restaurant at same. We will also have time to shop and browse the numerous shops and boutiques adjacent to Millie's Restaurant in Delevan.

The cost is \$48 for members, \$51 for guests. We will depart from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue at 9 a.m. and return at 6 p.m. - 6:30 p.m. (approx.).

Senior Seasons

Boomers Worried About Parent's Security

Older Adults are concerned about their security by someone else is worrying about them more: their adult children, according to a study released today by The National Council on the Aging and SecurityLink from Ameritech, a division of Ameritech Corporation. The study, conducted by the Seniors Research Group, raises awareness of security issues for seniors during Older Americans Month in May.

The national survey of some 800 older adults and their grown children showed that while 54 percent of older adults are concerned about their own security, over 80 percent of grown children are concerned about their parents' safety and security. Do adult children worry too much?

"Although we see a gap in perception, we don't think adult children are overly concerned about their parents' safety," said James Firman, president of The National Council on the Aging. "The study tells us that seniors and their adult children need to talk about safety and security. Seniors face special risks when it comes to crime and other hazards. Talking about those risks can improve safety for senior parents and ease concerns."

The study also indicated more education was needed on elder security. While a third of respondents said they needed more security, most perceived the need was greatest when they're away from home. However, according to U.S. Department of Justice statistics, while older people aren't as high a crime risk as other groups, they are twice as likely as younger victims to be attacked or robbed at or near their home.

How are older adults protecting themselves today? The study showed that older people depend on the typical home security measures: door and window locks, and outdoor lighting. About 22 percent have a home security system and 85 percent have a smoke detector.

"Fire safety is a key issue for older people," said Firman. "It's good to see that a large majority of seniors have smoke detectors, but we still need to worry about the other 15 percent who do not."

What would older adults do to feel more safe and secure? About 40 percent of respondents said they would buy a cellular phone, reflecting the perception that more security is needed away from home. More outdoor lighting and a home security system also ranked high at 39 percent and 37 percent, respectively.

Skokie seniors graduate



Cook County Sheriff Michael F. Sheahan (center) congratulates Skokie residents Kathleen Shafer (left) and Elise Shortall (right) as the ladies proudly display their Senior Citizen Law Enforcement Academy Certificates of Completion. The seniors were among the nearly 40 graduates honored last month, after attending the seven-session program hosted at the Village of Skokie Office of Human Services. Sheahan initiated the Academy to give participants a better understanding of the responsibilities of law enforcement officials as well as advice on personal safety and crime prevention. For more information on the Senior Citizen Law Enforcement Academy, please call (773) 869-7725.

Support Groups to meet at Resurrection

Several free support groups that are open to the community will meet in July at Resurrection Medical Center, 7435 West Talcott Avenue.

Talking, Learning, Coping, a support group for people involved in the day-to-day care of a sick or elderly family member or friend, will meet on July 21 from 1:30 to 3 p.m. For more information, call 773-RES-INFO (737-4636).

The Cancer Support Group will meet on July 27 from 7 to 8:30 p.m. For more information, call 773-792-5116.

The Mended Hearts Support Group, for cardiac patients and their families, will meet on July 28 from 6:30 to 8:30 p.m. For

more information, call 773-792-5023.

At Resurrection Retirement Community, 7262 West Peterson Avenue, the Diabetes Support Group for Seniors will meet on July 13 from 11 a.m. to noon. For more information, call 773-792-9755.

Karl E. Johnson

Marine Capt. Karl E. Johnson, son of Sheryl Johnson of Skokie, recently participated in Exercise Cobra Gold '98, while assigned to the 31st Marine Expeditionary Unit (MEU), embarked aboard the ships of the USS Belleau Wood Amphibious Ready Group.

Ashley Court Community Summer Events

SENIOR MOVIEFEST:

July 24 - Apollo 13
Aug. 14 - Spitfire Grill
Aug. 28 - Fried Green Tomatoes

No charge for movies. Popcorn, candy, and soda will be served. Donation of \$1 will be accepted for refreshments. For further information call Kathy Doherty at (847) 228-1500. Ashley Court Retirement Community Open House! Saturday, August 8 1 p.m. to 7 p.m. Tours, hourly door prizes, live

entertainment, and dancing. Complimentary barbecue dinner served from 4 p.m. to 6 p.m. Come Join in the Fun!!! For more information call Marla or Tracy at (847) 228-1500.

Ashley Court Retirement Community's First Annual Rummage Sale Saturday, August 29 8 a.m. to 3 p.m.

To reserve your space call Kathy Doherty at (847) 228-1500. Ashley Court Retirement Community is located at 1750 S. Elmhurst Road in Des Plaines.

MG Legion presents 50 year awards

Recently the Morton Grove American Legion Post #134 honored several long term members with special awards. Those having been American Legion members for 50 years each received a certificate and congratulations

through Awards Chairman Dick Jasick.

The members so saluted were Paul Steller, local resident; Leonard Ortery of California; Dale Floyd of Grayslake; and Paul Krueger, Algonquin.

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Our Rehabilitation Dept. specializes in providing therapy to the elderly population and works closely with families to develop the highest quality plan of care.

Come and visit us to see for yourself. We know you will be pleased and confident that your loved one will be in the caring hands of this dedicated staff. And remember: Stay active and stay healthy!

For information about our therapy services as well as our skilled nursing facility please contact our Admission staff, Maria Tokarz or Baria Wilson.

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Ashley Court also features **Carefree Suites** for seniors with special needs

Call or stop by for information, rates and to view models

1750 South Elmhurst Road • Des Plaines

Senior Seasons

Park Ridge / Rosemont area Heart Walk set

Kenneth J. Rojek, chief executive, Lutheran General Hospital, has been appointed chairman of the American Heart Association's first Park Ridge/Rosemont area Heart Walk.

Business, community groups, area residents, churches, schools and cardiovascular disease/stroke survivors are invited to participate in the two-mile

walk scheduled for 9-10:30 a.m. Sunday, September 20, at the Dam 4 Woods, Dee Road and Devon Avenue, across from Maine South High School, Park Ridge.

This is the first year the American Heart Association of Metropolitan Chicago is sponsoring a heart walk in the northwest suburban / O'Hare area, which in-

cludes the communities of Park Ridge, Des Plaines, Niles, Rosemont, Norridge, Harwood Heights and the northwest side of Chicago. The goal is to raise \$35,000 for the heart association's research projects aimed at determining the cause, treatment and prevention of cardiovascular diseases.

Heart Walk teams of 10 or more persons now are being organized to participate in the event. Team leaders will attend a Heart Walk kick-off meeting at 7:30 a.m. Tuesday, August 4, at Lutheran General Hospital, 1775 W. Dempster St., Park Ridge. For more information, call the American Heart Association at (312) 346-0519, extension 301.

The Park Ridge / Rosemont Heart Walk will begin with registration at 8 a.m., followed by a warm-up session at 8:30 a.m. Walkers will set off on the two-mile hike at 9 a.m. In addition to the walk, participants will enjoy entertainment, a mini-heart health fair, and heart-healthy food and beverages.

Jeffrey Martell

Marine Lance Cpl. Jeffrey R. Martell, a 1996 graduate of Notre Dame High School of Niles, recently received a Meritorious Mast. Martell was cited for outstanding service while assigned with Marine Aviation Logistics Squadron 39, 3rd Marine Aircraft Wing, Camp Pendleton, Calif. He joined the Marine Corps in April 1997.

Treat The Family To Dinner

St. Andrew residents on vacation in Niles



Two St. Andrew residents, Gladys Rocol, and Jean Skotnicki, enjoy the cooling breeze from the waterfall at the corner of Milwaukee and Touhy in Niles. This looks like a true vacation photo-thumb and all and yet is only around the corner from St. Andrew's Home.

Older couples share same dental habits

Couples who have been together a long time tend to have similar dental habits, according to a study conducted at the University of California San Francisco School of Dentistry and the University of North Carolina.

Results show that a person with clear dental neglect is 32 times more likely than others to have a partner with clear neglect and a person without neglect is 5.4 times more likely to have a similar partner. Persons who are "in denial" about their oral health are one-and-one-half times more likely to have a similar partner and the "worried well" are 3.6 times more likely to have a similar partner.

The study suggests that social and environmental processes -- above and beyond genetic components -- shape dental neglect within families and that either people select spouses with some similar dental behavior or spouses over time develop similar dental characteristics.

Another poll by the Sacramento-based California Dental Association sheds some light on the dental habits of Americans. Fol-

lowing are some of the poll results.

- Blue is the most preferred color for toothbrushes;
- 47 percent of Americans wet their toothbrushes before applying paste;
- 40 percent of American children are without access to fluoridated water;
- Americans spend an average of 911 hours brushing their teeth during their lifetimes.
- 73 percent of children put too much toothpaste on their brushes.
- The average number of dental visits in a lifetime is 142.
- Only 4 percent of American adults think they have periodontal disease. In reality, closer to 75 percent do.

Roughly 200,000 dental injuries could be prevented each year by young athletes wearing mouthguards.

The Chicago Dental Society strongly recommends that people brush and floss daily, eat a balanced diet, change toothbrushes regularly and visit the dentist at least twice per year.

Senior Seasons

Law enforcement joins forces with AARP to bolster support of senior citizens



Cook County Sheriff Michael F. Sheahan addresses the audience at a ceremony held recently in Chicago to enact the "Triad Agreement" -- a cooperative agreement between state, county and city police officials and the American Association of Retired Persons (AARP).

The agreement between the Illinois Attorney General's Office, the Cook County Sheriff's Office and the Chicago Police Department will bring the agencies closer together to work on important senior citizen issues in cooperation with the AARP.

The main goal of the agreement will be to establish and enhance programs that focus on senior citizen safety and protection.

Shown with Sheriff Sheahan is Illinois Attorney General Jim Ryan.

Seniors strive to stay behind the wheel

Lane Hall's broad smile graces the pages of the Guinness Book of World's Records because of an achievement to which many of us would aspire. He's the world's oldest known driver, having driven until he died at the age of 105. Hall's record probably will fall as the average age of our population steadily increases. There now are more than 25 million drivers 65 years old or older and according to the National Highway Traffic Safety Administration, the number of licensed older drivers will more than double in the next 25 years.

But, as we're taught from the time we first get behind the wheel, the right to drive bears an awesome responsibility; as evidenced by the tens of thousands of highway deaths each year. Driving is an entitlement one can lose all too quickly.

Determined to retain their freedom of mobility, 5 million older drivers have graduated from the 55 Alive/Mature Driving Program conducted by American Association for Retired Persons (AARP). In many cases graduates qualify for a discount on their insurance.

User Friendly Cars. Car makers for years have cultivated the growing "gray" market, older

buyers who opt for more comfortable, upgraded models with power accessories. These vehicles appeal not only to retired, recreational travelers but also to those seeking features that make their vehicles more "user friendly."

Included in the formula for driving success is good maintenance, reminds the Car Care Council. "Even the most alert driver is at risk if his vehicle is unsafe. Good vision, tires, brakes and steering are basic to safe driving," says Council Chairman, Ted Thacker, "as are a dependable engine and drive train. Beyond required maintenance to keep a vehicle dependably safe, there are accessories and enhancements that can contribute to an older person's driving safety and comfort."

Consider, for example, the elderly woman who plans to keep her 6 year old car, but wishes it had that newfangled button on the key chain. She could push it from a distance and the door unlocks or, with an arm load of groceries, the trunk opens. She doesn't have to trade in her car for these features. The remote keyless entry system, a feature desired by many owners, can be installed by her neighborhood service shop.

Equally appealing to some older drivers is the remote starting device. No need to go out on a cold morning to start the car. Just push that handy button on your key fob.

Other electronic accessories, including the remote security alarm and automatic headlight switch, an offspring of the automatic garage door opener, add safety and convenience to driving. Brighter halogen headlights, a recent development in the vehicle lighting industry, are easily installed by the owner or by any service shop to help improve night driving.

These are among the advancements that help people extend their driving years, but they're no "fountain of youth." Coping with split second decisions isn't as easy when eyesight, reflex time or medication interfere. Know when it's time to consider relinquishing one's "entitlement" to drive. At 105, Lane Hall and thousands of others may have been lucky to survive.

For more information on AARP's 55 Alive Mature Driving program write 601 E. Street NW, Washington, DC 20049.

Stop Crime!

Presbyterian Homes win Senior Awards

Presbyterian Homes recently received three annual 1998 National Mature Media Awards. The awards honor the best advertising and educational materials for older adults.

The Chimes, the bimonthly newsletter by and for the residents of Presbyterian Homes, received two awards; a silver in the newsletter category and a bronze in graphic design. This is the third consecutive year that the newsletter has been singled out. Ruth Zekowski, manager of re-

search and planning, received a "Gold Award" for her development of the Presbyterian Homes' web site, www.presbyterianhomes.org.

"We are extremely pleased to receive these awards. Presbyterian Homes is well respected for its innovative health care and residential options for seniors. These awards reflect our continued commitment to high standards and quality care," states Peter Mulvey, president and CEO.

Long Term Care and Your Future

The Niles Senior Center, 8060 Oakton, will host **Long Term Care and Your Future - Is your retirement complete?** on Tuesday, August 4 at 1:30 p.m. Currently 4 of every 10 people who reach age 65 will spend some time in a nursing home. National statistics indicate that two-thirds of all single people go broke after 13 weeks in a nursing home and 90 percent of all married couples go broke after two years with only one of them in a nursing home.

Matthew Smith of Ralph Weiner and Associates, Inc. will discuss how long term care insurance can help to avoid dependence on others and help to preserve your independence, as well as your freedom of choice and freedom of access. There will be a question and answer period following the presentation. The public is invited to attend this informative lecture. Reservations required. Please call the Niles Senior Center at 588-8420.

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Senior News

Karrington of Park Ridge, a gracious environment

Residents enjoy the unmistakable beauty of Karrington of Park Ridge, a comfortable and home-like residence. Its beautifully decorated dining and gathering rooms, ice cream parlor and tea-room, sunrooms and lounges provide memorable times with family and friends. Personalized living quarters allow residents the privacy, independence, and security they treasure.

Quality of Life. Quality individualized services are designed to meet a variety of needs in a supportive, residential setting and may eliminate the need for a higher level of care. Our qualified and caring staff knows how to support independence, yet is always there with comforting assistance when residents need a hand. Our emphasis on good health and well-being offers a positive, dignified, less costly alternative.

Well-being Prevails. Karrington's personalized care plans are designed to meet individual needs. Regular social, physical and special interest activities focus on residents' mental and physical health. Our consulting nurses, dietician and experienced staff members work with personal physicians and families to carefully monitor each resident's health and personal care program. When needs arise, assistance is there immediately.

Assisted Living. Residents and their families value the caring assistance found at Karrington when tasks of daily living become difficult. Twenty-four hours a day, staff is available to assist residents with their needs. For additional comfort, every suite has its own private bath. It is equipped with an emergency call-response system and a telephone with extensive security and communication features.

Special Needs Program. A portion of the Karrington Plus Program allows residents with Alzheimer's disease or other memory disorders to receive specialized attention at Karrington. Trained and experienced staff design and administer a personalized Special Care Program of comprehensive, compassionate assistance for the safety and comfort of each resident at Karrington of Park Ridge.

Home Healthcare. The Karrington Plus Program, provided by licensed Home Health Providers, offers higher levels of healthcare services and assistance to meet additional individual care requirements. The goal is to match the unique needs of each resident with care that maintains the highest possible degree of independence, dignity and comfort. The Karrington Plus Program provides regular assessments of residents' levels of cognitive functioning and physical status to determine the personalized care assistance they require. Residents are always free to select a Home Health Provider of their choice.

Respite Care Program. As space permits, all of our programs are offered on a short-term basis. Karrington is the perfect solution if your loved one needs extra attention after surgery, or if your family needs to travel.

Healthful Community Connections. As an innovator and leader in the assisted living industry, Karrington Health, Inc., realizes the importance of involvement in activities for residents' health. Our comprehensive programming offers residents the chance to socialize, learn, share their talents, and form close relationships with neighbors. Extensive intergenerational programs with area schools provide stimulating interaction between residents and

members of the surrounding community through their participation. **An Affordable Step Forward.** There is no large endowment or long-term lease at Karrington of Park Ridge. The monthly rental fee covers nearly everything, including the cost of a personal suite, all utilities, three daily meals, all housekeeping, personal laundry and linen services, scheduled transportation, and a full complement of affordable luxuries. We offer a full calendar of stimulating and enriching activities and social events on a regular basis. We also sponsor devotional programs, daily social hours, and a wide variety of entertainment. A one-time Community Fee is charged upon admission in order to be able to provide a real sense of home and community as opposed to a facility.

Maintaining Treasured Connections. Karrington of Park Ridge next to Lutheran General Hospital, is close to the neighborhoods and amenities residents hold most dear. With our flexible transportation schedule, libraries, shopping, houses of worship, dining, entertainment, and outside activities are just moments away. Karrington of Park Ridge is a place family members and friends will enjoy visiting often.

Brought to You By Karrington Health, Inc. "Dedicated to Excellence in Preserving and Enhancing Personal Dignity, Individuality, Independence and Quality of Life for our Residents and Employees while maximizing Share-hold Value." Karrington was founded by Richard Slager, in partnership with the McConnell family of Worthington Industries, Inc., in Columbus, Ohio. The partnership grew out of a commitment to bring a new way of life to people in need of personal care services.

We Welcome Your Inquiry. You are invited to learn more about our distinctive assisted living residence. Please feel free to call, write, or visit Karrington of Park Ridge today. Other Karrington residences can be found throughout the United States. Please call the Karrington Health, Inc. Home Office in Columbus, OH at 614-451-5158 or 1-800-451-5158. In Park Ridge call 847-824-1724.

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Oliver J. Alcaraz

Air Force Airman Oliver J. Alcaraz has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

Alcaraz is the son of Jovita and Oscar V. Alcaraz of Morton Grove. The airman is a 1997 graduate of Loyola Academy, Wilmette.

Health News

Focus group to explore AIDS service in Jewish Community

Jewish Family and Community Service invites parents whose children are living with HIV/AIDS to participate in a focus group on Thursday, July 30, 7 to 8:30 p.m., Goldie Bachmann Luftig Building, 5150 Golf Road, 2nd floor, Skokie.

"We are reaching out to parents whose children are living with HIV/AIDS," said Judy Gadtel, LCSW, JFCS coordinator of the AIDS Service and Support Program. "We would like to meet with parents, to share their stories, in an effort to broaden our outreach and gain a fuller understanding of their experiences."

The Focus Group will be an informal session with some refreshments.

Jewish Family and Community Service coordinates the AIDS Service and Support Program of the Jewish Federation of Metropolitan Chicago. The program helps individuals, partners, families and friends cope with the many feelings and concerns surrounding HIV. JFCS is an affiliate agency of the Jewish Federation supported by the Jewish United Fund.

To attend the JFCS Focus Group or for more information, please call Judy Gadtel at (847) 568-5252.

Vice president at St. Francis Hospital appointed

JoAnne Carlin was recently appointed to the position of Vice President Professional Services and Ambulatory Care Network at St. Francis Hospital in Evanston.

Moving within the Resurrection Health Care system, Carlin joins St. Francis from Our Lady of the Resurrection Medical Center where she has worked for 18 years. For the past 11 years she served as Vice President of Nursing Services. Carlin began her career at Our Lady as a Medical Surgical Nurse (1979-81). Following her initial position she served as a Hemodialysis Nurse (1980-84); Surgical Surveillance Telemetry (1981-82); In-service Instructor for the Staff Development Department (1982-84); and Quality Assurance Coordinator (1984-86).



JoAnne Carlin

In her new role Carlin will maintain administrative responsibility for the hospital's Ambulatory Care Network, which includes satellite facilities in Skokie, Evanston, Glenview, Chicago, Morton Grove and Lincolnwood. She will also oversee Cardiology, Oncology, Orthopedic/Rehabilitation and Occupational Health service Lines, the Radiology Department and the Laboratory.

In addition to her current position, JoAnne also serves Resurrection Health Care as the member representative on the Rainbow Hospice Board of Directors and as clinical administrator at the Queen of the Resurrection House of Prayer, a nursing facility serving the Sisters of the Resurrection.

Alzheimer's Support Groups

The Greater Chicagoland Alzheimer's Association presents the following Alzheimer's Support Groups in Niles: Regency Nursing Center, 6631 N. Milwaukee, last Wednesday, 7 p.m. and Forest Villa Nursing Center, 6840 W. Touhy, 3rd Thursday, 6:30 p.m.

For more information and meeting confirmation, call the Chapter Helpline at (847) 933-1000.

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Wanted: Runners and Walkers

Take those running shoes off the shelf and gear up for the 22nd annual American Lung Association of Metropolitan Chicago's Chicago Distance Classic on Sunday, July 26, in Grant Park, Columbus Drive at Balbo.

The American Lung Association of Metropolitan Chicago (ALAMC) challenges people of all ages to compete in the Chicago Distance Classic which includes a 20K run, a 5K run and a 5 Mile Walk for Healthy Lungs.

As the only Chicago race listed in Runner's World Top 100 Races in the Country, the Chicago Distance Classic is one of the city's premier running events. More than 5,000 runners and walkers take to the streets to help in the fight against lung disease, one of the nation's fastest growing health problems. The 20K race takes off at 7:45 a.m. followed by the 5K race at 8 a.m. and the 5 Mile Walk for

Healthy Lungs at 8:05 a.m.

Advance registration for the Chicago Distance Classic 20K is \$18, and \$16 for the 5K and Walk for Healthy Lungs. From July 24 - 26, registration is a flat fee of \$25 for all three events. Registration and packet pick-up is available at Fleet Feet Sports, 241 W. North Ave., Chicago, from noon to 7 p.m. on Friday, July 17, 10 a.m. to 4 p.m. on Saturday, July 18, and from noon to 4 p.m. on Sunday, July 19. Registration and packet pick-up is also being held at the lung association, 1440 W. Washington, Chicago, on Friday, July 24, from noon to 7 p.m. and Saturday, July 25, from 10 a.m. to 4 p.m. On site registration is in Grant Park on July 26 from 6 - 7:15 a.m.

For more information on the Chicago Distance Classic, call (312) RUN-1900.

Getting children to eat better

"Getting My Child to Eat Right: Toddlers Through Teens" is the topic for the seventh in a year-long series of free lectures featuring pediatric specialists and health care professionals from Lutheran General Children's Hospital, Park Ridge.

The Tuesday, August 4, children's health issues program will be presented from 7-8:30 p.m. in Olson Auditorium of Lutheran General Hospital, 1775 Dempster St., Park Ridge.

The speakers for the evening are James Berman, M.D., associate director, pediatric gastroenterology and nutrition, and Ramona Hawkins, pediatric dietician, Lutheran General Children's Hospital. They will present helpful ways to get children to eat better, while minimizing eating-related struggles and stress.

Registration for the program can be made by calling Health Advisor at 1 (800) 3-ADVOCATE (1-800-323-8622). Limited free parking is available directly behind the Victor Yack-tman Children's Pavilion, which is adjacent to Olson Auditorium. Additional parking is available in the garages on the hospital campus.

College Fair to take place at Resurrection

A free college fair sponsored by the Resurrection Learning Institute of Resurrection Health Care will be offered at Resurrection Medical Center, 7435 West Talcott Avenue. The fair will take place on July 23 from 11 a.m. to 4 p.m. in the Marian Conferences Center on the ground floor.

Representatives from over 40 colleges and universities throughout Chicago and the suburbs have been invited to attend to answer questions and provide catalogs, class schedules and brochures covering all degree and certificate programs offered at their institutions. A raffle also will be held for those attending the fair.

Registration is not required. For more information, call (773) 792-9762.

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Health News

Asthmatic children overnite camp

All children want to frolic and play outside during the summer. CampACTION (Asthmatic Children Tuning In On Nature) gives asthmatic children the opportunity to participate in a week of active, outdoor fun. CampACTION is sponsored by the American Lung Association of Metropolitan Chicago and is specifically designed for children with severe asthma on daily medications. Children are taught the techniques of asthma self-management while enjoying outdoor camp activities without restrictions. Camp activities include volleyball, swimming, canoeing, softball, and arts and crafts. In addition, the children learn how to understand their illness, how to identify their own personal triggers for an asthma attack, and they also gain a basis for building self-confidence. All campers must be 9-12 years old, live in Cook County, and be diagnosed by a physician as asthmatic.

The 1998 CampACTION is being held August 16-21 on the Camp Minkani campgrounds in Hubertus, Wisconsin, near Milwaukee. Surrounded by trees and its own private beach, the camp lies along the calming shores of

Lake Amy Belle. There is an outdoor swimming pool, tennis courts, and dining and recreation lodges. Nutritious meals are guaranteed with three well-balanced meals, plus an afternoon snack every day.

CampACTION's 24 hour staff consists of medical volunteers and trained counselors. The camp adheres to the individual medical needs of each camper as indicated by the child's home physician.

Due to the generous support of many individuals and corporations, as well as the fundraising efforts of the participants in Hustle Up the Hancock and the Chicago Distance Classic, costs for campers are kept to a minimum. Registration fees are \$65 for each camper and scholarships are available. Bus transportation is also provided for a fee. For further information or to receive an application, contact the lung association at (312) 243-2000.

USE THE BUGLE

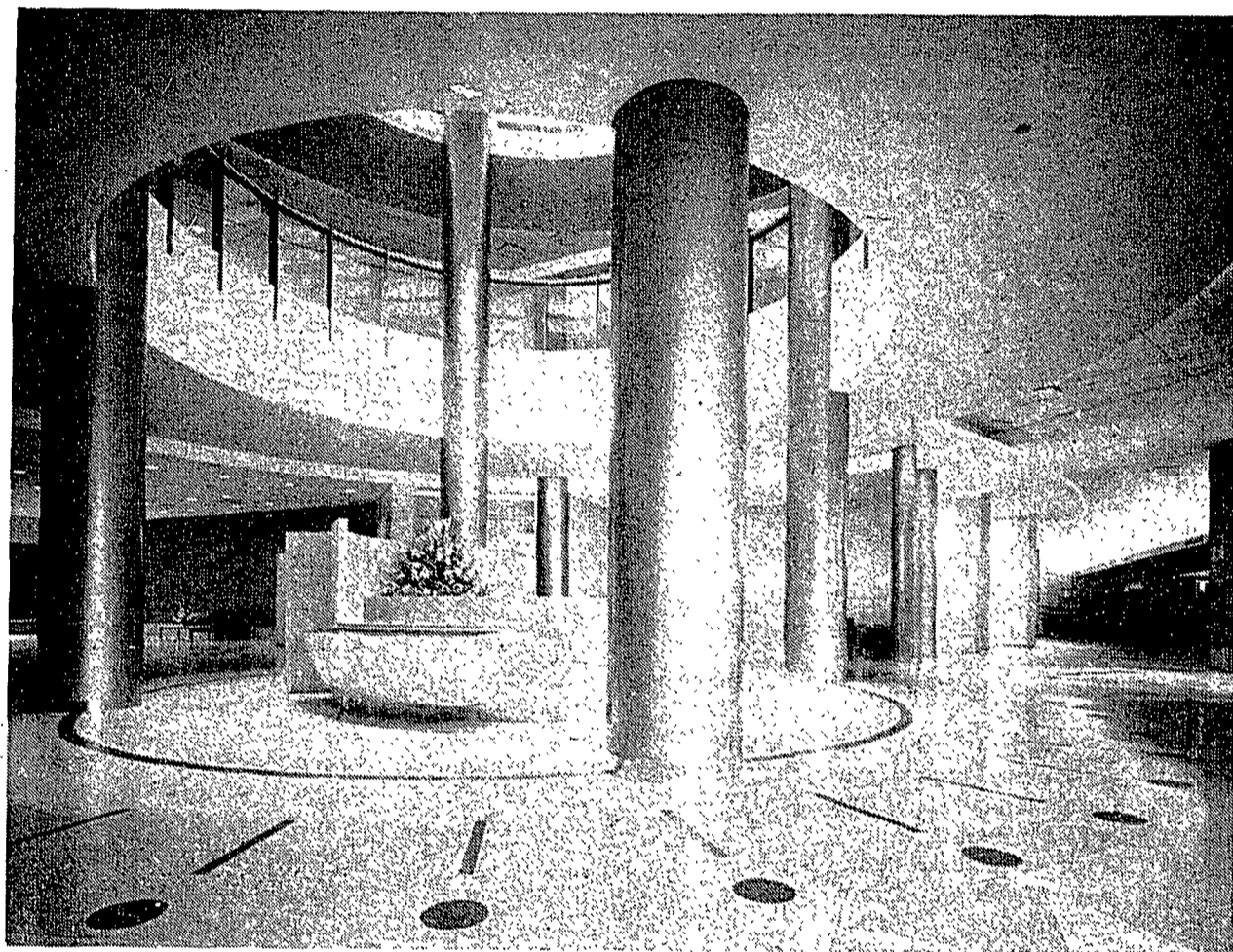
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Swedish Covenant Hospital wins International Interior Design Competition



On June 8, 1998, the International Interior Design Association (IIDA) announced the "Best of Competition" winner: Eva Maddox Associates of Chicago, for Swedish Covenant Hospital's (SCH) Gatter Medical Pavilion.

The jurors selected the Gatter Medical Pavilion because of the totally integrated design plan and the strong graphics which support the design theme. The interior architecture and design goal of the Gatter Medical Pavilion was to embrace the multi-cultural philosophy of the community-based hospital and to enhance SCH's holistic approach to healing the body, mind and spirit. The design addressed 4 floors of a 200,000-square-foot outpatient facility including the surgical suite, cancer center, family practice center and physician offices. Special attention was given to creating a "living" building that celebrates the rich cultural heritage of the surrounding community. Competition entries were received from: Canada, England, Japan, Mexico, Pakistan, Taiwan, Turkey, Venezuela and the United States.

Derks named to Health Care board

Sтивен M. Деркс, Vice President, Advocate Health Care was recently elected to the Board of Directors of the Suburban Primary Health Care Council (SPHCC). Derks joins a group of highly dedicated individuals who have provided support and guidance to the Council's mission of caring for the medically indigent in suburban Cook County through the Access to Care program since 1986. Access to Care is a unique partnership uniting public and private organizations in an effort to help solve the escalating crisis of the low-income medically uninsured. Program members are able to see local physicians in their private offices for \$5 per visit. Laboratory, radiology and pharmacy services for fees of no more than \$15 per procedure/prescription medication are also provided through the program. For more information about the Access to Care program, call (708) 531-0680.

"Good Times" Classic run and fitness walk

Runners and walkers can both take their mark at the 16th annual "Good Times" Classic five mile run/2.5 mile wellness walk on Sunday, September 13. The five mile run will start at 8:35 a.m., and the 2.5 mile walk will start at 8:40 a.m. at Lutheran General Hospital Fitness Center, 1875 Dempster St., suite G-01 in Park Ridge, (adjacent to the hospital.) Runners and walkers can register until the start of the event. Participants must be present to win. A portion of the proceeds from the race are donated to the Lutheran General Hospital Children's Day Care Summer Sports Camp Scholarship Fund for underprivileged children. The event is sponsored by Lutheran General Hospital Men's Association, The Sports Authority, Chicago Runner Magazine, New York Bagel and Bialy Corp., and Chicago's Amateur Athlete. Registration forms are available at the Fitness Center. The fee is \$13 in advance, \$16 day of race, and \$11 for CARA and USATF members. Wellness walkers pay \$10. For information call 847-723-6138.

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HOME STYLE
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Repairing a Leaky Roof

It may not be the most exciting way to spend your time and money, but fixing and replacing your roof before big problems occur may be a lot easier and cheaper to do now rather than later.

Be aware, however, that some types of roofing are extremely difficult and even dangerous to work on if you are not familiar with the material. If you have clay tile or slate shingles, and you are not a pro at dealing with roofing, it is probably worth your while to hire a professional to do the job. Likewise, asbestos roof shingles probably should be repaired and removed by a professional.

The best way to make sure that you will not have to go back up on the roof anytime soon is to buy quality roofing materials. Premium asphalt shingles are guaranteed for up to 20 years, are thicker than cheap shingles so they resist curling and cupping, and generally withstand more abuse from extremes in weather.

"Always use extreme caution when examining your roof sur-

face," cautions Bob Liedberg, of The Home Depot. "Many roofs have a steep pitch and can be very slippery. It's also important to be sure that the structural support is still in good shape and can support the weight of a person."

If damage to your roof is limited to one or more areas, you may be able to fix the problem easily by replacing a few shingles and liberally applying roofing cement.

Damaged or missing shingles are obvious, but cracks or separated joints in the flashing can be harder to find. When looking for the source of a leak, keep in mind that if water has penetrated the roofing it will often flow down the sheathing or, once through the sheathing, may run down a joist before finally dripping onto the ceiling below. If you can get into the attic or crawl space and if the roof joists are exposed, try to locate the actual entry point from below before going up on the roof. Use reference points, like chimneys, ventilation pipes, windows or valleys to help you pin-

point the site once you're back up on the roof.

"While you're up there patching shingles that have already leaked, look over the rest of your roof for potential problem areas that may develop," said Liedberg. "It may save you time and money later on."

Use roofing cement to reattach buckled shingles as well as to patch any cracks or minor shingle problems. If the seal is bad around flashing, reapply fresh roofing cement. Joints around flashing are one of the most common places where leaks can occur.

REPLACING ASPHALT SHINGLES

Asphalt shingles are the most common roofing material. They're easy to apply, economical and come in a variety of colors and textures. Traditional asphalt shingles have a mineral base coated with asphalt. Fiberglass shingles are also coated with asphalt, but have a base made of glass fibers.

Tear off the uppermost shingle

needing repair by grasping the sides and wriggling it loose. If you are replacing multiple shingles, start with the highest shingle. Remove all damaged shingles this way, but be careful not to damage surrounding shingles.

Remove old nails with a pry bar. If you cannot pry them out, drive the nails flat into the sheathing, using a hammer. Patch any holes in the building paper with roofing cement.

Install new shingles according to directions on the product wrapper. Coat the top of the last shingle above the seal line with roofing cement.

Slip the last shingle into place under the overlapping shingle. Depending on the arrangement of the shingles, you may be able to drive a couple of nails into the shingle by gently lifting overlapping tabs of other shingles. If not, press the shingle down firmly to seal the roofing cement.

REPLACING WOODEN SHAKES

Wood shakes or shingles have an

attractive natural appearance, and are very durable. Maintenance is minimal, but installation is more labor intensive than for asphalt shingles.

Split the damaged shingle with a hammer and chisel and remove the pieces, using a shingle puller to remove hidden nails. Slip the shingle puller under the shingle above, catch a nail, and hammer on the flat part of the handle to pull or cut the nail. Check building paper and repair or replace as necessary.

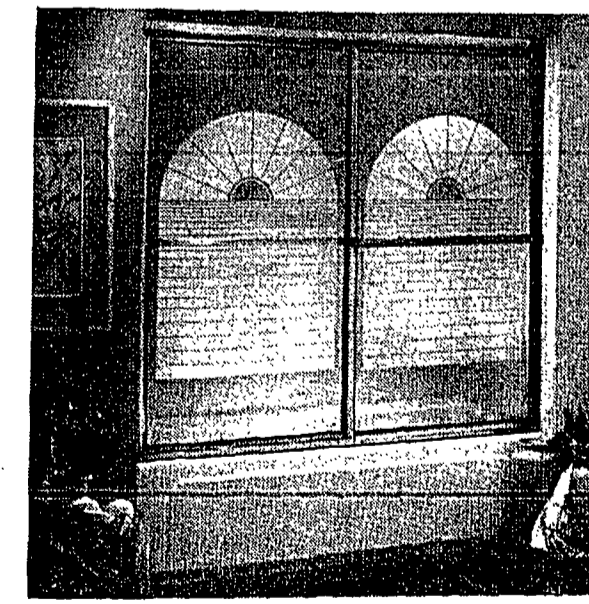
Before installing new shingles, seal them with waterproof stain, if necessary, leaving about 3/8" clearance on either side of the piece for expansion. Secure the shingles with roofing cement on the backside, or nail it in place.

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Home Style

TimeSmart Ask Carolyn

Q. Does it matter how old ice is? Does it lose its freshness? I notice an odd taste sometimes.

A. Cold surfaces, such as ice, absorb odor compounds faster than warm surfaces. However, there are some things you can watch for to lessen the incidence of odor in your ice cubes. Empty the bin once a week and wash the bin with soap and water. Remember, air circulates between the refrigerator and freezer, so wrap foods like garlicky pizza to prevent food odors from settling into

ice cubes. Be sure that the ice is made with good quality water...you might need an in-line water filter to give you better tasting ice.

Do you have a home management question? Why not ask an expert -- Whirlpool Home Economist Carolyn West. Write to her at Ask Carolyn, Whirlpool Brand Appliances, Whirlpool Corporation, Benton Harbor, MI 49022. You just might see your question answered in an upcoming column.

What's that noise?

You just bought a new refrigerator and you're hearing some different sounds that may signal concern. Relax and release a sigh of relief. New sounds are normal. Hard surfaces, like the floor, walls, and cabinets can make the sounds seem louder than they actually are. Due to new product designs, there may be sounds that you are not familiar with. Whirlpool consumer assistants came up with the following list which describes the kinds of sounds that might be new to you, and what may be making them.

- Your refrigerator is designed to run more efficiently to keep your food items at the desired temperature. The high-efficiency compressor may cause your new refrigerator to run longer than your old one, and you may hear a pulsating or high pitched sound.

- Water dripping on the defrost heater during a defrost cycle may cause a drizzling sound.

- If your product is equipped with an ice maker, you will hear a buzzing sound when the water valve opens to fill the ice maker for each cycle.

- You may hear the evaporator fan motor circulating the air through the refrigerator and freezer compartments.

- As each cycle ends, you may hear a gurgling sound due to the refrigerant equalizing in your refrigerator.

- The defrost timer will click when the automatic defrost cycle begins and ends.

- Rattling noises may come from the flow of the refrigerant, the waterline, or items stored on top of the refrigerator.

Laundry Room

You can make the task of doing laundry more pleasant by arranging your laundry area in an efficient and pleasant manner. If you are planning a new laundry room, plan plenty of space and adequate lighting. Consider where machines and tubs will be placed to create the most efficient work flow. Plan electricity, gas and water appropriate to your layout. Consider the need for shelving and hanger space.

If you are working with a pre-existing laundry area, add lighting or shelving and re-plan a sorting area with labeled laundry baskets. A bulletin board for stain-removal information or for pinning up Care Labels from certain garments is invaluable. Are your iron and ironing board handy and near a safe outlet?

Keep the laundry room clean, wiping surfaces frequently -- a couple drops of bleach may look like water, but can permanently damage a good garment.

USE THE BUGLE

Helpful hints to beautify the house

Here are some pretty good ideas from Home & Garden Television (HGTV) to help make your home beautiful and keep it that way.

Good ideas

- To dry fresh flowers, put them in a vase with an inch of water in a cool dry place. As the water slowly evaporates the flowers will dry and stay lovely for months.
- Weeds plaguing you? Try setting your mower's height higher. Longer grass is healthier, develops a better root system, and stands up through drought.
- If your candles won't stand up straight, use window putty in

the opening of the candlestick. As the putty dries, the candle will stand tall.

- Drilling into plaster or wallboard creates a powdery mess. Tape a small paper bag or coffee filter to the wall just below the drill hole.

- To keep wood from splitting from nails, blunt the nail's sharp tip. The nail crushes the wood fiber instead of shearing and splitting it.

- To re-use the yarn from an old sweater, unravel the yarn and wrap it around a cake pan. Dip the pan in water. Allow the yarn to air-dry and magically straighten out.

Residential Water Heaters

(NAPS) -- Did you know that your water heater is usually the second largest energy user in your home after your heating and cooling system? According to *Appliance* magazine, the typical lifetime of a water heater is about 13 years. If your water heater is 10 to 15 years old, you may soon be shopping for a replacement. When you shop, keep these tips in mind:

- Water heaters that run on natural gas cost about half as much to operate as electric models;

- A highly efficiency natural gas water heater may cost a little more than a low efficiency model, but it will pay you back in savings within a few years; and

- Before you go shopping, check with your natural gas utility to see if it is offering an incen-

tive or rebate for purchasing a high efficiency natural gas water heater, or for switching from electric to natural gas.

- With any water heater, you can reduce your energy costs and use hot water more efficiently by:

- Turning the thermostat down to 125°F Fahrenheit;

- Insulating exposed pipes to reduce heat loss;

- Replacing an older shower head with a low flow shower head; and

- Using the "warm" or "cold" water setting on the clothes washer, instead of "hot."

Water heaters have come a long way since the energy crises of the 1970s. It's now possible to purchase a water heater that produces hot water 30 percent more efficiently than older models. And that makes for better showers for all of us!

Ask the Home Ranger

We're planning to remodel our bathroom. One thing we want most is a beautiful ceramic tile floor. The problem is that tile floors are cold in the winter. Is there a way to keep the floors warm?

Sure...wear some slippers. But seriously, since you're planning to remodel, you have an opportunity to do it right. Once the old fixtures are out of the way, you can add radiant heat below the tile floor. It works great. Even on the coldest winter days, the floor will stay warm. However, if you're not replacing the fixtures, it can be costly to go this route. Better get an estimate from a professional. And, hang onto those slippers just in case.

We live in an area that seems to spawn disreputable businesses claiming to be air conditioning experts. Is there a way of making sure we get someone we can trust?

My blood boils when I hear about homeowners getting cheat-

ed and it's usually when they pick a contractor with a rock bottom price, who uses unknown product brands and promises installation in an unbelievably short amount of time. The criteria everyone should use in selecting a contractor are: 1) A reference from a trusted friend, neighbor or relative; 2) Confirmation that the contractor belongs to a professional association...ask for credentials; 3) Proof that the contractor is licensed, bonded and fully insured. I'm sure I don't have to tell you the old saying, but I will anyway: If it sounds too good to be true, it probably is. Don't let a bogus contractor try to tell you any different.

Questions for the Home Ranger?

Send it to: The Home Ranger, c/o The Plumbing-Heating-Cooling Information Bureau, 200 E. Randolph, Suite 5000, Chicago, IL 60601. Or E-mail at: www.phcib.org

Home Style

Custom paving plans with a classic style

Tired of cracked, chipped or settled concrete? Has your asphalt seen better days? Are you considering a wood deck or patterned concrete? Well consider the best, longest lasting alternative -- brick pavers.

Classic Brick Paving, Inc. installs brick driveways, patios, walks, steps and entryways. They are a certified contractor of Uni-lock paving stones, celebrating their 14th year. Brick paving is a smart, long term home investment. Not only does brick add beauty and style to your home, it is virtually maintenance free.

Brick pavers are proven to outlast wood, asphalt, and any other poured concrete by as much as 4 to 1. With brick, the homeowner has the ability to be creative in the style, patterns, and color that will enhance the appearance of their home. Backed by a life-time guarantee Classic Brick Paving, Inc. can give the homeowner a sense of security on their investment.

Brick paving has become a fast growing industry. Yet in any type of service business, there are individuals who will lack the craftsmanship to perform a professional job, so "Be Paver Wise."

Keith Warner, owner and operator of Classic Brick Paving, Inc.

says it is very important to do a thorough background check on the companies you are considering. Here are some important helpful hints in ensuring yourself a professional job.

- Ask for references, address and phone numbers.

- Be sure the contractor is a certified, authorized contractor of the product. Ask to look at their certificate.

- Choose a contractor who primarily specializes in brick paver work.

- Physically go out and look at referred jobs. Check out color blending, pattern lines, curves and interior cuts.

- Follow these steps and you will feel confident the contractor you choose will perform a quality job.

Be knowledgeable of the industry standards for installation, especially the base preparation. Brick pavers, installed to manufacturer's specifications, will last as long as forty years. If any repairs are needed, simply remove the problem area, re-level the base, and re-install the pavers.

Classic Brick Pavers, Inc. stands behind their work. They are a family owned and operated business, fully licensed and insured.

Protecting Earth

- Purchase laundry products packaged in recycled and recyclable materials. When empty -- recycle.

- Purchase refill products in cardboard cartons rather than plastic bottles.

- Use products that are free of phosphates or builders.

- For whitening, choose Mrs. Stewart's *Bluing* rather than bleach. It's environmentally friendly.

- To save water, set your washing machine level for the size load you're washing or wait until you have a full load.

- To save electricity and gas, wash with warm and cool water. Always rinse in cold water.

- Use an adequate amount of detergent, but not more than necessary. Too many suds hamper effective washing and require more energy for extra rinsing.

- Keep in mind that a 10-minute cycle is usually enough for even very soiled clothes.

- Use the soak cycle to save time and money.

- Wait for a full load to use your dryer. However, remember that over-loading makes your machine less efficient and more costly to operate.

- Use dryer to cool settings on your dryer, especially for permanent press clothes.

New Decorating Option

An increasing number of homeowners are taking a shine to a new decorating option -- no-tarnish polished brass faucets.

In the past, many homeowners shied away from traditional brass finishes because the finishes could easily be scratched and afterwards required extraordinary care. However, today's advanced technology has led to the creation of a polished brass finish that will not tarnish, corrode, flake off from UV light exposure, or discolor. Called LifeShine, it was developed by Moen, the number one brand of faucets in North America. The company recently added titanium to LifeShine, making it even more durable than conventional polished brass finishes. It is also the only titanium strengthened finish available with the true color of polished brass.

The finish is said to be so scratch resistant that it can stand up to steel wool, not to mention normal wear and tear from standard household cleaners. Even if the faucet is dented, the finish will not come off. It's also resistant to salt spray and humidity making it an ideal choice for homeowners on either coast.

The precision surface engineering technology behind the Life Shine finish is based on the

advanced technology used to protect the space shuttle. The result of this process binds some of the toughest molecules in nature to create one of the hardest and most durable finishes in faucets.

Available on all of Moen's polished brass faucets, the titanium strengthened LifeShine finish opens up new decorating options as kitchen faucets, which take the most abuse of any faucet in a house, as well as those in family bathrooms, can now safely feature the upscale look of polished brass.

Moen faucets also feature the patented, trouble-free washerless Moen cartridge, a lifetime limited warranty against leaks and drips and a lifetime guarantee against tarnishing on the LifeShine finish.

More information is available by calling 1-800-BUY-MOEN or on the web at www.moen.com.

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Home Style

Laundry Safety

Supervise young children near laundry machines. Wait until the washing machine has completely stopped spinning before reaching into the wash basket.

Protect lives and save clothing by checking *Product Labels* for chemical interaction before combining different products.

To avoid electric shock, do not use an extension cord to connect your washer. Instead, move the outlet or have a longer power cord installed.

To avoid possibility of explosion, remove all traces of flammable cleaners from fabric, cleaning cloths and dust mops before machine washing and drying. These include acetone, denatured alcohol, gasoline, kerosene, some liquid household cleaners, some spot removers, turpentine, waxes, and wax removers — many of which make excellent pre-laundry aids, stain removers, etc. However, when heated, these substances can present possible explosion hazards.

Items containing foam rubber or like materials should never be heat dried. These materials, when heated, under certain circumstances, can produce fire by spontaneous combustion. Consult the *Care Label* before laundering such items.

Be careful about where an iron is plugged in and how it is supervised. Be sure the cord is not strung across a hallway inviting a family member to trip over it. Be sure your ironing board is easy to set up and provides a sturdy and smooth surface for ironing.

Recycle Illinois!

Did You Know?

In Illinois, we recycled 24% of our garbage in 1996 — up from only 8% ten years ago. Several counties are recycling as much as 40% of their solid waste. Illinois residents recycled 7 billion pounds of material in 1996, 582 pounds per person.

Last year, Illinoisans recycled 2.8 billion aluminum cans (240 per person)! But 1.5 billion cans (135 per person) were still thrown away.

Question of the Month:

Should I take the caps off of plastic bottles before I recycle them?

Yes! The colored caps are made from a different type of plastic and are a contaminant when recycling the bottles. Rinsing out the bottles also reduces contamination and helps the recycling process.

Landscaping and Lights

When planning your landscaping, think like thieves and know your enemy.

Remove trees and branches of trees close to your home that give burglars access to upper levels.

Make it difficult for them to navigate through your yard and approach entry points. Plant low thorny bushes below your windows.

Trim your trees and shrubbery; don't give them somewhere to hide.

Keep your lawn well maintained so that they know the house is attended to and constantly inhabited.

In addition to keeping your yard neatly trimmed and well cared for, keep it well lighted. Burglars prefer to operate in the dark.

Install porch lights, and be attentive to burned out bulbs.

Install motion sensitive lights; they will not only make you feel safer when approaching your home after dark, but they will also deter criminals who don't want to be seen.

Leave a light on, preferably on each floor, when you go out in the evening.

Beat the heat by following simple guidelines

The summer may be frightful, and the air-conditioner so delightful. However, when outdoors in the blazing sun and sweltering humidity, the American Heart Association urges all Chicagoans to follow some simple methods and commonsense guidelines to beat the heat this summer.

Excessive heat and high humidity can be dangerous to everyone, especially the elderly, infants, young children, persons with disabilities and people on medications for heart conditions," said David H. Cooke, president-elect, American Heart Association Midwest Affiliate. "Summer officially has begun, and so should protective measures against the heat."

The most important preventive measure to beat the heat this summer is to make sure to drink plenty of fluids before, during and after any type of physical activity. In humid conditions, a person loses a considerable amount of water through sweat; replacing water is essential to prevent heat-related injuries including heart failure, Cooke added.

Type of clothing is another key factor.

"Wearing light-colored cloth-

ing that is also light-weight will enable your body to release heat more effectively. Dark-colored, heavy clothing tends to absorb and store heat rather than release it, Cooke said." Another suggestion is to wear a hat or sunglasses for added sun protection.

The American Heart Association suggests adding the following tips to a safe, heart healthy summer:

- Keep shades drawn and blinds closed, but windows slightly open.
- Keep electrical lights turned off or turned down.
- Take cool baths or showers; use cool towels.
- Remain in air-conditioning when ever possible; visit museums, shopping malls.
- Avoid alcoholic beverages, coffee and "colas."
- Do not eat heavy meals.
- Check on family members, friends, and neighbors.

"The key to beating the heat this summer is to stay well hydrated and relaxed. Everyone should minimize physical exertion. If symptoms such as weakness, light-headedness or confusion develop, suggesting the possibility of heat injury, seek medical attention immediately. Ignoring the symptoms of heat stroke can be serious, even deadly," said Cooke.

Doors and Windows

When protecting your home from break-ins, check the easiest points of entry: doors and windows.

- Choose solid wood or steel doors as hollow wood doors can be easily kicked in.
- Install doors with the hinges on the inside of the door so hinges cannot be easily removed.
- Do not leave gaps around the door frame that would make doors vulnerable to prying.
- Use vertical bolts on sliding doors so burglars cannot gain entry by lifting them off the track. Reinforce security by placing a metal or solid wood rod on the inside track.

Watch the electric garage door close completely when you come and go so that someone cannot sneak under as it closes.

Make sure back doors and the door that connects your garage to your home are solid and secured with high security deadbolt locks.

Lock your pet door when you are away. Thieves can convince children to crawl through them and open the door.

Make sure your windows can be securely locked.

Double-hung windows (the ones that slide up and down) are fairly safe, particularly if they have locks mounted on the sides or in the corners.

Library and Parks News

(Formerly known as Major & Minor All-Sports Camp)

Fun, fun and More fun while learning the basics of a wide variety of sports! Join the Niles Park District this summer. Campers will have a fun-filled day learning and playing under the direction of Dan Kosiba and his qualified staff. Sports played include: basketball, softball, tennis, miniature golf, badminton, volleyball, kickball and baseball, soccer, flag football, and swimming. A weekly field trip is included. Other recreational games will also be played.

The main emphasis of this camp is to provide a safe, fun-filled time of playing together and learning under experienced leadership. The end result will be a great summer. Each camper will receive a T-shirt for the

Gymnastics returns to Grennan Heights

Get ready for what's coming this fall to the Niles Park District. The park district has restructured its gymnastics programs and has brought it back to Grennan Heights! Instructor Jacqueline Jurica, who previously taught 10 years at the park district as well as trained with Maine East Women's Gymnastics team, will teach the Classes. There are a variety of gymnastics classes offered to accommodate your child's age and skill levels. This non-competitive program is available for children ages 3 & up. All classes are held on Saturday mornings at Grennan Heights located at 8255 Oketo. Tumbling I, an introductory program for children ages 3-5, is held from 9-9:45 a.m. Gymnastics II, an intermediate program for children ages 6-9, is held from 10-10:45 a.m. Gymnastics III, an advanced program is for children ages 10 & up; is held from 11-noon. All classes begin on September 16, and run through October 24. Session II of all classes runs from November 7 and runs through December 12. For more information, call (847) 967-6633.

Serving Up Fun with Niles Park District Tennis

Looking for a "swingin'" summer? Well, the Niles Park District is offering a variety of tennis lessons to accommodate different skill levels of participants. Whether you have little or no experience, that is ok. All will receive instruction on their grip, footwork, backhand, and scoring. There will also be emphasis on volley and service.

More advanced players who are looking to improve their game, will focus on volley, and service as well as perfecting techniques on the lob, smash, and game strategy. Emphasis will also be placed on forehand and backhand.

Morning lessons will be held at Grennan Heights courts, 8255 Oketo. Evening lessons will be held at Oak Park courts, located on Main Street one half block of Milwaukee. Lessons are offered to those 5 years of age and older. Students must supply their own tennis shoes and rackets. Lesson fees range from \$24 to \$62. For more information, call (847) 967-6975.

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MGPD receives tennis grant

The Morton Grove Park District was recently awarded a \$1,200 USTA Program Grant from the Midwest Youth Tennis Foundation. This grant will be used to provide tennis instruction for the District's Junior Camp, a program for Kindergarten and 1st graders at Oketo Park, and Sports Camp, for 3rd through 6th graders at National Park. Frank Sack, director of the Park District's tennis program, was instrumental in securing this USTA Program Grant which is utilizing the grant monies to provide instruction and equipment for the campers.

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MG Library member receives recognition

Morton Grove Public Library proudly announces that Library Shelver Barbara Scalfani, a 16-year Library employee, received national recognition from Will Manley's "Will's World" column in *American Libraries* magazine as the "Best Page in Libraryland."

Will Manley's recent column invited libraries across the country to submit essays nominating their best staff page, an often underpaid, underappreciated, but highly essential position at libraries. The magazine's column received over 200 entries from libraries in every region of the U.S. and some Canadian provinces, while Scalfani faced stiff competition, Manley noted in his June award recognition column that after reading all the entry comments, Scalfani emerged as the clear winner.

As a library page, Scalfani turns sorting, shelving and maintaining order of Library materials into a labor of love. The job requires hard work, dedication and a positive attitude. All of these qualities contributed to Scalfani's receipt of the "Best Page in Libraryland" award in addition to her ability to stack a cart with books, CD-ROMS, audiobooks



Barbara Scalfani

and videos like a jigsaw puzzle; track down AWOL books; plot out shelf shifts to accommodate collection growth; and be aware of razored-out "Love Is..." cartoons from the *Chicago Sun-Times*.

Scalfani's many unique qualities coupled with her many years of service to the Morton Grove Public Library and the community it serves make the "Best Page in Libraryland" award a special honor and recognition.

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Navy Pier's 'Family Night' free activities

Every Tuesday evening through Labor Day, Navy Pier once again presents "Family Night," an evening of free programming dedicated to families with children.

"Family Night" activities will take place at several locations throughout the Pier on Tuesday evenings from 4-8 p.m. The Imagination Stage, located on Navy Pier's Dock Street serves as the main stage with marionette shows, musicians, and much more.

Located on the Pier's East End, children of all ages will find a wide assortment of interactive games such as velcro football and fast pitch baseball. In the Navy Pier Beer Garden, Disc Jockey Jim Jensen will get everyone grooving with a wide variety of musical favorites from 5:30-9:30 p.m.

Skyline Stage offers a new addition this summer to its programming, geared strictly toward families. Merlin and the Color of Magic runs Tuesday evenings through September 1. The show incorporates magic, mime and movement to portray the story of Merlin and the realization of his magic powers. Admission is just \$6 and showtime is 7:30 p.m. Additionally on Tuesday nights, the Chicago Children's Museum extends its hours until 8 p.m. (admission fees apply), and offers a wide variety of new exhibits and old favorites. New this year, every Tuesday evening the Children's Museum will feature Junior Jams. This interactive jazz

For more information on Navy Pier attractions, events or travel directions, please call (312) 595-PIER. Outside the Chicagoland area, call (800) 595-PIER. Or, visit the Navy Pier website at: www.navypier.com.

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Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D050741 on the JUL 01, 1998. Under the Assumed Name of THE AMERICAN ENTERPRISES with the business located at 1515 W. HOWARD, EVANSTON, ILLINOIS 60020. The true name(s) and residence address of owner(s) is: ROBERT S. FRANKLIN, 1515 W. HOWARD, EVANSTON, ILLINOIS 60020.

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. D050651 on the JUNE 26, 1998. Under the Assumed Name of DRAGON ACADEMY with the business located at 6447 N. CICERO AVE., LINCOLNWOOD, ILLINOIS 60045. The true name(s) and residence address of owner(s) is: CARL CHU, 1937 CAPRI DR., PALATINE, ILLINOIS 60074.

Julie Venci

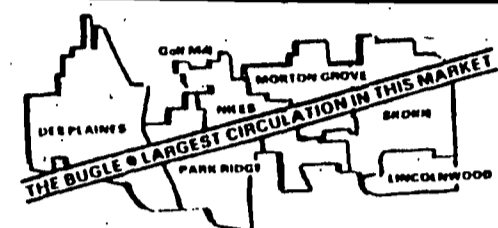
Julie Venci of Niles, made the Dean's List at Washington University in St. Louis. Julie will be a junior this fall and is enrolled in the pre-med program and majoring in Spanish & International Business. She was recently accepted to be a Resident Assistant (RA) for the next two years. Julie has been on the Dean's List all 4 semesters at Washington University.

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. D050856 on the JUL 07, 1998. Under the Assumed Name of J.S.A. TRUCKING with the business located at 9381 NOEL AVE, DES PLAINES, ILLINOIS 60016. The true name(s) and residence address of owner(s) is: JORGE S. ASTACIO, 9381 NOEL AVE, DES PLAINES, ILLINOIS 60016

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