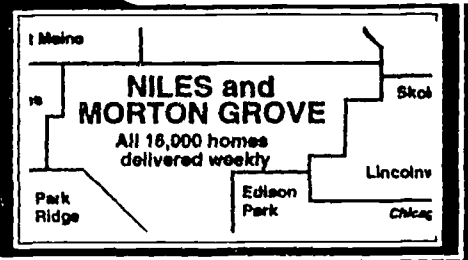




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THURSDAY, MAY 31, 2001

VOL. 44, NO. 49

District 71 braces for another referendum try

District 71 board president John Zuckerman takes consolation in knowing that only two out of 22 districts holding referendums in April 2001 passed. Taking things a step further, he reads the voting climate on this issue as one that requires strategy.

Recently-elected board member Bart McGuin feels that public education on the subject should begin immediately. "Get-

ting a referendum passed the next time around ought to be our No. 1 priority," McGuin said.

Cliff Drexler, the board's Finance Committee Chairman, echoes the point often made by District Supt. Gene Zalewski, that the tax cap placed upon property taxes by the Illinois legislature leaves school districts across the state unable to get tax

Continued on Page 32

Niles Police awarded for bravery

by Lisa Ashkenaz Croke

Felons caught, a purse-snatcher nabbed, and a driver's life saved.

These were the actions rewarded at this month's Village Board Meeting by the Niles Police Department.

Officer Deno Panousieres received A Distinguished Duty Declaration award for his heroic actions at the scene of a car fire on Feb. 25.

Upon learning the driver was unconscious behind the wheel, Panousieres broke out a passenger window and climbed into the ignited car.

Continued on Page 32

Park District's dog hit, recuperates

Who knew that Niles Park District has a sheep dog on its rolls?

But we know now, after Casey, who patrols the district's golf course, escaped from his overnight quarters and was struck by an auto in the parking lot at 6801 Howard, adjacent to the District's offices.

According to Joe LoVerde, Executive Director, Casey patrols the golf-course geese.

A police officer found Casey, severely injured, about 6:15 a.m., May 16 and brought him to a 24-hour animal emergency center in Northbrook.

Continued on Page 32

Proposed law changes to shut down teen clubs where Ecstasy is sold

Police make Ecstasy drug arrests at Golf Rd. club

In an ongoing effort to crack down on the sale of Ecstasy in suburban Cook County, Sheriff Michael Sheahan on Thursday announced the results of a four-month Sheriff's Police Undercover operation that targeted the sale of the drug at a northwest suburban nightclub.

As of Thursday morning, Sheriff's Police had taken 11 offenders into custody and issued arrest warrants for an additional two persons charged with selling the drug to undercover narcotics officers. Among those arrested is an

18-year-old sailor stationed at the Great Lakes U.S. Naval Training Base.

The Ecstasy sales took place at the Galaxy Club, located at 9225

Golf Road in unincorporated Cook County near DesPlaines. The 11 offenders, all charged with delivery of a controlled sub-

Continued on Page 32

Two local residents die at Canada racetrack

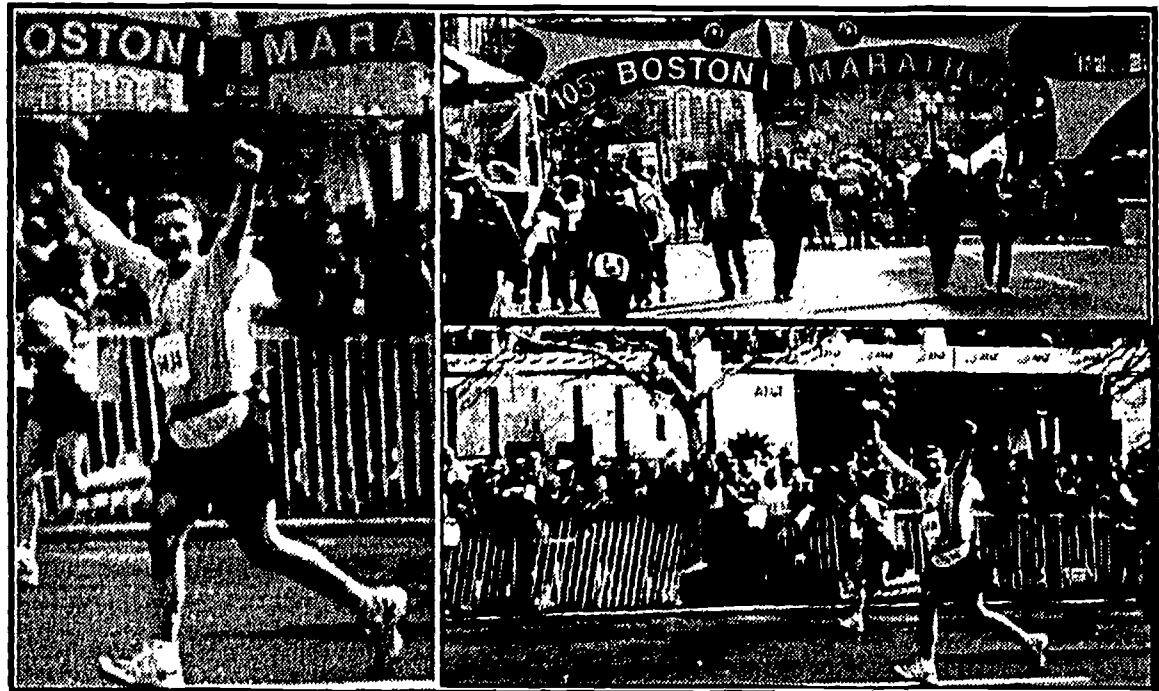
Mosport International Raceway in Bowmanville, Ontario was the scene of a deadly crash May 20 that involved two driv-

ers, both from Chicago's North Shore area.

The crash, on the 38th lap of

Continued on Page 32

Boston Marathon winner, Carl Maniscalco



Carl Maniscalco, Director of the Niles Family Fitness Center, completed the 105th running of the Boston Marathon on April 16, 2001. 17,000 runners were entered to run the race. Carl completed the race in 3 hours and 40 minutes, an 8 minutes and 32 second per mile pace. He finished in the top 3rd.

INSIDE:

Crossroads To Health

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Niles Fitness Center June Events

New Class - Aqua Power
Come enjoy this challenging high intensity conditioning class that incorporates interval training, power moves and resistance training. Strength and drag equipment will be utilized. Session fee: \$25 Member/\$35 Non-member. Drop-in fee: \$5 Member/\$8 Non-member. Session I: 6/12 - 7/24; Session II: 7/31 - 9/4. Morning and evening classes available. Call the Niles Family Fitness Center at 847-588-8400 for more information.

New Class - Aqua Dynamics
Strengthen and sculpt all the major muscles of the body while utilizing drag and resistance equipment. Abdominal and flexibility exercises round out an effective workout. Session fee: \$25 Member/\$35 Non-member. Drop-in fee: \$5 Member/\$8 Non-member. Session I: 6/12 - 7/24; Session II: 7/31 - 9/4. Call the Niles Family Fitness Center at 847-588-8400 for more information.

Summer Sports Adventure camp
The perfect way for your child ages 6-12 to spend the summer! Activities include sports (soccer, volleyball, baseball, and basketball to name a few), outdoor games, crafts, swimming, field trips and more! Special theme

days will be held throughout the summer to add to the excitement. Daily and weekly registration offered for your convenience. Regular camp hours are 9 a.m. - 3 p.m. Extended camp hours are available from 8 - 9 a.m. and 3 - 5 p.m. for an additional \$2/hour. Contact the Niles Family Fitness Center at 847-588-8400 for more information.

Funtastic Fridays
Turn ordinary Fridays into Funtastic Fridays! During this special time, your 3-5 year old will play games, make crafts, socialize, and meet new friends under the direction of our qualified staff. Parents are not required to stay, however children must be toilet trained. Deadline to register is (1) week prior. Fees: \$8 Members/\$10 Non-members. Offered June 1, 15, 29; July 13, 27; August 10.

Chicago Bulls Basketball School
The Chicago Bulls Basketball School is a youth player development program created by the Chicago Bulls to teach fundamental basketball skills. Classes are taught by qualified instructors provided by the Chicago Bulls. Players will be divided into Rookies (6-8 year olds) and Veterans (9-14 years) to ensure that every child receives proper attention. Class fee also includes chance to compete in the Fox Sports Net Skills Competition, player evaluation, Chicago Bulls basketball, gym basketball, gym bag, T-shirt, reversible practice jersey and Genuine Chicago Bulls graduation certificate. Dates: Rookies (6-8 years), July 16 - July 20, 1:30 - 5 p.m. Veterans (9-14 years), July 23 - July 27, 1:30 - 5 p.m. Fees: \$189 Members/\$209 Non-members.

MVP Volleyball Camps Grades 3-12
The Midwest Volleyball Professionals camp is a youth player development program created to teach fundamental volleyball skills. The primary aim is to enhance player skills making the game enjoyable and challenging players to experience the next level of volleyball. Classes are taught by qualified instructors provided by the MVP staff. Dates: August, 2001 (Exact dates to be announced).

Tai Chi
Tai Chi, an ancient form of Chinese exercise, is a low impact, gentle, physical activity. Through a series of slow movements the body is positively affected. Tai Chi helps improve circulation and maintain a healthy range of motion in the joints as well as providing a source of relaxation and spiritual fulfillment. Both beginning and continuing classes offered. Session I: 6/12 - 7/17; Session II: 7/24 - 8/28. Session fee: \$25 Member/\$35 Non-member. Drop-in fee: \$5 Member/\$8 Non-member.

Pilates
Pilates is a series of controlled exercises that engage the mind and body to develop strong, flexible muscles without building bulk. Each movement begins with the abdomen, with a focus on controlling stomach muscles. Routines alternate stretching with strengthening. Morning and evening classes available. Session fee: \$25 Member/\$35 Non-member. Drop-in fee: \$5 Member/\$8 Non-member. Session I: 6/11 - 7/16; Session II: 7/23 - 8/27.

District 71 unveils program compromises

The Niles District 71 school board at its May 15 meeting announced curriculum changes for 2002-3 in response to the two defeated referendums April 3.

District 71, which covers Culver School, has operated in the red by \$500,000 annually, according to Supt. Gene Zaleski. It was hoped the referendums would make up the difference and allow maintaining the curriculum level.

As of May 15, the education fund budget was estimated at \$4.7 million and revenues about \$4.4 million, a gap of \$276,950. "We'll try to get that down to \$250,000," said Zaleski.

In specific compromises endorsed by the board, band and orchestra programs will continue, but instructor's time, formerly at 100%, will drop to 75%. Children will not be allowed to join those programs in third grade, but must wait until fourth. Fees per term are added: \$50 for music lessons, \$20 for instrument rental, and an activity fee of \$30.

The threatened hot-lunch program is saved, but with economies. Food service lines will drop to two and, if cafeteria staff is eliminated, hot food would be brought in from outside.

Drama and basketball would remain. Art, general music and computer education will be available, to the relief of many parents, but Spanish instruction will be cut back and French cut altogether.

Several staff positions have been cut, but the reading specialist position will remain, said Zaleski.

Zaleski estimates that the district will run out of money by June 2003 "based on current preliminary projections."

He considers these steps a one-year solution and expects to try another referendum.

The board will vote on changes June 5.

Ameritech invests \$4.6 million in Park Ridge

Ameritech announced a network investment of \$4.6 million in its central office and surrounding telecommunications infrastructure in 2000, serving customers in areas of Park Ridge.

"These major investments will enhance today and prepare it for the future," said Jim Shelley, president, External Affairs, Ameritech. "Our investment in Park Ridge builds the telecommunications infrastructure to help us deliver the products and services that our customers expect and deserve."

The investment is part of Ameritech's ongoing network infrastructure investment program, designed to enhance Ameritech's network and service throughout its five-state operating region. Ameritech has invested considerably in its network in anticipation of continued demand for new products and services in 2000, with plans to continue its network investment in 2001.

Enhancing the Network for a Connected Future
Of the total amount invested, Ameritech allocated \$1.1 million in 2000 to bring additional access lines to communities and businesses in the area. The investment supports current and future population and economic growth within the community by increasing availability of telecommunications services, enabling more businesses and families to locate to the Park Ridge area.

Ameritech invested more than \$137,000 to install trunk connections, the primary arteries of the network. These connections improve the reliability of the network and decrease network congestion as calls are quickly and efficiently routed using the additional capacity within the trunks.

Maintaining Network Capacity while Supporting Competition
Through a \$2.1 million investment Continued on Page 4

Niles Patrol officers sworn in



On May 5th, at the Village Council Chambers, the Niles Police Department swore in three new members for the position of patrol officer. Pictured from left to right are Chief of Police Gerald P. Sheehan, Fire & Police Commissioner Sam Bruno, Probationary Police Officer Steven Zourkas, Fire & Police Commissioner Tony Scarlatti, Probationary Police Officer Joseph Romano, Fire & Police Commissioner Bob Berg and Probationary Police Officer Fotis Markadas. All three new Probationary Officers are currently attending the 12 week Chicago Police Law Enforcement Officer Training Academy to become an Illinois State Certified Police Officer.

'The Glen' counts its chickens

Reports prepared for the benefit of The Glen Redevelopment Commission for its first session recently provide an overview of expected benefits once the retail center is up and running. In short, they're counting their chickens.

The center, known as MURC (mixed use retail center) is expected to create close to 1,000 full-time jobs and generate about \$4.7 million in property taxes annually, including \$1.8 million for Glenview's School District 34.

The MURC plan is an effort of Oliver McMillan Co. and Kimball Hill Homes. Oliver McMillan plans to build the retail facilities with luxury apartments above and Kimball Hill will build the townhomes. High profile features of the plan include a Von Maur department store, plus a museum and Chal-

Continued on Page 4

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Congratulations To Park View School Science Olympian Team!

Matt Cole and his Science Olympian Team recently represented the state of Illinois at the National Science Olympian Competition in Colorado Springs, Colorado. The students raised \$21,800 to help fund their trip and returned ranking 12th in the nation and Canada.

We think these students are doing something special...don't you? If you want to help them as they begin preparing for next year's competition, contact Matt Cole at 847-965-6200 Ext. 140.



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Ameritech . . .

Continued from Page 3
 ment in central office hardware and software serving customers in the area. Ameritech is enhancing the network and adapting to growth and usage patterns. Increased customer usage due to population growth combined with an increase of Internet usage and resulting increased length of call times, increases the equipment requirements of the phone network. Ameritech's investment in its central office technology ensures customers in this rapidly growing community will continue to receive high-quality telephone service by improving the capacity of the network and its ability to quickly route calls to

their intended destination. Ameritech invested \$398,000 to give competing providers access to Ameritech's central office capabilities. The investment includes additional central office network connections for competitors and physical space within Ameritech's central offices for competitor telecommunications equipment.
 "In addition to providing customers with the world-class service they expect, we are committed to promoting competition within the communities we serve," said Shelley. "This investment is one example of the many ways we continue to share resources and ensure our markets remain fully open to competitors."

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Our Lady of Ransom School receives a SWANCC Earth flag



Our Lady of Ransom School in Niles recently received an Earth flag from the Solid Waste Agency of Northern Cook County (SWANCC) in recognition of the school's efforts to reduce the amount of garbage they generate. Our Lady of Ransom School is among nine SWANCC-area schools to receive this award for the 2000/01 school year.

Pictured in the photo from left to right are: Our Lady of Ransom seventh grader Vince Male; Principal Sr. GERALYN Mroczkowski; Environmental Committee Representative Carla Restivo; SWANCC Recycling Director Mary Allen; Village of Niles Assistant to the Manager Steven Vinezeano and seventh grader Raymond Sigaya.

Our Lady of Ransom School is among one of 78 schools in the SWANCC region to receive an Earth flag since 1996.

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Chickens . . .

Continued from Page 3

lenger Learning Center in the former Hangar One facility.

Overall, the center will include a bookstore, restaurants, a movie theater, 183 apartments and 162 townhomes.

The fiscal impact study by S. B. Friedman and Co. of Chicago claims the project will add \$56.5 million to Glenview's assessed valuation. Besides additional funding to District 34, the library expects \$172,000; the Park District, \$281,000; and Glenbrook District 225 slightly over \$1 million, annually.

Projected revenues to the village from MUTC are \$2 million per year--\$416,000 from property taxes and \$1.3 million from sales tax, with the remainder from utility and telecommunication taxes.

The village will bear expenses estimated at \$235,000 per year to service the residential segment and \$275,000 for the commercial segment.

The project is expected to bring about 750 new residents, including slightly under 100 students, to the area.

The Van Maur store will occupy the north end of the Hangar One facility, which presently enjoys National Historic Landmark status. The Illinois Historic Preservation Council is considering whether the hangar should retain that designation after the store opens.

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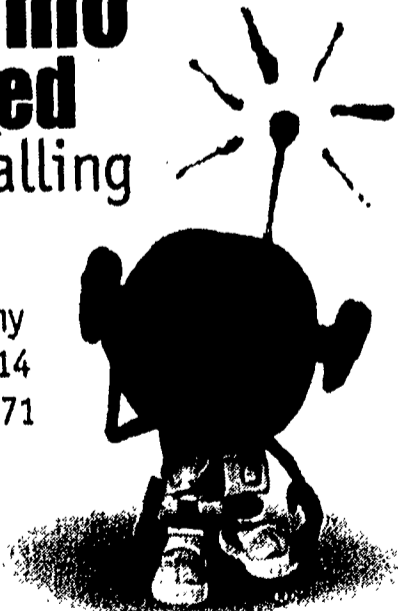
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New concept in Civil War study: Technology gets beyond dates, sparks insights

For the first time, the power of computer technology has been harnessed to reveal the significant facts and patterns of the Civil War at a glance. "HistoryScopes™" an innovative series of four charts created and produced by History Publishing Company, use computer-generated timelines and coding techniques to display countless pieces of information organized for the kind of direct visual impact that provokes new perspectives. HistoryScopes enable the student — at high school through college levels — as well as the history buff or scholar to understand the context of each key battle and discover insights into the underlying logic and strategies of the entire Civil War.

Columbia Professor of History Emeritus James Shenton found them "extraordinary... one look and you have a sense of the violence and vastness of the war — no one escaped." Each time you return to the charts, more information is revealed — you see more links and your understanding is deepened. Only your imagination and inquisitiveness limit the insights that you can extract from the information presented in the HistoryScopes. "Union commanding generals and President Jefferson Davis would have loved to have had such a view of the relationship of campaigns and

battles in the multiple theaters of war," said Dr. James M. Johnson, Visiting Professor of History, Marist College, and Military Historian of the Hudson River Valley, Palisades Interstate Park Commission.

On April 12, 1861, 140 years ago, the Civil War began: thousands of skirmishes and literally hundreds of major battles over four long years — often with West Point officers pitted against classmates — in five different theaters, one bloody day at a time. The conflict continues to fascinate scholars and ordinary Americans alike. Roundtable discussion groups are active throughout the country. Books and articles on the Civil War fill libraries; more are published every day. Even specialists — let alone students — have difficulty getting to the logic and strategy of the war.

HistoryScopes are based on the research of staff members of the Civil War Sites Advisory Commission Report on the Nation's Civil War Battlefield and historians of the National Park Service. From among the 10,500 major armed conflicts and skirmishes of the war, they identified the 384 key battles. HistoryScopes focus on these key battles, packing mountains of data and detail into graphics that present the Civil War as it has never been seen before. "I immediately cross-referenced HistoryScopes with the index of the Time-Life history of the Civil War series. I found no battles in the Time-Life series that were not on the HistoryScope — and a number that were on the HistoryScope but not in the Time-Life index," said Lt. Col. Jerry Betts, USA (Ret.), West Point graduate and teacher. Computer technology was used to clarify and visualize the flow of the Civil War by generating a computer-plotted timeline — the backbone of the HistoryScopes. This enables the charts to fix exact dates and locations on a consistent historical timeline, to rank battles by importance, and

to show everything visually for a specific battle, an entire theater, or the whole war. It would take hours to get all the information from conventional means that you take in at a glance with a HistoryScope. You can see what was happening as well as where and when. "Today's visually-oriented student can immediately see and understand the vast extent and intensity of the war in a way that books alone can't convey," noted educator and retired principal Dr. Edward Fitzpatrick. "These charts should be in every classroom when the Civil War is studied."

Each HistoryScope is 24"x36" printed in full color and laminated. The overview chart shows the 384 principal conflicts in all five theaters of the war. Three other charts group the same 384 battles by campaigns within each theater. A separate HistoryScope is dedicated to each of the very intense Eastern and Western theaters; another combines the less active Gulf, Trans-Mississippi, and Pacific theaters on one chart.

Anyone interested in the Civil War — students, experts, history buffs — in the classroom or in discussion over the dining room table, can discover, trace, and understand the trends of victory and defeat in Civil War battles, explore the patterns, and discover how one or two obscure battles were necessary steps toward larger objectives and a logical plan of battle. "For new students HistoryScopes offer a graphic introduction to the intensity and scope of the war. For advanced students, they offer a new perspective," observed Laura Lee Keating of the Westchester Civil War Round Table.

Full information on the HistoryScopes and ordering information is available at www.historypublishing.com. Or call (845) 359-8282 toll free. A portion of all HistoryScope sales is donated to the Civil War Preservation Trust's battlefield protection program.

Maine Township Food Pantry seeks donations

food pantry supply levels." Warnick says any contributions of non-perishable food and money are always appreciated. The most immediate needs are for peanut butter, jelly, spaghetti sauce, pancake syrup, and large cans or plastic bottles of juice especially apple, orange and grape flavors.

Donations may be brought to Maine Town Hall, 1700 Ballard Rd., Park Ridge on Monday - Friday between 9 a.m. and 5 p.m. For questions or assistance with large deliveries, contact General Assistance at 847/297-2510.

The Maine Township Emergency Food Pantry helps hundreds of families every month. Now, the Pantry is running low on some food items and is seeking donations from area companies and individuals to help meet the need.

"We have been blessed with contributions from local businesses and generous individuals throughout the years," says Marsha Warnick, Director of General Assistance at Maine Township. "However, the needs of area residents are as demanding as ever and, at times, put great demand on social services and

Water Reclamation District bonds upgraded

Terrence J. O'Brien, President of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago, announced today that the Bond Rating firm of Fitch IBCA in New York has upgraded the District's Bond Rating from AA+ to AAA. At the same time, Standard & Poor's Ratings Service increased the District's rating from AA to AA+.

President O'Brien said, "We are pleased to receive the upgrades in our bond ratings because it will mean immediate savings to the taxpayers in Cook County when we sell general obligation bonds next week. The improved rating reflects the District's responsible fiscal actions. Our sound financial management allows us to complete important capital projects such as the Tunnel and Reservoir Plan while carrying out our day-to-day operations, treating more than one billion gallons of wastewater each day."

Commissioner Gloria Alitto Majewski, Chairman of the Committee on Finance said, "The District is known all over the world for our technical expertise and operational excellence. We are happy to have this important recognition of our secure economic base from the financial community. The District is one of the few government agencies in Illinois that enjoy such a favorable bond rating."

In its April 12th press release announcing the upgrade, Fitch said, "The upgrade to AAA reflects the continued diversification of the District's broad service area, consistently strong financial operations, low operating costs, and rapid repayment of its modest direct debt burden... As a result, the District ranks as one of the lowest cost providers of wastewater treatment in the nation. Continued operating improvements and strengthened financial systems should allow the District to continue its history of consistent financial performance."

The Metropolitan Water Reclamation District of Greater Chicago collects and treats the wastewater from more than 5 million residents of Cook County and the industrial equivalent of another 4.5 million people. The District operates 7 wastewater treatment plants in Cook County and is the local sponsor of the Tunnel and Reservoir Plan.

The Chicago contacts for Fitch IBCA are Peter C. Stettler (312) 368-3176 and Joseph O'Keefe (312) 368-3171. The local contact for Standard & Poor's is John Kenward (312) 669-9166.

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Maine Township offers 2001 James O'Reilly Scholarships

Applications are now being accepted for summer programs as part of Maine Township's James O'Reilly Youth Scholarship Program. Started in 1994, the program assists under-privileged children who attend after-school programs, summer camps and other activities by providing funding toward fees and related expenses.

Newly-elected Supervisor Bob Dudyecz announces, "This year's scholarship program will award up to \$10,000 to dozens of area children. Last year 45 children

qualified for program assistance. The scholarship funds will cover up to 85 percent of any program's cost with a limit of \$300 per child or \$1,000 in assistance per family."

Scholarship awards are based on financial need, personal need such as situations with working or single parents, and extenuating circumstances. "These scholarships are ideal for single parents who want their children to have group experiences that they might otherwise not be able to afford," says Marsha Warnick, Di-

rector of General Assistance for Maine Township and a member of the scholarship review committee.

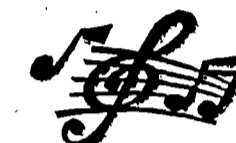
The program is named in honor of the late Maine Township Trustee who started it over 6 years ago. Since its beginning, the scholarships awards have totaled over \$40,000 to aid more than 193 children.

Only complete applications with all supporting documentation should be returned to Maine Township. Applications must be received not later than May 25,

2001. For information or to request an application, stop by Maine Town Hall, 1700 Ballard Rd., Park Ridge, Monday-Friday between 9 a.m. and 5 p.m. or call (847) 297-2510, ext. 238.

Liberty is not a means to a higher political end. It is itself the highest political end.

—John Emerich Edward Dalberg-Acton



JUNE is PINK & RED NEIGHBORHOOD Month!

- Friday, June 1 Down Home Family Fun at Oak Park 6:30-8:00 p.m.
Lee & Ottawa...Featuring "White Saddle" Band. Kids will enjoy a FREE pony ride, tractor wagon ride and petting zoo.
- Sunday, June 3 Family Fun Walk @ Grennan Heights 11:30 a.m.-1:30 p.m.
8255 Oketo...1.5 mile walk (Pre-registration required).
- Friday, June 8 Rocking Around the Park at Oak Park 6:30-9:00 p.m.
Featuring "Fast Eddie & The Corvettes" Band. Kids are invited to bring a box decorated like a car so they can sit & watch a family movie outdoor drive-in style!
- Saturday, June 9 "Hot Stuff on Cool Ice" Event @ IceLand Arena Noon-1:30 p.m.
8435 W. Ballard...Ice Show & FREE Open Skate.
- Friday, June 15 Vehicle Adventure at Oak Park 6:30-8:00 p.m.
Featuring "Banjo Buddies Dixieland" Band Kids will enjoy looking at & exploring the Niles Park District & Village of Niles large vehicles.
- Saturday, June 16 Krazy Pioneer Days at Pioneer Park 11:00 a.m.-1:00 p.m.
- Sunday, June 17 7135 N. Harlem...Enjoy a FREE family mini-golf tournament on Saturday & on Sunday Dad's are invited out for a FREE mini-golf game.
- Friday, June 22 Cold Blooded Animal Creature Show at Oak Park 6:30-8:30 p.m.
Featuring "Yabba Griffiths & Traxx Caribbean Beat" Band.



To PRE-REGISTER for the Family FUN Walk, stop in the Howard Leisure Center; 6676 W. Howard St. or Grennan Heights, 8255 Oketo. If you have any questions, please call (847) 967-6633.

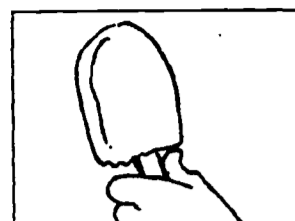
Fun for the ENTIRE Family!

Grand Raffle...
The more events you attend the better your chances of winning!

Treats provided by Dairy Queen of Niles for a nominal charge.

Women's News

American history scholars and DAR Good Citizens recognized



In 1920, Harry Burt of Youngstown, Ohio, invented the chocolate-coated ice cream bar on a stick—and became the original Good Humor man.



Good Citizens Bonnie Jean Weinman - Regent, 21st Star Chapter NSDAR; Swati Pravin Patel - Maine West; Claire Sharkey - Maine South; Caroline Benjamin - Maine East; Amos Lee - Niles North; Jane Pirie - American Indian Chair, 21st Star Chapter NSDAR.



American History Scholars Isabel Ericson - 21st Star Chapter NSDAR Historian; Teresa Scalise - Maine West; Jessica Hahn - Maine East; Arlene Dawravoo - Maine South; Ronak Katadia - Niles North; Bonnie Jean Weinman - Regent, 21st Star Chapter NSDAR.

The American History Scholars to be honored are Jessica Hahn, Maine East; Arlene Dawravoo, Maine South; Teresa Scalise, Maine West; and Ronak Katadia, Niles North.

DAR Good Citizen winners were chosen last fall at each of the schools. Faculty Members selected three students from the senior class who best exemplified the outstanding qualities of Leadership, Dependability, Service, and Patriotism in their home, school and community. The student senior class then voted for one stu-

dent to represent their school as the DAR Good Citizen. A pin and memento were presented to each student at the luncheon. The students will receive checks and certificates at each high school's Senior Honors Program in the spring. The DAR Good Citizens to be honored this year are Caroline Benjamin, Maine East; Claire Sharkey, Maine South; Swati Patel, Maine West; and Amos Lee, Niles North.

The American History Scholars and DAR Good Citizens from Maine Township high schools and Niles North were honored by Chapter Regent Bonnie Jean Weinman and members of the Twenty-First Star Chapter NSDAR at their February American History Month luncheon.

American History Scholars were selected from 15 junior history students last May by faculty

at each of the schools. These students received a "Certificate of Award for Outstanding Work in American History." The school next chose the top student from this group. A silver medal and memento were presented to each student at the luncheon, and a scholarship check will be given to each student at the high school's Social Science Department Awards Program in the spring.

SENIOR CITIZENS

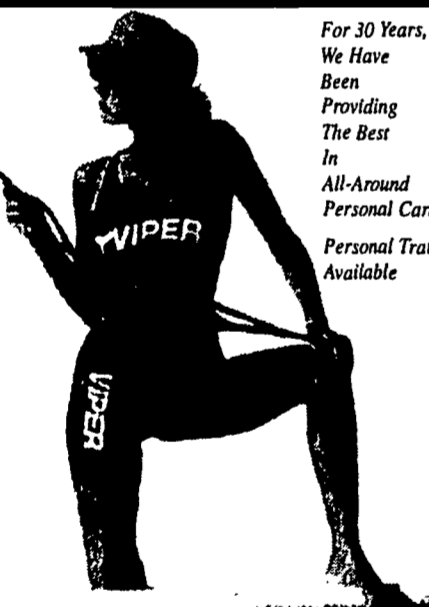
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MOOSEHEAD BEER \$12.99 12-12 OZ.	COORS LIGHT BEER \$6.99 12-12 OZ.	RED DOG BEER \$5.99 12-12 OZ.

Prices are subject to change without notice.
Surgeon General's Warning: Cigarette smoke contains carbon monoxide.

Protecting skin and lips essential during summer

(NAPS)—As summer activities like rollerblading, swimming and walking draw people outdoors in coming months, protection from the sun's damaging rays is essential to keep skin and lips healthy.

Prolonged sun exposure puts billions of Americans at risk for skin cancer—the most common and the fastest-growing cancer in the United States.

According to Dr. Charles Zugergerman, associate professor of clinical dermatology at Northwestern University Medical School in Chicago, the face and lips are two of the most exposed areas of the body and should be protected accordingly, with lotion and lip balm with an SPF of at least 15. "Because lips contain little-to-no melanin for protection they are especially vulnerable to sun damage. That's why people need to make sure that lip care is part of their skin care regimen, not only in the summer, but everyday."

Although the long-term effects of sun damage may not be visible immediately the collagen (protein) that gives lips body and resilience will change from the excessive sun exposure. More importantly, Zugergerman warns, lip cancer may not be evident until decades after the damage is done.

The American Cancer Society

Continued on page 9

Women's News

Bone Up On Osteoporosis

(NAPS)—Did you know that nearly 40 percent of women in their 60s have osteoporosis and more than 75 percent of women over 80 have it? If you didn't know that, you're not alone. According to the national Osteoporosis Foundation, osteoporosis and low bone mass affects an estimated 28 million Americans.

However, most women don't even know they have the disease, let alone seek treatment. Many women believe that if they simply watch their diet and exercise regularly, they won't be affected. However, diet and exercise may not be enough to prevent osteoporosis from striking.

Osteoporosis is a silent disease that gradually weakens bones, making them increasingly fragile and more likely to break from minor injury. In fact, in its early stages, osteoporosis can strike without any warning signs. Many women don't realize that height loss, development of stooped posture or some broken bones are consequences of the disease.

The most accurate method of determining a woman's risk for osteoporosis is a bone mineral density test, which is quick, easy and painless. Medicare now reimburses bone mineral density testing for eligible beneficiaries 65 and older, making the tests more accessible than ever before. Yet, despite the availability of the test and Medicare coverage, only a relatively small number of women with osteoporosis have been

diagnosed and treated.

Who is at risk?

Women who have gone through menopause (whether as part of the natural process of aging or due to early removal of ovaries) may be at risk. Other factors that contribute to risk include:

Heredity

- A family history of osteoporosis
- A thin or petite build
- Caucasian or Asian descent (although these groups are at greater risk, osteoporosis can affect women of all ethnic backgrounds)

Decreased estrogen levels

- During or after menopause
- Steroids (e.g., for asthma or arthritis)
- Excess thyroid hormone

Lifestyle

- Smoking
- Too much caffeine
- Too much alcohol
- Lack of physical activity
- Inadequate calcium and vitamin D intake (e.g., little or no milk or dairy products in diet)

You also may have none of these risk factors and still have or develop osteoporosis. So talk to your doctor about whether or not you are at risk for osteoporosis, and whether a bone mineral density test is right for you.

To learn more about osteoporosis, call 1-800-950-6724 or visit the Web site, www.bonedensitytest.com.

Apollo 'on a roll' students

Mr. Nicholas Maldonado, Principal of Apollo School has announced the names of the students who are "on a roll" for the second trimester of the 2000/2001 school year. These are students who have shown considerable improvement during this trimester.

Fourth grade: Sahar Afshan, Maria Barbin, Andrew Bordenaro, Daniel Catlin, Avadh Chokshi, Henry Gonzalez, Liya Issac, Daniel Lopatinsky, Jose Montiel, Sherifa Nader, Janet Nunez, Daniel Rojas, Birju Shah, Shahzad Rameez, Ronique Shaw, Amir Schwani, Cecilia Vazquez.

Fifth grade: Karen Amigon, Eric Baltzer, Victor Barbin, Anthony Beleyuk, Ernie Christopoulos, Mura Hussain, Young Kinn, Anakaken Marisail, Melinger Michelle, Jordan Parrilla, Anil Patel, Disha Patel, Purvi Patel, Harshal Rathod, Nicole Ross, Tony Segura, Chandi Shah, Erin Tangle, Surisha Vedula.

Sixth grade: Suzy Aguib, Lisa Marie Benjamin, Liz Cohen, Bel-

la Darji, Kevin Familara, Jesus Hernandez, Kevin Houlihan, Maha Hussain, Stella Mha, Magda Nowosielski, Jyotsna Patel, Rusceta Patel, Hussain Rehmon, Award Shah, Karla Venegas, Gregg Wilcznski.

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Lips...

Continued on Page 8

estimates that this year alone, physicians will detect approximately 1.3 million new cases of (highly curable basal cell or squamous cell) cancers and 47,700 cases of melanoma—the most serious forms of skin cancer. According to a recent study by the American Academy of Dermatology, the number of malignant melanoma cases diagnosed has increased from six cases per 100,000 to 12 per 100,000 over

the last 30 years.

A few simple guidelines can help prevent melanoma:

- Wear protective clothing.
- Avoid the midday sun if possible.
- Regularly use a protective sunscreen.

The Lip Care Specialists at Blistex address the special needs of lips with products that protect, condition and soothe: Blistex Ultra Protection with SPF 30 (30 times lips' natural protection); Blistex DCT (Daily Conditioning

Treatment for Lips) with SPF 20; Blistex Herbal Answer with SPF 15, Blistex's newest product, also with aloe, avocado, shea butter, chamomile and jojoba extracts; and Blistex Lip Tone, the first Blistex product to combine proven moisturizers and nutrients with SPF 15 and a touch of color. For more information about how to protect your lips, send for a free copy of the "Sun and Your Lips Brochure", from Blistex, Inc., Consumer Affairs Department, 1800 Swift Drive, Oak Brook, IL, 60523.

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Community Calendar

Pop stars make memories for local girl

Hanging out with her favorite band and joining the audience for Nickelodeon's "Slime Time" made a memorable afternoon for Deanna Voss, 8, of Des Plaines when she and her family visited Orlando, FL, thanks to the Make-A-Wish Foundation of Northern Illinois.

"Deanna's favorite band is A-Teen, and they were unbelievably nice," says her mother, Kathy Voss. "We had lunch, and

they spent so much time with us! They brought their new CD for us and then they invited us to come and watch them tape a 'Slime Time' show. Deanna got to see herself on TV in the promotions for it, and she's still excited about that!"

Deanna has muscular dystrophy, a hereditary illness that weakens the muscles. She receives treatment at Rush-Presbyterian St. Luke's Medical

Center in Chicago. Deanna visited Orlando with her parents and sisters. 12-year-old Kristina and 14-year-old Brianna, who also has MD and is a previous wish recipient.

In Orlando, Make-A-Wish volunteers "took care of everything for us, right down to having two wheelchairs for both girls," their mother says. "The girls did fine, but the rest of us got exhausted pushing them around!"

Shortly after her Orlando trip, Deanna got another chance to visit with A-Teen, a Swedish group that got its start as an Abba tribute band. "Their manager gave us his cell phone number and told us to be in touch," Kathy explains. "We knew they were playing a date near Chicago, so we went to that and they were so glad to see us!"

The Make-A-Wish Foundation is the oldest and largest wish-granting organization in the world. Since its start locally in 1985, more than 3,000 ill children have gained hope and strength as they experience a wish come true. For more information or to refer a child to the program, please call (312) 943-8596 or visit us on line at www.wishes.org.

Maine Township Disabled to see Meet the Parents

Watching a good movie is more fun when you do it with friends. Disabled persons from Maine Township are invited to come and bring a friend for the Movie and Popcorn event June 12 at Town Hall, 1700 Ballard Rd., from 12 noon to 3 p.m. This month's movie is *Meet the Parents*, an hilarious story of a male nurse who is about to propose the love of his life during a weekend stay at her parents' home.

The film stars Academy Award Winner Robert DeNiro as the CIA agent father, Ben Stiller as the suitor and Teri Polo as the love interest. The cost is \$1 payable at the door. The Town Hall is accessible. A sign language interpreter will be available upon request. Call Donna Anderson, Director of Disabled Services at 847/297-2510 (voice) or 847/297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons.

The film stars Academy

Donut Day Chairperson Designated

Mr. Bud Swanson has been designated as this year's Donut Day chairperson for the Salvation Army and will coordinate the tagging effort in the Morton Grove community. As chairperson, Mr. Swanson will coordinate volunteers for the 63-year-old Chicagoland fundraiser for the June 1st tag day. Mr. Swanson has been chairperson for the past 19 years.

With the help of Mr. Swanson, and several hundred other chairpersons, the Army expects

to muster a volunteer force of more than 6,000 people to help raise an area goal of \$200,000. The money will be used to help sustain a variety of emergency assistance programs.

The idea for Donut Day originally commemorated the services of Salvation Army workers on the battlefields of France where they became known for serving coffee and donuts during WWI and later WWII. Ever since, Salvation Army emergency canteens have become a common sight during times of human crisis and disaster. Responding to most major fires and natural disasters has made the Army an integral part of disaster responses.

SINGLES

Fri., June 1
North Shore Jewish Singles
2 p.m. \$12 - Theatre Cahn Auditorium, Evanston presents "Countess Maritza." Reservation by May 29th. (847) 679-2953.

Sun., June 3
North Shore Jewish Singles
2 p.m. Walk for Life. Call (847) 965-9044 for location.

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Community Calendar

SWANCC to host Transfer Station Open House

On Saturday, June 2, from 10 a.m. to 1 p.m. the Solid Waste Agency of Northern Cook County (SWANCC) will host a public open house at its state-of-the-art Glenview Transfer Station (formerly known as Wheeling Township Transfer Station) on Des Plaines/River Road, 1/4 mile north of Central Road, Glenview. All garbage processing operations, including the automated baling process, can be seen from the transfer station's completely enclosed visitor gallery. The event is also the opening of SWANCC's 2001 "Art of

Garbage" student art exhibit and a new environmental exhibit, "Who Trashed My Room?," bedroom furniture made from discarded wooden pallets, packing crates and waste lumber.

Light refreshments will be served and environmentally friendly prizes will be given away. Residents from all SWANCC member communities are invited to attend. For further information access SWANCC's website at www.swancc.org or call 847/296-9205.

Maine Township Disabled Services Lunch & Bingo

Disabled persons from Maine Township are invited to join in the fun on June 26 at Town Hall, 1700 Ballard Rd., from 12 noon to 3 p.m. The day will be highlighted with a box lunch, games, surprises and bingo with lots of prizes.

The cost for lunch and bingo is \$6.25. Bingo without lunch is \$1. The Town Hall is accessible.

A sign language interpreter will be available upon request. Call Donna Anderson, Director of Disabled Services at 847/297-2510 (voice) or 847/297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons. The lunch/bingo program is held every fourth Tuesday.

Northern Illinois Civil War Round Table

The Annual Banquet Meeting of the Northern Illinois Civil War Round Table will begin at 6:30 p.m. on Friday, June 1, 2001 at Watercrest Banquets, 1200 West Northwest Highway in Palatine.

The guest speaker for this meeting is Thomas Y. Cartwright, Historian and Director of the Carter House in Franklin, Tennessee. He will discuss the "Tennessee Campaign of 1864," with emphasis on the battles of Spring Hill and Franklin in November of that year.

Mr. Cartwright's interest in the Civil War began at the age of four. His studies became more serious when he was seven and continue to the present. He appeared on several episodes of "The Civil War Journal," including the programs pertaining to Vicksburg and Franklin. Mr. Cartwright currently is working on two books related to the Civil War.

Meetings of the Northern Illinois Civil War Table are held twice a month, September through June. The regular meet-

ing is the first Friday of each month at the Arlington Heights Memorial Library. There is no charge, and the public is invited. Informal discussions are held on the third Saturday of each month, from 10 a.m. to noon, at the Barrington Area Library, 505 North Northwest Highway in Barrington.

If you are interested in attending the Annual Banquet Meeting or membership in the NICWRT, please contact Liz Feltmann at 847-824-4510 or Jerry Allen at 847-520-9974.

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Community Calendar

Century 21 McMullen names top producers for winter

Century 21 McMullen named its top producers for the winter. Broker-Owner Barry Paoli says these agents provided exceptional service in a red-hot real estate market.

For March 2001, the top lister was Val Smolinski and the top seller was Jan Robertson. For February 2001, the top lister was Jan Robertson and the top seller was Angela Hotca-Reyes. For

January 2001, the top lister was Anna Tabeau and the top sellers were Kristen Jo Koby and Angela Hotca-Reyes.

Century 21 McMullen ranks among the largest real estate firms in Chicagoland. It is now 56 years old and located in the former Borg Flowers & Gifts building at 6400 N. Harlem, at Northwest Highway and Devon in Chicago. Telephone (773) 631-8300.

Shapeshifters to honor Jame Joyce on "Bloomsday 2001"

Shapeshifters, the resident theatre company of the Irish American Heritage Center, will present *Rattlin' of the Joists*, on Friday and Saturday, June 15 and 16, at 8 p.m. in the IAHC auditorium, 4626 N. Knox Avenue in Chicago.

On June 16, 1904, James Joyce met his wife, Nora Barnacle. He immortalized this date in his monumental work, *Ulysses*, as he

told the story of that one day in the lives of Leopold and Molly Bloom and other Dubliners. Today, aficionados of Joyce's work celebrate that date each year as "Bloomsday," a special day set aside to honor the great man around the world.

Shapeshifters' sophisticated celebration of the life and works of the great Irish writer, *Rattlin' for the Joists*, is a new and original show written by Josephine Craven, Frank Gleeson, Colm McCann and Eamonn O'Neill to

mark Bloomsday 2001. It offers a fun, entertaining evening filled with music, dance, song and drama based on, or around, the life and works of James Joyce. Included are excerpts from *A Portrait of the Artist as a Young Man*, *Dubliners*, *Ulysses* and *Finnegans Wake*.

Tickets are \$10 (\$8 for IAHC members and senior citizens). They may be purchased at the Irish American Heritage Center, or by phone with Visa or MasterCard at 773-282-7035.

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Sandra L. Hart art exhibit

Nature and Things, the new exhibit of watercolor paintings by Sandra L. Hart opens June 5 and continues through July 30 at Lincolnwood Village Hall, 6900 Lincoln Avenue. Her work depicts the cycle of nature and life, in natural settings mixed with still life objects such as forms of antique dolls.

Hart seeks to share her sensory reaction to texture, form and color of things she finds around her. The fixed stare of old dolls, portraits composed of both living and deceased persons, or a soli-

tary flower poking through the barriers of a picket fence evoke eerie feelings in the viewer.

Hart has a BFA degree from the School of the Art Institute of Chicago and is a signature member of both the Illinois Watercolor Society and the International Society of Marine Painters, Inc. She is also an official Coast Guard artist. Most recently she won an Award of Excellence at the Art in the Market show in Arlington Heights and a Merit Award in the Illinois Watercolor Society show in Schaumburg.

Artists who wish to show their work at Village Hall should contact Shirley Engelstein, fine arts exhibit coordinator, 674-3806.

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Dining / Entertainment

TRAFFIC 2001 presents Cross-Town Traffic

The Steppenwolf Theatre Company Arts Exchange program adapts Chicago literature, Chicago's rich history, and the poetic experiences of ordinary Chicagoans, into exciting theatrical presentations. The program aims to expand the diversity of Chicago's theater-making and theater-viewing community, and share the Steppenwolf principles of ensemble collaboration, superior acting, and the creation of

new work with the wider community in which we live. Arts Exchange provides a place where the city can hear its story told, through professional theater productions for students, families, workshops, mentoring, and performance experience. Tickets for *Cross-Town Traffic* are \$16. Box office hours are 11 a.m. to 5 p.m. everyday and 11 a.m. to 7 p.m. on days with evening performances. The

box office phone number is (312) 335-1650. Tickets can also be ordered on-line at www.steppenwolf.org. Steppenwolf Theatre is located near all forms of public transportation and is wheelchair accessible. Assistive listening devices are available for every performance. Street and lot parking are available.

The final 2001 Spring and Summer TRAFFIC Presentation is:

American Noir, featuring T

Bone Burnett, LA crime writer James Ellroy and Martha Plimpton. Monday, July 23, 2001 at 7:30 p.m., \$30.

When one of America's best crime writers teams up with one of the music world's most original composer/musicians, anything can happen. And anything might when writer James Ellroy (*LA Confidential*, *My Dark Plac-*

Continued on Page 15

Living Colors: A Butterfly Garden



A young boy stares in amazement as one of the hundreds of butterflies from *The Field Museum's Living Colors: A Butterfly Garden* exhibition flies nearby. Museum visitors of all ages can experience the magic, color and excitement of seeing 38 species of butterflies sipping nectar, chasing one another, or even landing on the shoulders of lucky -- and quiet -- visitors. Experience the beauty of *Living Colors: A Butterfly Garden* at The Field Museum from May 25 to August 19, 2001. For more information, call (312) 922-9410.

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Dining / Entertainment

Summer on Stage at Navy Pier

Summer on Stage at Navy Pier begins on June 16 with Marriott Theatre's much-acclaimed musical production of *The Wizard of Oz*, directed by Dominic Missimi. Joining the award-winning cast from the 1999 production is Lauren Frost in the role of Dorothy. Reprising their roles are: Don Forston as the Cowardly Lion; Stephen P. Full as the Tin Man; Marc Robin as the Scarecrow; Mary Ernster as Glenda and Aunt Em; Ron Keaton as the Wizard and Uncle Henry and Those Funny Little People as the Munchkins. Scenic design for *The Wizard of Oz* is by Katherine Ross with costume design by Nancy Missimi.

Last year, cities around the world celebrated the centennial of L. Frank Baum's classic tale *The Wonderful Wizard of Oz*, written by Baum while he lived in Chicago. The family-friendly theatrical stage version of *The Wizard of Oz* features many of the musical numbers that the 1939 MGM film made popular. Silver screen legend Judy Garland's performance of "Over the Rainbow" in *The Wizard of Oz* was named Best Song of the 20th Century by

the National Endowment for the Arts and the Recording Industry Association of America. "We're off to See the Wizard," "Follow the Yellow Brick Road," and "If I Only Had a Heart" are among many songs from the film included in the stage musical. All performance take place in Chicago Shakespeare's beautiful 510-seat, courtyard-style theatre.

Performances of *The Wizard of Oz* begin Saturday June 16 and are scheduled to run through August 19: Wednesdays, Thursdays and Saturdays at 2 p.m. and 7 p.m., Fridays at 7 p.m. and Sundays at 2 p.m. Tickets are \$38 for adults, \$28 for children, ages 12 and under. Discounted tickets are available to groups of 20 or more.

Summer on Stage at Navy Pier is a theater festival with something for everyone—three exciting theatrical productions, running for nine weeks from June 16 through August 19. In addition to *The Wizard of Oz*, the Summer on Stage festival includes, *Short Shakespeare!* A *Midsummer Night's Dream* and *Second City's Hamlet! The Musical and Other Great Exploitations*.

Navy Pier is easily accessible



to the Summer on Stage audience: free trolley service; accessible public transportation; ample cab service and a 40% discount

on parking for every performance day excluding Saturdays, when Navy Pier offers an advance flat rate.

For more information about performances and to purchase tickets, call the Chicago Shakespeare Theater Box Office at

Continued on Page 16

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Where Did Vincent Van Gogh?
Dan Castellana, the voice of TV's Homer Simpson, will star in the exclusive one-week Chicago engagement of his hilarious one-man show *Where Did Vincent Van Gogh?*. Wednesday through Sunday, June 6 through 10 at the Metropolitan Performing Arts Centre, 111 W. Campbell St. in Arlington Heights. Performances are Wednesday through Friday at 8 p.m.; Saturday at 5 p.m. and 8 p.m.; and Sunday at 3 p.m. Tickets are \$30. Call (847) 577-2121 for ticket information.

Maine East Girls' Track breaks record
Maine East once again wishes to congratulate its Girls' Track and Field team on a job well done at a recent CSL Conference Meet.

Among the gold medals won by the Demons was the 400 meter relay. The team of DesPlaines residents Tarissa Fuller, Jessica Duke, and Shu-Shu Lewis, along with Glenview resident Eliane Shin not only won gold, but they broke the school record for the second time this season with a time of :50.7 seconds.

Special congratulations go to Shu-Shu Lewis on capturing four gold medals at the conference meet, only the second girl in Maine East history to do so.

Maine East also wishes to congratulate DesPlaines residents Angel Gray and Megan Behles on capturing gold medals in the Junior Varsity division at the CSL Conference Meet.

Best wishes go out to the entire Girls' Track and Field team as they look to strike gold against the fastest runners in the state these coming weeks.

Dining / Entertainment

Gearing up for summer

(NAPS) -- Spring fever leads to summer heydays and people across the country are gearing up for outdoor adventures at the beach and the mountains. According to the Russell Athletic "For the Long Run" Survey, nine out of ten Americans are physically active during the summer months, compared to four out of ten in the winter. Those who hibernated during the cold months are advised to gradually increase their speed and stamina. Jumping in at full momentum is only cause for injury. Avoid sprains and muscle damage by approaching popular summer activities with the following Russell Athletic tips:

- **Walking or playing on the beach** -- sand slows you down. Prior to hitting the beach, a few squats and leg presses are advised to warm up leg muscles, especially if you plan to play games like volleyball or flag football.

Traffic...
Continued from Page 13
es. *The Cold Six Thousand* shares the stage with musical everyman T Bone Burnett (*O Brother Where Art Thou?*) for this highly explosive night of TRAFFIC. Ensemble member Martha Plimpton joins the criminal fun along with some of T Bone's musical pals.

WBZ-FM continues its media sponsorship and on-air support of the TRAFFIC series with re-broadcasts of selected performances from previous seasons. The TRAFFIC broadcasts on WBZ-FM (91.5) can be heard on selected Sunday evenings at 8 p.m. Following is the 2001 broadcast schedule for TRAFFIC presentations previously performed at Steppenwolf Theatre:
June 3—Guillermo Gomez-Pena, spoken essays; June 10—David Amram and Friends; June 17—Sam Shepard and T Bone Burnett; June 24—Union with Laurence Hobgood, Paul Wertico and Brian Torff; July 1—The All-American Immigrant Orchestra.

- **Hiking** -- exerts hamstrings. Stretching and strength training increase range of motion. This allows muscles to adjust to inclines and declines with ease.

- **Sprinting** -- capture-the-flag, ultimate frisbee, and a game of pick-up basketball all require sudden stop and go movements. Gradually increase stamina by walking and jogging at intervals.

- **Playing catch** -- a game of catch shouldn't end with sore arms and shoulders. Pace yourself and end while you're still fresh. Pump your arms with your legs for optimum speed when walking or running.

- **Aerobics/strength training** -- warming up is essential. Walking for a minimum of five minutes prior to strength training or stretching exercises loosens muscles and creates substantial oxygen flow.

Full body capacity can be achieved while having fun in the sun.

Russell Athletic is a division of Russell Corporation, an international consumer products company specializing in activewear, casualwear and athletic uniforms. Its major brands include Russell Athletic, Jerzees and Cross Creek. For more information about Russell Athletic, visit www.russellathletic.com.

Fun Facts about The Greatest Places at Science and Industry

- A 45-minute Omnimax® film is approximately three miles in length.

- The 12,000-watt xenon projector lamp is bright enough to be seen from the moon.

- In Greenland, the weight of ice mass has actually pressed the center of the island below sea level.

- Greenland temperatures in July average about 10°F.

- The Chang Tang plateau is approximately the same size as Texas.

- The Amazon does not have a summer or winter, rather a wet season and a dry season.

- The river channels of the Okavango Delta constantly change and re-form with the pulse of the river.

- The Omnimax screen is approximately 7,200 square feet.

- Madagascar has more than 10,000 different species of plants, more than 900 different species of orchids and two-thirds of the world's chameleon species.

- The Amazon River is so wide you cannot see across to the other shore.

- Many of Asia's great rivers begin in the mountains in and

around Tibet, including the Mekong, the Brahmaputra, the Yangtze and the Indus rivers.

- Some lizards minimize the heat in the Namib Desert by never having more than two feet touching the ground at the same time.

- Some parts of Madagascar receive more than 136 inches of rain a year, while other parts receive less than 15 inches a year.

- In the Namib Desert, the *narra* vine grows and moves, shifting with the dunes, producing melons that are buried deep in the sand and that hyenas and elephants scavenge for.

- The Iguaza River travels for more than 800 miles before it flows over the cliffs.

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Dining / Entertainment

Stage...

Continued from Page 14

(312) 595-5600. Discounted tickets are available to groups of 20 or more and may be purchased by calling the Group Sales Hotline at (312) 595-5678. For further information about performances or special events visit the Theater's website at www.chicagoshakes.com.

The enormous blue icebergs of Greenland, the ancient grandeur of Tibet's Chang Tang Plateau and five other spectacular landscapes converge in the new large-screen format film *The Greatest Places*.

The film, which opens Friday, June 16, at the Museum of Science and Industry's Henry Crown Space Omnimax® Theater, blends trips to South Ameri-

Ride along to seven of the world's most dynamic landscapes

ca's Iguaza Falls and Amazon River with a foray to the world's tallest sand dunes in the Namib Desert. Cinematic visits also are paid to the Okavango Delta in Botswana and to the island nation of Madagascar.

Narrated by Star Trek's "Deep Space Nine" television star Avery Brooks, the story of *The Greatest Places* begins 250 million years ago when the planet's super continent, Pangea, began splitting apart, unleashing the forces of tectonics, wind, water and glaciers, all of which greatly affect the film's places to this day. The seven locations, judged to be some of Earth's most geographically dynamic landscapes, are shown to their maximum power and beauty: their land forms, diverse wildlife, ecosystems, as well as their indigenous cultures and people. Many scientific disciplines are emphasized including biology, earth, environment and social sciences, and

physical and human geography.

The Greatest Places is a presentation of the Science Museum of Minnesota, in partnership with the Forth Worth Museum of Science and History, the St. Louis Science Center, the Cincinnati Museum Center and Goto Optical Mfg. Co., with major funding provided by the U.S. National Science Foundation. The film was produced by Lobo & Associates of Santa Barbara, California. It is the first large-format film to be fully integrated with national geography educational standards published in 1994.

The project, which began in early 1995, was guided by "geography for life: The National Geography Standards," the National Science Education Standards, and "Expectations of Excellence: Curriculum Standards for Social Studies." The film is the first informal science education project including a large-

format film for which educational programming began during film production and not just with the film's release.

Educational materials available include: a teacher guide; a family activity guide; a geography museum trunk (based on the museum trunk system pioneered by the Science Museum of Minnesota) that can be loaned to schools and includes a handheld Global Positioning System, compasses and maps; and *The Greatest Places Online*, a website that provides information and activities for kids and adults regarding the intimate relationship between land, air, water and life. The site's activities are numerous, and include a chance to hear and sing a Greenlandic orphan boy's song as well as to "unpeel" an orange to see why world maps are often distorted.

Visit *The Greatest Places Online* at <http://www.greatestplaces.org>.

Pheasant Run Theatre announces auditions for *Jekyll & Hyde*

Casting: 16 Men and 8 Women — all roles available. No roles have been pre-cast. Dates: Saturday June 9, 2001

from 11 a.m. - 8 p.m. Fine Arts Building, 410 South Michigan Avenue, Chicago -10th floor. Monday June 11, 2001 from 11 a.m. - 8 p.m. Pheasant Run Theatre, 4051 E. Main Street, St. Charles, IL.

Show Dates: Five shows Per Week, Friday through Sunday. Some added matinees and command performances. September 21, 2001 - February 16, 2002.

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Continued on Page 43

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Monday - June 11 - Lou DiGangi 16 piece "BIG BAND" 8-11 (\$5.00 Cover)

Friday - June 15 - Neil Rose Blues Band - Traditional CHICAGO Blues 9-1 (\$5.00 Cover)

Tuesdays - Jack Carr, Pianist & Singer - 7 to 10:30

Wednesdays - Jerry Owens, Pianist & Singer - 7 to 10:30

Thursdays - Jack Carr, Pianist & Singer - 6:30 to 9

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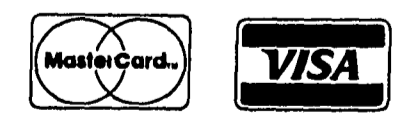
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This recent Broadway hit based on the beloved comedy and movie musical, "The Philadelphia Story," is the hilariously romantic misadventure of the ridiculously rich Tracy Lord. Travel to the Center for Visual and Performing Arts in Munster, Indiana on Thursday, May 31. Join Oyster Bay's crème d' la crème in attendance at a most luscious and loony wedding set, to enjoy the song hits, "True Love," "It Was Just One of Those Things," "It's All Right with Me," and a host of other Cole Porter classics. The trip includes deluxe motorcoach transportation, theater ticket and lunch at Phil Smidt's. Menu choices will be boned and battered lake perch, fried chicken, or sautéed frog legs. The bus leaves the Prairie View Community Center at 10 a.m. and returns at approximately 6 p.m. The Cost is \$59 for residents and \$70 for non-residents. Register at Prairie View.

CHOLESTEROL SCREENING

Monitoring blood cholesterol is a key method of controlling the risk of heart and artery related health complications. The Morton Grove Village Hall Senior Center thinks it is important for seniors to maintain a cholesterol level below 200 mg/dl. The Center has scheduled a screening from 9 to 11 a.m. on Tuesday, June 5. The cost is \$4 for Morton Grove seniors (age 65+) and \$5 for non-residents or residents under age 65.

"ICE CREAM" SEMINAR

June brings with it the peak of the ice cream season. Come and learn the history of this delicious treat on Thursday, June 7 at 1 p.m. Karen Amato of the Niles Dairy Queen will be the presenter and the Niles Senior Center Kitchen Band will entertain. Special treats, compliments of Dairy Queen, will be served. Please call Senior Adult Supervisor, Catherine Dean at the Morton Grove Park District, 965-1200, to register for this seminar.

DRIVER SAFETY PROGRAM

AARP's "Driver Safety Program" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, June 14 and Saturday, June 16. The cost of the course is \$10. Call the Senior Hot Line at 470-5223 to sign up.

COFFEE WITH CATHERINE "COMING OF AGE"

On Tuesday, June 19 at 10:30 a.m. discuss the changes in society after viewing a video entitled, "Coming of Age." This production focuses on indications of changing values during an era of tremendous advances: faster cars, more revealing clothes, and liquor bootlegging. In 1924, radio networks came into being, in 1927, talking pictures and air travel. This is sure to be a lively discussion.

COMMUNITY PAINT-A-THON

The 14th Annual Community Paint-A-Thon is accepting applications between now and July 1. The program is a unique community partnership designed to paint the homes owned and occupied by persons with limited financial resources who are either 60 years of age or older or have a permanent disability, and are unable to do the work themselves. The "Paint Day" is Sept. 8. Applications are available by calling Cindy Gunderson at 847/253-5500.

MORTON GROVE HOMECARE SERVICE

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

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

CJE June programs for seniors

Council for Jewish Elderly offers the following programs, of interest to senior citizens and their families, at a variety of community locations. For further information for programs, please call CJE at (773) 508-1000.

Thursday, June 7. Senior Literary Circle, led by Skokie Public Library's Marianne Mondrus, 2 p.m., Thursday, June 7, Lieberman Geriatric Health Centre, 9700 Gross Point Rd., Skokie. Call (773) 508-1000 for information.

Friday, June 15. Yiddish Music and Conversation, with Aviva May, 2 p.m., Friday, June 15, Lieberman Geriatric Health Centre, 9700 Gross Point Road, Skokie. Call (773) 508-1000.

Sunday, June 17. Father's Day Celebration, featuring music, bingo, and refreshments, is held at 2 p.m., on Friday, June 8, Lieberman Geriatric Health Centre, 9700 Gross Point Rd., Skokie. Call (773) 508-1000.

Reducing Medicare Waste

(NAPS)-Medicare lost about \$11.9 billion to waste, fraud and mistakes in fiscal year 2000.

"Reducing the rate of waste, fraud and improper payments in Medicare could make a substantial down payment toward adding a prescription drug benefit or improving the quality of care," says George Smith, chairman of TREA Senior Citizens League (TSLC), a national group of politically active seniors.

Medicare has made progress in the reduction of improper payments. One example is a recent change in the payment system to home health care agencies and nursing homes. Under the old system, Medicare paid for all services delivered. Now providers are paid fixed rates.

"The annual review by the Office of the Inspector General has proven that we can reduce improper payments in Medicare - but that review had focused on Medicare's fee-for-service payments," says Smith. "Medicare also needs effective monitoring in other areas."

TSLC is a national group of politically-active seniors concerned about the protection of their earned Social Security, Medicare, military, and other retirement benefits. TSLC members participate in grassroots lobbying and public education campaigns to ensure governmental bodies, including the Social Security and Health Care Financing Administrations, live up to their commitments. Visit the Web site at: www.tslc.org.

Always behave like a duck—keep calm and unruffled on the surface but paddle like the devil underneath.

—Jacob Braude

Niles Senior Center 588-8420

NILES SENIOR CENTER REGISTRATION

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

NILES - ONLINE

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

FOR YOUR HEALTH - MAY/JUNE MAY 30 SENIOR HEALTH AND FITNESS DAY

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

MAY 31 DASH DIET - DIETARY APPROACH TO CONTROLLING HYPERTENSION

A free lecture presented on Thursday at 2 p.m. Come learn how diet can control hypertension. Presented by Terry Dalla Valle RN, BSN. Registration is required.

JUNE 1 TO 22 BRAIN BUILDING

Meets on Monday and Friday at 1 p.m. This seven class series will enhance and develop your mental powers of concentration, memory, and creativity. Classes will include healthy food samples, and handouts on health products for a healthy body and mind. Cost: \$30. Registration required.

JUNE 13 BLOOD PRESSURE SCREENING

For Niles residents on Wednesday, 1 to 3:30 p.m. No appointment needed.

We are looking for volunteer registered nurses for our monthly blood pressure. The program is on the second Wednesday of each month from 1 p.m.-3:30 p.m. Contact Terry Dalla Valle, RN, BSN, for more information at 588-8420.

JUNE TICKET SALES

June Ticket Sales begin on Wed., June 6, at 8:45 a.m. Tickets are sold on a first come, first served basis to senior members. Enter through East door. Doors open at 8:30 a.m.

June Lite Lunch & Movie - Friday, June 1, 12 noon. Enjoy a lunch including a Sloppy Joe sandwich and a bag of chips. Followed by the movie, *Meet the Parents* (PG-13) starring Robert De Niro. Cost: \$2.50 Registration required.

Sunday at the Center: BBQ & Movie - Sunday, June 3, 11 a.m. to 3:30 p.m. Hot dogs & Hamburgers - fresh off the grill, plus salad, chips and dessert, noon to 1 p.m. Then watch *Remember the Titans* (PG-13) with Denzel Washington as a football coach attempting to improve race relations to unify his team. An inspirational drama! Cost: \$6.

Evening at the Center: Card Party - Tuesday, June 19, 5 to 8:30 p.m. Enjoy a submarine sandwich, salad and dessert followed by an evening of Pinochle, Bridge, Poker, Uno, Billiards, and Board games. Cost: \$6 includes meal, games & prizes.

Pool Tournament - Wednesday, June 27, 10 a.m. to 4 p.m. Join us for our 3rd tournament with Des Plaines Senior Center. Cost: \$5 includes morning refreshments, lunch & prizes.

Men's Club Spring Bar-B-Q-Friday, June 29, 11 a.m.-2:30 p.m. Enjoy grilled hamburgers, brats & all the trimmings at this fun-filled annual event. Then sit back (or maybe dance in the aisles) to the songs and strummin' of Bill Bailey Banjos. Cost: \$6 includes lunch, entertainment & raffle. Make your reservations now!

SUMMER COMPUTER CLASSES

Registration for summer computer classes is Monday, June 4 beginning at 8:45 a.m. Classes include Create Your Own Address Book, Pre-Intro to Computers (two sessions are offered one in the afternoon and another on Tuesday evenings), Intro to Computers, Microsoft Word, and Microsoft Word II. For more details, call 588-8420.

Crossroads To Health

IN THIS ISSUE

Safely seating children in autos



Information is critical to understanding menopause



Parents must lead way for close sibling relations



Diagnosing and treating sleep disorders



Experts urge caution if spending time in sun



CROSSROADS TO HEALTH

New statistics provide clues in preventing teen suicide

Family support and good grades are among factors that can offset risks for teen suicide, according to a study in the March issue of Pediatrics. For more than 13,000 students ages 10 to 19 who were interviewed, perceived parental and family connectedness was one of the most common factors seen as protective against suicide. This was true for black, white, and Hispanic

boys and girls. A high grade point average was a significant protective factor among boys, and emotional well-being helped to offset the known risk factors among girls.

Suicide attempts were most prevalent for white (5.6 percent) and Hispanic (5.5 percent) girls and least prevalent for black (1.6 percent) and white (1.9 percent) boys. The study also breaks down risks and protective factors that seem to affect one or two racial, ethnic or gender groups but not all. For example, boys were more at risk if they carried weapons at school or experienced a same-sex romantic attraction.

Easy household access to guns was most predictive of suicidal behavior for black and Hispanic boys, and school-provided counseling was most protective for Hispanic girls. The study concluded that a better understanding of factors that predict and protect against suicidal behaviors is important for developing culturally responsive prevention and intervention strategies.

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Close family relationships is key to raising kids

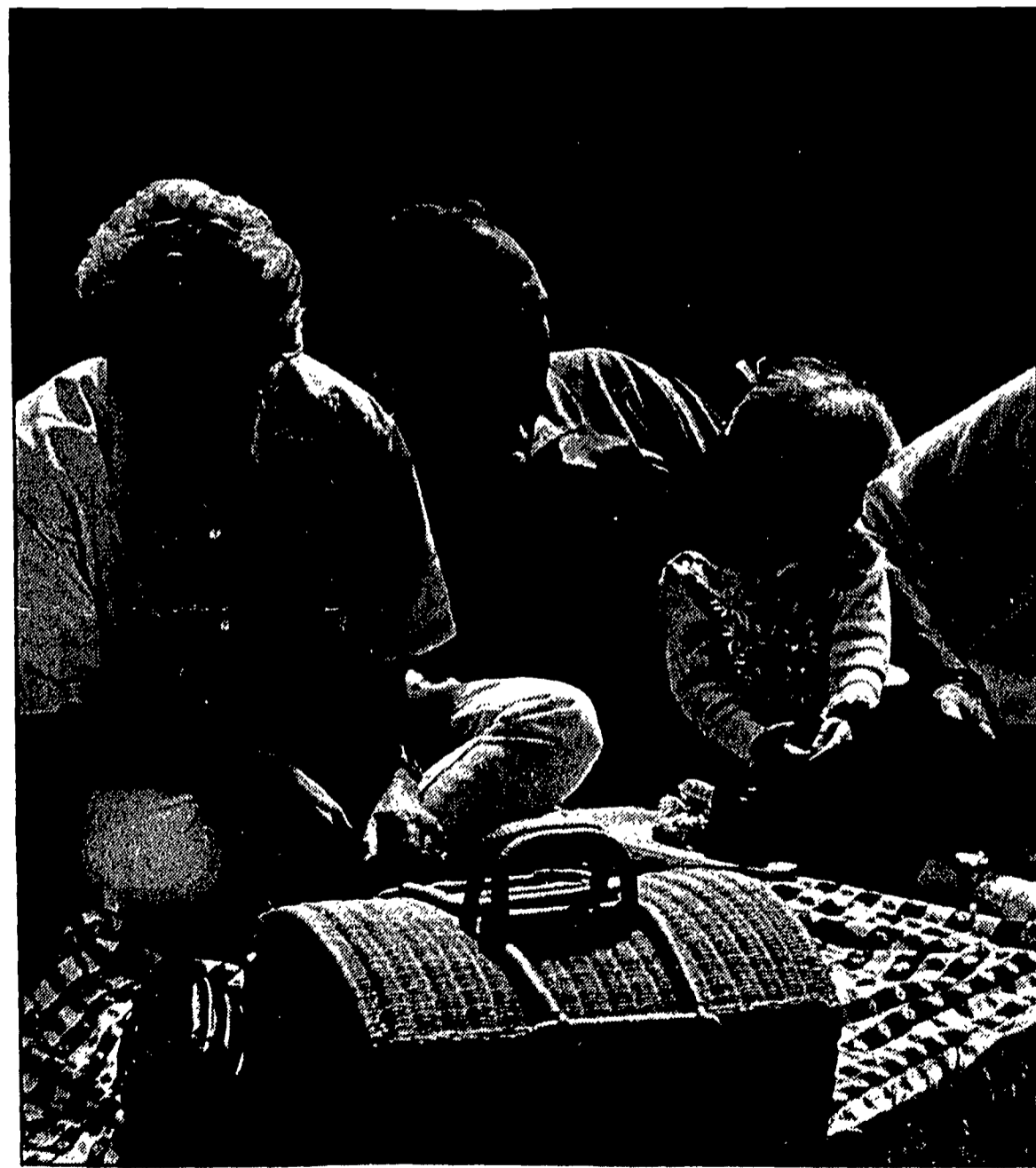
by Jeanine Kromer
 A beautiful newborn baby elicits dreams of joy, happiness and fulfillment. A healthy baby is a gift from God. The euphoric dream of perfection fades a little when the first time parents attempt to put the baby in the car seat when leaving the hospital. From here on out, two people who lovingly created life are going to find out the hard way the meaning of life and the commitment parenting demands.

Much of good parenting comes instinctually. The trick is learning to tune into your gut feeling and trusting what your heart says. Raising physically, emotionally and mentally healthy kids in this day and age is quite an accomplishment. The first six months of being a parent are some of the most unnerving and discomfounding months of a person's entire life. Lutheran General Hospital offers a lecture series during April to aid first time parents by addressing some frequently asked

questions and concerns.

Like Hillary Clinton pointed out it takes a whole village to raise a kid. Grandparents can play a vital role in the healthy growth of a kid. Grandparents tend to be a little more relaxed and accepting of a child than the parents. They also bring years of experience about life in general. Grandparents are great at sharing their interests with their grandchildren and introducing them to activities they wouldn't learn about anywhere else. My Grandma used to take me to bingo and taught me how to play bunko. She told me some great stories about great aunts and uncles that I would never know. Knowing some family history gives a sense of continuity and understanding about oneself. Many first time grandparents haven't held a baby or changed a diaper in 20 years so they too experience a little anxiety about the new arrival. Lutheran General Hospital acknowledges grandparents apprehension with a workshop in April.

Kids benefit greatly from having close relationships with their siblings. Many people consider their adult siblings best friends and great resources for support and encouragement. Good sibling relationships start with the parents. Parents must be aware of how their kids interact and set a good example by relating well to each other. A new baby brings big changes for all the kids in a family and preparing them for what to expect will help to ease fears and make the transition more pleasant for all concerned. A class for siblings is available through Lutheran General Hospital. The class allows kids to hold, feed and change a baby. It's a great experience for the whole family to come together to learn about the newest member of the family. Healthy families grow, share and learn together. Each member's needs and desires are important and must be respected. The arrival of a newborn baby is an ideal time to put some of those theories into practice.



Kids benefit greatly from having close relationships with their siblings. Many people consider their adult siblings best friends and great resources for support and encouragement. Good sibling relationships start with the parents.

CROSSROADS TO HEALTH

Niles Fitness Center provides perspiration and inspiration

by Jeanine Kromer
 Niles Family Fitness Center is exactly as its name states, a family oriented facility. Opened in 1998 the fitness center offers something for everyone in the family. The 5000 square foot center houses a fitness club, aquatic center, fitness studio, gymnasium, indoor track, babysitting and birthday party services.

Members receive a free fitness evaluation by the Niles Family Fitness Center professional staff to assist in setting up an individualized program to meet members' tastes and requirements. Body-masters Selectorized strength equipment available at the Niles Family Fitness Center includes abdominal crunch, abductor machine, shoulder, chest, leg and tricep press, rowing machine and glute trainer. The Niles Family Fitness Center also has bicycles, treadmills, cross trainers, rowers and toning weights.

The aquatic center features an L-shaped pool that is kept at a balmy temperature. The 25-foot lap pool is the place for open swim, fitness classes and conditioning. For tots and individuals not too sure of their footing a zero depth pool with easy walk in access is ideal. The aquatic center at Niles Family Fitness Center boasts a 100-foot water slide, a swim channel of swirling water and interactive water spray play for "kids" of all ages to enjoy.

The fitness studio at Niles Family Fitness Center has a suspended wooden floor to reduce impact and decrease exercise related injuries. A variety of classes are offered in this 1800 square foot room. Yoga and power yoga are available to relax both the mind and body. For older adults an easy does it class involves low impact aerobics, step or walking, resistance work, floor work and the old stand by stretching. Low impact aerobics with stretching has its own class. There are several step-based classes including step basics, step and sculpt and step interval. For toning and strength there is body flex and total body toning. For those individuals already in good shape who are looking for a challenge or something new there are a few cardio classes available including cardio-dance, cardio-box, cardio-kick combo and cardio combo. Spinning classes offered at Niles Family Fitness Center include endurance, strength, interval, race day, criterion and criss cross. It's all there, folks, for the taking.

The Niles Family Fitness Center Gymnasium has drop in and organized basketball, volleyball and indoor soccer. The indoor track is on the third floor and has lanes for walking, jogging and running. The second floor of the fitness center features "The Clubhouse" where qualified staff will watch kids of members in a safe

and fun environment for up to 2 hours. Birthday party packages emphasize physical fitness. Options include splash pool party, havin' a ball sports party and surf'n turf party.

Carl Maniscalco, the Director of the Niles Family Fitness Center ran in the 105th Boston Marathon on April 16th of this year. He finished in the top third of 17,000 runners who participated. Maniscalco ran the Boston Marathon in 3 hours and 40 minutes that breaks down to 8 minutes and 32 seconds per mile. Talk about inspiration at the gym! What sets the Boston Marathon apart from other marathons is the granddaddy of them all is that a person must qualify to participate. Maniscalco qualified at the Lake County Marathon in April of 2000.

Maniscalco said the dream of any marathon runner is to compete in the Boston Marathon. It is a unique and prestigious honor just to qualify for the Boston Marathon. Maniscalco has always exercised and was drawn to the challenge of a marathon. He began running competitively 6 years ago and set his sights on finishing a marathon. Maniscalco has competed in six marathons so far but the biggest thrill was his dream weekend in Boston.

The training for a marathon requires discipline and motivation. Carl follows an 18-week training program that requires one to run 3-8 miles four or five days a week and 8-20 miles on the weekend. Staying away from injuries and eating right are also challenging while training. Maniscalco doesn't follow a specific diet but in general eats low fat, high carbs, lean protein and takes in lots of fluids. The most grueling part of the marathon is the last six miles. The last six miles are all mental. At that point the body really wants to shut down. How badly does the runner want to tough it out?

Carl's fantasy weekend in Boston was wonderful. Everyone in Boston gets the day off on Marathon Day. The race actually begins outside of Boston in Hopkinton. The race goes down a two-lane highway through towns. People line the streets to cheer on the runners. If a runner wears their name on a t-shirt the fans will actually cheer for the runner by name. The atmosphere is festive almost like a tailgating party with people BBQing. There are families with their kids handing out fruit and water to the runners as they whiz by. Maniscalco tried to high five as many kids as he could. He said you were compelled to keep running because you didn't want to let these people down. Maniscalco saw a sign he will never forget. The sign read "The pain is temporary but the pride is forever." Maniscalco was

Survey shows doctors spend up to 50 percent of time on Medicare paperwork

The American Medical Association (AMA) has told Congress that complex Medicare rules and regulations are endangering Medicare access and urged Congress to pass the Medicare Education and Regulatory Fairness Act (MERFA) to help fix the problem.

"More than 110,000 pages of Medicare rules, policies and regulations now come between physicians and Medicare patients," Richard F. Corlin, AMA president-elect, testified before the Ways and Means Health Subcommittee. "In a recent AMA survey, more than one-third of the responding physicians reported spending one hour completing Medicare paperwork for every one to four hours spent on patient care. That's 20 to 50 percent of a physician's time spent with paper instead of people."

"We've reached the point where physicians are spending time on documentation that doesn't benefit the patient - but is purely to meet government's demands," Dr. Corlin said. "A cardiologist said recently that when he makes hospital rounds, two nurses are taking care of patients, and the other six nurses are checking documentation to make sure it

complies with regulations. When you're sick, do you want the medical professionals to focus on you? Or your claim forms?"

MERFA, introduced by Sens. Frank Murkowski (R-AK) and John Kerry (D-MA) and Reps. Pat Toomey (R-PA) and Shelley Berkley (D-NV), would address many of the egregious hassles that are forcing physicians to think twice about Medicare.

"We are very concerned about the increasing number of stories -- and now even statistics -- that show physicians are being suffocated by the system and are becoming reluctant to accept new Medicare patients," Dr. Corlin said.

"Medicare requirements are not only complex, they are constantly changing," said Dr. Corlin. "An AMA survey showed that 80 percent of physicians say Medicare carriers do not give them clear guidance on the Medicare rules and requirements."

MERFA will provide better education for physicians on the complexities of Medicare billing and will restore fairness to the Medicare audit process. This new bill already has nearly 60 cosponsors in the House and 11 in the Senate.

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Use caution in seating young children in autos

by Jeanine Kromer
Americans are in love with their cars. Most people use their car every single day. From salesmen to suburban Moms a number of people spend the majority of their day in the car. Cars are not only useful, they symbolize much in our society. What kind of car you drive says a lot about who you are and what your priorities are. Your car is sometimes viewed as a measure of your "success" in life. Cars in America have a lot of things going for them but they are also very dangerous and can ruin your life if you aren't careful. One thing Americans love more than their cars are their kids and sometimes the two don't mix.

Most everyone can attest to being a much more cautious and conscientious driver after strapping their first born into his or her car seat on the way home from the hospital. All of a sudden you're actually looking for the speed limit signs so you don't go too fast and risk injury to your tiny one. The National Highway and Traffic Safety Administration states that most fatal car crashes happen at less than 40mph and closest to home. Kids should always be buckled in. Allow 65% of kids are buckled in, 30% of them are buckled incorrectly. It is extremely important to follow the manufacturer's instructions to install a

car safety seat properly. The safest place for kids 12 years and younger is in the back-seat buckled up. Infants under 20 pounds and up to a year old should be in a rear facing car seat in the back seat of the vehicle. Infants are to face the rear to better protect their necks. If the car seat is in the front of the car the kid has a greater chance of being injured from the impact of an accident. Air bags also pose a great risk to kids. The force that an air bag releases with could injure or kill a kid.

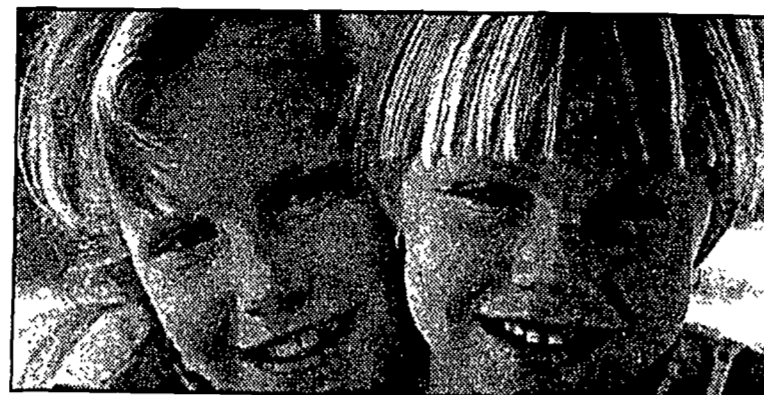
Older kids that are 40 pounds or more should sit in a booster seat until the car seat belt fits them properly. The lap belt should ride low and fit their hips snugly. The shoulder harness should not cross the kid's face or neck. The shoulder harness should not be worn behind the back or under the arm.

AAA Mid Atlantic notes that there are numerous types of car seats and well over 300 models of passenger vehicles. Logically all car seats will not be compatible with all types of cars. If possible, test a car seat before buying it. To ensure a proper fit, pull the base of the car seat to either side and towards the front of the car. The seat should not move more than one inch in any direction.

Things to be on the look out for when purchasing a family

car: I can say from experience that two door cars pose problems for car seats. First, it is difficult to get the car seat in the proper position because you have to crawl back there with it. Getting a kid into and out of a car seat, especially a rear facing one, is a major hassle. I can't tell you how many times I bumped my head on the car door. As soon as we could my husband and I got rid of that car.

Smaller cars tend to have smaller back seats that do not accommodate a wide base car seat. Some safety belts in smaller cars are closer together in the back and don't allow enough room for the car seat base to rest properly. Deep bucket seats also make it difficult to get a car seat snugly into a safe position. The slope of the back seat can pose a problem with rear facing car seats. The car seat should be reclining at a 45 degree angle and if the slope is too steep, the seat leans too far forward almost in an upright position. A possible solution is to put a rolled up towel under the base of the car seat to get it to recline further back. If there is a hump in the center back seat do not place the car seat in that spot. Chances are the seat will not be secure. Pick up trucks pose problems because many rear seats do not have enough space between the front and back seat to allow forward



motion of a kid upon impact. The side facing seat in a pick up truck are never safe for a car seat. On the up, side many cars have holes drilled in the back to

use for tether or anchorage. There is a metal plate bolted to the vehicle to attach tether straps from the car seat to. The tether may improve safety by better securing the car seat to the vehicle.

Doctors support patient right to sue HMO's for malpractice

The American Medical Association (AMA) told Congress today that HMOs, like every other entity in our society, must be held accountable for harm they do to patients. "It simply isn't fair to grant a shield of immunity to health plans - a shield not given to any other person or business entity," AMA Trustee Donald J. Palmisano, MD, testified today before the House Energy and Commerce Health Subcommittee.

The vast majority of Americans agree. A January Kaiser/

Harvard poll found that 75% of Americans support patient protections, including the right to sue health plans. Poll numbers change slightly from month to month, but the basic sentiment never changes: Americans want a patients' bill of rights, including the right to hold HMOs accountable for harm.

"There is no sound policy reason why we should leave injured patients with no real legal remedy when they have been injured by a negligent health plan," Dr. Palmisano said. "This is truly an issue of fundamental fairness."

Numerous federal judges have even called on Congress to fix the problem. Dr. Palmisano quoted one federal judge who had to throw out a case against a health plan, saying: "The tragic events set forth in [this woman's] complaint cry out for relief.... Nevertheless, this court has no choice but to slam the courthouse doors in her face and leave her without any remedy."

On whether suits should be filed in federal or state court, Dr. Palmisano said, "Because states historically have retained jurisdiction to govern the practice of medicine, if the case involves a medical judgment the plan has made, then the case should go to state court. It's that simple."

The Judicial Conference of the United States, headed by Chief Justice Rehnquist, has urged Congress to use state courts as "the primary forum for the resolution of personal injury claims arising from the denial of health care benefits."

Dr. Palmisano urged Congress to pass a strong patients' bill of rights: "President Bush has stated repeatedly that the patient protection laws in Texas are working well. Despite the insurance industry's claims, health care costs have not skyrocketed; employers have not suddenly dropped health benefits; and patients trying to file frivolous lawsuits have not overrun the courts. We call on Congress to help pass a meaningful, bipartisan patients' bill of rights this year."

CROSSROADS TO HEALTH

Sleep disorder remains major problem for many

by Jeanine Kromer

Sleep, sleepy, sleepy. Not just the name of one of the seven dwarfs but a real problem for 50 million Americans. Sleep disorders effect men, women, young and old. Everyone has experienced tiredness, lack of energy, difficulty concentrating and irritability from a fitful night of sleep. Feeling tired because one slept for only three hours is understandable but after eight hours?

As with most things people vary in how much sleep they need. Most adults sleep between 7 to 8 hours a night. There are "short sleepers" who require a scant 3 to 4 hours and "long sleepers" who linger in bed for at least 10 hours. "Variable sleepers" need more sleep during stressful times than peaceful times. Babies can sleep up to 16 hours straight and as one ages sleep decreases.

Insomnia is the most common type of sleep disorder. Since people vary in the hours they need for restful sleep, insomnia is not defined by a certain number of hours slept. If a person feels like they have not slept long enough or peacefully then he may suffer from insomnia. Having difficulty falling asleep, waking up frequently and having trouble get-

ting back to sleep, waking too early or feeling unrefreshed are characteristics of insomnia.

There are several levels of insomnia. Transient insomnia is temporary, lasting a few days and may be caused by a temporary stressor such as surgery, physical discomfort (backache), travel or change in sleep schedule. Short-term insomnia lasts up to three weeks and may be caused by more serious worries like marital problems, losing a job, social isolation or health concerns. Long-term or chronic insomnia usually stems from such medical conditions as disease of the kidney or heart, diabetes, asthma, hyperthyroidism or depression. Behavioral factors that agitate insomnia include caffeine, alcohol, nicotine, napping and late night exercise.

Treating insomnia requires evaluation and adjustment of sleep habits. Patient's medical and sleep history are examined. The patient may keep a sleep journal and an interview with the patient's bed partner may yield important information about the patient's quality and quantity of sleep.

Ruling out an underlying physical problem is the first step. Relaxation therapy involves teach-

ing the patient how to ease anxiety and tension helping the mind to cease "racing." A peaceful mind and relaxed body will lead to restful sleep. Sleep restriction is another approach. Some people spend too much time in bed trying to get to sleep. The patient begins with a few hours of sleep a night and gradually builds up to a more normal night's sleep. A third treatment is reconditioning. The patient is reconditioned to associate the bed with sleeping only. No reading, watching TV or eating in bed. The patient is to go to bed only when sleepy. If experiencing difficulty falling asleep the patient gets out of bed and does something else until he feels sleepy again.

Establishing a regular sleep schedule aids in healthy, restful sleep. Going to sleep at the same time every night (only if sleepy) and setting the alarm for the same time in the morning (even on weekends) helped the body to set its biological rhythms.

According to Media Relations Manager Kim Waterman Luther-an General's Sleep Disorders Center was founded to assist doctors in diagnosing and treating patients who have difficulty falling asleep or staying asleep at night or who have problems with

excessive daytime sleepiness. The Sleep Disorders Center is staffed by physicians, clinical psychologists, technicians and

Having children when older does not seem to reduce risk of dementia

A longer reproductive period, thought to be related to a longer exposure to estrogen produced within a woman's body, does not seem to reduce a woman's risk of dementia and Alzheimer disease, according to an article in the March 21 issue of the *Journal of the American Medical Association (JAMA)*, a theme issue on women's health.

Miriam I. Geerlings, PhD, of Erasmus University Medical Center, Rotterdam, the Netherlands, and Lenore J. Launer, PhD, of the National Institute on Aging, National Institutes of Health, Bethesda, Md, and colleagues studied postmenopausal women to determine whether a longer reproductive period (the time between the onset of menstruation and menopause), as an indicator of longer exposure to endogenous (within the body) estrogens, is associated with lower risk of

other professionals specifically trained in sleep disorders. For more information contact Dr. Barry Weber at 723-7024.

dementia and Alzheimer disease (AD) in women who have natural menopause. Dr. Launer presented the findings here today at a *JAMA* media briefing on women's health.

"Our findings do not support the hypothesis that a longer reproductive period reduces risk of dementia in women who have natural menopause," the authors write.

According to background information cited in the article, decreasing estrogen levels have been hypothesized to be associated with increased risk of dementia. Although a number of studies have found an association of exogenous estrogen (estrogen replacement therapy) with reduced risk of dementia and cognitive functions, others have not found a relationship, and some have even suggested that estrogen may have negative effects.

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CROSSROADS TO HEALTH

Menopause is time of physical, emotional changes as role of woman changes

by Jeanine Kromer

A large part of many women's lives revolves around becoming a Mom, being a Mom and then losing the ability to create a child. A gigantic difference between men and women is that the woman actually grows and carries the baby inside her body. For nine months the Mom and baby share the most intimate of spaces and functions. The bond that is to form at that time is so powerful that a woman will do anything it takes to protect her baby. That bond also makes the Mom incredibly vulnerable so that the smallest of her baby's tears will break her heart. The baby grows into a child and eventually matures into an adult. Then the baby leaves the Mom's house but never her heart. During this time of emotional turmoil the Mom is also physically challenged with the loss of her ability to create this precious life. And this is menopause.

There is usually a 1 - 5 year lead in to the actual cessation of monthly bleeding. The cessation of bleeding is the result of a marked decrease in ovarian production. At this time there is an increase in the FSH and LH levels which is the hypothalamus' attempt to stimulate the ovaries to produce more estrogen. This is what causes hot flashes, night sweats and palpitations. Leading up to menopause most women experience a decrease in their levels of progesterone and estrogen. Many times a woman will have irregular or missed cycles. Other symptoms include memory loss, insomnia, emotional fragility, vaginal dryness, dry skin, back pain, headaches, PMS and excessive bleeding. That's quite a grocery list of physical ailments for anyone to take on. Most symptoms diminish once the body has

reestablished its balance. Many women also gain weight before and/or during menopause. That would definitely add insult to injury. Not only is the baby leaving, the ability to create a baby ending and then your clothes get tighter. Talk about emotional overload!

Serious health concerns after menopause include an accelerated rate of loss of bone that could lead to osteoporosis and a higher incidence of fractures. The weight gain if it is of the apple-shaped variety (above the hip area) can be dangerous. Apple-shaped weight gain as opposed to pear-shaped (hips and thighs) is more often associated with diabetes, hypertension, elevated cholesterol and blood levels. All of these items are risk factors for cardiovascular disease.

Interestingly enough women from non-Western cultures tend to fare better at this time of life than American women. Women of non-Western cultures experience fewer menopausal symptoms and have a lower rate of cancer and fractures even though their calcium intake is much less than American women. Non-Western women tend to eat less animal protein that causes the body to excrete calcium and reduces the production of sex hormones. Non-Western women also eat more potassium rich foods (increases calcium intake) and are more physically active. American women tend to experience a chronic depletion of energy during the pre-menopausal years from poor nutrition, huge stress and more sedentary lifestyles. Psychological factors working in American cultures include the belief that aging brings illness and lack of respect for the wisdom that comes with the years.

What is a woman to do? The most common response to premenopausal and menopausal symptoms is HRT, hormone replacement therapy. Sometimes the hormone therapy is estrogen only and sometimes it is estrogen in combination with progesterone. Many hormone replacement therapies utilize synthetic hormones. The cons of HRT include increase risk of breast and endometrial cancer (estrogen only), venous thrombosis (blood clots), possible damage to the gall bladder and liver, migraines and hypertension. The pros of HRT include decrease incidence of cardiovascular disease, osteoporosis and apple-shaped weight gain. With or without HRT most women gain weight before and/or during menopause.

Changes in lifestyle can't hurt, are natural and don't cost a penny. Decreasing animal protein/fat, caffeine, alcohol and nicotine intake while increasing leafy green veggies, whole grains, fruits and legumes intake. Decreasing stress and increasing in weight-bearing exercise are also good suggestions.

Whatever a woman chooses to do at this time her life research is key. Talk to your doctor. Check out his/her suggestions on the internet and with what other women hear from their doctors. Evaluate your own health and keep your own priorities in mind. What is best for one woman just may not work for another woman.

To aid women in making the best decision Rush North Shore Hospital in Skokie is offering a seminar on the benefits and risks of HRT on June 11th at 7 p.m. Dr. A. Michael Drachler will host the HRT seminar. Call 933-6000 for more information.

Fatigue, varied pains, linked to rare disease effecting up to 8 million Americans

by Jeanine Kromer

Feeling exhausted all the time and experiencing widespread pain that doctors do not seem to be able to diagnose? Fibromyalgia may be the answer. Fibromyalgia dates back to the 17th century and has been called by different names: muscular rheumatism, fibrositis, fibromyositis, chronic muscle pain syndrome, psychogenic rheumatism and tension myalgias.

Up until 1990 fibromyalgia was difficult to diagnose because blood test results would come back negative and there was no known cause. The symptoms patients would describe were many times misdiagnosed as chronic fatigue syndrome, hypothyroidism and parathyroidism. There was a general lack of knowledge in the medical community about fibromyalgia until recently.

In 1990 the American College of Rheumatology identified specific criteria for fibromyalgia. For diagnosis of fibromyalgia 11 of 18 specific areas of the body must be intensely painful under pressure and the widespread pain must last for at least 3 months.

Chronic pain, stiffness and extreme pain are characteristics of fibromyalgia. The pain is located in the fibrous tissue of muscle, ligaments and tendons. Other symptoms one may experience are tension, migraine-like headaches, tingling, numbness and irritable bowel syndrome. A variety of things thought to trigger fibromyalgia such as exercise, stress, physical or emotional trauma and lack of restorative (REM) sleep.

Doctors are urged to watch for early signs of dementia

Baby boomers are expected to live longer than any generation before them, and it is likely that more people will be diagnosed with dementia than ever before. Risk factors for dementia include a family history of dementia, previous head injury and a lower education level. Women also have a higher risk of dementia.

Signs and symptoms to look for are changes in cognitive function, such as forgetfulness, trouble understanding communication, difficulty finding words and not knowing common facts; psychiatric symptoms like depression, anxiety, insomnia, paranoia and hallucinations; changes in personality; behavior problems; and changes in day-to-day functioning, such as getting lost, neglecting self-care and household chores, difficulty handling money and trouble with shopping.

Early diagnosis of this disease requires questioning to elicit clues about the presence

Fibromyalgia affects 3% - 6% of Americans. That translates into about 6 to 8 million people. The majority (75% - 80%) of sufferers are women. Although fibromyalgia has been found in all age groups it is more common in the 20-60 age bracket.

Finally getting a name for what ails patients is a relief but it comes at a price. People with fibromyalgia must learn to cope with the fact that they will have this all their lives. It's important for them to come to terms with that realization and accept the changes fibromyalgia brings to one's life. Fibromyalgia is not a progressive disease but it is usually chronic.

There is no known cure for fibromyalgia. There are things people may do to alleviate the pain and improve their quality of life while living with fibromyalgia. Medication often eases pain and may improve sleep. Exercise programs that involve stretching the muscles and improving cardiovascular fitness are recommended. Learning how to relax is key. Education programs offer knowledge to understand the disease. Support groups help people come together and learn the best way to cope with the stress of living with fibromyalgia. Some seek out massage, acupuncture or water exercise to relieve pain. As with anything, each person must experiment and find out what works best for him or her.

Highland Park Center offers a support group for those suffering from fibromyalgia. The next meeting is June 25th at 7 p.m. For more information call 419-7150.

of functional and cognitive impairment. Interviewing friends and family members is helpful. They may have adopted coping strategies to help the patient with dementia, which sometimes conceal the patient's impairment, making early diagnosis difficult. The patient should be asked about daily living activities and hobbies, and should be examined for speech impairments and memory problems. Dementia is probable if the patient has difficulty in several of these areas.

Age-related cognitive decline is characterized by memory loss without other cognitive problems. If memory deficit is present, but the other diagnostic criteria for dementia are not, a diagnosis other than dementia should be considered. The diagnosis of mild cognitive disorder can be made if the cognitive decline is temporally related to cerebral or systemic disease. Otherwise, the diagnosis of age-related cognitive decline should be considered.

Obituaries

LEONARD S. HOLDA

Leonard S. Holda, 81, of Chicago, died Saturday, March 17 at Resurrection Medical Center. He was born June 28, 1919 in Chicago. Beloved husband of the late Bernice Holda. Beloved father of the late Anita J. Fullen. Grandfather of Nicole (Mike) Donner and Erin (Aaron) Hall. Great-grandfather of 4. Brother-in-law of Adeline Holda. Services were held March 20. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

EDWARD JOSEPH SANELLO

Edward Joseph Sanello, 71, of Des Plaines, died Thursday, March 29 at Holy Family Hospital, Des Plaines. He was born July 12, 1929 in Queens, New York. Beloved husband of Janina Sanello. Beloved father of Nancy (Dick) Allen, Carol (Mark) Boettjer, Maciej (Barbara) Michalik and Thomas Smith. Grandfather of 6. Services were held March 31. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Elm Lawn Cemetery.

SOFIA DE CECCO

Sofia De Cecco, 99, of Niles, died Thursday, March 29 at St. Francis Hospital. She was born April 25, 1901. Beloved wife of the late Valentino De Cecco. Beloved mother of John (Regina) De Cecco and the late Bianca De Cecco. Grandmother of John (Jane) De Cecco. Great-grandmother of Patrick John De Cecco. Sister of the late Angelina Bianchin. Aunt of many. Services were held April 2 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

JOSEPH S. OROSZ

Joseph S. Orosz, 91, of Chicago, died Friday, March 30. He was born February 10, 1910. Beloved father of Mary Louise Actaboski and Eileen (Arthur) Brulk. Grandfather of Greg (Nancy), Jennifer, Jeffrey, Kathy (Joe), Mary Jean (Mark), Ron (Grace), and Susan. Services were held April 3 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

ZACARIAS BALITAAAN

Zacarias Balitaan, 89, of Des Plaines, died Friday, April 6 at Lutheran General Hospital, Park Ridge. He was born November 5, 1911 in the Philippines. Beloved son of the late Eleuterio (the late Macaria) Balitaan. Beloved father of Crispina Guno. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

AGNES BEAULIEU

Agnes Beaulieu (nee Ricca), 94, of Niles, died Friday, March 16. She was born September 30, 1906 in Metairie, LA. Beloved wife of the late Leo. Beloved mother of Edmund (Gabriela) Beaulieu and Andrea (Richard) Anderson. Grandmother of Michael, Thomas, John and Diego Beaulieu, Richard Anderson, No-reen Christianson and Jeanne Alanzo. Sister of the late Frank, the late James, the late Leona and the late Sr. Mary Andrea. Services were held Tuesday, March 20 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in St. Joseph Cemetery, River Grove. Memorials to: Alzheimer's Disease Association.

HOMER C. CREEL

Homer C. Creel, 85, of Chicago, died Saturday, March 31 at Resurrection Medical Center. He was born September 4, 1915 in Warrior, Alabama. Beloved father of Bonnie Zillmann. Services were held April 4. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Fairview Memorial Park.

IGNARIO CALDERONE

Ignario (Frank) Calderone, 97, of Niles, died Sunday, April 1 at Lutheran General Hospital, Park Ridge. He was born February 5, 1904 in Chicago. Beloved husband of the late Mary Calderone. Beloved father of Dorothy (Robert) Martin and Mary (Fred) Spiezia. Grandfather of 5. Great-grandfather of 4. Services were held April 4 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

HELEN M. KITTY

Helen M. Kitty, 82, of Northbrook, died Monday, April 2 at Glenbrook Hospital. She was born January 10, 1919 in Pittsburgh, PA. Beloved wife of the late Fred Kitty. Beloved mother of Stephanie Ano and Val Kitty. Grandmother of 3. Sister of John (Marge) Soroka, the late Rose (the late Charlie) Famulari, and the late Joe Soroka. Services were held April 6. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines.

CHESTER C. LUKA

Chester C. Luka, 79, of Niles, died Wednesday, April 4 at Lutheran General Hospital, Park Ridge. He was born December 19, 1921 in Chicago. Beloved husband of LaVerne Luka. Beloved father of Carol (Ronald) Grothendieck, Elaine Johnson, Dolores (Thomas) Kevane, and Gary (Kathy) Luka. Grandfather of 6. Brother of Dorothy Markus. Services were held April 7. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

BERNICE TEGELER

Bernice Tegeler (Ziaja), 81, of Arlington Heights, died Wednesday, April 11 at Northwest Community Hospital, Arlington Heights. She was born May 13, 1919 in Hillsboro, IL. Beloved wife of Aloisius Ziaja and of the late Walter Tabisz. Beloved mother of Nancy (Peter) Decker. Grandmother of Jennifer (Frank) Minneci, Jonathan and Jacqueline Decker. Great-grandmother of Philip and Samantha Minneci. Sister of Phyllis (Stanley) Rokoczy and Martha (the late Peter) Wozny. Aunt of Diane and Rosanne. Services were held Tuesday, April 17 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

ESTHER GIANNAKOPOULOS

Esther Giannakopoulos, 40, of Mt. Prospect, died Tuesday, April 3 at Northwest Community Hospital, Arlington Heights. She was born September 12, 1960 in Greece. Beloved wife of Paul Giannakopoulos. Services were held April 7. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines.

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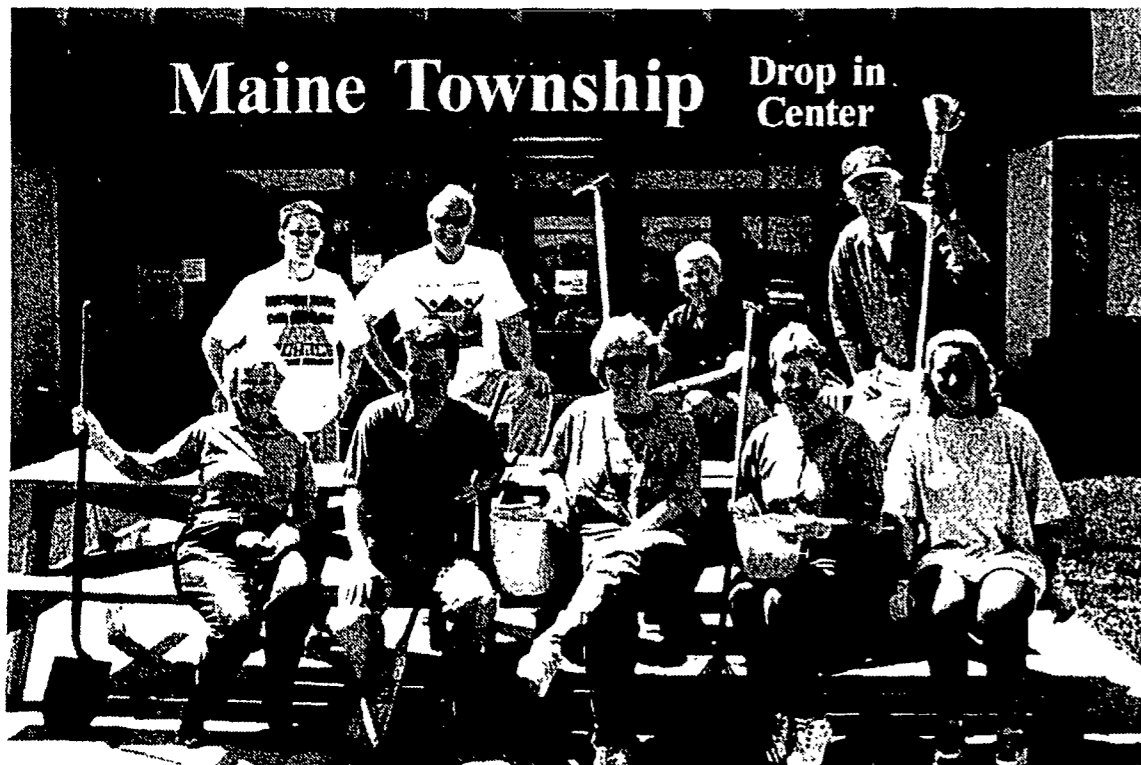
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CHURCH & TEMPLE NEWS

Church members help spruce up Youth Drop-In Center



Members of the local Messiah Lutheran Church pitched in recently to do yardwork and general cleaning at the Maine Township Drop-in Center. Shown, left to right in front row, Karen Blumenthal, Pastor Mark Larson, Beth Engelstad, Anne Wiberg, and Assistant Center Manager Therese Tully. Back row, left to right, are Kevin Kaufman, David Kaufman, Kurt Blumenthal, and Rev. Mark Wiberg.

Joanne Eiler chosen to lead St. Luke's Church in 2001-2002

The congregation of St. Luke's Christian Community Church in Morton Grove has chosen Joanne Eiler, of Niles, to lead the congregation as its President for the 2001-2002 term.

Mrs. Eiler, who lives with her husband, Otto, at 7306 Crain in Niles, has been a longtime member of the church and active in various aspects of its ministry.

Before assuming the presidency, Mrs. Eiler served as Secretary of the Church Council, and has been active not only in the Council, but in the Women's Guild, and has been a member of the church choir.

Her husband Otto is also an active member of the Church, serving as a member of the Trustee Board and as an Usher.

The couple were married in the church 23 years ago and will celebrate their 24th anniversary on June 24 of this year.

Pastor Raymond W. Nyquist says of them: "Every church needs a woman like Joanne and an Otto." He plans on preaching a sermon with that very title, emphasizing in practical ways the devotion to Christ and the commitment to the church of its members."

St. Luke's Christian Communi-



Joanne Eiler

ty Church is located at 9233 Shermer Road, Morton Grove. The church worship service begins at 10:15 a.m. on Sunday mornings, but beginning June 3 the worship service will go to its summer schedule of 9:30 a.m. worship through Labor Day Sunday, Sept. 2. Rev. Nyquist has been pastor of the church since August, 1999.

"The Church just put in four new handicapped parking slots," says Pastor Nyquist, "and the church building itself is handicapped accessible, with no steps at all. So everyone is able to access the church building." The church has had a vibrant ministry in the community since its founding in 1957.

OLR seeking vendors for Fun-Fest 2001

Our Lady of Ransom Parish, Niles, will hold its 10th Annual Fun-Fest 2001, on the parish grounds, Greenwood and Normal Avenues, beginning June 20-24. We are seeking vendors to display and sell their wares at the fest.

Anyone interested, should contact the parish Ministry Center, @ 847-823-2550. A committee chair will contact you regarding the details.



Pablo Picasso was a most prolific painter. In his 78-year career, it's estimated that he produced 13,500 paintings or designs, 100,000 prints or engravings, 34,000 book illustrations and 300 sculptures or ceramics.

School News

St. Paul Lutheran Church and School

St. Paul held its third annual Fine Arts Festival the evening of May 10th. The gala included an exhibition of art created by students and members of the St. Paul family and a program of topnotch musical selections provided by the St. Paul advanced band and vocal and instrumental soloists. The evening was topped off with the presentation of the Pastor's Art Appreciation Award, which is presented yearly to an 8th grade artist. This year's winner was Johannes Koerm.

The 34 members of the 3rd-through 8th-grade track teams at St. Paul recently participated in Northwest Suburban Lutheran Conference track meets at Maine South High School. Qual-

ifying to compete in the Twelfth Annual Illinois Lutheran Championship Track and Field Meet on May 19th and 20th at Illinois State in Normal were 7th graders Jessie Fuder, Andy Hanebutt, Britta Helwig, Jacquelyn Muench, and Stephan Schalk; and 8th graders Mike Croon, Chris McKinney, and Jonathan Kurinsky. The team is coached by St. Paul teachers Barb Struck and Mike Wehrle.

This year the Center for Talent Development of Northwestern University conducted its 20th annual search for academically talented junior-high-level students. This year twelve 7th- and 8th-grade students from St. Paul participated in the search. They qualified for the Northwestern

program by scoring at the 95th percentile or above in the math and/or verbal areas on a standardized in-grade achievement test. They then took the SAT or the ACT college entrance tests, usually taken by high school juniors and seniors. The students will receive certificates of recognition and a listing of academic year programs specifically designed for such high-caliber students. The Center for Talent Development serves 8 Midwest states. Over 25,000 students participate in the talent search on an annual basis. The St. Paul students who qualified for participation this year were Mike Croon, Lauren Elmer, Daniel Fabry, Tim Hacker, William Hagen, Andy Hanebutt, Johannes Koerm, Jonathan Kurinsky, Andrew Mueller, Jacquelyn Muench, Dana Raabe, and Chris Schmidt.

St. Paul Academy will be offering a preschool program for 3 afternoons a week during the 2001-2002 school year. Enrollment will be limited to 10 four-year-olds and 5 three-year-olds. The class will be taught by a certified teacher with a specialty in Early Childhood Education. For additional information or an admission application, contact the school office at (847) 673-5030.

Easter Bunny visits St. John Brebeuf School



On April 11th, the students of St. John Brebeuf received a surprise visit from the Easter Bunny. Every student, from Pre-school through fourth grade picked out a colorful candy-filled egg from the bunny's baskets.

Katie Turbak and Megan Podkowska helped "Mrs. Bunny" deliver treats and smiles to the children.

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Park & Library News

Niles Chesterfield Park to get upgrades

Upgrading of Niles' Chesterfield Park, Shermer Avenue at Niles Road, is scheduled to begin mid-May with the demolition of the present facility.

Joe LoVerde, Executive Director of the Niles Park District, characterized the Chesterfield improvements as a "complete remodeling." LoVerde added that the facility will get a new play-

ground, sports equipment, more picnic tables and a basketball court, along with new trees and landscaping.

"I identified Chesterfield Park as in need of repairs when I first came onboard," LoVerde said. He said the Niles Park District has outsourced \$35,000 to complete the work.

Niles Park District announces new Superintendent of Park Services



At the April Park Board of Commissioners Meeting, Executive Director Joseph LoVerde announced that Jim Majewski has been promoted to the position of Superintendent of Park Services. Jim spent the past 3 months as Interim Superintendent of Park Services becoming familiar with the many aspects of the position.

"It is because of the knowledge, ability and dedication that Jim has shown during his 12 years with the Niles Park District Park Services Department that he is well deserving of the position. Jim was born and raised in Niles and takes great pride in the appearance of our parks and facilities. I am sure he will do an outstanding job," said Joseph LoVerde, Executive Director.

Shown from left to right: Jim Majewski, Superintendent of Park Services; Joseph LoVerde, Executive Director.

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Lincolnwood Public Library

Book review of *Julie and Romeo*

Professional book reviewer Suzanne Hales will discuss Jeanne Ray's original comic turn on the story of Romeo and Juliet at the Lincolnwood Public Library on Friday morning, June 1. The enterprising love story in *Julie and Romeo* about two older, experienced people from rival families is a delightful reworking of the Capulet-Montague feud with, thankfully, a much happier ending.

Main characters Julie Roseman and Romeo Cacciamani, who own rival florist's shops in

Boston, meet at a conference for small business owners and something magical happens. To be together, they ignore family rivalries, which results in an inevitable clash of households when the families discover the budding romance. The program is free and lasts about an hour. Coffee at 10 a.m.; program at 10:30 a.m. The library is located at 4000 W. Pratt Ave. Phone 847-677-5277.

Summer relief for parents: Drop-in Storytime

Parents who are looking for a spontaneous summer outing with their young children are in-

vited to drop-in at the Lincolnwood Public Library on Tuesday from 1:30 to 2 p.m. for a preschool storytime. This new, weekly program, which begins June 12 and continues through August 14, offers fun at a whim for care-givers and little kids — a chance to cool off, relax and have a good time with stories, songs and games. The activities are designed to keep preschoolers entertained and begging to come back for more. The library is located at 4000 W. Pratt Ave., phone 847-677-5277. No registration required.

Book Discussion Group to meet

Second Editions Bookstore's monthly book discussion group meets the first Monday of the month at 7:30 p.m. in the shop, 4923 Oakton Street, Skokie, (847) 677-0680. The current schedule includes:

June 4 - "Little Altars Everywhere" by Rebecca Wells, a glimpse into the lives of the Walker clan of Thornton, Louisiana and the origins of the YaYa Sisterhood.

July 2 - "Einstein's Dreams" by Alan Lightman, an inquiry into the nature of time, tragedy and the sublime.

August 6 - "The Professor And The Madman" by Simon Winchester is the true story of the making of the Oxford English Dictionary and the discovery that one individual, who had made over 10,000 submissions to the work, was an inmate at an asylum for the criminally insane.

Friends donate \$4000 for library resources

Thanks to a \$4000 donation generously provided by the Friends of the Library, Niles Public Library District patrons will soon be able to take advantage of several new reference resources and CD-ROMs. Over 25 computer software programs and 18 reference books, such as special encyclopedias and cultural atlases, were recently purchased with the sizable contribution. Titles to be added to the collection include *American Decades*, *Illinois Employment Laws and Regulations*, *Encyclopedia of Genocide*, *Cultural Atlas of Russia*, *History and Dis-*

covers *Encyclopedia*, *Visual Algebra*, *AAA Map n' Go*, *Virtual Labs* and *The Complete History of America's Wars*, just to name a few.

Writing is easy. All you do is stare at a blank sheet of paper until drops of blood form on your forehead.

—Gene Fowler

Bear Necessities raises record \$368,755 for cancer children



Shown from left to right: Executive Director, Bear Necessities, Kathleen Casey, Algonquin; Honorary Chairs, Laurie & Tony Amonte (Captain - Chicago Blackhawks), Chicago; Bear Necessities Board of Directors Member, Allison Parise, Arlington Heights; Dinner Dance Chair, Kristen Salerno, Aurora.

Bear Necessities Pediatric Cancer Foundation, Inc. announced their recent dinner dance busted all previous records and continued its upward climb to \$368,755. The glamorous black tie event was again held in the Grand Ballroom of the Palmer House Hilton in Chicago. Another record in attendance of over 500 people generously supported pediatric cancer through the popular live auction and the massive silent auction. Well over 60,000 children are struggling with cancer and Bear Necessities Pediatric Cancer Foundation will be able to immensely assist many Pedi-

atric cancer research programs, oncology hospitals and the immediate need of the children benefit through the raffles and auctions which made up the \$368,755 raised in the single event. According to established sources, the spectacular elegant evening has skyrocketed to the top of the list of most successful fund raising events in all of Chicagoland. The "8th Annual Thank Heaven for Little Bears Dinner Dance" is now positioned as one of the top among all fund raisers in Chicagoland. All the committee chairs and volunteer have now taken deep

breaths and are already working on organizing the annual "Golf for Bear Friends" and the "Bear Run" fund raisers. "With the growth of pediatric cancer cases and that Bear Necessities receives no federal or state support, it is essential that we keep helping these children. We can't stop," related Kathleen A. Casey, Founder and President.

For information on how to help these courageous children, please call (847) 952-9164 or write Bear Necessities Pediatric Cancer Foundation, 85 W. Algonquin Rd., Ste. 165, Arlington Heights, IL 60005.

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Ecstasy . . .

Continued from Page 1

stances, were taken into custody last week by sheriff's investigators who had obtained warrants for their arrests. Sheriff's Police continue to search for the remaining two offenders.

Sheriff's investigators posing as club patrons purchased quantities of Ecstasy or a look-a-like substance from the 13 persons during the course of the operation. The majority of the buys took place at the club, but one occurred at a nearby shopping center and one took place at the home of one of the offenders. The drug comes in tablet form and was sold for \$25 or \$30 per tablet.

"Ecstasy has become the drug of choice for middle class teens and young adults," Sheehan said. "As a result, suburban juice bars and nightclubs have become hotbeds for Ecstasy sales."

According to investigators, the Galaxy Club caters to a teen market, sponsoring large scale "dance parties" and other events. There is a smaller portion of the club open to persons over the age of 21 that serves alcohol.

In addition to announcing the arrests, Sheehan said he is joining with Cook County commissioner Peter Silvestri to introduce a new county ordinance that would crack down on teen clubs and so-called juice bars where ecstasy or other drugs are being sold. The ordinance would require such clubs to obtain a special amusement license from the county in order to operate and institute fines for failing to obtain such licensing. The ordinance would also impose the following regula-

tions upon these establishments:
- limit the hours of operation from 2 p.m. to 12 a.m.
- prohibit such establishments from obtaining a liquor license.
- hold the owners or managers of these establishments criminally liable if the sale of Ecstasy or other controlled substances takes place on the premises and give the county authority to revoke the special amusement license.

"Because Ecstasy use has become so prevalent at teen dance clubs like the Galaxy Club, we are proposing changes in the law that will give police departments and local governments the ability to shut down these establishments where Ecstasy sales are taking place," Sheehan said.

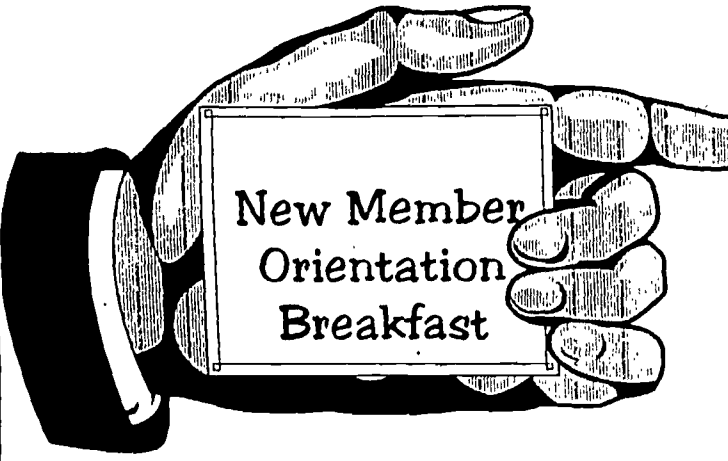
According to police, most of the offenders who sold the drugs were not part of an organized ring, but rather independent low-level dealers trying to capitalize on the lucrative Ecstasy market. Some of the dealers, however, have established connections to larger suppliers of the drug. Some of the known sources of supply include members of various Asian street gangs.

Over the last year, Sheriff's Police have conducted numerous undercover Ecstasy investigations and made more than 100 arrests. Last January, Sheriff's Police arrested two reputed members of an Asian street gang for the execution-style slaying of a 16-year-old Morton Grove youth. It is believed to be the first mudrinder in the nation related to the trafficking of the drug.

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Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury.

-E.H. Chapin



June 12, 2001
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in the
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Morton Grove

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847/965-0330

Residents . . .

Continued from Page 1

the 50-lap Trans-Am Series 125, killed Glenview resident, 46-year-old Mike Gagliardo, and left Evanstonian Gary Longo, 25, in critical condition. He was airlifted to a Toronto medical center in a body brace.

Gagliardo's car swerved after being bumped coming out of the first turn and came to rest on the track. At that time Longo's car emerged from a cloud of dust created by that collision. The Longo car then broadsided Gagliardo's car at approximately 125 mph.

Gagliardo was a third generation owner and executive of Columbus Foods in Chicago. His widow Margaret said Gagliardo believed in living life to the fullest, and that racing was part of that life.

Gagliardo's family came from Chicago's Edgewater neighborhood, said his sister Paulette Caffrey, of Chicago.

Margaret Gagliardo's parents are Ed and Jane Burke of Glenview.

Dog . . .

Continued from Page 1

LoVerde thinks the dog became frightened during a storm and broke free from his quarters in the maintenance room.

Casey, who was held at the emergency center from Thursday until Sunday, is back with his trainer at the Park District.

LoVerde is glad to have him back and estimates Casey will be back on the job in two weeks.

Referendum . . .

Continued from Page 1

dollars to meet rising expenses.

And there are other factors that influence people on the referendum issue, Drexler says. "The more property that comes off the tax rolls, the more remaining taxpayers must pay to foot the bills," he says, pointing to non-income producing religious, non-profit and village facilities.

Zuckerman said he hopes the district gets stronger support from Mayor Blase and the Niles Board the next time it presents its referendum.

Future costs are not yet definite. Teachers salaries are being negotiated at present for contracts expiring at the end of June, Drexler said.

Zuckerman said he hopes the district gets stronger support from Mayor Blase and the Niles Board the next time it presents its referendum.

Awarded . . .

Continued from Page 1

"The vehicle was fully engulfed in flames seconds after you brought the driver to safety," Niles Chief Gerald Sheehan read from a Commendation letter before the Board of Trustees.

"Your quick reaction and disregard for you(r) personal safety saved the life of the driver; if there would have been any delay the incident could have had a tragic ending."

Sheehan called the act selfless and an example of Panousier's dedication. The officer was officially commended for risking himself without hesitation to bring another person to safety.

Telecommunicator Gary Amato also received a Distinguished Duty Declaration for his apprehension of a purse-snatcher.

While shopping off-duty at a local Target store with his children on March 20, Amato noticed a man watching and following an elderly woman.

The woman's purse was sitting

exposed in her shopping cart. With Amato looking on, the man grabbed the purse when the woman's back was turned.

The police officer not only confronted the man, but detained him until police arrived.

"You clearly performed above and beyond your assigned duties," commended Sheehan, adding that the Target store employees were greatly impressed.

Finally, three detectives dealing with complaints about partying teens on Lyons St. and Courtland Park, received Department Commendations for their roles in alleviating the situation and bringing about a series of felony arrests.

Sheehan praised Det. Sergeants Samuel Fucarino, Karl Scheel, and Det. Joanne Birkenheier, stating that each detective's "dedicated and conscientious manner are assets to the department."

RE/MAX retains top spot in northwest suburban home sales market

The RE/MAX of Northern Illinois network remained the market-share leader in the northwest suburban market area during 2000, according to statistics compiled by the Multiple Listing Service of Northern Illinois (MLSNI).

The northwest suburban market includes the communities of Arlington Heights, Barrington, Broadview, Buffalo Grove, Des Plaines, Elk Grove Village, Hanover Park, Hoffman Estates, Inverness, Keeneyville, Mt. Prospect, Niles, Palatine, Park Ridge, Prospect Heights, River Forest, Rolling Meadows, Roselle, Schaumburg, Streamwood and Wheeling.

According to the MLSNI, of the 12,816 homes sold in the

northwest suburban area in 2000, RE/MAX listed 27.7 percent.

The top five real estate organizations in the Northwest Suburbs during 2000, in terms of sold listings, were RE/MAX with 3,545, Century 21 with 2,088, Coldwell Banker with 2,057, Baird & Warner with 1,370 and Starck & Company with 699. Data available through the MLSNI may not reflect all real estate activity in a specific market area.

In 2000, for the sixth consecutive year, RE/MAX listed one of every four homes sold throughout the metropolitan area. MLSNI data also reveals that RE/MAX listed 28.3 percent of all homes sold in the Chicago suburbs during 2000.

RE/MAX offices in Northern Illinois have led the Chicago metropolitan area residential real estate market since 1989. In 2000, RE/MAX closed sales volume totaling \$10.9 billion.

The RE/MAX of Northern Illinois region consists of more than 2,700 associates providing residential, relocation and commercial real estate services through 124 individually owned and operated offices throughout the northern one-fourth of Illinois. The Northern Illinois region is part of the RE/MAX international network, a global real estate system operating in 37 countries. It consists of more than 4,000 independently owned offices that engage 66,000 member sales associates.

WIU Spring 2001 Dean's List honors

More than 1,400 Western Illinois University undergraduate students were named to the Dean's List for their academic work during the Spring 2001 semester.

To be named to the Dean's List, students must earn at least

a 3.6 grade point average on a scale of 4.0 equals an "A" in 12 credit hours of graded courses to be eligible; pass-fail hours are not counted.

Students named to the WIU Dean's List include:
Des Plaines—Bridget A.

Burke, S.A., Kriegermeier, Sarah A. Stepek, Laura K. Travis; Glenview—Jon J. Brickman, Jennafer H. Brousseau, Gina M. Haske; Niles—Marta Ciszewski, Chris R. Malek; Park Ridge—Maria K. Colletta, Megan C. Mayer; Skokie—Amy M. Ogata, Lauren S. Ogata.

The Center of Concern Events

The Center of Concern offers SHIP/Medicare counseling on June 5 & 19. The service is available free (donations welcome) at The Center's office at 1580 N. Northwest Hwy., Park Ridge. Schedule an appointment by calling 847/823-0453.

Persons who are grieving and struggling with their adjustment to loss are welcome to join a support group sponsored by The Center of Concern. The group meets each Wednesday in June at 2 p.m. at 1580 N. Northwest Hwy., Park Ridge. Call 847/823-0453 to inquire.

Low-income seniors can receive professional assistance in preparing wills by calling The Center of Concern at 847/823-0453 for an appointment for Thursday, June 7. The service takes place at 1580 N. Northwest Hwy. Because of the professional nature of this service, a modest fee must be charged.

Individuals looking for support in losing weight are welcome to join a group sponsored by The Center of Concern. Please call ahead at 847/823-0453. The group meets each Monday morning at 10 a.m. at 1580 N. Northwest Hwy., Park Ridge.

Help in preparing resumes and find a job is available each Monday in June at The Center of Concern in Park Ridge. Appointments are necessary for

employment counseling. Call 847/823-0453.

A support group for family members coping with Alzheimer's Disease meets on Thursday, June 14, at 11 a.m. at The Center of Concern, 1580 N. Northwest Hwy., Park Ridge. Call 847/823-0453 for information or to join the group.

Low-fee legal counseling is a service offered by The Center of Concern, 1580 N. Northwest Hwy., Park Ridge. Appointments for Saturday, June 2 & 16, may be obtained by calling 847/823-0453.

The Mountain View Mine Adventure Golf on East Algonquin in Des Plaines is the site for a mini-golf/picnic benefit outing for The Center of Concern. Food is provided, with adult admission at \$12 and children under 12, \$6. Reservations can be made by calling The Center at 847/823-0453. Donations may be sent to The Center of Concern at 1580 N. Northwest Hwy., #310 Park Ridge, 60068.

Free blood pressure and blood sugar screening will be available on Saturday, June 30, from 10 a.m. to 12 noon, at the offices of The Center of Concern, 1580 N. Northwest Hwy., Park Ridge. No appointment is needed, but participants are advised to call ahead.

\$2 Million projected in proceeds from MS Walk®

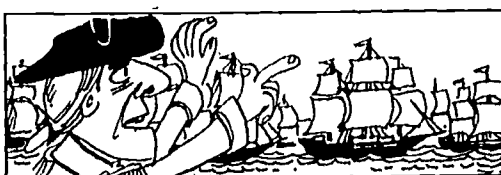
Based on funds already collected from sponsors of participants in the Mercedes-Benz MS WALK®, the Greater Illinois Chapter of the National Multiple Sclerosis Society projects a second \$2 million dollar year for the event. Pledges totaled \$1,604,112 from 8,512 participants at 23 northern and central Illinois communities at MS Walks held March 31 and April 1.

The pledge average was \$189, up \$11 from the 2000 MS WALK. Historically, the funds finally collected after the event exceed the initial pledges due to people turning in more than they actually pledged plus monies from sponsorships and matching gifts from participating companies. Proceeds from the event will support national MS research as well as a full calendar of local programs and services for people with MS and their families within the 73 Illinois counties encompassed by the Greater Illinois MS chapter.

Mercedes-Benz was the title sponsor for THE MS WALK. Other major sponsors were ABC Chicago, Jewel-Osco, 101.9 THE MIX, American Airlines, American Family Insurance, Lifetime Television for Women, Coca-Cola, Biogen, Budweiser, Nextel, Millstone Coffee and Sprint PCS.

Additional major sponsors were: the Jacksonville Journal-Courier, WLDS/WEL and Passavant Area Hospital in Jacksonville; WQAD NewsChannel 8 in Moline; Arby's in Charleston; WEEK TV-25, Body Balance, South Side Bank, WMBD-TV CBS 31 and Val-Pak in Peoria; NewsChannel 20 WCIA in Springfield; Lite Rock 93 WJRE and Newstalk 1450 WKEL in Kewanee; Mix 96 in Quad Cities; and WGEM in Quincy.

For more information about all Walk routes as well as details of other upcoming fundraising events and educational programs, call (888) 343-1179.



The word apostle comes from the Greek word apostolos, which means to send. Originally it referred to sending ships or a fleet.

Yogi Bear's Jellystone Park Camp-Resort in Wisconsin Dells

30th Anniversary Special Season (April 13 - May 24 & August 19 - October 21) All campsites, Cindy's Cabins, Yogi's Bungalows and Deluxe Rental Trailers are 50% off the regular rates to celebrate Jellystone Park's 30th Anniversary.

Wisconsin Dells Automation (May 18 - 20) Classic, modern and custom cars at 50% off regular rates with free Coffee and Danish Saturday and Sunday mornings.

Country Jammin' Jellystone Memorial Day Weekend (May 25 - 28) Features country band Side by Side, a petting zoo, Prairie Thunder Cloggers, M&M Ventriloquist, and a Sunday night DJ (Thursday May 24th is free with three night minimum stay).

Boo Boo's Birthday Bash (June 1 - 3) Celebrate Boo Boo's birthday with free Boo Boo cupcakes, ice cream, mystical face art, T.J. Howell juggler act and a Saturday night dance.

Cindy's Celebration of Easter (June 8 - 14) The Easter Bunny will host the Great Egg Hunt on Saturday & Wednesday followed by Glen Gerard magic show and daily Easter arts & crafts.

Señor Smith's Mexican Fiesta (June 15 - 21) Join Ranger Smith at the free taco bar during the Mexican Hat dance on Saturday and make our own Mexican crafts at the weeklong festivities celebrating Old Mexico.

Jellystone Park, Wisconsin Dells 30th Anniversary Celebration (June 22 - 29) This Diamond & Pearl Anniversary celebration will feature a huge park parade with or Shriners' Mini Cars, Midget Cars, & Bagpipe Drum Band. Free Anniversary cake & champagne at the special award ceremony on Saturday followed by a video & light street dance with "The DJ."

Tuesday highlights include a pool party with water games, dancing and hair beading pool-side.

Yogi's Colonial 4th of July (June 30th - July 4th) Celebrate the Colonial periods of American history with patriotic parades, autograph & photo sessions with Yogi, Boo Boo & Cindy, family games, a ventriloquist show and Saturday & Wednesday night dances.

Boo Boo's frontier 4th of July (July 4 - 8) Enjoy the Daniel Boone, Lewis & Clark period of American history with a petting zoo, country music band, the Prairie Thunder Cloggers and a ventriloquist show throughout this week.

Jellystone's Family Olympics (July 9 - 12) Yogi's version of the Olympics will challenge families with marshmallow shot puts, wet 'n wild relays & kid's triathlon for awards and culminating at the Gold Medal Dance on Wednesday.

Cindy's Screamin' Halloween

(July 13 - 19) Take a hayride to Jellystone's haunted house featuring skeleton corridor, graveyards & splatter room on Friday, Saturday & Wednesday nights. Family Trick or Treating with Boo Boo, costume and site decorating contests, and Halloween crafts all weeklong ending with the Monster Mash dance on Saturday.

Yogi's 43rd Birthday Sensation (July 20 - 22) Hair Beading, Magical Mystical Face Art & Glen Gerard's Magic Show are planning to celebrate Yogi's Birthday with free cake and ice cream. Candy Bar Bingo will precede the Saturday night birthday dance with the bears.

Boo Boo's Space Adventure (July 23 - 26) Play alien invasion or race pods for prizes while the kids battle each other at the Jellystone Joust and run off energy at the Bungee Run. Space Age pool party Wednesday afternoon with dancing and pool games all day. Classic Jetson and Yogi Bear cartoons will be shown nightly and space games all weeklong.

Heir Ranger's Oktoberfest (July 27 - August 2) Enjoy free beer tasting while the family watches the Prairie Thunder Cloggers, then enjoy a German smorgasbord featuring the authentic "Gary Ridgeland Dutchman Polka Band" on Saturday and another dance on Wednesday.

Jellystone Goes Hawaiian (August 3 - 9) Two full days of pool parties with hair beading, t-shirt dyeing, freeze dance contests, and great island theme crafts. The grand finale will be the "Hale O'Malo Polynesian Review" at the poolside party including free hors d'oeuvres and leis.

Yogi's Winter Wonderland (August 10 - 16) Santa will be on hand all week to deliver treats to all the little kids. Join Santa on the "sleigh ride" through the New & Expanded spectacular Christmas displays as Jellystone Park is transformed into a Winter Wonderland. Dec-

orate real Christmas trees, go ice block sledding and enjoy the snowball dance on Saturday & Wednesday.

Ranger Danger's Corral Days (August 17 - 23) help Ranger & Yogi capture Ranger Danger, then bring the family to a country sing along by the campfire on Friday night. Saturday will host a petting zoo & Prairie Thunder Cloggers in the afternoon & Side-by-Side country band at night along with daily country western games and arts & crafts for the family.

Cindy's Birthday Surprise (August 24 - 26) Celebrate Cindy's birthday party with free ice cream and cookies, autographs with Yogi, Boo Boo and Cindy, face art, juggling act, DJ dance and a moonlight madeness sale of exclusive Yogi Bear gifts.

Boo Boo's Bodacious Labor Day (August 31 - September 4) Family games such as the crazy marble maze, bodacious boogie dances & ventriloquist on Saturday & Sunday nights, Friday night flashlight parade and a moonlight madeness storewide sale Sunday (Thursday August 30th is free with three night minimum stay).

15th Annual Wisconsin Dells Polish Fest (September 7 - 9) Live authentic Polish music, dance and food along with cultural exhibits are featured in the Wisconsin Dells area with discounted camping and rental rates at Jellystone Park.

34th Annual Wisconsin Dells WoZha Wa Days (September 14 - 16) Maxwell street vendors, antique flea market and extensive arts & craft vendors in the Wisconsin Dells area with discounted camping and rental rates at Jellystone Park. 100-unit parade Sunday afternoon.

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CONSTRUCTION A.J. REMODELING Kitchen • Bath • Additions Basements • Decks • Porch • Electrical • Painting Replacement Windows Licensed & Bonded Andy-773-457-5447 Call # Home # 773-545-6248 John-773-386-2323-Call # Home # 773-685-0863

DECORATING DESIGN DECORATING • QUALITY PAINTING • EXPERT PAPER HANGING • WOOD FINISHING • PLASTERING • We vacuum & put furniture back • (847) 205-5613 Call Vee References Free Estimates

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

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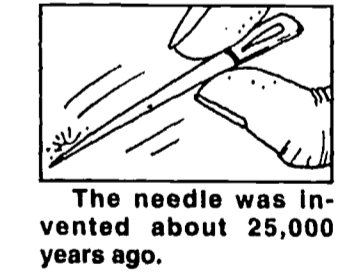
Our Lady . . .

Ferrigni, Dan Halperin, Chris Heredia, Richie Kloser, Jonathan Komperda, Dan Leddy, Monica Ostrega, Stephanie Perea, Kim Ranieri, Kathy Zalewski. CONDUCT HONORS Grade 4 Christine Joy Bassig-Santos, Corinne Chin, Samantha Dobrowski, Erin DiSandro, Teresa Guimond, Jeffrey Joseph, Dora Korpar, Brianna McNamara, Michael Mikho, Lauren Orlando, Christina Pepe, Cathy Randazzo, Sarika Simon, Katrina Tan, Jessica Voegtli. Grade 5 Kelly Caputo, Briant Cisneros, Joan Kwak, Greg Nannini, Zach Tigera, Tim Villaverde. Grade 6 Melissa Bergen, Charlie Capozzoli, Jackie Cichon, Jenny Cielski, Sarah Dominguez, Jason Ellickal, Christine Fernandez, Marcella Ferrigni, Michael Halperin, Wes Honeiman, Jaison Joseph, Joseph Kim, Krystyna Korez, Aricka LaPelusa, Richard Linchango, Stephanie Mendoza, Tyler Mikos, Mark Paciak, Laurie Penalber, Michelle Pus-

zyski, Jeffery Ramirez, Luigi Randazzo, Lauren Restivo, Liz Reynolds, Susan Shahwan, Ann Swing, Danielle Tan. Grade 7 Jenny Berberabe, Kasia Cien, Christina Cores, Stacy Delvo, Margaret Domanski, Suzie Kim, Elizabeth Komperda, David Lesner, Kathy Magdongon, Christina Marabotti, Nick Marucci, Chris Mezyk, Tim Mueller, Vince Mulé, Mary Beth Naples, Alex Nellesen, Lisa Nannini, Kara Orth, Vicool Patel, Joey Randazzo, Brittany Santillan, Adan Tandez. Grade 8 Tony Aquila, Kathy Banek, Chris Cichon, Katie Eichstaedt, Joy Espino, Michelle Ficarella, Dan Halperin, Jonathan Komperda, Jessica Lapinski, Stanley Migala, Lauren Mistiewicz, Ken Orth, Monica Ostrega, Daniela Palafox, Michelle Papciak, Stephanie Perea, Kim Ranieri, Kyle Saielli, Kathy Zalcwski. USE THE BUGLE

Maine Township Clerk suspends Saturday hours

In an effort to conserve taxpayer dollars, the Maine Township Clerk's Office suspended Saturday hours after May 19. Auto stickers may be purchased at Maine Township Town Hall, 1700 Ballard Rd., Park Ridge on Monday - Friday from 9 a.m. - 5 p.m. For further information on all Maine Township activities, agencies and programs visit the Maine Township website at www.mainetownship.com or call Township Hall at 847-297-2510.



The needle was invented about 25,000 years ago.

VISIT OUR NEWLY EXPANDED SHOWROOM Showroom Hours: Monday 9-8 • Tuesday & Wednesday 9-5:30 • Thursday 9-8 Friday 9-5:30 • Saturday 9-5 • Sunday By Appointment Complete Kitchen & Bathroom Remodeling Senior Citizen Discounts Make StarMark A Kitchen & Bath, Inc. (847) 965-8330 phone (847) 965-8355 fax 7946 Waukegan Niles, IL 60714 (just doors from Arroyo's) For cabinetry that is as unique as you are.

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FULL/PART TIME ADMINISTRATIVE

ADMINISTRATIVE ASSISTANT
Niles Park District is seeking a highly motivated Administrative Assistant who is responsible to the Executive Director. Responsibilities include typing of all correspondence and reports, preparation of documents for Executive Director and Board, assisting residents, and maintaining District files for Board, ordinances, resolutions, proclamations, and other miscellaneous duties. Ideal candidate must possess excellent administrative skills, ability to be detail-oriented, plus strong organization and communication skills (both oral and written). Prior office experience and proficiency with Windows, Word and Excel required. Must have a high school diploma or equivalent. Salary commensurate with experience. Excellent benefits. Send resume to:
**Kristine Svachula, Howard Leisure Center
6676 W. Howard Street, Niles, IL 60714
Or Fax: (847) 967-6639 by June 10, 2001**

ADVERTISING

SELL CLASSIFIED ADVERTISING
Full-Time - Monday Thru Friday - 9 AM-5 PM
Salary Plus Commission-Based On Experience!
Both Inside & Outside Sales
**Call Beverly: (847) 588-1900
Or Fax Resume: (847) 588-1648
BUGLE NEWSPAPERS-NILES**

CLERICAL/OFFICE OPPORTUNITIES

Clerical
GENERAL OFFICE CLERK
Seeking friendly, responsible individual to fill an immediate opening in our Skokie office. This is a permanent part-time position (4 hours per day). Responsibilities include handling multi-task clerical assignments: daily mail/faxes, filing and our telephone operator line. Computer skills/spread sheet knowledge a plus. Send, fax or e-mail your resume and salary history to:
**WELCH VACUUM/THOMAS IND.
7300 North Linder Ave.
Skokie, IL 60077
Fax: 847-677-8606
e-mail: mblock@thomasind.com
ATTN: M. BLOCK
EOE M/F**

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

FULL/PART TIME ADMINISTRATIVE

EXECUTIVE ASSISTANT
Must have 5 years administrative experience. Proficiency in MS Word & Excel required. Rosemont area. Call Lisa today at:
**(773) 380-7300
Or Fax Resume To:
(773) 380-7303
ADVANCED PERSONNEL
Rosemont
EOE**

CLERICAL/OFFICE OPPORTUNITIES

Receptionist
A very friendly, dependable and professional front desk receptionist for a growing chiropractic/PT facility in Niles. Must be energetic and very customer service oriented, and must possess basic computer skills and strong communication skills. In turn, we offer a friendly work environment, 30-35 hour work week, competitive salary and benefits package. Please fax resume to the attention of Renee at:
(847) 827-8681

GENERAL OFFICE
Maintenance Company seeking bilingual (Spanish) individual to take charge of office. Phones, customer service, some accounting, computer knowledge. Willing to train right individual.
Fax Resume To: (847) 647-0785

Your credit is good with us!
We accept Visa & MasterCard.

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

FULL/PART TIME COMPUTERS

Process medical claims from home! Use your own computer! Find out how to spot a medical billing scam from the Federal Trade Commission.
**1-877-FTC-HELP
A message from The Bugle and the FTC.**

COUNTRY CLUB

HOSPITALITY
Private Club On The North Shore Needs
***Wait Staff*
Bus Staff
Snack Shop Attendants
*Snack Shop Supervisor***
Full & Part Time
Flexible Hours
Outstanding Benefits
Apply In Person At:
**North Shore Country Club
1340 Glenview Road
Glenview**

FULL/PART TIME CUSTOMER SERVICE

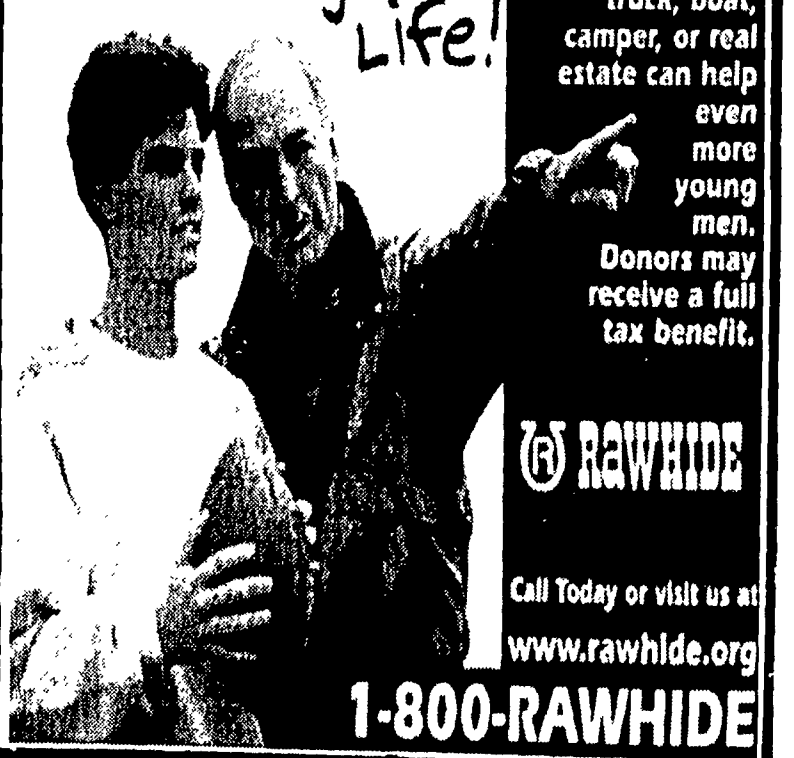
CUSTOMER SERVICE
Call Center experience needed. MS Word & Excel skills a plus. Lincolnwood, Des Plaines & Mt. Prospect locations. Variety of levels & salary ranges. Call Lisa today at:
**(773) 380-7300
Or Fax Resume To:
(773) 380-7303
ADVANCED PERSONNEL
Rosemont
EOE**

CHICAGOLAND
Customer Service/Sales
57 Openings
SUMMER WORK
Ft/Pt Flex. Sched. (10-40 hrs)
\$13.50 base-apt.
Internships avail. Cond. apply
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www.workforstudents.com/tr
Chgo N/Park Ridge 773-866-1608
Northbrook 847-509-0058

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DRIVERS
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Start Your New Career Today!!!
Learn To Drive The Big Trucks
Making The Big Bucks!!!
No Cost Training If Qualified!
Call 1-800-958-2353

Your donated vehicle can help change a Life!



Since 1965, Rawhide Boys Ranch has been helping young men from communities like yours. Your donated car, truck, boat, camper, or real estate can help even more young men. Donors may receive a full tax benefit.

RAWHIDE

Call Today or visit us at www.rawhide.org
1-800-RAWHIDE

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

FULL/PART TIME EDUCATION

'LEAD TEACHER' ASSISTANT DIRECTOR
Full Time
ChildTime Learning Center
Call Bridgett:
847-492-2166
Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago with 2 insertions per week. See how your money can work for you by putting your ads in both editions of The Bugle.

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Food Service
SCHOOL MEAL ASSISTANT
Set-up, serve, clean-up and oversee distribution of catered meals in Byron School at 6050 N. California. Sanitation certificate and High School diploma or GED required. Part Time shift Monday-Friday, 11 a.m.-2 p.m. Send cover letter and resume to:
**Anixter Center, HR Dept.
6610 N. Clark, Chicago, IL 60626
Fax: 773-973-5268
Email: specimo@anixter.org
SMOKEFREE WORKPLACE
www.anixter.org**

FULL/PART TIME MARKET RESEARCH

LITTLE TESTERS WANTED
Even 3 to 12 year-olds can turn their opinions into CASH!
We are a leading product research testing company. We pay people of all ages to try various products, but we need more tots and young children. The products are safe, we check for allergies, and children's testing is never done during school hours. Parents/Guardians, call today. Let the little ones start earning summer spending money.
**Call: (773) 774-3155
Ask for Nana Liz Peryam & Kroll
6323 N. Avondale
(6300 N/7200W)**

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OUTPATIENT DIALYSIS NURSES
*** \$3,000 BONUS
If you have medical/surgical experience, Neomedica will introduce you to the fast-paced chronic environment of hemo-dialysis. Current openings are at:
***1331 W. Belmont & *The Loop**
Neomedica offers excellent training, competitive salary & benefits in addition to the opportunity to join a growing specialty field. Interested candidates should call:
**(312) 654-2790 or Fax (312) 654-0599
FMC / Neomedica, Inc. - Human Resource Dept.
450 E. Ohio St. - Chicago, IL 60611
EEO / M/F
www.Neomedica.com Email: hr@neomedica.com**

PART TIME REGISTERED NURSE
Friendly Arlington Heights doctor's office is seeking an energetic, well-organized, part-time Nurse. Interested candidate should contact:
**PHYSICIANS ENTERPRISE SYSTEM
450 E. Ohio Street, Chicago, IL 60611
312-654-2724 Fax: 312-654-0599
Email: hr@neomedica.com**

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

FULL/PART TIME MEDICAL/HEALTHCARE

HEALTH CARE
Surgical Assistant/Receptionist Needed for Glenview oral surgery office. Looking for high energy, enthusiastic person. Experience a plus, but will train the right person.
Fax Resume 847-998-8791
Or Call: 847-998-8959

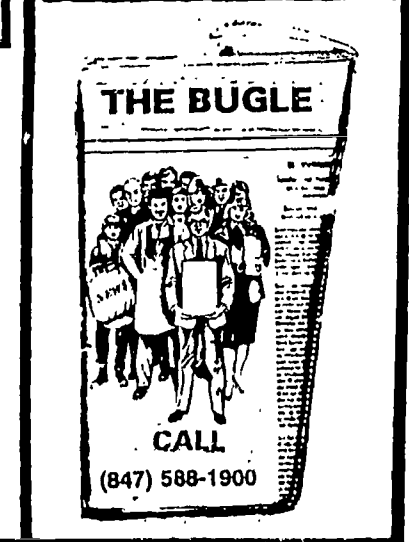
FULL TIME
Experienced Medical RECEPTIONIST
Benefits - Oakton/Milwaukee
Fax Resume:
(847) 663-9773

Dental Hygienist
Busy Old Orchard pediatric dental office needs part-time Hygienist. Friendly, cheerful personality. Salary & benefits negotiable. Please call:
847-676-3386

DON'T GET STUCK! GET HELP.... LOOK IN THE BUGLE CLASSIFIEDS
Just check the Business Service section of The Bugle's Classified Ads and let the pros do the job! You'll find competitive skills and rates that'll give you a great selection. Whether you need a job done or are offering your services, read and use our Classifieds for an informative, inexpensive handle on your area's marketplace for life's everyday needs and wants.

THE BUGLE'S BUSINESS SERVICE DIRECTORY
FOR ALL YOUR HOUSEHOLD NEEDS AND SERVICES

All Classified Help Wanted Ads Can Now Be Found On The Internet!
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THE BUGLE
CALL
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Deli Counter Clerks
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Full & Part Time
For application and information call:
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Libertyville - Allen Perin - 847-573-9570
Lake Forest - Bill Tarpey, Jr. - 847-234-8380
Northbrook - Bruce Gonzalez - 847-272-7700

THE BUGLE CLASSIFIEDS
are worth more than just a quick glance.
Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them!
Buying or selling, the first place to look is in...The Bugle Classifieds!
Call us today for details.
Beverly (847) 588-1900
We're always available for your convenience

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MEDICAL/HEALTHCARE		PROFESSIONAL OPPORTUNITIES		
UNIT CLERK Dialysis clinic located at 8565 W. Dempster Ave. and 4701 N. Cumberland are seeking a Unit Clerk/Medical Secretary. Responsibilities include: typing, filing, answering phones and collecting patient information. Position requires typing 35 words per minute, computer literacy, and good communication skills. Interested candidates should call: Neomedica, Inc./HR Dept. 312-654-2790 EOE M/F		AUTO OFFICE North Suburban Auto Dealer Has The Opportunity To Employ A 3rd Person To Help With Wholesales, Dealer Trades and Miscellaneous Billing/License And Title Tasks. You Must Have At Least One Year Experience With Titles. Located In Northbrook, Illinois. CALL KRIS AT: 847-664-4802 <small>Management opportunity for licensed cosmetologist - new hair salon in Niles. \$30,000.00 plus the first year. Commission, medical and monthly bonus. Recruitment incentive. For confidential interview call: 312-758-2995 or Anna Marie at: 708-531-0440</small>		
NURSES RN's And LPN's For Home Health Full-Time/Part-Time - All Shifts Flexible Scheduling Benefits For Full-Time AMERICAN HOME HEALTH 1-800-872-4427		TIRED OF THE USUAL DATA ENTRY POSITIONS? Put Your 10 Key Skills To Work With RGIS Inventory Specialists Earn \$8 Per Hour Counting Inventory In Retail Stores Interesting Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates (847) 296-3031 Equal Opportunity Employer		
HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park. Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100 Earn \$\$\$ helping MD's Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC. Your credit is good with us. We accept Visa and Master		RETIEMENT FACILITY WAITSTAFF WANTED Northbrook Retirement Facility 15 Minutes From Golf Mill McIl & Accessible From 294 & Some Public Transportation. Full & Part-Time Positions Available. Varied Shifts & Times-Flexible Schedule. Starting Pay \$8.00 Per Hour. \$500 Sign On Bonus, Reviewed Quarterly. A Great & Friendly Working Environment Call: (847) 803-7107 - Ask For Samantha		
MEDICAL RECEPTIONIST Needed For Family Practice Office. Full And/Or Part-Time Experience Required Call Dee At: (847) 967-9660 CERTIFIED MEDICAL ASST. Needed For Family Practice Office. Responsible For Patient Care Services & Phone Triage. Full And/Or Part-Time Call Dee At: (847) 967-9660		SALES ADVERTISING DISPLAY SALES Part-Time Hours - Full Time Earnings Salary Plus Commission! Prefer Outside Sales Experience With High-Energy Call Sally At: (847) 588-1900 AVON Looking For Higher Income? More Flexible Hours? Independence? AVON Has What You're Looking For Let's Talk (888) 561-2866 All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com		
EDITOR/WRITER Varied Editorial Duties For Weekly Suburban Newspaper Work Four Or Five Days Per Week Call Bob At: (847) 588-1900 Or Fax To Bob At: (847) 588-1911		THE WORLD AT THEIR FINGERTIPS! READ THE CLASSIFIEDS and you're guaranteed a spin around the world of buying and selling... jobs and homes, choice business opportunities and sometimes just a friend... CALL (847) 588-1900 Your credit is good with us we accept visa and master card! Call: 847-588-1900 Try a classified! Call today! 847-588-1900		

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
SECRETARY		STYLISTS		TRADES
SECRETARY Medical provider located in the Navy Pier area is seeking a Secretary for our Acute team program. Individual performs a wide variety of secretarial functions which include, developing reports, relations with contracted hospitals, typing, answering phones, and distribution of materials. Position requires a minimum of one year secretarial experience, preferably in a medical environment, medical terminology, ability to type 55+ words per minute, word processing and Windows software experience and excellent verbal, written and communication skills. Interested candidates should contact: FMC / Neomedica - Human Resources Dept. 450 E. Ohio Street, Chicago, IL 60611 (312) 654-2790 Fax (312) 654-0599 Email: hr@neomedica.com		Busy, quality conscious haircare business is seeking both experienced and new stylists for full and part-time positions. If interested in great benefits, competitive pay, growth and fun, contact: GREAT CLIPS At Touhy Avenue and Central in Niles. Ask for Anna Marie for a confidential interview at: 708-531-0440		REPAIR TECH We are a small branch office located in Niles, IL seeking a uniquely talented, mechanically inclined individual to join our staff. If you are interested in the repair field and can maintain a sense of humor, you may be the person we seek. We require excellent mechanical skills and must be self motivated. In exchange we offer excellent salary and benefits. Forward resume to: Milwaukee Electric Tool Corp. 4350 West 78th St., Bloomington, MN 55435 952-835-4912 - Fax: 952-835-4911 EEO/M/F/V/H Employer • We Test For Drugs
SEASONAL		TELEMARKETING		
Picnic's Inc. NOW HIRING PICNIC STAFF Starting at \$8.00/hour! Primarily P/T work on the weekends. Fun, Outdoor work helping at company picnics in your area. Call or E-mail Jeremy 847-966-0110 jwengari@picnicsinc.com www.picnicsinc.com		TELEMARKETERS SKOKIE \$10-\$15/hour. No selling, set appointments only. Paid vacation, paid holidays, medical/dental/optical/life insurance company pay. Call today, start today. Ask for Bill: 847-676-4931		
TELEMARKETING		TRADES		
SELL CLASSIFIED ADVERTISING Full-Time - Monday Thru Friday - 9 AM-5 PM Salary Plus Commission-Based On Experience! Both Inside & Outside Sales Call Beverly: (847) 588-1900 Or Fax Resume: (847) 588-1648 BUGLE NEWSPAPERS-NILES		Looking for a Federal or Postal Job? What looks like the ticket to a secure job might be a scam. For information, call the Federal Trade Commission, toll-free: 1-877-FTC-HELP Or visit: www.ftc.gov . A message from The Bugle and the FTC.		
TELEMARKETING		NOTICE		
No Cold Calling! Part-Time - Niles Salary Plus Commission Must Have Some Experience Tuesday-Thursday & Friday - 9 AM-5 PM Please Call Beverly At: (847) 588-1900		The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers. Be your own Boss! Process medical claims from home on your computer. Call the Federal Trade Commission to find out how to spot medical billing scams. 1-877-FTC-HELP A message from The Bugle and the FTC.		
READ THE BUGLE For Subscriptions Call (847) 588-1900 Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience. AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (847) 588-1900 , and ask for our classified department. Our trained staff will be available to take your orders.				

Laid off? Work from home. Be your own Boss! First, call the Federal Trade Commission to find out how to spot work-at-home schemes.
1-877-FTC-HELP
 A message from The Bugle and the FTC.

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MISCELLANEOUS

REAL ESTATE

APT. FOR RENT

Niles - 7626 N. Milwaukee
1 & 2 Bedroom - \$675-850
(773) 764-0802

HOUSE FOR RENT

Niles - 8 Rms. 3 Bd. 2 Bth., Basement,
Garage & Appliances. Huge Private Lot
Park Ridge School District. \$1,800/Mo. +
Security. Available Now: 312-513-8964

HOUSE FOR SALE

Niles - 4 bd, 3-1/2 bth, hardwood floors
X-lg garage, new driveway, lot 190x50.
Call 847-698-6693

STORE FOR RENT

Retail Store For Rent - Prime
Location. 1818 Glenview Rd. Call:
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LOREN BUICK/HYUNDAI
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CAT FOUND

SMALL FEMALE CAT
Found In Niles
2nd Week Of April
Near Pet Supplies Plus Store
Harlem & Dempster
Call Or Leave Message
(847) 966-4256
Ask For Anna

MISCELLANEOUS

FATHER'S RIGHTS

MEN'S DIVORCE HELP!
Fathers Deserve Fair Treatment!
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FOR SALE

Nordic Treadmill with pulse sensor,
video tape. Approx. 6 years old. Good
condition. \$300.00 - 847-588-2614

FURNITURE FOR SALE

1902 Steinway upright. Needs tuning
& some veneer work. \$600 or Best
Offer. 708-788-0115

GARAGE SALES

St. Benedict Home
6930 W. Touhy Ave., Niles
Fri., 6/1 & Sat., 6/2-9 A.M. Til 6 P.M.

Niles - 8325 Milwaukee Ave. 6/1 &
6/2, 9am-5pm. Baby clothes, books,
toys, clothes, dishes & much more!

MISCELLANEOUS

LOST

KEYS LOST
Between Area Of
Harlem/Dempster
And Golf/River Road
Has Dog Leash Style Clip
Call Beverly At:
(847) 588-1900

PERSONALS

Most miraculous Lord,
You have granted so many of my
prayers but now I must place this
petition in your hands. (Name
petition).. This now becomes your
request and I ask you to place it in
the hands of God the Father. I
know He will grant this petition
because of His love for you, His
son. For this I thank you, O
miraculous Lord. Amen. (Say this
prayer 3X a day for 3 days and
your petition will be granted.
Publish) B.D.

CORRECTIONS

Each ad is carefully proof read,
but errors do occur. If you find an
error please notify us immediately.
Errors will be rectified by
republication. Sorry, but if an
error continues after the first publication
and we are not notified
before the next insertion, the
responsibility is yours. In no event
shall the liability for the error
exceed the cost of the space
occupied by the error.

MISCELLANEOUS

SAVE-A-LIFE

Adopt - Loving abandoned pets
See at Oakton/Waukegan PetSmart
Sat. & Sun. - Come & Get Us!

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Any Condition
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Notice

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

NOW YOU CAN ADVERTISE MORE FOR LESS!

•SELL IT! •BUY IT! •ANNOUNCE IT!

3 Lines - 5 Papers \$17 Dollars!

This is a weekly rate - Prepaid. We accept MasterCard or Visa. Stop in to: Bugle Newspapers, 7400 Waukegan Rd, Niles or call **(847) 588-1900** Ask for Beverly

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

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

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

STOP THE BUGLE'S Business Service Directory is beckoning you to: **LOOK** AT THE BUGLE'S Low, low rates, which enable you to: **ADVERTISE** To attract potential customers!

GO To your phone and **CALL NOW** **(847) 588-1900**

Come In And Place Your Garage Sale Ad Today!

Pick Up Your FREE Garage Sale Sign

Appearing in all 5 editions 3 lines \$17.00 each add'l line \$3.00

THE BUGLE NEWSPAPERS
7400 Waukegan - Niles
(847) 588-1900

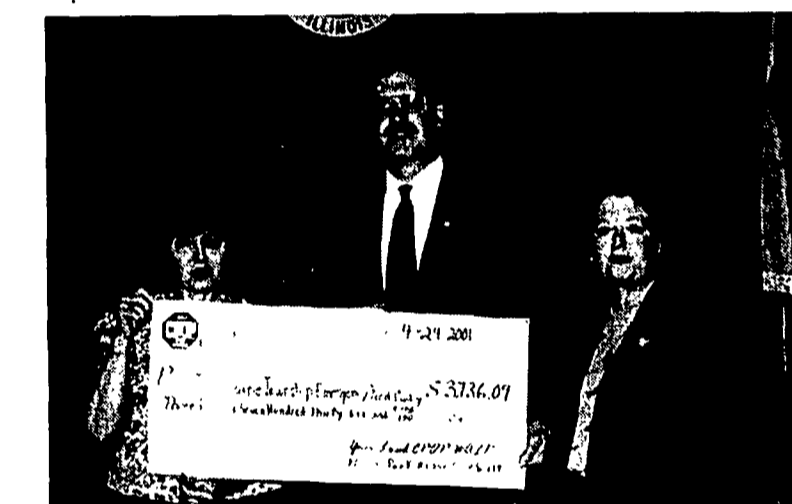
BUGLE CLASSIFIED ADS GET RESULTS

High fives all around



Maine Township Trustee Bill Bell, right, missed the official swearing in ceremony on May 6 due to business commitments so Clerk Gary K. Warner gave him the oath of office at a recent Board meeting. Chief Deputy Clerk Margie Bialczak witnessed the ceremony. Bialczak has since been promoted to Township Administrator.

CROP Walk donates to Maine Township food pantry



Lynda Santrella (left), presents a check for \$3,736.09 to Maine Township Supervisor Mark Thompson and Marsha Warnick, Director of General Assistance. The funds will go to the township's emergency food pantry. The Niles-Park Ridge CROP Walk has raised funds since 1991. The emergency food pantry does not receive any public funds and depends on donations of food and money from the public and area organizations. The CROP Walk this year will take place on October 14. For information on donations, contact Warnick at (847) 297-2510.

Students receive NTFT Scholarships

Charles Yohannan of Niles North has been selected as the recipient of the Edwin Ernst Memorial Scholarship administered by the Niles Township Federation of Teachers (NTFT). The scholarship criterion stipulates that recipients must show academic proficiency, participation in extracurricular activities and the community, and recommendations from teachers. The Edwin Ernst Memorial Scholarship Fund, established in honor of Ernst, a Niles West science teacher who passed away in 1981, helps deserving students in their efforts to pursue a career in science.

Jaspreet Saini of Niles West was chosen by the NTFT to receive the John H. Herbst Memorial Scholarship. As a recipient of the scholarship, Saini demonstrated high academic standing, good citizenship and acceptance of others, and commendations from teacher and peers. John Herbst was a science teacher at Niles North who succumbed to cancer just after New Year's Day, 1993. To perpetuate his memory, the John H. Herbst Memorial Scholarship was established to assist students who will major in science.

For more information, please contact NTFT Education Chair Michael Graham at (847) 673-1274.

Fri., June 8
North Shore Jewish Singles
5-7 p.m. Happy Hour at Matty's Wayside Inn, 1727 Waukegan Road, Glenview. Hors d'oeuvres and music by DJ when ordering at least one beverage. Reservation call (847) 296-3965.

Sun., June 10
North Shore Jewish Singles
Presidents Ball 2001 - 6 p.m. Cash Bar. 7 p.m. Dinner. \$32 choice of Broiled White Fish or Chicken Breast Marcella. Featuring the music of Frank Mitchell.

Tues., June 12
North Shore Jewish Singles
7:30 p.m. Bridge \$4. Advanced and Intermediate includes refreshments. Call (847) 869-3338 for reservation and location.

Wed., June 20
North Shore Jewish Singles
7:30 p.m. \$5 Ice Cream Social - Installation of Officers at Aldens

North Shore Center, 5050 W. Touhy, Skokie. Refreshments and socializing. For information call (847) 676-2872.

Sun., June 24
North Shore Jewish Singles
12:30 - 2:30 p.m. \$5. Wine Tasting party with snacks. Bernard Weinger JCC, 300 Revere Drive, Northbrook. Reservation by June 22. Call Nancy at either (847) 205-9480 or (847) 726-7638.

Read the Bugle
For subscriptions call **(847) 588-1900**

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Custom Countertops for
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Call For Your Free Estimate
Piro's Top Shop, Inc.
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MIKE'S HAULING SERVICE

Old Stores, Houses, Attics, and Garages Cleaned Out. Donations Welcome

REASONABLE RATES

WE HAUL MOST ANYTHING
WE CATER TO SENIORS AND THE HANDICAPPED
(773) 645-3735

FOR THIS SPACE CALL: ROSINE

847-588-1900

LEGAL NOTICE

PLEASE TAKE NOTICE - THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on MONDAY, JUNE 18, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following cases:

CASE 1346 Requesting a variation from Section 2.1.3.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to extend an existing fence to the north lot line:

Table with 2 columns: Fencing & Screening (Permitted, Requested, Variation necessary) and No obstruction in front yard (Add additional 15 foot fence, Obstruction (fence) in front yard)

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 8118 Marmora Avenue, Morton Grove, Illinois. The petitioner is Patricia Haygood.

CASE 1348 Requesting a variation from Sections 6.2.6.2, and 6.2.7.3 and 6.2.10.1 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to add a second floor addition to the existing home:

Table with 2 columns: Lot Width, Side Yard - North, Side Yard - South, Off-street Parking Spaces. Each row lists Required, Requested, and Variation necessary values.

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 9224 National Avenue, Morton Grove, Illinois. The petitioners are Mile and Katarina Zengoski.

CASE 1349 Requesting a variation from Sections 6.2.6 and 6.2.7.3 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to add a second floor addition to the existing home:

Table with 2 columns: Lot Width, Side Yard - East. Each row lists Required, Requested, and Variation necessary values.

The parcel is located in the R-2 Single-Family Residence District and is commonly known as 6115 Lincoln Avenue, Morton Grove, Illinois. The petitioner is Daniel Demian.

CASE 1350 Requesting a variation from Sections 6.1.7.1, 6.1.4.2 and 6.1.7.3 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to replace the existing front stoop with an open sided covered porch:

Table with 2 columns: Front Yard - Corner Lot, Front Yard, Side Yard. Each row lists Required, Requested, and Variation necessary values.

The parcel is located in the R-1 Single-Family Residence District and is commonly known as 9447 Normandy Avenue, Morton Grove, Illinois. The petitioners are Brian and Pam Brattleleaf.

CASE 1351 Requesting a variation from Sections 6.2.7.3 and 6.2.10.1 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to construct a 1-car attached garage.

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. D01070695 on the MAY 14, 2001. Under the Assumed Name of MAGNA PORCELAIN TECHNIQUES with the business located at 8100 OAKTON STREET, NILES, ILLINOIS 60714. The true name(s) and residence address of the owner(s) is: ALEX ZHURAVSKY, 250 LAKE BLVD, BUFFALO GROVE, ILLINOIS 60089-8208

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. D01070618 on the MAY 09, 2001. Under the Assumed Name of NOCTURNAL BEAT PROD. with the business located at 6679 N. OLIPHANT AVENUE, #3, CHICAGO, ILLINOIS 60631. The true name(s) and residence address of the owner(s) is: VALERIE ZABRISKIE, 6679 N. OLIPHANT AVENUE, #3, CHICAGO, ILLINOIS 60631

The ballpoint pen was introduced in 1938, featuring a tip devised by Ladislao Biro. The British Royal Air Force bought licensing rights because it needed a pen that wouldn't leak at high altitudes.

LEGAL NOTICE

PLEASE TAKE NOTICE - THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on MONDAY, JUNE 18, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following case:

CASE PC01-01 (Continued from April 16, 2001) Requesting a text amendment to the Zoning Ordinance to merge the C-1 "Retail Commercial" and the C-2 "Service Commercial" zoning districts, and to amend the list of Permitted/Special/Not allowed uses in the combined district. The applicant is the Village of Morton Grove, 6101 Capulina Avenue.,

CASE PC01-05 Requesting a Special Use Amendment to increase the lease area and expand the equipment area for the existing antenna installation at the north water tower located at 8820 National Avenue. The applicant is Sprint PCS, 9801 Higgins Road, Suite 220, Rosemont, Illinois 60018.

CASE PC01-06 Requesting a Special Use Amendment to increase the lease area and expand the equipment area for the existing antenna installation at the south water tower located at 6040 Oakton Street. The applicant is Sprint PCS, 9801 Higgins Road, Suite 220, Rosemont, Illinois 60018.

CASE PC01-07 Requesting approval of a Commercial Corridor Plan for Dempster Street from the Forest Preserve to Central Avenue as one element of the Village's Comprehensive Plan. The applicant is the Village of Morton Grove, 6101 Capulina Avenue.

All interested parties are invited to attend and be heard.

Steven L. Blonz Chairman

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. D070562 on the MAY 08, 2001. Under the Assumed Name of SM HAIR GALLERY with the business located at 4037 W. DEMPSTER, SKOKIE, ILLINOIS 60076. The true name(s) and residence address of the owner(s) is: SAMIRA MEHANOVIC, 8309 KEATING AVE., #2C, SKOKIE, ILLINOIS 60076.

LEGAL NOTICE

The Niles Park District will be making chemical applications during the next two (2) weeks in various parks throughout the District for the purpose of weed control and fertilizer on turf areas.

In addition, each park will be posted with signs in the specific application areas. Signs will be posted 24 hours in advance of the applications and will remain up to 24 hours after applications.

All procedures concerning notification and application of turf management chemicals will strictly adhere to the guidelines outlined by the manufacturers.

Niles Park District S/Joseph V. LoVerde, Jr. Secretary

Auditions...

Continued from Page 16



The first baseball game using modern rules—written and developed by New York bank teller Alexander Cartwright—was played in 1845. Prior to that time, fielders would throw the ball at baserunners to get them out.

Actors also receive one FREE meal per rehearsal or performance. Room accommodations are also complimentary to actors based on availability on show nights.

Callbacks: Monday, June 18th at 7 p.m., Principles. Tuesday, June 19th at 7 p.m., Ensemble.

Audition Info: Actors must prepare 24 bars of 2 contrasting pieces. Music from the score is preferred. Actors must be 18 years of age or older to audition.

To schedule appointment call 630-584-6300 ext. 7709 and ask for Lauren.

LEGAL NOTICE Continued from Page 42. Side Yard - South Required 5.00 feet, Requested 3.00 feet, Variation necessary 2.00 feet (after the fact). Off-street Parking Spaces Required 2 off-street parking spaces, Requested 1 off-street parking space, Variation necessary 1 off-street parking space (after the fact). The parcel is located in the R-2 Single-Family Residence District and is commonly known as 8949 Neenah Avenue, Morton Grove, Illinois. The petitioner is William Abraham. All interested parties are invited to attend and be heard. Steven Blonz Chairman

SKOKIE NAPLETON LINCOLN Mercury. TED HESS' SPECIALS! Limited Time 0.0% FINANCING On ALL NEW LINCOLNS Up to 36 Months 1st Payment FREE Up To \$1000 *Must Qualify. 1998 LINCOLN MARK VIII \$20,688. 1997 LINCOLN TOWNCAR SIGNATURE SERIES \$17,988. 2000 LINCOLN LS \$24,988. 1998 LINCOLN MARK VIII LSC \$21,988. 1993 MERCURY GRAND MARQUIS G.S. \$4,888. 2000 MAZDA 626 LX \$13,988. 1994 LINCOLN TOWNCAR \$6,888. 1995 FORD TAURUS GL V-6 \$14,888. 1996 LINCOLN CONTINENTAL \$9,488. 1999 MERCURY VILLAGER ESTATE WAGON \$18,988. 1998 LINCOLN CONTINENTAL \$16,888. 1997 LINCOLN TOWNCAR SIGNATURE SERIES \$19,888. 1999 LINCOLN TOWNCAR CARTIER EDITION \$25,688. 1998 FORD ESCORT Zx2 \$9,888. 1999 CHRYSLER LHS \$16,988. 2000 MERCURY SABLE LS PREMIUM \$15,888. 1997 MERCURY GRAND MARQUIS GS \$9,988. 1995 OLDS EIGHTY EIGHT ROYALE \$7,988.

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 Authentic Chicago Est. 1964
PIZZA

OPEN
 Monday thru Thursday
 10:00am - 11:00pm
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 10:00am - 10:00pm

NOW OPEN FOR LUNCH • WE DELIVER • CALL 825-5855 FOR PICK UP AND DELIVERY

Sandwiches

THE CHEEF - Our delicious Italian Beef on fresh french bread, baked under a generous portion of mozzarella cheese.
 Plain \$ 4.15 Deluxe \$ 4.90

	Plain	Deluxe
Italian Beef	\$ 3.65	\$ 4.65
BBQ Beef	\$ 3.75	\$ 4.75
Sausage	\$ 3.00	\$ 4.00
Meatball	\$ 3.30	\$ 4.30
Combo	\$ 4.65	\$ 5.65
Chicken Parmesan	\$ 4.25	\$ 5.25
Grilled Chicken	\$ 3.75	\$ 4.75

Appetizers

Jalapeno Poppers	\$ 3.25
French Fries	\$ 1.25
Onion Rings	\$ 1.25
Mozzarella Sticks	\$ 3.20
Breaded Mushrooms	\$ 2.50
Breaded Zucchini	\$ 2.50
Breaded Cauliflower	\$ 2.50
Pizza Bread	\$ 3.20
Garlic Bread	\$ 1.10
Garlic Bread w/cheese	\$ 3.20
Cole Slaw	.50
Peppers (Hot or Sweet) Side	.50

Catering

\$ 6.50 per person
 (minimum 20 people)

Your Choice of:
 Beef or Sausage Including
 Bread and Peppers
 Plus Fired Chicken
 Plus Your Choice of Side
 (Tossed or Cole Slaw)

Call ahead for us to cater your next party! Prices below are for trays which serve 12 - 15 people.
PLEASE GIVE 1 DAY NOTICE

- Lasagna
- Manicotti
- Baked Mostaccioli or Spaghetti
Includes Salad & Bread
- Beef By The Pound \$ 6.95/lb.
Includes Bread and Peppers

Pizza

Thin	Mini 10" Serves 1-2	Small 12" Serves 2-3	Medium 14" Serves 3-4	Large 16" Serves 4-5	X-Large 18" Serves 5-6
Cheese	6.15	7.40	9.00	11.00	13.00
One Ingredient	7.10	8.50	10.20	12.30	14.50
Two Ingredients	8.05	9.60	11.40	13.60	16.00
Three Ingredients	9.00	10.70	12.60	14.90	17.50
Each Add'l Ingredient	.95	1.10	1.20	1.30	1.50
Half Portion	.50	.55	.60	.65	.75

Ingredients

- Sausage
- Bacon
- Green Peppers
- Onion
- Green Olives
- Shrimp
- Sliced Tomatoes
- Black Olives
- Hamburger
- Canadian Bacon
- Pepperoni
- Spinach
- Mushroom
- Italian Beef
- Anchovies
- Hot Peppers
- Garlic
- Chicken

Pizza for One

8" Cheese Pizza	3.50
Each additional ingredient	.60

Fabulous Four A delicious combination - Sausage, Mushroom, Onion and Green Pepper (No Substitution)				
10"	12"	14"	16"	18"
9.70	11.90	13.30	15.70	18.25

Monster Pizza Our "Specialty" - Everything on it! A delicate blend of all our ingredients cooked to perfection! Try it! A Blend of All 11 Ingredients!				
10"	12"	14"	16"	18"
11.70	14.90	17.30	19.70	21.25

Vegi - Mushrooms, Onions and Green Peppers				
10"	12"	14"	16"	18"
8.75	10.25	12.15	14.40	17.00

SOB - Sausage, Onions, Bacon and BBQ Sauce				
12"	14"	16"	18"	
10.45	12.35	14.65	17.25	

Double Crust

A truly unique pizza - our own creation
 \$1.50 extra for Small, Medium or Large
 \$2.00 extra for X-Large

Stuffed Pizza

\$2.00 Extra for Small & Medium
 \$2.50 Extra for X-Large

Pan

Our pans are famous in the area - They're simply "The Best Around"
 \$1.50 Extra for Small, Medium or Large
 \$2.00 Extra for X-Large

Ribs

Our delicious Baby Back Ribs are basted in a secret B B Q sauce. "You'll Love It!"

Full Slab	\$13.00
Half Slab	\$ 7.00

Includes one slaw, one fries and bread

Chicken

Tasty crispy chicken cooked to a golden brown.

	Plain	1 Slaw & 1 Fries
4 Piece Fried Chicken	\$ 4.50	\$ 5.50
8 Piece Fried Chicken	\$ 8.50	\$ 9.50
Chicken Fingers		\$ 4.25
Buffalo Wings		\$ 4.25

Shrimp

Our jumbo shrimps and tasty perch are deep fried to perfection!

	Plain	1 Slaw & 1 Fries
Half lb. - Jumbo Shrimp	\$ 7.00	\$ 8.00
Full lb. - Jumbo Shrimp	\$13.00	\$14.00
Half lb. - Perch	\$ 4.75	\$ 5.75
Full lb. - Perch	\$ 8.25	\$ 9.25

Pasta

Orders include cheese, cole slaw and bread

	Plain	2 Meatballs or 1 Sausage
Spaghetti/Mostaccioli	\$4.20	\$5.20
Baked Mostaccioli	\$5.20	\$6.20
Meat/Cheese Ravioli	\$5.20	\$6.20
Homemade Lasagna	\$5.50	\$6.50
Manicotti	\$5.50	\$6.50

Family Buckets

Serves 3 to 4	Plain	6 Meatballs & 3 Sausages
Spaghetti/Mostaccioli	\$11.20	\$13.20

Salads

	Small	Large
Garden Salad	\$2.50	\$4.00
Grilled Chicken		\$4.00