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TIF district to 'alleviate blighting conditions'

by Christine Caplinger
 The council chamber of the Morton Grove Village Hall was filled to standing room only for the first meeting of the year 2000. Residents and businesses of Morton Grove, both those who are within and outside of the proposed Ferris/Lehigh Tax Increment Allocation Finance (TIF) district, were in attendance for the Jan. 10 regular Village Board meeting. They were there to voice their concerns, ask questions, or simply listen during the public hearing on the proposed project. The hearing opened with a reading of the legal notice ad-

PR mayor rips Chicago air quality test at O'Hare

by Rosemary Tirio
 Park Ridge Mayor Ron Wietecha was critical of a Chicago Department of Aviation study of air quality in the O'Hare Airport vicinity that concluded that only a small percentage of area pollutants were generated at the airport. The \$200,000 study found that the majority of pollution in the O'Hare area comes from automobiles and trucks rather than airport operations. Wietecha said the Chicago study was conducted in secrecy at the same time Park Ridge, Des Plaines, Niles and Itasca are funding a \$75,000 study by an Elmhurst firm of environmental chemists and engineers. Wietecha said he asked Chicago officials repeatedly to participate in the suburban study.

DesPlaines council selects new mayor in nine votes

Anthony Arredia, a 62-year-old former bank administrator, was chosen to succeed the late Mayor Paul Jung at a special meeting of the Des Plaines City Council Jan. 6. Jung died unexpectedly Oct. 24 from injuries he sustained in a fall apparently resulting from a brain aneurysm. He had served as Mayor of Des Plaines from April 1997 until his death at age 63. Arredia, who, as a city alderman representing the eighth ward since 1995 built a reputation for careful scrutiny of city budget items, pledged to continue the vision and focus of the former mayor on promoting city redevelopment.

Continued on Page 40

Village better prepared for snowfall; 4,000 tons of salt stored in dome

Niles emergency plan ready for winter's blast

by Rosemary Tirio
 Let the cold winds blow, Niles is ready. Despite record warm temperatures in November and December, when the cold winds of January and February finally arrive, the Village of Niles will be well prepared to implement the Cold Alert Emergency according to officials in the village manager's office. When the wind chill index reaches 35 degrees below zero, or after three consecutive days of 10 below zero temperatures, all village departments are put on standby alert. Elderly and disabled residents whose names have been placed in a data base are notified of the cold alert status by a reverse 911 phone call originating from the Niles Senior Center, 999 Civic Center Drive, which during cold emergencies doubles as a warming center along with the Niles Fitness Center located in the same building, and several other emergencies doubles as a warming center along with the Niles Fitness Center located in the same building, and several other

Skokie launches inspection of business properties

by Rosemary Tirio
 The clean-up police mean primary concern, safety issues may also be highlighted in the inspections, officials said. During the next 18 months, code inspectors are determined to visit Skokie's 2,500 businesses looking for any and all signs of blight and disrepair for which they will issue citations and fines in an effort to get business owners to clean up. Although appearance is the

Niles couple win big at Grand National Bank

Mr. and Mrs. John Brander of Niles received a special holiday present compliments of Grand National Bank. Mr. Brander was the prizewinner in the GrandPlan Getaway Sweepstakes and won a Caribbean Cruise on Carnival Cruiselines including airfare for two. The prize was timely for the Niles couple who will be celebrating their 40th wedding anniversary in 2000. The contest started in October with a comprehensive advertising campaign to promote GNB's new GrandPlan Customer Service programs. All of Grand National Bank's 23 locations collected entry forms for the sweepstakes. The drawing on December 20th was the climax of the special GrandPlan CD rate promotion at the bank. Mr. John Brander (center) accepts the Cruise Sweepstakes certificate from Charles Barbaglia of the Grand National Bank of Niles and Susan Porth, V.P., Director of Marketing.



Skokie Art Guild

Skokie Art Guild members are displaying their work at these locations during January and February 2000.

McDonalds, 4830 W. Dempster, Skokie; Suzanne Arist, Media Mixed-media, acrylic.

Bank of Lincolnwood, 4433 W. Touhy, Lincolnwood; Mary Sass, Media: oil.

LaSalle Bank, 7080 Carpenter, Skokie; Barbara Schrenzel, Media: Acrylic on canvas.

Liberty Federal Savings, 5700 N. Lincoln, Chicago; Bob Cohn, Media: Oil, watercolor.

Bank One, 8001 Lincoln, Skokie; Fred Vyskhind, Media: Watercolor, acrylic, oil, Pastel, pencil, pen & ink.

Michael R. Anderson

Navy Petty Officer 3rd Class Michael R. Anderson, a 1996 graduate of Notre Dame High School of Niles, recently returned from a six-month deployment to the Western Pacific

Ocean, Indian Ocean and Arabian Gulf aboard the destroyer USS Kinkaid, home ported in San Diego.

He joined the Navy in July 1996.

Pioneer Park's first year a success



Mayor Nicholas B. Blase recently congratulated the Niles Park District Board on its very successful first year at the new Pioneer Park. Revenues in excess of 100,000 were raised from the batting cages, miniature golf course, and other facilities at Pioneer Park over the previous year when the park was located at the old Lozwick site east of Milwaukee Avenue.

Pictured with Mayor Blase is the Park District Board (left to right): Commissioner Walter Bausso, Mayor Blase, Commissioner Charles Barbaglia, Vice President Elaine Heinen, President James T. Hynes, and Commissioner William Terpinas, Sr.

NISOD awards Oakton professors for leadership and excellence

In 1989, 11 years after its founding in connection with a University of Texas national study of teaching excellence, the National Institute for Staff and Organizational Development (NISOD) hoisted its first awards for excellence in teaching and leadership. Each academic year since, NISOD presidents are asked to submit nominees for this award. This year, six Oakton Community College professors and an associate professor were distinguished with this honor.

Those honored from Oakton College this fall are Woodstock resident and biology professor Thomas Firak, Ph.D., Lincolnwood resident and English professor of student development Elko Fricke, Ph.D., Lincolnwood resident and English professor Beverly O. Friend, Ph.D., former Prospect Heights resident and speech/theatre professor emerita Carole I. Kleinberg, Ph.D., Elmhurst resident and library science professor Susan M. Maltese, Ph.D., Evanston resident and psychology professor Alan M. Rubin, Ph.D., and associate professor of computer science and mathematics Robert Sompolski, Ph.D., of Lombard.

The awards presented are pewter medallions awarded at the ceremony in Texas as well as a video with footage showing the instructors at work and a booklet including their names, titles, college affiliations and school presidents.

"In the world of academia it is difficult to recompense individuals for extraordinary achievement and significant contributions to the way private industry does with bonuses and promotions," said Ed Garcia, Ph.D., dean of the Division of Mathematics and Technologies at Oakton. "We can at least recognize and celebrate their work by bestowing an award like this and publicizing their merit. I am extraordinarily pleased that NISOD has recognized Dr. Sompolski; I cannot think of a more deserving recipient."

A vital, dynamic teacher of speech and an innovative director in the theater program, Carole Kleinberg has been a central presence at Oakton for nearly 30 years," said Dick Storing, Ph.D., dean of Division of Languages, Humanities and the Arts. "Beverly Friend's enthusiasm for teaching and commitment to finding better ways to do it -- such as pioneering the use of computers in the classroom -- have marked her career from the beginning."

Now celebrating its 30th year of service to the community, Oakton Community College's two campuses -- in Des Plaines and Skokie -- take seriously their primary mission of excellence in teaching and learning.

Niles Township Administration officials break ground



Kurt Geihler (construction manager), Joe Gallo (contractor), Pramod Shah (collector), Leo Tamraz (Trustee), Pat Huber (job manager), Suzanne Schwartz (Trustee), Charles Levy (Clerk), Frank Michalski (architect), Lester Brownstein (Trustee), Judith Rae Ross (Trustee), George Van Dusen (Mayor of Skokie), Thomas McEligott (Supervisor of Niles Township) and Ada Rubinowicz (Coordinator) celebrate at a Ground Breaking Ceremony for the construction of a new Township Food Pantry and Niles Township Community Daycare Center.

Pickwick changes style, admission price

At a time when 95 percent of movie theaters are corporately owned by the megamultiscreened mega-theater companies, a few independently owned theaters with histories going back to an earlier era continue the struggle to stay open to provide quality entertainment.

One of those, of course, is the well-known Pickwick Theater in Park Ridge. Hilary Clinton along with countless area residents who may have moved away look back fondly at their youthful experiences at the Pickwick. Current residents are still attending the Pickwick, which, like so many theaters has divided its large auditorium into four smaller theaters.

Now, after much deliberation, the Vlahakis family, owners of the Pickwick since the 1960s, have decided to change the image of the theater to some extent by devoting the rear screens, theaters 2, 3 and 4, to what are known as art filmings along with the more conventional movies they show now.

The rear theaters will now open earlier on weekdays, and admission prices in the rear theaters only will also be raised to \$3 during the afternoons and \$5 for evening shows. The main theater will continue to charge \$1.75 and show second-run regular movie fare.

Dino Vlahakis, speaking for the family, said they have spent many hours trying to find ways to keep the theater open while accommodating patrons' tastes and preferences.

Competition from the many multi-screen theaters that have opened in the suburban area has harmed the Pickwick's business, Vlahakis said. Had the family not owned the actual building, Vlahakis said the theater would not have survived until now.

Skokie centenarian, senior club founder, dies at 101

Hannah Klein, whose long life included watching the Graf Zeppelin flying over her childhood home in Germany as well as television reports of space flights, died in St. Francis Nursing Center in Evanston of heart failure Jan. 2.

Mrs. Klein fled post-World War I Germany with her husband Henry Steinbech, a grape grower, emigrating to the Pullman area of Chicago in 1926.

When Mr. Steinbech died in 1937, Mrs. Klein moved her family to the Wrigleyville area of Chicago.

Mrs. Klein worked as the linen room supervisor at the Covenant Club more than 30 years. There she met her second husband, the late Andrew Klein, club's food purchaser, with whom she founded the Laramie Senior Citizens Club in Skokie.

Mrs. Klein is survived a son, a grandson and many nieces and nephews.

Funeral services were held Wednesday, Jan. 5 in Skokie.

Wisconsin Dells Flake Out Festival

The 10th anniversary of the Wisconsin Dells Flake Out Festival, held for the first time at Noah's Ark Waterpark, will offer guests new activities and more snow sculpting teams than ever before. Flake Out Festival, January 21-23, includes Wisconsin's only state-sanctioned snow sculpting competition with sculptors competing to earn cash prizes and an entry into the national snow sculpting finals.

Two new activities, a snowman-making contest and the Totally Tubular Snow Slide, are making their debut and promise to provide exceptional entertainment for the entire family.

The Totally Tubular Snow Slide is a massive mountain of snow that allows guests to race down its slippery snow banks on inner tubes or snow saucers. For guests who prefer to remain upright, the new snowman making competition held on Saturday and Sunday offers a great family experience and a chance to win cash prizes.

For more information about the 10th annual Flake Out Festival, or to receive a Flake Out Festival brochure filled with valuable savings, call 1 (800) 223-3557. Or visit Wisconsin Dells on the Internet at www.wisdells.com.

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Social Security 2000 Earning Exempt Amount

In 2000, the maximum amount Social Security beneficiaries ages 65 through 69 can earn without losing Social Security benefits is \$17,000, up from \$15,500 in 1999. For those beneficiaries under age 65, that amount is \$10,080 a year.

Bring your Y2K food stash Food Pantry

Maine Township officials have a great suggestion for all that food you may have stocked up on anticipating Y2K problems which never developed. Simply bring all your extra canned goods and non-perishables to the Maine Township Emergency Food Pantry.

"We're hoping that the many people who stocked up on canned goods and packaged food may not want to keep storing now that it's really not needed," said Maine Township Supervisor Mark Thompson. "We thought it would be a good idea if those who were fortunate enough to stockpile food might want to celebrate the fact they don't need it and donate

to those who do." The emergency food pantry attempts to stockpile food all year, every year. "Over the Christmas holiday season alone, we've had over 300 requests for food baskets," said Township General Assistance Director Marsha Warnick. "That's from the unincorporated areas of Niles, Park Ridge, Morton Grove and Glenview, and by our estimation donations to date have already fed nearly 1,000 hungry kids over the holidays. What better way to start off the new century than by helping others who find it difficult to plan for the following week, much less store food for an emergency."

As always, food donations should be non-perishable, canned or prepared boxed foods as normally requested throughout the year. The Maine Township Emergency Food Pantry is the only food pantry in the area that is open 5 days a week, and is located at Maine Township Town Hall, 1700 Ballard Road in Park Ridge. For information on drop off locations, contact Marsha Warnick at (847) 297-2510.

Rosewood Care Center sets Alzheimer's seminar
Rosewood Care Center in Northbrook will host a free seminar on "Understanding and Caring for the Person with Alzheimer's" in cooperation with the North Shore Senior Center and Omnicare, Inc. The program for professional care givers will meet from 8 to 10 a.m. on Wednesday, January 19, and family care givers from 12 to 4 p.m. on Sunday, January 23.

All sessions will be held at the Rosewood Care Center, 4101 Lake Cook Road, Northbrook. A primary focus of both sessions will be on person-centered care, a new philosophy developed by Dr. Tom Kitwood in Bardford, England. This philosophy looks at the person as having value and dignity and as deserving respect despite the level of cognitive impairment. It fosters well being by considering and attempting to provide for the basic comfort needs of the person with dementia.

The seminar will feature speakers with a range of experiences in caring for Alzheimer's patients. In addition, participants will learn about the values expressed in Kitwood's popular book, "Dementia Reconsidered." Rosewood Care Center emphasizes comprehensive therapy and professional care. The philosophy of the center is to conform to the needs of the individual, rather than having the individual conform to Rosewood.

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

ACID Support Group to meet

A free support group for individuals who have had an automatic implantable cardiac defibrillator (AICD) implanted is open to the community and will meet for the first time at Resurrection Medical Center, 7435 West Talcott Avenue.

The new AICD Support Group will meet Thursday, January 20, at 7 p.m. in the Mother Celine Room on the ground floor of the hospital.

To register or obtain more information, call toll-free 877-RES-INFO (737-4536).

M-NASR Winter Spring brochure available



Executive Director, Sue Bear shares the most recent issue of M-NASR's program guide with volunteer honoree Liponi Foundation President, Tom Vitello, who's photo appears in the centerfold.

Maine-Niles Association of Special Recreation (M-NASR) seasonal brochure offering programs winter through spring is now available at your local park district or M-NASR's main office. This issue features a centerfold of Tom Vitello, President of the Liponi Foundation, M-NASR's fundraising arm. "Mr. Vitello has extended his time, energy and friendship to our agency and we appreciate it," said Executive Director Sue Bear. "He has led the Liponi Foundation through their most active and successful period and we wanted to honor him in some special way that would have an impact with our readers and we hope the centerfold achieves this. In the future we hope to use this format to recognize other volunteers, participants and employees." The Winter / Spring Program Brochure offers a variety of programs and special events including a five-day excursion to Las Vegas, sports and Special Olympics programs, art, gardening, cooking, aerobics and more. Winter programs begin the week of January 17 and run through March 12, while spring offerings begin April 3 and end May 21.

Knights News & Views

Free-Throw Contest Chairman Bob Bianchi invites all boys & girls 10-14 to participate in the contest on Saturday, January 15, 2000. Doors open at 8:30 a.m. Contest from 9 to 12. All contestants are asked to arrive 15 minutes early to fill out form. Bob asks Brother Knights to assist him in the coordination of the contest. Please help make this a success.

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

Membership Chairman Don Kajmust asks all members of our family to ask a Catholic gentleman to join the Knights of Columbus! If you know a candidate contact Bob Galassi. Bob will contact him. Ask your brother, son, in-laws or neighbors to join us!!

Happy New Year to everyone.

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Women's News

Women in Construction

The O'Hare Suburban Chapter #193 of the National Association of Women in Construction (NAWIC) will meet Tuesday, January 18, 2000 at the Avalon Restaurant, 1905 E. Higgins Road, Elk Grove Village. Reservations for dinner at \$20 may be made with Janet Stafiej, at (312) 245-1602. Social hour is at 6 p.m., followed by dinner at 6:30 p.m. The program for the evening will be presented by Peggy Newquist, CTF Sr. Training

Girl Scouts kick off annual cookie sale

From Jan. 7-28, Brownie, Junior, Cadette and Senior Girl Scouts from Girl Scouts of Chicago will be calling on family, friends and neighbors to support Girl Scouting in the community by placing orders for Girl Scout cookies. The annual Girl Scout cookie sale is a voluntary program activity that enables Girl Scouts of Chicago to provide resources, activities and support materials for local girls ages 5-17. "During the sale, girls learn to set goals,

plan marketing strategies, handle money, and make decisions about how they should spend their troop profits," said Brooke Wiseman, executive director of Girl Scouts of Chicago. "This, in turn, teaches girls real-life business skills for the future."

Profits from the sale of each \$3 box of cookies help the council recruit and train new leaders; encourage less consumer waste. The varieties include Thin Mint, Trefoil, Striped Chocolate Chip, Lemon Drop, and a reduced-fat Apple Cinnamon cookie. All are made by Little Brownie Baker with 100% vegetable shortening, and they contain no preservatives.

Girl Scouts of Chicago's annual order-taking sale will be conducted from Jan. 7-28. On-site booth sales will be offered at locations throughout the Chicago area March 4-28. The annual Loop sales days will be March 31 and April 28.

Girl Scouts of Chicago is a non-profit, all-girl organization that serves girls in the city and the suburbs of Norridge and Harwood Heights. It provides social, recreational and educational opportunities to girls from diverse backgrounds while helping them to develop to their fullest potential. For more information about Girl Scouts of Chicago, call (312) 416-2500.

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Women's News

Head of Hadassah College of Technology to visit

Chicago Chapter Hadassah welcomes to Chicago Dr. Nava Ben-Zvi, the new president of Hadassah College of Technology in Jerusalem, with a reception in her honor on January 20, 2000.

Previous to her appointment at Hadassah, Ben-Zvi was a long-time faculty member at the Hebrew University in Jerusalem with more than 25 years of experience in science, technology and education. A native of Jerusalem, she holds a doctorate in chemistry and is chair of Jerusalem's Bloomfield Science Museum and co-founder of Israel's Open University. At Hebrew University, she was co-director and a founder of Sunnit, Israel's first, largest and most successful Internet learning site.

Ketura Hadassah meeting

Ketura Hadassah will hold its monthly meeting on Tuesday, Jan. 25, at 12:30 p.m. at the Liberty Bank, 6066 Lincoln Ave., Lincolnwood. Ruth Belzer from Shalve will speak on how to promote tranquility in Jewish homes. Coffee and dessert will be served. Members free, others \$3. For information, call (847) 674-1379.



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New Beginnings Women's Chorus membership drive

The New Beginnings Women's Chorus is in their third year of singing under the direction of Mary Jane Robertson and is looking for new members to join and enjoy the fun of singing and making new friends. We do a variety of music from the oldies to present day contemporary tunes.

We are now preparing for our Spring Concert in May and we

also have a Christmas Concert in December. Other performances include mens and womens organizations, retirement and nursing homes.

Our members come from many of our Northwest Suburbs starting from Niles and reaching all the way to Barrington. Please join us on Mondays at 9:30 a.m. until 12 noon at The Church of the Incarnation, 330 W. Golf

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Women's News

A Leading Dermatologist's Top Tips for Beautiful Skin

With the onset of cold weather throughout most of the country, many women are focusing on combating the elements that cause damage to their skin. According to New York-based dermatologist Dr. Michele Green, most of her patients want to know what they can do to prevent signs of aging and keep their skin looking young and healthy.

"Keeping skin healthy and younger looking is a concern for all my patients. How a woman's skin looks affects how she feels about herself regardless of her age," says Dr. Green, a leading dermatologist who specializes in cosmetic dermatology and the latest skin care technologies. A recent survey shows that Dr. Green's patients are not alone. Eighty-three percent of women believe that their facial skin's appearance is a very important factor in determining how they feel about themselves. More than 60 percent of those polled are worried about fine lines, wrinkles, sun damage and the loss of firmness that occur with age.

"The solution to these concerns is simple," says Dr. Green. "I advise women to practice prevention early, treat any unwanted signs of aging and sun damage and develop a good, basic skin care routine."

An Ounce of Prevention
According to Dr. Green, "It's never too early to start taking care of your skin." Most women don't get serious about caring for their skin until around age 30, when they may begin to notice fine lines under their eyes and on their foreheads. "This is unfortunate because sun exposure before the age of 20 causes more long-term skin damage than exposure at later ages," says Dr. Green.

• Use a sunscreen or moisturizer with SPF every day of the year, even when it's cloudy, and avoid prolonged exposure to the sun during the peak hours of 11 a.m. to 3 p.m. Keep in mind that UV rays can cause as much damage in winter as in summer months.

• Prevent the signs of sun-induced skin-aging, such as fine lines and wrinkles, with a preventive product like RoC Chrono Block Prevention Active. "This product is formulated with three key skin-saving ingredients: UV filters, Vitamin E and Vitamin A (Retinol) and with regular use you will keep your skin looking younger and healthier," notes Dr. Green.

• Skin Care that Works
When fine lines and wrinkles appear, many women believe nothing can be done to minimize them. "Although wrinkles cannot be totally avoided, women today have access to treatment products and procedures that can help reinvigorate their skin's renewal process and indeed minimize these tell-tale signs of aging," says Dr. Green.

• As soon as you notice fine lines, begin using an anti-wrinkle product like RoC Retinol Activ Pur Night Anti-Wrinkle Treatment. Formulated with Vitamin A (Retinol), it visibly reduces fine lines and wrinkles, in about 12 weeks, with regular use.

• Avoid sun exposure, maintain a healthy diet and follow a good skin care regimen that includes the right products for your skin type to maintain a healthy appearance.

• Stick to the Basics
All good skin care begins with a basic regimen. "Establishing and maintaining a regular skin care routine is easy and will greatly improve the appearance of your skin," says Dr. Green.

• Your regimen should include cleansing, toning, and moisturizing in the morning and at night before bed. Skin types with special needs may require products with special ingredients.

Skokie Valley Business and Professional Women's Club

The Skokie Valley Business and Professional Women's Club will meet on Monday January 17, at Don's Fishmarket, in the Skokie Blvd., Skokie.

Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$20 for members and guests. Please call Dr. Yemima Lipschultz at (847) 677-9110 by noon Friday January 14 for reservations.

The speaker for the meeting will be Irish Davantes Financial Analyst for Arthur Anderson. Her topic will be "Comparison of Japanese Culture to our Culture."

All working women, regardless of where they live or work are invited to attend this meeting and learn more about BPW, the oldest and largest group in the world dedicated to the concerns of working women.

Dina Corvino
Dina Corvino, of Des Plaines, has been named to the autumn quarter Dean's List at MacCormac College. Ms. Corvino is a Court Reporting major on the College's Elmhurst campus.

Catholic Women's Bowling League

Wed, Dec. 29, 1999

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TEAM	W	L
T. Drozd, DDS	60	38
Grand Nat/Bank	55	43
Classic Bowl	50	48
Skaja Terrace	47	51
Candlelight Jewellers	47	51
CMS	35	63

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RE/MAX Allstars and Niles donate to children

RE/MAX AllStars located in Niles is happy to announce Chuck Ostman, the Director of the Department of Code Enforcement in Niles, recently presented RE/MAX AllStars with a check in the amount of \$300 for the Children's Miracle Network. The money was donated by all the employees of the Department of Code Enforcement which does home inspections in Niles for resale.

Co-owners Carol Ficarra and Richard Harzak of RE/MAX AllStars were thrilled to receive this donation and in the Spirit of Christmas decided to match the generous Niles Village employees funds with their own checks.

'Meet the Candidates Night'

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

The public is invited to hear various candidates for federal, state, and regional offices speak on issues and have the opportunity to ask questions. Refreshments will be served.

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

Adjusting to life in the U.S.A.

Created for immigrants from the former Soviet Union, Starting Over - Adjusting to Life in the U.S.A. is a weekly discussion group for people over 55 years old. The ongoing groups are held in two locations:

• Monday mornings, 9:30 - 11 a.m., Niles District Office of Jewish Family and Community Service, Goldie Bachmann Luffing Building, 5150 Golf Road, Skokie. For more information call Sheri Fox, LCSW, at (847) 568-5200, or Lina Koyan, Family Worker, at (773) 274-1324.

• Monday afternoons, 1:30 - 3 p.m., Jewish Family and Community Service, 2710 W. Devon Avenue, Chicago. For more information call Arlene Alpert, LCSW, or Marianna Tartakovsky, Family Worker, at (773) 274-1324.

Starting Over - Adjusting to Life in the U.S.A. is a program in the Family Life Education Series sponsored by Jewish Family and Community Service.

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Legionnaire named Man of the Year

The Seventh District of the American Legion has named Melvin Baity of Skokie as their Man of the Year. Each calendar year an outstanding legionnaire is selected from its ranks to be so honored for their service, dedication and performance of duties.

A 33 year member of the Legion, Baity is a past commander of Morton Grove Post #134. He was given a life membership by that group recently in recognition of his many dedicated years of service to the Morton Grove Legion, his community and the programs which the legion participates in.

Both before and after his 1981 term as commander, he held various positions including Rifle Squad, the Corporation board, bar chairmanship and rental chairman to name just a few.

Currently, he is the chaplain for the Amvets Post #66 and district representative for the Korean War Veterans National Museum and Library in Tuscola, IL. An army veteran, Mel attained the rank of sergeant and served in Korea as a cook and mess steward.

Born in Morton Grove, he retired from ComEd after 39 years of service.

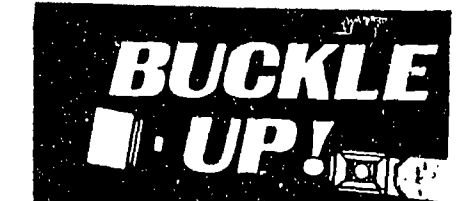
One of his advocations is volunteering 3 mornings a week at Rush North Shore Medical Center.



Melvin Baity

He is the father of three children, Julie Lynn Zember, Joan Marie and Lance Michael.

A dinner honoring Mr. Baity will be held at the Northbrook American Legion in February.



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Health News

LGH offers patients in-room massages

Lutheran General Hospital now offers relaxation massages to patients at the bedside, as well as their families and friends. Patients have the option of receiving their massage in bed or with a specially designed massage chair.

The massage costs \$1 per minute, with a 30-minute minimum recommended, though not required. Usually a specific part of the body is targeted, from the feet and hands to the neck and upper shoulders. Certified massage therapists are available to patient

and visitors from 7 to 9 p.m. Monday through Friday, with extended hours of 9 a.m. to 3 p.m. on Fridays. A doctor's prescription is required for all patients.

In addition to chair massages, the Fitness Center also offers a number of traditional massage services to the public, including:

Swedish massage - offers rhythmic motions to stimulate circulation and relieve stress accumulated in the body.

Reflexology - focuses on the soles of the feet and palms of the hands to stimulate energy flow

into different parts of the body. **Deep tissue massage** - utilizes pressure into deeper tissues of the body to enhance flexibility and movement.

Acupressure - involves constant pressure on localized points of the body to release accumulated tension.

In addition, the center offers sports massage, Shiatsu, myofascial release and craniosacral therapy. To find out more about massage services at Lutheran General Hospital, call the Fitness Center at 847-723-6138.

Obstetrician/Gynecologist appointed at Resurrection

Anne M. Schreiber, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Schreiber, of Chicago, received her bachelor's degree from Northern Illinois University, DeKalb, and her medical degree from Loyola University Stritch School of Medicine, Maywood. She completed an internship and residency at Lutheran General Hospital, Park Ridge, where she is on the speaker's bureau of the Women's Health Center. Dr. Schreiber specializes in obstetrics and gynecology.

Dr. Schreiber is a member and Junior Fellow of the American College of Obstetrics and Gynecology. She is a Physician Advisor in the Resurrection Health Care Nurse Advice Line, and a part-time Clinical Instructor at Loyola University, Chicago.



Anne M. Schreiber, M.D. Dr. Schreiber is in practice with Susan Shuber, M.D. Their offices are located in Chicago at 7237 West Irving Park Road. Appointments can be made by calling (773) 569-2000.

Cold Weather Health and Safety Tips

Dropping temperatures can cause health and safety problems for those unprepared for the cold weather. The elderly should take special precaution during periods of extreme cold. Relatives and friends should check on the elderly often to make sure they are okay. If they do not have heat, the local municipality or township should be contacted about local warming centers. The Cook County Department of Public Health is advising residents to use common sense and follow these safety suggestions this winter season:

When dressing:
• Protect yourself from frostbite. Wear several layers of lightweight clothing rather than one or two layers of heavy garments. The air between the garments acts as insulation to keep you warmer. Cover your head. You lose as much as 50% of your body heat through your head.

When shoveling:
• Cold weather strains the heart of even those in good shape. If you are strong enough to handle shoveling, make sure you rest often and pace yourself.

When driving:
• Use a proper snow shovel and lift with your legs, not your back.
• Do not smoke or drink while shoveling.
• Keep your car healthy by making sure you have enough gas, antifreeze, windshield wiper fluid and oil.

Be prepared for signs of frostbite. If skin turns whitish, stiff or numb, warm affected areas gradually. Wrap the area in blankets, sweaters, coats, etc. Do not rub affected area. Do not apply snow to frostbite. Seek medical attention immediately.

Wear waterproof boots or sturdy shoes with good traction to prevent slipping.

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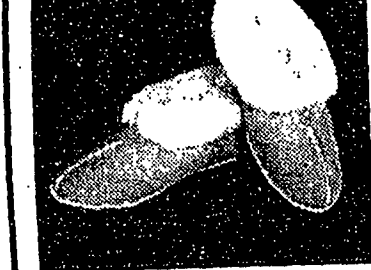
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Health News

P.A.C.E. Weight Loss Conditioning Circuit installed

The American College of Sports Medicine, Cooper's Aerobic Clinic and the President's Council on Physical Fitness and Sports all have made the public more aware of the critical role of exercise for good health and an improved quality of life. Aerobic exercise and proper diet is by themselves not quite enough. Our entire population must also improve muscle strength and flexibility to balance the equation and be ready to face day to day living with vim and vigor to go through each day at a high level.

The best single indicator of good health is body composition or the percentage of our body weight that is fat vs. muscle. The lower the fat and the higher the muscle, the better. No exercise program today changes body composition quicker and safer than PACE.

ProFit Enterprises, the domestic distributor, is pleased to name Leaning Tower Family YMCA as a showcase facility. Leaning Tower Y has purchased the 10 unit PACE Cross Conditioning Circuit to accommodate the ever changing health club population, offering 30 minute

specially programs for a wide variety of ages and fitness levels.

Alternating between strength and aerobic stations, the PACE Cross Conditioning Circuit is particularly appealing to busy people who don't have enough time to work their upper and lower body separately while doing aerobic, strength and endurance routines. This fast paced, high energy, aerobic, strength and endurance program is led by a certified instructor and performed to motivational music. The results and reactions to the *Lighten-Up* program for weight loss, *Exercise-Fit* program for corporate executives, *Weekend Warrior* for sports/activity cross conditioning, *Ageless* for seniors and *Prime Fitness* for the average health club member has been phenomenal.

The public is also invited to become acquainted with PACE by seeing a demonstration class on January 23rd at Open House between 7 - 5 p.m. at Leaning Tower Family YMCA, 6300 W. Touhy Ave., Niles, IL 60714. Call and ask about our Free Introductory PACE class. For more information contact Jeff at (847) 647-8222.

First aid and safety class at Holy Family

On Saturday, January 22, a First Aid and Safety Class will be held at Holy Family Medical Center in the Des Plaines Room from 8 a.m. - 6 p.m. This one-day course will be taught by experts from the American Red Cross.

Participants will receive information about how to care for breathing and cardiac emergencies, perform rescue breathing, and one-person CPR (cardio-pulmonary resuscitation). Classes will also provide information on how to treat burns, control bleeding, care for shock, and react to sudden illnesses such as poisoning and heart/cold emergencies.

Upon completion of the course, individuals will receive certification in Community CPR and Community First Aid and Safety. The cost for this course is \$54 and advance registration is required.

For more information or to register, please call the American Red Cross at 1-800-357-2338, including the course code number, 85642.

Sweet Ideas For Bettering Your Breath

As many as 85 million people in the United States suffer from bad breath. While their best friends may not tell them, their dentist will, and he or she can also help overcome the problem.

For most people, bad breath is only temporary. Chronic bad breath, however, is caused by volatile sulfur compounds (VSCs) that coat the back of the tongue or nest in pockets in the gums. VSCs have several sources including poor oral hygiene, tooth decay, smoking, drinking alcohol, dry mouth, rotting food trapped between teeth and sinus drainage. Bad breath can even be a symptom of something as serious as liver disease or some forms of cancer, so it's a good idea to get it checked out.

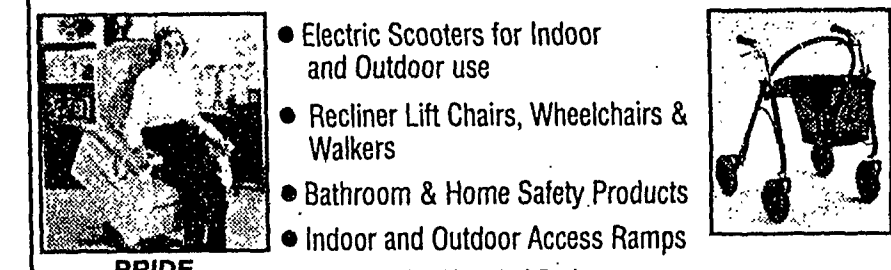
For many years, doctors and dentists believed bad breath came from the stomach. It was recently discovered, however, that in most cases halitosis comes from sulfur-generating bacteria.

Breathe easy. There are steps you can take to minimize bad breath:

- Brush at least twice a day. Floss daily and visit your dentist regularly for proper cleaning and tooth repair.
- Clean your tongue with a tongue scraper, which can reach farther back on the tongue than a toothbrush.
- Avoid oral care products that contain alcohol or sugar, as they can lead to dry mouth, which contributes to bad breath.
- Drink lots of water.
- Use dental hygiene products containing chlorine dioxide.
- How Chlorine Dioxide Works: Clinical studies suggest dental care products containing chlorine dioxide are the most effective at fighting bad breath. It's the same compound used to treat drinking water. According to a study by TKL Research, Inc., "a one-time use of a mouth rinse containing chlorine dioxide significantly improves mouth odor pleasantness and reduces mouth odor intensity for at least four hours."
- The products are sold only through dental offices. To learn more, ask your dentist or call Rowpar Pharmaceuticals, 800-643-3337, or visit www.rowpar.com.

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Lutheran General Hospital 761 Old Barn Road, Arlington Heights 60005, 2nd Wednesday - 7 p.m.

Regency Nursing Center 6631 N. Milwaukee Avenue, Niles 60714, Last Wednesday - 7 p.m.

Wagner Health Center 820 Foster Street, Evanston 60201, Last Thursday - 1 p.m., 2nd Tuesday - 7 p.m.

Alzheimer's Support Groups

Kenton Building (Adult Children) 9701 N. Knox, Skokie 60076, 4th Wednesday - 7 p.m.

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

Resurrection Medical Center Marion Conference Center Sister Gregory Room 7435 W. Talcott, Chicago 60631, 2nd Tuesday - 2 p.m.

Central Baptist Home 4750 N. Orange Avenue, Norridge 60656, 2nd Saturday - 10 a.m.

North Shore Senior Center 7 Happ Road, Northfield 60093, 2nd Tuesday - 1 p.m.

ManorCare Health Services 4225 Kirchoff Road, Rolling Meadows 60008, 2nd Saturday - 9 a.m.

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

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

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

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

Hampton Plaza Health Care Center 9777 Greenwood Avenue, Niles 60714, 2nd Tuesday - 2 p.m.

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

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

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Health News

Study reveals what people think emergency medicine is

In a recent study conducted by Lutheran General Hospital and University of Chicago emergency physicians, 507 emergency room patients were given a five minute survey to determine what patients' misperceptions of emergency medicine might be. The television series "ER" has become one of the most watched television shows in the country and according to the study, 71% were favorably influenced by the show.


The study concluded that emergency room patients are generally aware of emergency medicine and that ER physicians are board certified. However, patients were uninformed about other aspects of emergency medicine. They commonly believe that ER physicians perform surgery, care for patients after they are admitted, have their own practice outside of the ER and expect their primary care physician to see them in the ER.

Results: 22% believed that ER physicians have their own practice outside of the ER; 26% believed that their primary care physician would see them in the ER; 19% thought ER physicians care for patients after they are admitted to the hospital and are on another floor; 26% thought that ER physicians perform sur-

gery; 62% perceived emergency medicine to be a specialty; 15% have heard of the American College of Emergency Physicians; 71% thought that ER physicians were board certified; 15% thought paramedics were ER physicians. "Clearly, there are some misconceptions about what emergency room physicians do," said Jon Olson, MD, emergency medicine, Lutheran General Hospital. "Measuring patient's perceptions is helpful. The television show "ER" has really

made an impact on how the public views the emergency room and its physicians. Lutheran General Hospital is a 608-bed teaching, research and referral hospital and Level 1 trauma center that serves approximately 26,000 inpatients, 44,000 emergency patients and 167,000 outpatients each year. The hospital is a recognized leader in cardiology, cancer services, pediatric care, women's health, senior services, trauma care, mental health and addiction.

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In Illinois more than 19,000 adults die each year prematurely from a tobacco-related disease making smoking the number one preventable cause of death in the state as well as across the country. Many of these deaths occur after a long and painful illness such as emphysema or lung cancer.

The new millennium will bring many changes but one thing won't change, January 1 is a time for New Year's Resolutions. The American Lung Association of Metropolitan Chicago urges smokers to resolve to quit in 2009. We know that quitting is not easy, but today's smokers have more help than ever before. There are over the counter nicotine replacement therapies, pharmacological aids to make nicotine less desirable and behavior modification programs that help smokers change the way they think about cigarettes and smoking.

The lung association has developed a Quit Kit that offers some quick tips to quitting. In addition, each kit includes a list of smoking cessation clinics in the Chicago area. For more information on quitting smoking visit the lung association's website at www.lungusa.org or to obtain a quit kit, call 312-243-2000.

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Community Calendar

NPH honored by Illinois State Historical Society



Norwood Park Home (NPH), 6016-20 N. Nina Ave., Chicago, was one of 118 businesses and organizations in Illinois honored at the 15th Anniversary of the Illinois State Historical Society Centennial Awards Banquet. The Society recognized Illinois businesses that were 100 or more years old. The citation noted that "Norwood Park Home, founded in 1896, has contributed to the civic and economic heritage of the State of Illinois for over 100 years and for this accomplishment has been certified an Illinois Centennial Award Honoree." Participating in the presentation at the Palmer House Hilton (from left) are: Norman B. Berger, Centennial Awards Chairman; Ryan McKeon, NPH board chairman; Marcia Haggopian, NPH president/CEO; and Barbara M. Posadas, professor of history at Northern Illinois University, and president of the Illinois State Historical Society. Norwood Park Home is a residence for seniors that offers assisted living, intermediate care, nursing care, dementia care, hospice, and respite care.

Norwood Park Home Open House

The Dementia Care Unit at Norwood Park Home, 6016-20 N. Nina Ave., Chicago, will celebrate its first anniversary in conjunction with an Open House from 2-4 p.m., on Sun., Jan. 16. Tours will be available during the event.

The 44-bed Unit was opened in January 1999 and has been a tremendous success for the residents of the Home, said Amy Falzkill, Dementia Program Director. It is designed to provide individualized care for each resident. Norwood Park Home maintains the philosophy that the course of dementia is different for each individual, requiring individualized care and specific programming by specially trained staff.

Residents are comforted through the use of 20-30 minute success-oriented activities. Their life is further enhanced through several daily activities, focusing on each resident's strengths. The dignity of each resident is maintained through active and passive programs, including life skills, movement to music, creative writing, and social activities. Some of these programs include launching model rockets

on grass areas outside the Home, conducting on-unit bi-weekly church services, painting with an airbrush, and dancing to various types of music. Other programs involve the Activities Department, such as dressing in Shakespearean clothes, and reading plays and poetry. A ladies tea club meets monthly for tea and dessert with the Director followed with reminiscing in the afternoon. Several times a week,

fresh bread is made with a bread-making machine and iced tea is served on hot summer days. Oftentimes, the Chicago police K-9 Corps will bring their dogs for a demonstration.

SINGLES

Sunday, January 16
 North Shore Jewish Singles 50+
 7:30 p.m. Rap Session \$4 in-
 Continued on Page 14

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Community Calendar

SINGLES
Continued from Page 13
cludes refreshments. Call (847) 676-5762 for location.

Wednesday, January 19
North Shore Jewish Singles 50+
7:30 p.m. \$5 Speaker Larry Stark ADL. "Hate Crime Extremist & Events of the Summer of '99" Beth Hill Congregation, 3220 Big Tree Lane, Wilmette. Refreshments & socializing. For information (847) 676-2872.

Elixir of Love

When the "Elixir of Love" is sold by Dr. Dalcamara as a position guaranteed to turn the country bampkin into a Lothario so he can win the lady of his dreams turns out to be pure alcohol anything can happen and does. The charming delight, "L'Elisir di Amor" opens at Chicago Lyric Opera Friday, January 14, at Chicago's Civic Opera House with Frank Lozano and Elizabeth Futrell. Call (847) 674-2735 or (773) 253-3667 for further information.

Bethany Terrace to host lecture series

The public is invited to attend the lecture series starting this month at Bethany Terrace Nursing Centre at 8425 N. Waukegan Road in Morton Grove. On Wednesday, January 19, at 7 p.m., Donald A. Smith, a Niles attorney specializing in elder care law will kick off the first session and discuss legal planning issues for death and disability. He will present an overview of issues dealing with Power of Attorney forms, Living Wills, Trusts, Wills, Probate Taxes and how much of your nursing home bill you can declare as a medical expense when filing the income tax return. Mr. Smith is also an Alderman on the City Council of Des Plaines. A question and Answer period will follow. Refreshments will be served.

Des Plaines Valley Geological Society

On January 20, 2000 the Des Plaines Valley Geological Society will host a presentation on "Jewelry Construction", given by Mr. Donald Pakarek, a member of the Society of North American Goldsmiths. Mr. Pakarek has his own jewelry business, where he designs and makes jewelry. He teaches jewelry construction and will demonstrate soldering with a soldering torch, while making a setting for a cabochon. The public is invited, all ages are welcome, and refreshments will be served. Monthly meetings of the Des Plaines Valley Geological Society are held on the third Thursday of each month at Our Lady of Ransom School, 8300 N. Greenwood Ave., Niles, at 8 p.m. We encourage all interested persons to attend. Bring a friend.

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Community Calendar

Oakton's Career Action Series Program

Oakton Community College makes it easier for working adults to learn new professional skills through its new Career Action Series Program (CASP). The program was designed to give adults the opportunity to return to school and take an semester of two-three classes a semester that are devoted to a specific theme or skill. The classes are generally held on the weekends as a convenience to student with full-time jobs.

Wayne Stone, dean of the Division of Social Science and Business at Oakton, helped create the program. "People want high quality, high impact, credit courses that fit personal and organizational needs and schedules. Oakton has responded to this challenge with courses that are offered in alternative formats at times and days convenient to working adults," says Stone.

The CASP classes offered this fall cover various topics and themes. The Real Estate Broker series, for example, which meets at the Des Plaines campus, 1600 East Golf Road, includes four classes: Advanced Real Estate Principles (RES 201-050, Touch-Tone 2015), Real Estate Contract & Conveyances (RES 202-050, Touch-Tone 2016), Real Estate Sales & Brokerage (RES 203-050, Touch-Tone 2017), and Real Estate Finance (RES 204-050, Touch-Tone 2018). For information on this series, contact John Michaels at (847) 635-1776. Michaels is also coordinating the Residential Real Estate Appraiser and the Real Estate Title Insurance series.

Norwood Park Historical Society

The first meeting of the new year will feature Bert Schreiber of the Norwood Park Chamber of Commerce. Mr. Schreiber will give a full report on the railroad station restoration project, which will be the responsibility of the Chamber. A generous grant from the State of Illinois makes this restoration possible. Please note that with this meeting, all subsequent meetings will again be held at the Crippen House.

Courses for real-estate license offered

The Real Estate Institute now offers the 75-credit hour broker pre-licensing course (for individuals currently holding an Illinois Real Estate Salesperson license). Tuition for this 75-hour course is \$450.

Individuals not currently holding an Illinois Sales License who wish to become a licensed Illinois Real Estate Broker must complete a 120-credit hour com-

District 63 hosts spaghetti dinner

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

Because of limited seating in the Gemini Junior High School Cafeteria, advanced ticket purchases are "the thing to do". Tickets can be purchased at any of the District 63 school buildings until Wednesday, January 26, 2000. Thereafter, tickets must be purchased at the door on the evening of the dinner. Meals will be served starting at 5 p.m. through 7:30 p.m. Prices for tickets are as follows:

Advanced Sales: Adults - \$6, Children - \$4, Children Age 5 or under - free. At the Door: Adults - \$7, Children - \$5, Children Age 5 or under - free.

The menu for the Spaghetti Dinner will consist of: Tossed Salad, Fruit Cup, Garlic Bread, Cookie, Spaghetti, Coffee/Milk/Juice Machine, Soft Drinks can be purchased.

Raffles and door prizes will be given.

Real Estate Transactions #101

The Real Estate Institute now offers Real Estate Transactions #101, the 45-credit hour pre-licensing course required prior to being able to sit for the Illinois Real Estate salesperson licensing examination.

For those wishing to obtain the Illinois Sales License, this course is available in a convenient self-study format which includes registration, textbook, audio cassettes, and a computer tutorial. Self-study tuition is \$195. Most students complete this course in 4 to 5 weeks.

For more information or to register, call The Real Estate Institute at (847) 329-1700.

Goldman Center seeks volunteers

The George J. and Hannah Goldman Center, a geriatric nursing center at 6001 W. Touhy Ave., Niles, needs adult volunteers to read to or visit with residents. The Goldman Center is also seeking volunteers to assist with crafts projects and special programs. Call Michael Guidotti, Activity Director, at (847) 647-9875.

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Dining / Entertainment

12th Annual Gospel Extravaganza

Twenty members of the North Central College Voices of Praise Gospel Choir are anxiously waiting for the arrival of their fine new choir robes! Their excitement and confidence is palpable during rehearsals.

If the last 11 years are any indication, spirits will soar on Saturday, Jan. 29, during the 12th Annual Gospel Extravaganza at North Central College. This year, the Rev. James Miller will lead the musical worship service featuring New Direction, The Voices for Excellence Community Choir, soloist James Elzey and the College's own Voices of Praise. The show begins at 7 p.m. in Pfeiffer Hall, 310 E. Benton Ave. Tickets - \$7 for adults, \$4 for children under age 12 and senior citizens, free for North Central students with I.D. - may be reserved in advance by calling (630) 637-SHOW. Tickets may also be purchased at First Choice Gospel bookstores in Bolingbrook and Joliet or at the Pfeiffer Hall box office on the evening of the performance.

The Voices for Excellence Community Choir is releasing their first CD, "I've Got a Right," this month (January 2000). The 60-person youth choir, made up of 12- to 21-year-old musicians, is also planning a 10-day concert tour throughout Zimbabwe, Africa, from July 27-Aug. 11. Coincidentally, the group (which was originally formed to honor and commemorate the service of Dr. Martin Luther King Jr.) will also mark its 12th Anniversary this January. Today the Rev. Robert Davis directs the group.

Chicago Blackhawk Charities Winter Ball VII

The Chicago Blackhawk Charities Winter Ball VII, presented by Outback Steakhouse and supported by the Women's Board of Maryville, will be held Friday, January 28, 2000 at Maryville Academy, 1150 N. River Road, Des Plaines. The Chicago Blackhawk Charities Winter Ball VII brings together over 600 Maryville supporters and the entire Chicago Blackhawk hockey team. The event begins at 6:30 p.m. with cocktails and a silent auction. Fine dining and dancing to the Ken Arlen Orchestra follows at 8:30 p.m. along with a live auction.

Chicago Blackhawk players and coaches will be on hand to raise funds for Chicago Blackhawk Charities which supports organizations like Maryville Academy. Benefit Chair Carol Carroll and the forty-member Women's Board of Maryville co-ordinates the event to make this ball a success. Older students and Maryville alumni at Maryville assist that evening by selling raffle tickets and stuffing the auction tables.

Maryville Academy, under the direction of Father John Smyth, is Illinois' largest childcare and educational facility for mentally and physically abused children. Ticket prices begin at \$175. For tickets or information, call (630) 824-6126.

The concert will be held at 3:30 at Maine Twp High School West in Des Plaines. A pre-concert commentary, with musical excerpts, will be given by Prof. Pat Casali, at 2:30 in R-209.

Maine West High School is located at the corner of Oakton and Wolf Streets in Des Plaines. Tickets are \$10 for adults, and \$5 for students and seniors. Children under 14 are admitted free with an adult. Information may be obtained by calling (647) 955-7271. This program is partially supported by a grant from the Illinois Arts Council.

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Sundays - Judy Roberts & Greg Pflanzman - 7 to 11 pm
Thursdays, Jan. 13 - Margie Gibson Duet - 7 to 11 pm
Friday, Jan. 14 - Matt Troner Quartet - 9 pm to 1 am (\$5.00 Cover)
Thursday, Jan. 20 - Jack Curry - 6:30 to 10:30 pm
Thursday, Jan. 21 - Tony Smith Show - 9 pm to 1 am (\$5.00 Cover)
Thursday, Jan. 27 - Margie Gibson Duet - 7 to 11 pm
Friday, Jan. 28 - Matt Troner Quartet - 9 pm to 1 am (\$5.00 Cover)

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Dining / Entertainment

Niles North presents 'A Festival of One-Act Plays'

The Niles North Theatre Department will hold a marathon of theatrical offerings as they present "A Festival of One-Act Plays" this month. A variety of thirteen short plays will be staged from January 19 to 22 in the Studio Theatre at the high school, 9800 North Lawler Avenue, Skokie. Performance times are at 4 p.m. and 7 p.m. and each performance includes three to four one-act plays. Tickets are \$8.75. Please contact 847/568-3424 to check ticket availability.

The performance schedule is as follows:

Wednesday, January 19 performances include: "The Actor's Nightmare" written by Christopher Durang with Lily Schaffer directing the cast of Amanda Coloumbe, Kirat Doshi, Young Han, Rosalyn Prakhiti, and Anja Vaidi. "The Ugly Duckling" written by A.A. Milne, with Brianne Reynolds directing Karishma Desai, Alex Goldberg, Ron Kroell, Crystal Kance, Pam Paggao, Kristie Vicencio, and Elliot Weiss; and "The Happy Journey" written by Thornton Wilder, with Wendy Schiller directing David Lavon, Sarah Scanton, Marina Shepelenko, Andy Srirangmai, Alison Spatz and Brian Zisook.

Thursday, January 20 performances include: "Thursday Evening" written by Christopher Morley, with Vivian Christopher directing Joshua Andrews, Melinda Espinoza, Sandy Kofler, and Kristina Mihaly. "Wanda's Visit" written by Christopher Durang, with Emily Elarde directing Lena Freireich, Ron Kroell, Mason Rosenthal, Esther Sackitt, Pushkar Sharma, and Zach Zifrin, and "Hands Across the Sea" written by Noel Coward, with Brian Levin directing Shobhi Akhli, Erica Duryea, Qing Gao, Brian Goldfarb, Mhari Goldstein, Sophie Harms, Annie Keating, James Stavechik, and Zach Zifrin.

Friday, January 21 performances include: "Visitors from Forest Hills" written by Neil Simon, with Megan Baskin directing Himlal Agarwal, Sara Beckler, Anna Schutz, and Andy Srirangmai. "A Style of the Eye" written by Christopher Durang, with Hollie Wagner directing Bridgette Battaglia, Jessie Herbach, Matry Jacob, Joe Kalal, and Brian Zisook.

Center Stage presents Muntu Dance Theatre of Chicago

Center Stage at Dominican University presents Muntu Dance Theatre of Chicago on Saturday, January 15, 2000 at 8 p.m. in the Lund Auditorium located in the Fine Arts building, 7900 West Division Street.

Founded in 1972, Muntu Dance Theatre of Chicago celebrates the human spirit through traditional and social African and African-American dance. This nationally recognized and award-winning dance company will premiere a new program as we celebrate Martin Luther King, Jr.'s birthday.

Artistic Director, Amaniyaya Payne, is an accomplished performer who has established herself as one of the country's leading and most rewarding choreographers in cultural dance. She has performed throughout the United States, the West Indies and Europe.

Center Stage at Dominican University is directed by Jill and Michael Poehlman. Center Stage is offering a full season of performances at Dominican including Danny Glover and Felix Justice in "An Evening with Martin and Langston."

Tickets for Muntu Dance Theatre of Chicago are \$15. For more information or to purchase tickets, please call Center Stage at Dominican University at (708) 824-6942.

Man is made of dust, and dust that is stuck on itself is mud.

Dining / Entertainment

Lyric and Opera presents 'Tristan and Isolde'

Lyric and Opera of Chicago presents two of the greatest Wagnerian voices of our era, Jane Eaglin and Ben Heppner in "Tristan and Isolde" starting Monday, January 31st, 6 p.m. at Chicago's Civic Opera House.

Lyric Opera of Chicago Skokie Valley Chapter invites you to learn all about these passionate, lost lovers in this Richard Wagner masterpiece, often called his greatest work, from Barbara Roseman of Chicago Lyric Opera lecture corps Sunday January 30 at 2 p.m. at the Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove. Free admission, refreshments served.

Call (847) 674-2735 or (773) 274-5498 for further information.

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Dining / Entertainment

Joseph and the Amazing Technicolor Dreamcoat

Kary M. Walker, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present Joseph and the Amazing Technicolor Dreamcoat. Preview Performances begin January 19, and run through March 26, 2000.

Starring Danny Gurwin as Joseph and Susan Moniz as the Narrator, Joseph and the Amazing Technicolor Dreamcoat is a show as vibrant and colorful as the dreamcoat itself! The dazzling music and pageantry of Andrew Lloyd Webber - the uproarious lyrics of Tim Rice - all woven into an unforgettable technicolor masterpiece. From calypso to cabaret, rock to rockabilly, it's one musical joyride after another with something for every member of your family. And while the music rocks, Joseph rolls with the punches to go from shepherd to slave to the Pharaoh's right hand man. Amazing what a little dreaming can do for a guy's career.

Joseph and the Amazing Technicolor Dreamcoat also stars Roger Anderson as Jacob, James Moye as Pharaoh, Omar D. Brancato, Job Christianson, Stacey Flaster, Stephen P. Full

Deborah Goldstein, Tommy Hahn, Brad Hoffman, Chris Jones, George Keating, Sean Kilian Keill, Simon Lewis, Linda Parsons, Rob Rahm, Rachel Rockwell, and Marshall Titus.

Performances - Schedule: Wednesdays at 2 p.m. and 8 p.m.; Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 5 p.m. & 8:30 p.m.; and Sundays at 2:30 p.m. and 7 p.m. *Added matinee's - March 16th and March 23rd.

Ticket Prices: Ticket prices range from \$33 to \$38. *Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances.) Dinner Theatre Packages available for all performances. **Receive a complimentary dinner with the purchase of a full price theatre ticket for Thursday evening performances. The Thursday Night Complimentary Dinner has a limited availability, and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre box office at (847) 634-0200. Free parking/Wheelchair accessible.

Niles West International Night

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

International Night highlights the rich cultural diversity of the Niles Township community. Students from twelve ethnic clubs will perform a variety of songs, dances, and other demonstrations that showcase their cultural heritage. The following clubs will be represented: African-American, German, Scandinavian, Indo-Pak, Hellenic, Assyrian, Latino, Chinese-Thai, Serbian, Korean, Israeli, and Filipino. For more information please contact International Relations Council Co-sponsors Elizabeth Kolany (568-3712) or Gevik Anbarchian (568-3713).

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Chicago Area Runners Benefit and Awards Party

It's one of the first big runners' event of the new millennium -- and there's no running involved. Hundreds of runners will kick back and have a good time at the annual CARA (Chicago Area Runners Association) benefit party and awards ceremony on Saturday evening, January 15, at the Lodge at McDonald's in Oak Brook.

The party will feature awards, dinner, music by a top local rock band, dancing, a raffle and silent auction to support CARA. With more than 7000 members, CARA has been promoting running for 21 years.

WMAQ-TV sportscaster and former Chicago Bear Mike Adamle will host the event. Adamle himself is an avid runner and a triathlete, most recently having finished the LaSalle Banks Chicago Marathon.

The CARA benefit and awards ceremony is 6-11 p.m., Saturday, January 15, at the Lodge at McDonald's, 2815 Jorie Boulevard, in Oak Brook. A party bus from Chicago and to the suburbs is being arranged, with limited seating by reservation. Tickets are \$45 per person, including dinner and entertain-

'A Festival of One-Act Plays'

The Niles North Theatre Department will hold a marathon of theatrical offerings as they present "A Festival of One-Act Plays" this month. A variety of thirteen short plays will be staged from January 19 to 22 in the Studio Theatre at the high school, 9800 North Lawler Avenue, Skokie. Performance times are at 4 p.m. and 7 p.m. and each performance includes three to four one-act plays. Tickets are \$8.75. Please contact 847/568-3424 to check ticket availability.

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Letters to the Editor

Oakton V.P. reappointed to professional development committee

David Hilquist, vice president for business and finance at Oakton Community College, has been reappointed to the Professional Development Committee of the Central Association of College and University Business Officers (CACUBO), effective October 1999 to October 2000. CACUBO is a non-profit association representing business officers at over 700 institutions throughout the North Central region of the United States. Established in 1908, the association promotes sound principles and practices of educational business administration. Hilquist, a Park Ridge resident, joined Oakton in September, 1972, and has been active in

several professional organizations. Concurrent with his services to CACUBO, he is a member of the Accounting Principals Council of the National Association of College and University Business Officers (NACUBO), the parent organization that represents chief administrative and financial officers at more than 2,100 colleges and universities across the country. Hilquist also serves on the Special Review Executive Committee of the Government Finance Officers Association of the United States and Canada (GFOA), a non-profit association of more than 12,000 mem-

bers that promotes the professional management of governmental financial resources. Oakton has been commended many times by the GFOA, receiving eight consecutive Certificates of Achievement for Excellence in Financial Reporting, three consecutive Awards for Outstanding Achievement in Popular Annual Financial Reporting, and seven consecutive Distinguished Budget Presentation Awards, most recently for the fiscal year ending June 30, 1999. The College is one of only two institutions of higher learning in the nation to win all three awards in one year.

Niles West selected to attend Harvard Model United Nations

In December of this year, over two thousand high school students will convene in Boston, Massachusetts, to participate in the 47th session of Harvard Model United Nations (HMUN), a four day simulation of the United Nations. One of the largest conferences of its type in the

world, HMUN attracts students from all over the world. In the past, participants have come from India, Venezuela, China, Austria, Indonesia, Japan, Taiwan, Ghana, Costa Rica, England, and Mexico, as well as from top high schools nationwide. Seven students from Niles West High School will serve as delegates representing the country of Zambia in the General Assembly. Students attending the conference are: Pauline Chow, Chirag Chitalia, Janice Hsu, Priya Khakhate, Banji Kim, Freya Riel, and Aliza Yarrow. The advisor is teacher Shaun Waldron.

Each school will represent a member-state of the United Nations and debate on the most pressing issues on the international agenda. The Niles West delegates will participate in the General Assembly, which is composed of more than 180 member-states. Participants must quickly pull together the facts of the issues and the opinions of other delegates, and then convincingly portray the interests of their country in formal speeches and informal negotiations. As they work to craft a resolution, delegates learn the necessity for compromise and consensus in international diplomacy. HMUN is organized and staffed entirely by Harvard undergraduates who select and research committee topics, provide detailed background material for the delegates and moderate session debate. The first multilateral organization simulation was held at Harvard in 1921. The Model League of Nations evolved into Harvard Model United Nations in 1953. Since then, Harvard undergraduates have carried on the tradition of excellence in education and HMUN has evolved into one of the most prestigious conferences in the nation.

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READ THE BUGLE

An Open Letter to Mrs. Walter Payton



Dear Mrs. Payton: Peace be with you.

You may wonder, Madam Payton, why a total stranger from the far away Philippines like me is writing an open letter to you. Like millions of Filipinos, I hold your late husband, Walter Payton, in high esteem. I admired him as a masterful and flawless football star, for his work ethic, his determination, and his relentless pursuit of excellence. Walter Payton touched millions of youngsters and fans who admired him here and around the globe.

With your consent and with the imprimatur of the government authorities concerned, may I be allowed to humbly offer in pursuing my mission of putting up a stadium in our locality at Barangay Suliquiano, Municipality of Dingras, Province of Ilocos Norte, Republic of the Philippines, to be named "WALTER PAYTON MEMORIAL STADIUM" in his honor, to perpetuate the good values and examples that Walter Payton personified. I am donating a spacious lot for the purpose enough together with a modest life-size statue of Walter Payton fronting the stadium.

Let me stress here that Barangay Suliquiano, Dingras, Ilocos Norte, Philippines is a historic landmark. The Barangay, the ele-

mentary school and the public library were named in honor of the late Eugenia Saldares Suliquiano, in life, a beloved mother and pillar of the community whose virtues like Walter Payton are worthy of emulation. Once the Walter Payton Memorial Stadium and the statue are approved and erected in Barangay Suliquiano, perhaps this will be the first human history written on the stars ordained by God in our part of the world.

Funds will be raised transparently under the charge of a committee which you and I will probably head. A resolution of the Suliquiano Barangay Council and the Municipal Council of Dingras, Ilocos Norte, supporting the project will also be submitted to the Municipal Council of Dingras. Once the approval is obtained, our appeal for financial assistance will be strengthened.

Thank you for your receptiveness to my proposal to perpetuate the memory of Walter Payton and the Christian values that he propagated and exemplified.

Yours Faithfully,
Arsenio S. Suliquiano
cc: Jarrett Payton
Eddie Payton

'When is nap time?'

Dear Editor and Culver School Board Members:

I attended a fall festival at Culver and was shown a tiny courtyard that the District beautified at a cost of over fifty thousand dollars! Could the Board Members please tell the taxpayers, why such a large amount was needed? The District claims to spend over nine thousand dollars per student per year, are they spending this money on other items?

Also, at the winter concert, I was told the Board just purchased a new couch for the office of Supt. Zaleski. When is nap time?

I think a wake up call is in order for the District. Let us see more spending on the students and less on personnel. The fifty thousand dollars on the courtyard would have bought many educational supplies.

Kevin Reynolds

6101 Capulina Avenue
Morton Grove, Illinois 60053
Telephone: 847-965-0330
Fax: 847-965-4162

The Morton Grove Chamber of Commerce is a business organization dedicated to the advancement of the economic, commercial, industrial and civic interests of Morton Grove.

President, MGCCI
Christine Collin
MGCCI Executive Director/Editor
Tina Mirtello

IRS Seeks Volunteers to Provide Free Tax Assistance

Do you like to help people? If so, the IRS has just the program to match your skills with the needs of many Illinois residents. The IRS is looking for both volunteer individuals and organizations to help prepare tax returns free of charge under the Volunteer Income Tax Assistance Program (VITA) during the 2000-filing season. This well-established program helps people who are unable to prepare their own simple tax returns or cannot pay for professional

training course on individual tax laws. Good computer skills are helpful and organizations should be willing to participate in the VITA "e-file" (electronic filing) program. Day, evening or weekend classes can be arranged. After completing the class, volunteers are asked to spend at least two hours a week preparing returns for a local sponsoring VITA organization. VITA volunteers offer help at schools, senior citizen centers and other convenient neighborhood locations.

If you'd like to be part of the VITA experience or simply have questions about the program, please call VITA coordinators Beverly Lewis at 312-886-4609 or Soaya Jacobs at 217-527-6366. Internal Revenue Service, Room 706, 230 South Dearborn Street, Chicago, IL 60604.

Congratulations to MGCCI's James T. Simkins

James T. Simkins has earned the distinction of being named Morton Grove's 1999 VIP. Jim has always played an active role in the Morton Grove Community affairs, his enthusiasm is catching and he loves to play lead roles in several different organizations. Jim continues to uphold the Simkins' family tradition with community involvement, participation, and he continues to follow his father's example. In 1979 Jim joined the family business in which he is part owner with his two brothers Mike and Bill. Jim was raised and schooled in Morton Grove and plays a very significant role in his children's activities. His dedication continues with the involvement and support of our local school functions.

In 1989 Jim was a founding member and trustee of the Morton Grove Foundation, and continues his support with the Foundation. Jim was Past President on the Morton Grove Lion's Club and has also been a past Choir and Committee Chair for restaurants for the past 10 years. Jim is a current Morton Grove Days Committee member and responsible for coordination of fireworks. He continues his volunteer support and dedication by serving as the 4th of July Parade Master of Ceremonies. Last but not least Jim helped rally for the troops in the Gulf War.

We applaud James T. Simkins for his dedication and commitment to the Morton Grove Community. Wanted: Donations for Silent Auction The Morton Grove Chamber of Commerce will be hosting a Silent Auction this year at our Annual Installation Dinner & Membership Awards. If anyone is interested in donating to the Silent Auction please contact Tina Mirtello at the Morton Grove Chamber Office. All major sponsors will be recognized in the evening's program, on posters at the event, in news releases and in the Chamber news letter. We thank you for your continued support and hope to see you at the Installation Dinner.

The Morton Grove Chamber of Commerce Invites You To 'Cruise Our World'

Our first ever bus tour of local eateries! Featuring: Champs, Bella Via and Kappy's. Bring your appetite, sit back and enjoy the food and fun! Saturday, February 19th, noon - 3 p.m. The fun starts at noon on Saturday, February 19th. We'll begin

our "cruise" at Champs for appetizers. Then, we'll board a bus and travel to Bella Via Restaurant for starters. Next, on to Kappy's Restaurant for the main course and some great dessert samplings! The cost is only \$12.50 per person and includes: food, beverage and transportation. (Alcoholic beverages available, but not included in price.) Call Tina at (847) 965-0330 to reserve your place, but hurry, space is limited! We hope you will join us!

Board of Directors - Nomination Process

The Nomination Committee has composed a proposed slate of Officers and Board of Directors for 2000-2001. In accordance with our By-Laws, the acceptance of this proposed slate is subject to approval of the Morton Grove Chamber of Commerce and Industry's membership. The approval will be assumed unless written correspondence is received prior to the Installation

Dinner, at which time a formal vote shall be taken. The Installation Dinner will be held January 27, 2000, at the Chateau Ritz, 9100 Milwaukee Avenue in Niles. It is the request of the Nomination Committee that nominations for future board positions be accepted through the months of January until November. Nominations may be made by an individual who is seeking further involvement or by someone who feels another individual would benefit our organization. All nominees must be members in good-standing with the Morton Grove Chamber of Commerce and Industry. Nominations or requests for job descriptions may be sent to the Chamber Office, 6101 Capulina Avenue, Morton Grove, Illinois 60053.

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Police News

New law takes on sweepstakes companies

Several months ago, I wrote about bipartisan legislation I introduced with two of my U.S. Senate colleagues to crack down on deceptive tactics by sweepstakes companies. I am pleased to announce that President Clinton signed the legislation law in early December.

During the holidays and through the beginning of the New Year, the number of solicitations we receive seems to increase. And while many companies have used sweepstakes responsibly, others have bilked consumers out of millions of dollars by falsely suggesting a purchase is necessary to qualify for the sweepstakes or to increase the odds of winning a prize. Some of these operators promise fame and fortune, but they deliver false hope and fraud.

The new law prohibits sweepstakes companies from telling mailing recipients they are a winner unless they really have won a prize. The U.S. Postal Service must develop and issue rules that restrict the use of misleading language. No longer will envelopes proclaim "You're our next million-dollar winner!" if you aren't or "You've already won \$5 million!" if you haven't.

The mailings also must clearly and conspicuously say that no purchase is necessary to enter a sweepstakes and that making a purchase will not improve the chances of winning. Furthermore, the law gives the Postal Service subpoena power and the ability to impose

Web Watch

L'Occitane: www.loccitane.net. DePue: www.stainmastercarpet.com. PC Crisis Line: www.pccrisis.com. Snapper: www.snapper.com. Access to Cosmetology Education Grant: www.homed.com. The Ultimate Home Theater Experience: www.ultimatehome theater.com. Mervyns: www.mervyns.com. Acer America Corp.: www.acer.com/usa/. Dr. Jon Morgan is found at www.skinlife.com.

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guidelines will cut down on the misinformation many Americans get from these mailings. Over the past year, I have heard from several Illinois residents about their experiences in dealing with deceptive tactics used by many companies to lure people into thinking that if they buy a product or subscribe to a magazine, they will somehow increase their chances of winning a prize.

Recently, one Illinois resident related how her elderly mother has become "hooked" on sweepstakes. She shared with me a bulky stack of envelopes, representing just a sample of the mailings. She remarked how her mother is convinced the company will think better of her if she orders lots of merchandise, and that buying more products will accord her special consideration and improve her chances to win a lucrative prize. She noted that some of the companies, by using clever typefaces, sophisticated and official-looking symbols, gimmicky labels and personalization, lead people to believe the company is writing to them personally and their odds of winning are high.

I also heard other horror stories from around the nation at a congressional hearing earlier this year. One woman testified her 82-year-old father-in-law purchased 32 subscriptions to the same magazine extending until 2018 because he believed he was nearing the grand prize. Other family members told us of loved ones who were so convinced they had won a sweepstakes they refused to leave their home for fear they would miss the Prize Patrol.

Sadly, our elderly are particularly vulnerable to sweepstakes fraud. A survey commissioned by the American Association of Retired People (AARP) showed that 40 percent of seniors asked believe there is a connection between purchasing and winning. These experiences - which have depleted the life savings of the unsuspecting and created rifts among loving family members - are why it is so important to strengthen the laws to help us move toward that goal.

Consumers who think they have been victim of a deceptive sweepstakes practice should contact their local postmaster, or call the toll-free postal crime hotline at (800) 654-8896 or the National Fraud Information Center Hotline at (800) 876-7060.

Police News

A Phenomenon to be Reckoned with, Road Rage

Well, we've made it. We survived the 21st Century. Now the challenge is to continue our collective survival, particularly when we're put behind the wheel of our vehicle.

The pressures of 21st Century life in America are many and rooted in lifestyles that sometimes trade serenity for prosperity. One byproduct of that swap is a growing phenomenon we have coined *road rage*.

Road rage is defined as aggressive driving behavior that usually occurs in heavy traffic and during periods of great stress on motorists. Road rage generally has been recognized as a trend in urban commuting, but drivers in rural areas are not immune to its dangers.

With winter weather looming over Illinois, stress levels are likely to increase. So in addition to the traditional winterization of your vehicle, it is advisable for you to winterize your driving habits and to recognize road rage as a threat to your safety and the safety of your loved ones.

An angry or impatient driver may act out frustrations by driving in a manner most reasonable people will recognize as reckless and downright rude. Whether you are driving on a Chicago expressway, an interstate highway or a two-lane township road, it is important that you recognize the symptoms of road rage and understand how to cope with a driver who is emotionally out of control.

Your vehicle is the only one that you can control, so it is important that you understand how to avoid road rage confrontation. If you are confronted by an aggressive driver, keep in mind some of these suggestions:

• Steer clear of the offender. Again, remember that you are in control of your vehicle, and that discretion is the better part of valor.

Avoid making eye contact with the aggressive motorist. Your natural reaction to being cut off or dangerously tailgated may be to glare at the offensive driver, but that accomplishes nothing.

Stay calm, focus on the road and try not to react even if you are provoked.

Under no circumstance should you gesture toward the enraged motorist. Such provocation almost certainly will aggravate an already serious situation.

In extreme situations, use discretion and drive to a safe place where you can notify police of the incident. Your memory of the license plate and description of the vehicle and driver will be important in apprehending the offensive driver.

It is also important that you understand how your own habits can ease tension on the highway. Your own consideration of other drivers will help alleviate the threat of road rage. For example:

• Always use your signal when changing lanes or passing. Cutting off another motorist may provoke a confrontation.

Avoid excessive use of your horn.

Be considerate when using your headlights. Use high beams only when necessary and be sure to dim them for oncoming traffic.

Take weather considerations into account during the winter season. If road conditions are less than ideal, make extra time to get to your destination. A hurried driver poses a danger to everyone on the roadway.

Don't speed or tailgate. Tailgating is dangerous and can provoke a confrontation.

Winter driving is hazardous enough without the addition of an enraged driver. Defensive driving is always in order, especially when road conditions are less than perfect.

As Maine Township Highway Commissioner, it is my responsibility to keep our township roads safe for travel and as clear as possible of winter's icy and snowy conditions. But our department can only make the roads safe for your travel.

To make highway travel safe for all motorists, you and your neighbors need to keep in mind that driving is a privilege, not a right. Only the most responsible among us should be on the road, and the most responsible among us also realize that the road is to be shared.

Let's be safe out there, so that when the ice and snow melt into the warmth of spring, we can share the pleasure of the change

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Evidence shows allergy shots improve symptoms, reduce need for drugs and can modify disease course

Allergy shots - also known as immunotherapy or allergy vaccination - improve allergy and asthma symptoms, reduce the need for medications and can modify the course of the disease, according to international experts at the American College of Allergy, Asthma and Immunology's (ACAAI) Annual Meeting. New data from a comprehensive analysis of international studies shows substantial results with immunotherapy.

"Based on the number of placebo-controlled, double-blind studies and patients included in these

studies, the clinical efficacy of immunotherapy in rhinitis and asthma represents a well-documented treatment," said Hans-Jørgen Malling, M.D., University of Copenhagen in Denmark. "Immunotherapy - through application of potent and standardized extracts in carefully selected patients - has the potential to significantly reduce symptoms and the need of drugs, and possibly to prevent the progression into more severe disease.

Direct and indirect costs of allergic rhinitis and asthma total several billion dollars annually, with medications accounting for over a billion dollars each year. An analysis of current data determined that allergy shots reduced the cost of the first year of allergy shots is approximately \$800, and then \$170 to \$290 for subsequent years of maintenance therapy, depending on the number of antigens and visits required.

"Immunotherapy would be expected to reduce total therapy costs over six years by \$1,300 to \$2,900 for the treatment of peren-

nial allergic rhinitis, and by approximately \$7,000 for the treatment of perennial allergic rhinitis and moderate asthma," said Dr. Sullivan. Another comprehensive study confirmed the effectiveness of immunotherapy in the management of insect venom hypersensitivity. Allergy shots are the only treatment for protecting patients against life-threatening stinging-induced anaphylaxis.

New findings also show immunotherapy is effective in the treatment of asthma. "We recently updated our meta-analysis of published controlled trials to estimate its overall efficacy upon asthmatic symptoms, medication requirements, lung function, non-specific and allergen specific bronchial hyperactivity," said Michael Abramson, M.B., Ph.D., FRACP, FAPPHM, from Monash University in Melbourne, Australia. "We found that allergen immunotherapy significantly reduced asthma symptoms and medication requirements."

ACAAI members will begin a prospective three-year study tracking the effectiveness of allergy shots and other treatments of rhinitis and sinusitis through development of a new database interfacing with six to eight sites around the country. The study

will utilize validated questionnaires developed by Robert A. Nathan, M.D., Colorado Springs, Colo., and John Santilli, M.D., Bridgeport, Conn., co-chairs of the College's Rhinitis/Sinusitis Committee.

Allergy vaccinations have been available in the form of immunotherapy for allergy sufferers since 1911. This long-standing therapy decreases a patient's allergic sensitivity by introducing increasingly larger doses of the substance to which the patient is allergic. The treatment is a natural method for increasing a patient's resistance to the things that are triggering an allergic reaction.

The allergy vaccines are selected according to the patient's allergies. They may be derived from pollens, mold spores, animal dander, dust mites or insect venom, and are approved for use by the U.S. Food and Drug Administration. For more information on allergies and asthma or assistance locating an allergist, call the ACAAI toll-free number (800) 842-7777 or visit its public web site at <http://allergy.mcg.edu>. A free brochure, *You Can Have a Life Without Allergies*, explains how allergy shots work and fit into the overall management of allergy and asthma.

New news in weight control

From prescription drugs to special diets, from meal substitutes to exercise classes, Americans are willing to try almost anything to win the "battle of the bulge."

Despite these efforts, we continue to gain weight at alarming rates. According to the U.S. Centers for Disease Control, the number of overweight Americans has soared from one in eight in 1991 to one in five last year. Obesity contributes to the death of 300,000 Americans each year.

While, as a culture we are eating more food than necessary, we may not be eating enough of the right nutrients. Studies have shown that the average American diet of highly processed convenience foods lacks many of the essential vitamins and minerals we need. New research is uncovering the many benefits of dietary supplements and their role in a health diet.

Some essential minerals like calcium or iron, have long been recognized for the critical role they play in keeping us healthy. However, only recently have scientists recognized the importance of other minerals such as magnesium, which is linked to maintaining cardiovascular health, or selenium, an antioxidant that may help protect cells and promote healthy immune function.

Chromium, an essential trace mineral, helps the body respond more efficiently to insulin, the hormone that is responsible for regulating the metabolism of carbohydrates, fats and proteins. Chromium is one of those essential minerals that are critical to our health but difficult to obtain through dietary sources alone. The United States Department of Agriculture has stated that most American diets may be deficient in chromium. Factors such as stress, strenuous exercise and the natural aging process all further deplete the body of chromium. Some people may benefit from dietary supplementation.

Dietary chromium supplements are available in several forms, however, chromium picolinate commonly marketed as Chromax, is the most researched and clinically proven form of chromium. Studies show Chromax can help promote fat loss while maintaining lean body mass, suggesting that Chromium supplementation may be an important component in a weight management program.

Identifying nutritional deficiencies and correcting them with supplements may be one of the best strategies for living well. Together with a "back to basics" approach to eating and healthy lifestyle choices, a well-designed supplement regimen could hold the key to permanent weight management and optimum health. For a free chromium picolinate brochure, contact the Chromium Information Bureau, Inc. at www.chromiuminfo.org.

Church and Temple News

Resurrection student attends leadership conference

Resurrection High School junior Katie Fischer attended the National Young Leaders Conference (NYLC) October 26 through October 31 in Washington, D.C. She was one of 350 students invited to participate based on her scholastic performance, community involvement and leadership contributions. All attendees had the opportunity to participate in the legislative process and interact with today's national leaders. Elizabeth Goins '99, who participated in the conference last year, nominated Fischer.

Fischer served as the amendment writer in her caucus of 20, which was assigned to write an amendment to the Juvenile Justice Bill, which requires children under 18 to go to prison for committing a crime. "My group was given a huge book and told that we were Republicans. We then worked together to write an amendment that would punish juvenile offenders by sending them to boot camp instead of prison. The process then continued as lobbyists preached what we believed and the vote was unanimous in our favor."

Loyola Academy National Honor Society

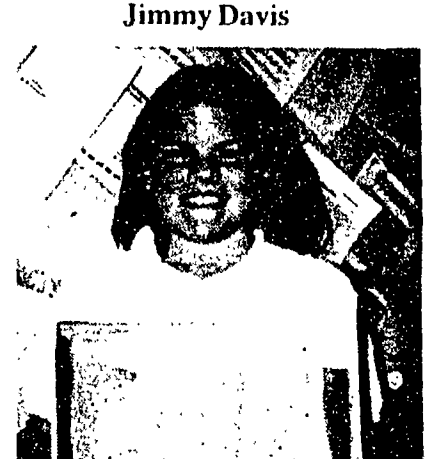
Congratulations to the seniors who were inducted into the National Honor Society. An induction ceremony was held on November 7 with Headmaster Rev. Terrence A. Baum, S.J. presiding. National Honor Society Members Mary Kate Raddelet of Glenview; Mary Candiotto of Lincolnwood; Sabrina Indyk of Glenview; Kristina Krezovic of Lincolnwood; Ashley Melby of Park Ridge; Brian Alfano of Glenview; Andrew Ansoy of Skokie; Diane Antonopoulos of Glenview; Mary Anne Guediguian of Morton Grove; Ariel Herrera of Skokie; Nancy Kim of Glenview; Elizabeth Krings of Glenview; James Lisak of Lincolnwood; Lance Luka of Skokie; Moira O'Connell of Park Ridge; Margaret Ryan of Niles; John Sarwar of Glenview; Peter Solari of Skokie; and Jenette Wanbay of Glenview.

SJB fifth graders study Native Americans

During the month of October, the fifth graders of Saint John Brebeuf School studied Native Americans. They began their study with background material on how the first Americans came to North America as hunters. With the decline of the Ice Age these first inhabitants became hunters of smaller animals and gatherers of fruits. In time these people no longer had to hunt for their food, and the beginning of true civilizations began.



Jimmy Davis



Kimberlie LoVerde

Each child was assigned a different Native American group to study. These groups were from all areas of North and South America. They were to tell about the development of these cultures, and how the environment influenced their way of life and their dwellings, they were to tell about the religion, and how each group worshipped their gods.

Included in their reports were details on how each group was governed. As the government was detailed, the children included names of important people who were important to the development of the group. As a conclusion to their report the children built a diorama depicting the dwelling place of the Native American group.

Dominican University ranked Best College Value in Illinois

Dominican University, 7900 West Division Street was named for the third year in a row as the #1 best college value in Illinois by *U.S. News & World Report* in the 13th annual *America's Best Colleges 2000* issue and guidebook. Dominican was also again named in the top tier of all Midwest Regional Universities as a best college.

U.S. News & World Report measures its best value by relating the school's quality ranking with the net cost to a student who receives the average level of financial aid. Only the top quarter of regional universities are considered by U.S. News, since they believe that best values are found among colleges that are above average academically. The best colleges ranking in the top tier of 500 universities of Midwest Regional Universities was based on academic reputation, retention, faculty resources, student selectivity, financial resources, value added (how well the school is educating its students) and alumni giving rate.

In addition, Dominican ranked as one of the top schools for campus diversity for its 12 percent Hispanic student population.

OLR featured on ICE Web Showcase

Our Lady of Ransom School, Niles won an award and is featured in the ICE Web Showcase designed and programmed by the OLR WHIZ KIDZ (8th Grade Computing Educators reviewed the www.olarson.org homepage, and effort to develop and

Leaning Tower to hold Open House

The Leaning Tower Family YMCA will be hosting an Open House Expo on Sunday, January 23, 2000 from 1-5 p.m. Come in between now and January 23 and receive 5 free trial visits and a \$75 Certificate good towards programs and joining fees on select memberships.

Swedish Covenant Hospital will be providing free blood pressure screenings for all ages and free cholesterol tests for the first fifty people over the age of 40. Please contact the Leaning Tower Family YMCA for a tour and your 5 free trial visits at (847) 647-8222.

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Emeritus program offers art courses

Wife away the winter hours by registering for an art course offered through the Emeritus Program at Oakton Community College. These credit courses begin the week of Jan. 18 and run through May 12.

Art History: Prehistoric to Renaissance (ART 111-001, Touch Tone 07453) is a comparative study of art as an expression of the human experience from the prehistoric period to the Renaissance. Students will develop the ability to understand artwork in relation to its cultural context. This three-credit hour course meets from 9-11:50 a.m. on Tuesday in Room C252 at Oakton's Ray Harstein Campus, 7701 North Lincoln Avenue, Skokie.

Art History: Renaissance to Modern (ART 112-001, Touch Tone 07533) compares works from the beginning of the Renaissance to the beginning of the 20th century, with an emphasis on identifying styles and understanding artwork in relation to its cultural context. This three-credit hour course meets from 9-11:50 a.m. Thursdays in Room C212 at the Ray Harstein Campus.

Introduction to Art (HUM 123-001, Touch Tone 10523) examines art as it relates to past and present culture. Attention is given to social, economic and religious forces and by geography. This three-credit hour course meets from 12:30-1:45 p.m. on Tuesdays and Thursdays in Room 2129 at Oakton's Des Plaines campus, 1600 East Golf Road.

Fundamentals of Two-Dimensional Art I (Design) (ART 105-001, Touch Tone 07525) explores the fundamentals of flat art design, using pencil, pen and ink, brush and ink, charcoal, pastel and designers' colors or acrylics. Fundamentals covered include image, technique, concept and vocabulary of design. Studio work outside of class is required. This three-credit hour class meets from 9:30 a.m. - 12:10 p.m. on Mondays and Wednesdays in Room 1105 at the Des Plaines campus. There is a lab fee of \$30.

Other credit courses in art offered through the Emeritus Program include Drawing I & II, Painting I & II and Ceramics I. Register for these and other Emeritus spring credit courses in Room A100 at the Ray Harstein Campus or at the Des Plaines campus, 1600 East Golf Road. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have their correct Social Security number on file may register by the Touch Tone telephone system at (847) 635-1616.

In-person and Touch Tone registration will not be available during Oakton's winter break.

Bethany Terrace to host Lecture Series

The public is invited to attend the lecture series starting this month at Bethany Terrace Nursing Centre at 8425 N. Waukegan Road in Morton Grove.

On Wednesday, Jan. 19, at 7 p.m., Donald A. Smith, a Niles attorney specializing in elder care law, will kick off the first session and discuss legal planning issues for death and disability. He will present an overview of issues dealing with Power of Attorney forms, Living Wills, Trusts, Wills, Probate Taxes and how much of your nursing home bill one can deduct as a medical expense when filing the income tax return. Mr. Smith is also an Alderman on the City Council of Des Plaines. A Question and Answer period will follow. Refreshments will be served.

At 7 p.m. on Wednesday, Feb. 16, Dan Kuehn, a medical social worker specializing in Alzheimer and dementia care, will discuss "Caring for the Caregiver."

Please mark these dates on your calendar. Please call Arlene Wajda at Bethany Terrace Nursing Centre at (847) 965-8100 if you have any questions.

Three rules in speech making: be sincere, be brief, be seated.

Morton Grove Senior Citizens 470-5223

GREYHOUND - A TRIP TO REMEMBER
Are there memories of a great story about a past Greyhound bus trip? Share that story with the National Council on Aging contest and have a chance to win two round-trip tickets for any Greyhound destination or other great prizes. Any number of submissions are allowed and must be submitted by January 15 to Catherine Dean at the Prairie View Community Center or Bud Swanson at the Village Hall Senior Center. Entry forms and additional information can be obtained at either of the above locations. Prizes will be awarded based on the following categories:

- 1) war-time memories,
- 2) most romantic,
- 3) longest trip,
- 4) most humorous,
- 5) Depression era,
- 6) it's a small world,
- 7) new acquaintances,
- 8) Civil Rights movement, or
- 9) other.

Get those creative juices going and bring back some of those good memories of Greyhound trips.

TRIP PREVIEW
The Prairie View Travel Club is planning two great trips, and there are two dates to put on the calendar to learn more about them. The Vienna, Prague and Budapest trip will be previewed at 10 a.m. on Tuesday, Jan. 18. Mayflower Tours will present all the exciting features of this nine day trip departing May 18. The Toronto Rail Adventure will be previewed at 12:30 p.m. on Monday, Jan. 24 which leaves on June 5 and returns June 9. Toronto is known as a brilliant, dynamic and gracious city. Enjoy an exciting train ride aboard VIA Rail's high-speed LRC train to Toronto, Niagara-on-the-Lake, Niagara Falls and Windsor, plus so much more. Call Catherine Dean at the Morton Grove Park District, 965-1200, to reserve a space at both of these presentations.

VISUALLY IMPAIRED MOTIVATORS
Morton Grove's Visually Impaired Motivators is a support group for people with vision impairment. The group provides a positive environment for expressing feelings; learning about low-vision and coping skills, and building on strengths. Resource information is presented and problem solving discussion is encouraged. The next meeting will be at 10 a.m. on Tuesday, Jan. 18 in the Morton Grove Village Hall. For information or for transportation, call the Senior Hot Line at 470-5223.

BRINGING IN THE MILLENNIUM
Celebrate the Millennium at 6:30 p.m. on Thursday, Jan. 20. The party will include a delicious meal of Boneless Breast of Chicken with Champagne Sauce and Baked Ham with all the trimmings. Be entertained by Morton Grove resident Arsky Bodner, an International Musician and One Man Orchestra. It will be a festive evening and a great way to say "hello" to the year 2000 and beyond. The cost is \$16 for residents, and \$19 for non-residents. Register at the Prairie View Community Center (program number 3227-7) or call Catherine Dean at the Morton Grove Park District, 965-1200.

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

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

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

Niles Senior Citizens 588-8420 - 588-8000

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

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

MEALS ON WHEELS DRIVERS are needed to deliver meals to homebound older adults in Niles. Meals are delivered weekdays between 11 a.m. and 12:30 p.m. Please contact Kelly Mickle at 588-8420.

HEATCOLD ALERT VOLUNTEERS needed to make phone calls during extreme weather conditions to homebound elderly. Please contact Mary S. at 588-8420.

EVENING AND SUNDAY VOLUNTEERS are needed to assist at our Sunday and Evening programs. Please contact Mary Swanson at 588-8420.

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

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

February Lite Lunch and Movie is Friday, Feb. 11 at 12 noon. Enjoy an Italian Beef Sandwich and Chips followed by the movie, "When Harry Met Sally" (R), a delightful comedy featuring Meg Ryan and Billy Crystal. Cost: \$2.50.

Sunday at the Center - Valentines Around the World is February 13, from 11 a.m. to 4 p.m. Enjoy a meal catered by Sophie's Polish Deli featuring Roast Beef, Polish Sausage and Sauerkraut, Pierogi, Cheese Blintzes and Kolaczki. (Meal served from noon to 1 p.m.) Enjoy a performance by Ed Warble, a classically trained tenor with the ability to sing in 13 languages. Cost: \$8.50.

Evening at the Center - Leap Year Extravaganza is Tuesday, Feb. 29, 5 p.m. to 8:30 p.m. Meal served until 6 p.m. - Honey Dipped Chicken, BBQ Beef, Baked Beans, Corn, Cole Slaw, and Dessert. Games and Bill Bailey's Banjos. Cost: \$10.

POOL TOURNAMENT
Our second Pool Tournament is Thursday, Jan. 13 from 10 a.m. to 4 p.m. Cost: \$6 includes refreshments and prizes. Registration required.

BOOK DISCUSSION
Book Discussion Group postponed until January 14 (at 10 a.m.). You still have a chance to discuss *At Home in Mitford*, by Jan Karon. \$1 includes refreshments.

FRIDAYS AT THE MOVIES
Showing January 14, 1 p.m. is *The Out of Towners* (1999, PG-13) starring Steve Martin & Goldie Hawn. It's one calamity after another when couple travels to NYC.

MEN'S CLUB MEETING
Men's Club Meeting is 10:30 a.m., Monday, Jan. 17. Wayne Messner - America's Foremost Singer of National Anthem - will speak. Lunch is Chili & Macaroni. \$2.

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

JANUARY LITE LUNCH AND MOVIE
January Lite Lunch & Movie is noon, Friday, Jan. 21. Homemade Soup & Sandwich served until 12:30 p.m. Then see *Amityville 3D* (1999, R) starring Robert De Niro and Billy Crystal. Comedy about a mob boss who sees a psychiatrist. Cost: \$2.

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

PINOCHLE TOURNAMENT
Pinochle Tournament is Friday, Jan. 28 at 1 p.m. (Arrival is at 12 noon.) Enjoy a three-handed Pinochle Tournament, refreshments and prizes. Cost: \$3.50.

Oakton's Emeritus Courses

Beat the winter blues by taking a class "just for fun." Oakton Community College's Emeritus Program offers a variety of courses and seminars that give older students the opportunity to explore new topics while enjoying the company of their peers. These classes meet at Oakton's Ray Harstein Campus, 7701 North Lincoln Avenue, Skokie.

Abstract Art (B56-71) is a six-week course that attempts to answer the fundamental question, "What makes art abstract?" It also explores the major influences and artists that contribute to this lifestyle of expression. This class meets from 10-11:30 a.m. on Mondays, beginning Jan. 24. The course fee is \$76.

Advanced Bridge (REC S64-71) is a skills-building class for advanced players. An accredited teacher of the American Contract Bridge League teaches the newest bidding conventions and subtle play skills in a relaxed and fun atmosphere. This six-week class meets from 1-3 p.m. on Mondays, beginning Jan. 24. The course fee is \$110.

Theater-Going in Chicago (HUM S20-01) provides opportunities to see some of the best live theater in the United States. Students will help select the plays and arrange car pools for the trip to the city. There will also be post-performance discussions with the actors and directors, whenever possible. The class meets on campus from 1-4 p.m. on Sunday, Jan. 23, Feb. 27 and March 26. The course fee is \$60, plus the cost of tickets.

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

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Local residents have opportunity to display their talents

Amy Andur Productions is proud to produce four Chicago area Art Festivals in 2000 - Port Clinton Art Festival in Highland Park, Chicago Botanic Garden Art Festival in Glencoe, West End Art Festival in LaGrange and Fountain Square Art Festival in Evanston. Following are details of the festivals currently accepting applications for artists to showcase their fine arts and crafts.

Chicago Botanic Garden Art Festival - For the first time ever, the Chicago Botanic Garden will host an art festival on June 30, July 1, 2 and 3, 2000, among its picturesque surroundings in Glencoe. Fine art and fine craft of a botanic theme, material or use are encouraged at the festival. Application deadline: February 1, 2000.

Late entry deadline: February 12, 2000 (plus \$30 late fee).
 Non-refundable jury fee: \$25.
 Approximately 100 exhibitors will be invited to participate in the art festival, chosen by ranked slide jury totals. The festival's display fee is \$300 and is due upon notification of acceptance. All artists accepted into the show are eligible for a \$1,000 Best of the Show Award in addition to additional cash awards.

Port Clinton Art Festival - Ranked as one of the top fine arts and craft festivals in the country by *Sunshine Magazine*, the 16th Annual Port Clinton Art Festival will be held on Saturday and Sunday, August 26 and 27, 2000, in the heart of scenic Highland Park. More than 250,000 people are expected to attend. Application deadline: March 10, 2000.

Late entry deadline: March 18, 2000 (plus \$45 late fee).
 Non-refundable jury fee: \$25.
 Approximately 250 exhibitors will be invited to participate in the art festival, chosen by ranked slide jury totals. The festival's display fee is \$325 and is due upon notification of acceptance. All artists accepted into the show are eligible for a \$1,000 Best of the Show Award in addition to additional cash awards.

West End Art Festival - The fifth annual West End Art Festival takes place in the historic West End of LaGrange on September 9 and 10, 2000. The festival expects to draw more than 20,000 area residents. Application deadline: March 31, 2000.

Late entry deadline: April 7, 2000 (plus \$30 late fee).
 Non-refundable jury fee: \$15.
 West End will select approximately 120 exhibitors to participate in the art festival, chosen by ranked slide jury totals. The festival's display fee is \$195 and is due upon notification of acceptance. All artists accepted into the show are eligible for a \$500 Best of the Show Award in addition to additional cash awards.

Applications for each festival can be obtained by sending a self-addressed stamped envelope to Amy Andur Productions, 1007 Auburn Avenue, Suite 100, Highland Park, Illinois 60025, or can be downloaded from Amy Andur Productions' web site

(www.portclintonartfest.com). Applicants are asked to specify the festival application they would like to receive.

Interested applicants must submit five, 35mm professional quality slides (thin plastic or cardboard mounts only), four of current work and one representative of their booth. All slides must be labeled with the artist's name, medium, size, normal top and a red dot in the lower left corner. A festival application/notification card, the non-refundable jury fee and two self-addressed, stamped envelopes must accompany each entry - one for the return of slides and one for the notification card.

All submitted artwork must be original, produced by hand (not mass-produced), created by the artist and offered for sale. Exhibiting artists must be present throughout the entire festival.

About Amy Andur Productions - Amy Andur has produced some of the most anticipated national and local art events of the summer art season, bringing together the country's leading artists. In addition to these festivals, her accomplishments include: The Heart of Miami Beach Festival, the New East Side Art Works in Chicago and the Rockford Art Museum Festival. For more information on Amy Andur Productions or any of these art festivals, call 847-432-0166.

How much money do you really need for retirement?

The headline on the article was typical. "Is \$1 Million Enough?" It's a common number that gets tossed around when speaking about how much money people need to stash in their nest egg to pay for a comfortable retirement. Granted, \$1 million isn't what it used to be, but still, that's a lot of money. Does the number over-whelm you so much that you don't even bother to save? Is retirement going to be a nightmare if you don't have a nest egg that large? How much do you really need to have saved for retirement?

The answer to the last question, of course, is that it depends. There is no magical next-egg number for retirement. One million dollars may be just right, not enough or far more than you need. It all depends on your personal circumstances.

A better question to start with is, how much will I need to live on? The rule of thumb is that retirees need roughly 80 percent of what they lived on before retirement. If you make \$60,000 a year now, you'll need \$48,000 a year (plus inflation costs) for retirement. That's based on the idea that certain pre-retirement expenses decline or disappear during retirement. Costs associated with working, such as transportation and clothing, are gone, as are payroll taxes (Social Security). You'll also quit setting aside part of your paycheck for retirement. Income taxes may decline and you likely won't have a mortgage to pay (though real estate taxes will continue). You may spend less on automobiles.

But like any rule of thumb, that 80 percent is rough, at best. Some people may be able to maintain their standard of living on just 70 percent of pre-retirement income, while others will struggle close to 90 or even 100 percent. Much depends on what kind of retirement you envision. A quiet, stay-at-home retirement is a lot less expensive than one that takes you around the world on cruises. Will you move to a state where the cost of living is less or more? Do you want to leave part of your estate to your heirs, or do you intend to spend every last penny?

Spending patterns also vary during retirement. Some retirement experts describe retirement as really three stages, not one. The first stage is active, with travel or other dollar-consuming activities most likely to occur. Life slows down a little in the passive stage, and so do costs. The last stage is far less active, though costs could rise again because of medical care due to deteriorating health.

Another big factor in how much money you need to accumulate for retirement is at what age you plan to retire. Some people want to retire in their mid-fifties or early sixties. They will need to have much greater financial resources than someone who plans to work well past normal retirement age, even if only part-time.

What financial resources you can bring to retirement make a major difference on how large you need to build a nest egg. Someone who works for the same employer for years and expects a good pension may not need to save as much as someone who changes employers often or who must fund their own retirement plan at work. Social Security replaces a higher portion of pre-retirement income for lower-wage workers. For higher-income individuals or for younger workers, many financial planners don't even figure in Social Security because they may not qualify for benefits.

Putting your money where your heart is

It's a debate that's been around since the 1970s, when socially responsible mutual funds first appeared on the scene. Investing in socially responsible funds or companies sacrifices returns and increases risk because you're automatically eliminating some of the best-performing companies in the world, argue critics. Better to maximize your return and donate to the causes you support. Advocates counter that you can invest according to your conscience and still do well financially.

Of late, advocates are winning the argument. Socially responsible mutual funds have been among the best performers of stock mutual funds. The Domini 400 Social Index, an index of 400 screened stocks considered the benchmark for socially conscious investors, has outperformed the S&P 500 four straight years. In 1998, according to the Social Investment Forum, one out of every ten professionally managed dollars (such as through mutual funds) is invested in socially responsible portfolios.

Still, many investors are not familiar with the concept of socially conscious, or socially responsible, investing. In its broadest sense, socially conscious investing means investing in companies on a basis other than financial considerations alone. Particular social and ethical considerations. For example, a socially conscious investor wouldn't invest in precisely because it produces cigarettes. They also might screen out companies because they are involved in the military, alcohol, gambling, nuclear power or have a poor environmental or product safety record. (Early on, investors screened out companies that had connections with South Africa because of its racism.) They may invest in companies because they have good workplace practices, promote women and minorities, are involved in the community, have a strong charitable program or any of dozens of other criteria.

Investors can screen companies either on their own or they can, as do many investors, use mutual funds to do the leg work. Each fund has its own social screening criteria as well as investment objectives, such as growth or income, large or small capitalization, and so on, so it's important you read the prospectus and annual report carefully as you would for any fund. There are funds for nearly every type of socially conscious investor. Some funds focus primarily on the environment or labor issues, and at least one fund focuses on companies that have a good record

Governor's conference on tourism

Illinois' largest tourism forum, the 13th annual Illinois Governor's Conference on Tourism, will convene February 7-9, in Springfield. The conference will gather nearly 600 of the most influential people in Illinois tourism, including representatives from convention and visitors bureaus, hotels, airlines, industry associations, restaurants, attractions, and consumer and business media.

Tourism is one of Illinois' economic engines," Governor George H. Ryan said. "This industry alone pumped \$21 billion into the Illinois economy last year, with even more growth expected in the future. The goal of the conference is to share ideas and expert advice on how to maintain this momentum in our tourism industry."

Hosted by Ryan and Visit Illinois, this year's conference, "Fast Reflections, Future Directions," features nationally renowned tourism experts and compelling breakout sessions designed to educate the industry on critical trends and legislation for continued tourism growth into the coming millennium.

This 2000 conference will set the stage of the new millennium to reach Illinois' objectives to increase tourism to our great state. Because of support from Gov. George Ryan and the Department of Commerce and Community Affairs (DCCA), we are able to bring in world-renowned experts to educate us on many critical industry issues as well as travel trends, marketing ideas and strategies.

Visit Illinois is a not-for-profit membership organization that serves as the primary umbrella for the Illinois travel and tourism industry. The group's 29-member board of directors oversees efforts to promote and facilitate increased travel to and within Illinois with core services focusing on legislative support, education and professional development. Visit Illinois funds the conference with assistance from the DCCA Bureau of Tourism and private sector sponsorship.

The conference will include major sessions on the current state of Illinois' tourism environment, a look ahead to tourism in the next millennium, future travel trends, creative marketing strategies and tourism legislation.

In addition to the educational sessions, the conference will offer an "icebreaker" event on the first evening as an opportunity for travel and tourism professionals to network and share ideas.

Companies are invited to showcase their products and ser-

How much money do you really need for retirement?

It's a debate that's been around since the 1970s, when socially responsible mutual funds first appeared on the scene. Investing in socially responsible funds or companies sacrifices returns and increases risk because you're automatically eliminating some of the best-performing companies in the world, argue critics. Better to maximize your return and donate to the causes you support. Advocates counter that you can invest according to your conscience and still do well financially.

Of late, advocates are winning the argument. Socially responsible mutual funds have been among the best performers of stock mutual funds. The Domini 400 Social Index, an index of 400 screened stocks considered the benchmark for socially conscious investors, has outperformed the S&P 500 four straight years. In 1998, according to the Social Investment Forum, one out of every ten professionally managed dollars (such as through mutual funds) is invested in socially responsible portfolios.

Still, many investors are not familiar with the concept of socially conscious, or socially responsible, investing. In its broadest sense, socially conscious investing means investing in companies on a basis other than financial considerations alone. Particular social and ethical considerations. For example, a socially conscious investor wouldn't invest in precisely because it produces cigarettes. They also might screen out companies because they are involved in the military, alcohol, gambling, nuclear power or have a poor environmental or product safety record. (Early on, investors screened out companies that had connections with South Africa because of its racism.) They may invest in companies because they have good workplace practices, promote women and minorities, are involved in the community, have a strong charitable program or any of dozens of other criteria.

Investors can screen companies either on their own or they can, as do many investors, use mutual funds to do the leg work. Each fund has its own social screening criteria as well as investment objectives, such as growth or income, large or small capitalization, and so on, so it's important you read the prospectus and annual report carefully as you would for any fund. There are funds for nearly every type of socially conscious investor. Some funds focus primarily on the environment or labor issues, and at least one fund focuses on companies that have a good record

Y2K benefit Kidney Cars Program

Having trouble starting your old jalopy? Why not start the New Year with one less headache. The National Kidney Foundation of Illinois can help by accepting old or unwanted vehicles as a charitable donation. You in turn receive free towing, a possible tax break and fight Kidney Disease. Thousands have successfully done this through our Kidney Cars Program.

Thousands of Illinois kidney patients, transplant recipients, and their families benefit from our patient services, community education, and medical research programs that are funded through the contributions from our Kidney Cars Program.

Start the Year 2000 by donating your unwanted car and telling a friend about the program. Some funds focus primarily on the environment or labor issues, and at least one fund focuses on companies that have a good record

Public Hearing Notice

PUBLIC HEARING NOTICE
VILLAGE OF MORTON GROVE
COMMUNITY DEVELOPMENT
BLOCK GRANT PROGRAM

A public hearing will be held to obtain citizen input as the initial step in the application preparation process for the 2000 Community Development Block Grant Program.

The Cook County Community Development Block Grant Program will receive approximately \$12,800,000 for Program Year 2000, and these funds will support projects within the following categories:

- Housing and Residential Rehabilitation Related Activities
- Economic Development Activities
- Commercial Rehabilitation
- Capital Improvement Activities
- Real Property Acquisition
- Demolition and Clearance Activities
- Planning Activities
- Public Service Activities
- Fair Housing Activities

Projects are eligible only if they provide principle benefit to low and moderate income persons or aid in the elimination of slums and blight.

The Morton Grove Department of Community Development has been authorized to conduct the public hearing on:

Saturday, January 29, 2000 at 8:30 a.m.
 in the Board of Trustees Chambers
Richard T. Flickinger Municipal Center
 6101 Capulina

Residents and organizations are invited to submit proposals for possible inclusion in the Village's Application to Cook County.

Business News

School News

Dealing with the Middle School student

This little Teacher Tip comes from Carolyn Lake a Middle School teacher for sixteen years at St. John Brebeuf School in Niles.

Being a Middle School aged student is not easy! Being a caregiver of a Middle School student is even more difficult! The mood swings, apparent indifference, and lack of concern for people, with the exception of their peers, is often very trying to anyone having to deal with this age group. It is especially difficult for parents who see their student as a reflection of themselves.

If one keeps in mind positive qualities of these students and if certain practices are followed, life becomes easier for both sides.

Middle School students are only children in growing to adulthood bodies. With this in mind, it is easier to understand some of the changes in personality they are experiencing. Don't underestimate the common sense that these students can have. Talk to your student and allow them to make decisions. Remember, the final decision is in your hands as you are the adult. Many times these students

are in agreement with what you feel anyway.

Try not to become angry or to yell at your student. This is probably one of the hardest things not to do. It seems the more you yell, the louder they will become. In the end, you are the adult and should try to be in control of your own emotions. It is surprising how the student is aware of being able to "push buttons" to get their own way. When they see that they are unsuccessful, they will back off.

Be positive with your student. Whenever possible tell them of the good things they have accomplished. This way, when correction is necessary, they will be more open to the correction and realize you are doing it for their own good.

Patience is one of the most important things. It is easy to be patient with the little people in your home. When you are looking up to see the eyes of your Middle School student, it is difficult to remember they are still learning acceptable behavior that is influenced primarily by your example and guidance.

OLR celebrates Halloween at St. Matthew Lutheran Home



Our Lady of Ransom's 4th grade class brightened the day of St. Matthew's Nursing Home residents by visiting them and presenting them with cards on Halloween Day.

SJB eighth grade social studies

On January 18 eighth graders at St. John Brebeuf will be given \$10,000 each. This "special money" is to be invested in stocks. For the 3rd quarter each student research companies on the New York Stock Exchange or NASDAQ. Using the research and the money students can "buy" stocks. The can sell and reinvest as often as they want. At the end of the quarter students will evaluate their investments and determine how successful they were.

Newspapers and the Internet will be available to students. A field trip to the Chicago Board of Trade is planned.

Niles West holds Poetry Slam

Niles West High School will hold its first Poetry Slam on Friday, January 14 from 6:30 p.m. to 9 p.m. in the Oakton Lobby at the high school, 5701 West Oakton, Skokie. The free event is sponsored by Images, the student poetry magazine. In addition to the scheduled readings, there will be an "open mic" opportunity for participants to read their own work. Refreshments will be available. For more information, contact sponsor Dana Des Jardins at (847) 568-3675.

What one does is a result of what one is.

St. John Brebeuf annual breakfast with Santa



On Sunday, December 5, 300 parents and children attended the 9 a.m. Liturgy at St. John Brebeuf and then proceeded to Flanagan Hall for a buffet breakfast sponsored by the Parish School Association. Father Author Olsen led the families in prayer and visited with the guests. The SJB children performed Christmas carols under the direction of Mrs. Beverly Tabern, music instructor, and Mr. Mark Sellars, parish music director.

The children were excited when Santa Claus arrived. He spent time with each child and handed out gifts. The families created Christmas crafts while they visited with friends.

The Christmas tree centerpieces adorning the tables were sold and the money was donated to the St. Vincent de Paul Society. Many volunteers worked to make this celebration a memorable one. Pictured with Santa Claus are Shannon McGinnis and Brian McGinnis.

Seminars offered at North Central College

The office of Community Education, Conferences and Camps at North Central College is offering programs on assertiveness skills, communication skills, business etiquette and team building.

"You Can Be A Great Communicator" is a seminar to assist participants in improving interpersonal communications. In this workshop students will learn what comprises visual, vocal and verbal messages and how we can ensure people receive our messages as we intend to send them. The seminar is offered on Thursday, Jan. 27 from 8:30 a.m. - 4:30 p.m. The fee is \$140.

"Contemporary Business Etiquette" will be offered on Tuesday, Feb. 1 from 8:30 a.m. - 12:30 p.m. Participants will gain valuable knowledge and insight regarding the fundamentals of proper business etiquette for interviews, meetings and entertainment clients. Tuition is \$135.

"Assertiveness Skills" covers speaking skills, defining and reaching organizational goals, and increased credibility and self-confidence in the workplace and in all phases of interpersonal communication. The seminar meets on Tuesday, Feb. 8 from 8:30 a.m. - 4:30 p.m. The fee is \$135.

"Team Building: How to Produce the Results You Want" is a practical and interactive work-

The Christmas Story

A Christmas tradition at St. John Brebeuf School is to have the 1st grade students dramatize the story of the Nativity. This took place at the 8:45 a.m. Eucharistic Liturgy on December 21st and again at the Family Liturgy on Christmas Eve, Friday, December 24th at 5 p.m.

After weeks of practice and help of first grade teachers, Giovanna Piccolo and Sheila Harington, the students told the story of that first Christmas Night while others dramatized the birth of Jesus. Alexandra Puzafiero, Joseph Disclifanti, and Jerry Johann portray the characters of Mary, Joseph, and the Christmas Angel.

Progress begins with getting a clear view of the obstacles.

Registration open at Lewis University

Registration for January 2000 courses has opened at Lewis University for working adults, high school and community college graduates, current university students, transfer students, and all those who wish to take advantage of educational opportunities. Most classes begin in mid-January.

A Christian Brothers university, Lewis offers bachelor's degrees in more than 60 majors, including the humanities, social sciences, natural sciences and fine arts, along with accountancy, American studies, aviation, business, criminal/social justice, computer science, education, history, journalism, math, music, nursing, private security and loss prevention management, psychology, radio/TV broadcasting, religious studies, and theatre.

Accelerated degree completion programs for working adults include Computer Network Administration, Social & Community Studies, Business Administration / Management and Aviation Maintenance Management. The accelerated programs are designed for adults 24 years of age and older with at least 32 hours of college credit.

Lewis offers courses on its main campus on Route 53 in Romeoville and several off-campus locations, including the Lewis Graduate Education Center in Oak Brook, the Lewis Education Centers in Hickory Hills and Schaumburg, and sites throughout the Chicagoland area.

Lewis University will offer five new on-line undergraduate courses this semester through the College of Arts & Sciences, taught entirely through the Internet and designed for undergraduate students who wish to earn general education credits required for bachelor's degree programs.

High school students with a grade point average of 'B' or better and college students with a GPA of 'B+' or better are eligible for a \$1,000 college scholarship (U.S. citizens only). All requests for applicants must include the following: student's name, permanent home address, city, state, zip code, name of current high school or college, approximate GPA, and year in school during the 1999-2000 academic year.

To receive an application, e-mail scholar@ecu.org, paper mail Educational Communications Scholarship Foundation, PO Box 5012, Lake Forest, IL 60045-5012, or fax (847) 295-3972. Requests must be received by March 16, 2000.

Applications will be fulfilled by mail only, on or about April 7, 2000.

On-line courses include: Abnormal Psychology, Educational Psychology, Art Appreciation, Art History I, and Music for the Listener.

In the College of Nursing, Alberto-Oliver has provided funding for development of an on-line master of science in nursing case management (MSN) degree program. On-line classes for both the master's degree level and for certification in case management will be offered. For information, call (815) 836-5355.

Lewis University will expand its RN/BSN program by adding new cohort groups at six sites for nurses who wish to earn bachelor of science in nursing (BSN) degrees. For information, visit the College of Nursing Web site at www.lewis.edu/nursing or call (815) 836-5345.

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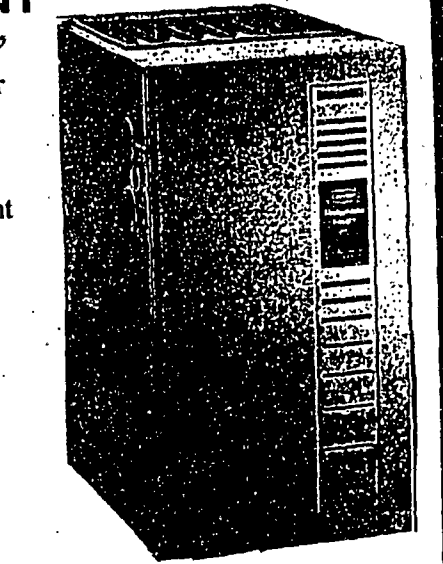
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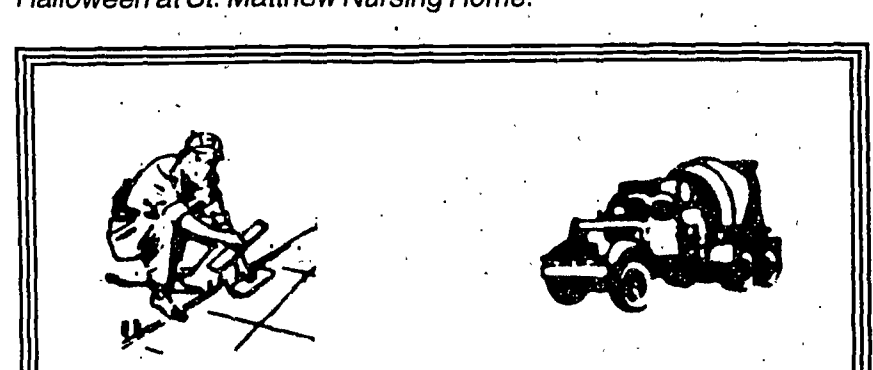
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School News

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Sports / Park & Library News

Lincolnwood Public Library

Travel Through Time series does Peru Sanford Goldman launches the winter Travel Through Time series at the Lincolnwood Public Library with a program on Peru, the third largest country in South America, on Friday, January 21. Coffee at 10, free program follows.

More than a third of Peru's 24 million people live in Lima, the capital, some in shantytowns; others in the upscale suburbs of Miraflores and San Isidro. Among the major tourist sites to be found in the central downtown area are the Presidential Palace, the Cathedral and the Archbishop's Palace, the Church of Santa Rosa and the pedestrian

shopping area Jiron de la Union. The slide presentation will also step back into the ancient civilization of the Incas to visit famous sites in Cuzco which sits in a valley of the Andes Mountains. The highlight of the tour will be one of the most spectacular sights in all the world, Machu Picchu.

Opening casting call Auditions for the cast of the play *Murder of the Mystery Detective* to be presented at the Lincolnwood Public Library on April Fools Day will be held Thursday evening, Jan. 20, at 7 p.m. and Sunday afternoon, Jan. 23, at 2 p.m. at the library, 4000 W. Pratt Ave. Limited memorization required. Volunteers for

Catholic Women's Bowling League

Wed., Jan. 5, 2000		Millie Kroll	510
TEAM	W L	Gerl Kenny	472
Skaja Terrace	7 0	Kay Pecoraro	471
Grand Nat'l Bank	5 2	Linda Fahey	468
Candlelight Jewellers	5 2	HIGH GAMES	
Classic Bowl	2 5	Kay Pecoraro	217
C.M.S.	2 5	Carole Timmes	198
T. Drozd, DDS	0 7	Millie Kroll	181
		Linda Fahey	178
		Jan Koppel	178
		Sandra Davis	171
HIGH SERIES			
Carole Timmes	514		

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

Morton Grove Library

Artists wanted Artists and photographers are invited to contact the Morton Grove Public Library for application information about exhibiting work in the library's Baxter Room. Photography, watercolor, oil painting, tapestry and other media will be considered for exhibition. The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call (847) 965-4220 or visit the Library's Website at: www.webrary.org.

Basic Internet training Saturday, February 5 at 1 p.m., the Morton Grove Public Library, 6140 Lincoln Avenue, will host *Basic Internet*, a free computer training program that will cover a brief history, basic terminology, and the scope of information available on the Internet. Those who attend this introductory level lecture and demonstration on February 5 will be eligible to register for an individual, hands-on tutoring session covering basic Internet navigational skills to be scheduled later in the month. Registration is limited to 50 Morton Grove residents and begins January 17. To register, stop by the Reference Services Desk or call 965-4220. Please have your library card ready. For more information, or for mobility and communication access assistance, please call 847-965-4220, for TDD 847-965-4236.

DVDs The Morton Grove Public Library has added over 100 new digital video discs to the collection of recorded materials! Check out comedies, classics, romance, music, children's programs, and more in DVD format! The Library is located at 6140 Lincoln Avenue in Morton Grove. For further information, or for communication and mobility access assistance, please call (847) 965-4220, TDD 965-4236.

Ten Star All Star Basketball Camp Applications are now being evaluated by The Ten Star All Star Basketball Camp. Boys and girls ages 7-19 can apply. Players are selected by invitation only. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill, Bobby Hurley, Antawn Jamison, Christian Laettner, Tom Gugliotta, and Trajan Langston. Camp locations include: Champaign, IL; Riverside, CA; Babson Park, FL; Atlanta, GA; Fort Wayne, IN; Alchison, KS; Georgetown, KY; Northfield, MN; Raleigh, NC; Boiling Springs, NC; Rochester, NY; North Canton, OH; Commerce, TX; Farmville, VA. College Basketball Scholarships are possible for the most advanced players. For an evaluation form call (704) 372-8610 ANY TIME.

St. Ignatius fall sports awards

St. Ignatius College Prep celebrated the end of its fall sports season with a banquet and the presentation of awards to 23 scholar-athletes. Boys Cross Country: Outstanding Runner Award: Mark Floreani, son of Mary Ann and Marino Floreani, Park Ridge.

Home Style

Tips on Trips

Onto The Internet And Through The Woods Vacations with the family are always memorable, but traveling itself can sometimes be sheer torture. Travel experts at Rand McNally suggest the following tips for making traveling with the family fun and hassle-free:

• Make sure you know where you're going. This may sound obvious, but even the best family vacation can turn sour if the driver takes one wrong turn, gets lost, and then spends hours trying to get back on track. The Internet has made driving directions easy to access and sites like www.randomly.com provide easy-to-follow directions to your destination, as well as updates on road construction that may have altered your usual route. You'll get a map of your route with turn-by-turn directions, along with estimated mileage and travel times that you print out to take with you. These turn-by-turn directions complement the fold-out maps and road atlases you already have in the car, helping you stay on the right track to your destination.

• Check road construction and weather information right before you leave. The road construction information on randomly.com is updated twice monthly to provide new information about road changes due to construction. This can be a big help even on frequently traveled roads.

• If you have kids, involve them when planning your trip. Even if your children are too young to read maps, visualizing the route and the final destination will help them realize how far you're going and what you'll see on your way. A software program such as Rand McNally's Street-Finder® or TripMaker® Deluxe 2000 gives your kids a chance to help "plan" your trip and take the directions with them in the car. Using the Kids GPS feature with a laptop computer, your children can actually follow the course of the trip and kids themselves give you the directions.

• Set clear expectations. Once the thrill of getting underway wears off, children sometimes grow restless and bored. That doesn't mean you have to entertain them every moment. Make sure they understand that there will be times when they have to entertain themselves. Reading or listening to music (with headphones) is a quiet individual activity.

• Let your children know when or where you'll be making the next stop. Most kids find it easier to cope with the tedium of travel if they know a break is coming. One way to get them involved is to put them "in charge" of breaks. If you plan to stop at specific times, your kids can let you know how close you are to break time. (This is especially fun for them if they're just learning to read.) If you plan to stop at specific places along your route, you can map out your progress on your map or itinerary.

• Plan for family activities. While you want a reasonable noise level, you don't want dead silence. Consider some old stand-bys, such as 20 Questions or a sing-along. One of these family activities just might be the part of your trip that the kids remember most fondly when they're older.

• For long car rides, remember to pack a pillow and a blanket for the kids. A nap will help make the trip go faster for everyone. • When you get to your destination, stop online to check out things to see and do in your area. There are dozens of sites that have information about cities across the United States, including randomly.com, which provides rich content and product suggestions on a city-by-city basis. There you can find information about restaurants, attractions, the weather, and maps and guides of the city. More tips for traveling with the family, as well as kids' atlases, travel games and puzzles, can be found online at the Rand McNally Parent's Corner at www.randomly.com.

JULIE processes 10 millionth call

A phone call in mid December by a Kane County excavator was recognized as the 10 millionth utility locate request handled by JULIE, Inc., the Illinois One-Call System.

The milestone call was made by Frank Schuemann of Schuemann Eagle Electric, on December 16, 1999, for electric street light installations in Aurora. JULIE is a not-for-profit organization that notifies member utility facility owners/operators of planned digging activities in areas where facilities are present.

Each utility sends locators to the dig site to mark the location of buried utility lines. JULIE serves the entire state of Illinois outside of the city of Chicago and provides contractors, excavators, homeowners and others who plan to dig, with a toll-free number. Established in 1974, JULIE currently represents nearly 850 member utility companies in Illinois who benefit from their participation through a reduction in lost time accidents, service interruptions and costly repairs. Illinois excavators currently

have three methods to reach the Illinois One-Call System: via the toll-free phone number (800) 892-0123; a fax-to-locate program; and the Batch Remote Ticket Entry (BRTTE) program that allows excavators to directly input their utility locate requests into JULIE's computer via their own personal computer. In early 2000, frequent callers to JULIE will have the ability to enter their locate request information on the internet through JULIE's new Web-based Remote Ticket Entry (WRTTE) program.

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- Check Limit Safety
- Check Motor Amperage
- Check Belts
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Home Style

Southgate on The Glen is the first to break ground at the former Glenview

Edward R. James Homes, one of the James Companies, has broken ground at The Glen, the former Glenview Naval Air Station (GNAS), for its newest community Southgate on The Glen. Located near the old "south gate" to the former 1,121-acre air base, the James' 104-acre site will feature 299 luxury residences adjacent to a world-class, championship 18-hole public golf course being developed by Kemper Sports Management. World-renowned golf course architect Tom Fazio has been retained to design the course.

The James Companies have enlisted top-quality design firms to create the traditional neighborhood. Home designs were developed by Bloodgood, Sharp & Buster Architects and Otis Koglin Wilson Associates. Jen Land was selected for land planning; the landscape architect is Lakota Group; and Cowhey, Gudmundson-Leder has prepared the civil engineering plans. A variety of home styles, designs and price ranges are available, including 182 single-family homes, 24 townhome villas, 38 traditional townhomes, and 55 custom home sites. First occupancy is expected summer of 2000.



From left to right: Edward R. James, chairman, ERJ Homes; Don Owen, economic redevelopment director for The Glen, Village of Glenview; Warren James, principal, ERJ Homes; Nancy Firfer, president, Village of Glenview; Jerry James, principal, ERJ Homes; and Frank Donovan, director corporate real estate, Illinois Tool Works.

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Home Style

Ten Home "Pet Peeves" Southgate ...

According to a recent survey of how homeowners feel about their homes, they would like to make them safer, more comfortable and healthier, and even though 91 percent of respondents said they were satisfied with their homes, many still cited pet peeves in a survey conducted by Honeywell.

- The Top Ten Home Pet Peeves are:
1. Inconsistent temperature (between rooms, levels, or at different times of the day)
 2. Dust, pet hair and other allergens
 3. High utility bills
 4. Dry air in the house
 5. Window condensation
 6. Odors in the house
 7. Outdated kitchen
 8. House not secure from break-ins
 9. Stuffy rooms/inefficient floor plans (ie)
 10. Damp basement

"The good news" said Honeywell's Deb Massol, who leads the company's Home Vision group, is that "many of these problems can be solved - today - with solutions that are available to anyone building, remodeling or simply updating a home."

In a home with more than one level, it is difficult to keep room temperatures consistent. Technologies like programmable heating and cooling control systems,

and temperature zoning systems, give homeowners control, said Massol. Homeowners labeled dust, pet hair and other pollutants the second biggest home pet peeve. According to the Environmental Protection Agency and the National Safety Council, most indoor air contains higher concentrations of pollutants than outdoor air - sometimes two-to-five-times higher.

An air cleaner with a high-efficiency filter will reduce the level of airborne particles by capturing them as they pass through. While an air cleaner may provide some relief to individuals suffering from allergies or other respiratory problems, Massol notes, it should be considered a part of an overall allergy treatment program.

Homeowners also are thinking about home security, but many have yet to translate those thoughts into action. According to the survey, almost 80 percent of the respondents agree that they are most interested in home technology that improves safety and security, but only 37 percent of the respondents have a security system.

The Honeywell Year Home Expert (www.honeywell.com/home) is an easy-to-use, online resource for expert advice

and commitment to quality homebuilding," said Glenview Village President Nancy Firfer. "Their plan not only provides a wonderful setting for homes, it allows for interaction with the environment and other elements of The Glen."

Located in Chicago's North Shore, The Glen will include single-family, multi-family and senior housing. In addition, plans call for a 140-acre "Great Park" including a 45-acre lake, 9-hole Park District golf course, 31-acre prairie preserve within a corporate campus; \$26 million recreation center; new Metra train station; post office and a variety of convenience, entertainment and retail opportunities. The Glen is served by the Glenview school district.

Other Land Sales at The Glen. In addition to the land sale to Edward R. James Homes, the Village is in the process of selling parcels within The Glen to other developers from around the country. The following deals have already been approved: Kimball Hill Homes will build 168 single-family homes; Classic Residence by Hyatt, the senior living affiliate of Hyatt Corporation, will develop an upscale retirement community; Kemper Sports Management will build an 18-hole championship-quality golf

course; Dominick's will build and anchor a retail center; Catellus Development Corporation will market and build a 92-acre business park - Prairie Glen Corporate Campus; and Concord Homes will construct 143 single-family homes.

Sales Center Information. The Glen will be conducting its sales center located on the new North-South road of the former Glenview Naval Air Station, one-quarter mile north of the main entrance on East Lake Avenue.

From I-94 exit at Lake Avenue westbound. The Glen is located 1 mile west of Waukegan Road. From I-294 exit at Willow road eastbound. Continue east on Willow Road to Landwehr Road, turn south on Landwehr to East Lake Avenue. Continue eastbound on East Lake Avenue 2 miles to The Glen entrance. Sales hours are 10 a.m. to 5 p.m. Monday through Saturday, and Sunday, 11 a.m. to 5 p.m. For further information, call (847) 657-0900.

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Computer workshops offered at North Central College

The Office of Community Education, Conferences and Camps at North Central College will offer the non-credit courses Access For Windows, Intermediate Microsoft Windows, Tapping into the Resources on the Internet, and Launching and Doing Business on the Internet this fall.

"Touch Type with Microsoft Word" allows participants to continue building typing speed and accuracy while learning to create and edit documents in Microsoft Word. The class meets Thursdays, Feb. 24 - March 16, from 5:30 to 7:30 p.m. Tuition is \$125.

"Access For Windows" is designed to help you learn how to design, create, sort, and maintain a database. Participants will be shown how to graph information and create reports from the data stored within their database. The workshop will run on Thursdays, Jan. 28-27 from 8 a.m. to noon. Tuition is \$190.

"Intermediate Microsoft Windows" is for the individual who feels comfortable with the Windows "basics". This course expands the participant's knowledge of the Windows filing systems by exploring the fundamentals of using the popular Windows applications. The workshop is offered on Thursdays, Feb. 24 - March 2 from 7:35 - 9:35 p.m. Tuition is \$95.

"Tapping into the Resources on the Internet" helps students in searching the worldwide web, downloading files, using other Internet tools to locate information on line. The workshop is offered on Wednesdays, Feb. 23 - March 1 from 7-9 p.m. Tuition is \$75.

"Launching and Doing Business on the Internet" discusses the non-traditional methods of marketing that must be used to launch and do business on the Internet. The workshop introduces Internet tools, techniques and tips which can be used to reach the Internet surfer and establish a "market presence," or formulating a marketing strategy to reach the Internet user. The class is offered on Wednesdays, March 8-15 from 7-9 p.m. Tuition is \$75.

All workshops will be conducted in the computer lab in the Lawrence Academic Center, 309 E. School Ave. All courses except "Touch Type with Microsoft Word" provide CPE credit for certified public accountants. To register, call (630) 637-5560.

District 64 Science Olympiad

Over 100 students from Carpenters, Field, Franklin, Roosevelt, and Washington Schools in grades three, four, and five will participate in the Park Ridge-Niles School District 64 Science Olympiad competition.

The competition will be held in the Emerson Middle School Gymnasium, 8101 N. Cumberland Avenue, Niles, on Saturday, January 29th from 9 a.m. until 11 a.m.

Students will participate in events such as the Rubber Band Catapult, Mystery Box, Acrolympics, Egg Drop, and Structures. All participants will receive a souvenir and third place winners of individual events will be awarded ribbons with medals.

Parents, teachers, and administration members of District 64 will act as coaches and judges for the student events.

Please join us for a morning of fun and activity. If you have any questions, feel free to call Tony Clissem, Science Curriculum Specialist, at 318-4293.

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Make an ABC book. Write each letter on a separate sheet of paper. Punch holes in the paper and connect them with yarn. Illustrate the pages with pictures of words that begin with that letter. You can draw the pictures or cut them out from magazines. Give your child an old newspaper and a crayon. Look through headlines and circle the featured letter of the week. Emphasize the beginning sound the letter makes.

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A separate tour, scheduled for Aug. 2-16, is designed for open lovers. Travelers will visit major opera sites throughout Italy, including Milan, Venice and Florence, and attend three operas. For more information and a complete itinerary of these tours, contact Bea Cornelissen at (847) 635-1812.

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USE THE BUGLE

Legion thanks attendees of chapel of four chaplains

The Morton Grove American Legion Post #134 recently held a memorial service for the four chaplains who went down during war with the sinking of the U.S. Dorchester.

Baity gave the invocation and benediction. P.C. Roland Keppen handled the sound effects for taps.

Participating were Auxiliary President Patricia Jordan and a color guard unit of the Post Auxiliary under Sgt. at Arms Bernice Riley.

Timothy Aines Coast Guard Lt. Cmdr. Timothy A. Aines has graduated from the College of Naval Command and Staff at the Naval War College in Newport, R.I.

PR mayor ...

Wietecha was incensed because the suburban air quality study will merely duplicate, disprove or validate the Chicago study.

Maine East students offered free newspapers for SSR

Just because something is free doesn't mean people will want it or use it. But free weekly copies of the Chicago Tribune, trialed weekly on Wednesdays for six weeks last spring, has proven itself a great deal for Maine East students.

With support from Gayle Richter, Maine East English department chairperson, and librarian Jan Baran, a proposal written by English teacher Heidi Huston was submitted that spring to the Maine Township High School District 207 Educational Foundation to purchase 400 newspapers for Maine East's SSR.

Tribune's NIE (Newspapers in Education) department along with a community donation from Chateau Ritz (9100 Milwaukee Avenue, Niles) funds the newspapers for Maine East's SSR.

Gregg S. Halverson

Mayport, Fla. Halverson's ship is one of the ships in the USS John F. Kennedy Battle Group. The 1997 graduates of Maine West High School joined the Navy in November 1997.

EXPO 2000. Serving the Chicagoland Area Since 1964. 847-729-5500. LAST CHANCE TO GET 1999 PRICES. Cabinet Refacing up to 30% OFF. January Special 25% OFF All DECORATIVE GLASS ON WINDOWS. NO MONEY DOWN FULL FINANCING AVAILABLE with approved credit.

LEGAL NOTICE. SKOKIE PARK DISTRICT REQUEST FOR BID. Notice is hereby given that the Board of Park Commissioners of the Skokie Park District will receive and open the following proposals on: January 28, 2000 at 10am for: Oakton Flooring.

DP council ... Continued from Page 1. The almost four-month delay in selecting a new mayor resulted the contention over procedures that followed Jung's death. It took nine votes for the council to elect Arredia, sources said.

THE BUGLE CLASSIFIEDS: DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR! ACCOUNTING, ADMINISTRATIVE, BANKING OPPORTUNITIES, ADVERTISING SALES, DOCUMENTATION SPECIALIST, BANK ON US FOR A GREAT CAREER!

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<p>BANKING FULL TIME TELLER OPPORTUNITIES CORUS BANK has immediate openings for Full Time Teller positions at several of our branches. These positions offer a friendly work environment, excellent potential for advancement, flexible hours, and great experience. Tellers will process all customer transactions and cross-sell our bank products and services. Positions are open at the following locations: Niles 9190 W. Golf Rd. 8:30am - 5:00pm Downtown Chicago 10 S. Riverside Plaza 9:00am - 6:15pm Interested candidates should complete an application at any bank location or fax or e-mail to: 773-822-2499. Please reference the location of interest. CORUS BANK www.corusbank.com</p> <p>TELLER Full-Time Experienced No Late Evenings Or Weekends (847) 679-2265 Ask For Pat Cebulski Lincolnwood, IL</p> <p>RECEPTIONIST Niles Area. Excellent Opportunity. Full-time position for a person with good computer and communication skills. Great benefits. Fax resume to: 847-642-9555 Or Call Kathy Akt: 847-647-8019.</p> <p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>RECEPTIONIST Permanent part time 3 days with alternating Saturdays. 24 hours/week. Fast paced patient care office looking for mature individual. Typing and data entry skills needed. Must be good with people and on the telephone. Locations in Niles and Skokie. Call Peter: 630-595-1460 Or Fax Resume: 630-595-0528</p> <p>MEDICAL OFFICE Front Desk, Computer, Insurance Experience, Des Plaines, 3 or 4 Days/Weekly (847) 824-3405</p>	<p>STATE FARM AGENT Is Looking For A Warm-Hearted Person Who Can Handle A Fast-Paced Office On The Corner Of Milwaukee & Deerfield Roads. Full Or Part-Time - Will Train \$10 - \$12 An Hour & Bonus Programs Call: (847) 215-2030 Or Fax: (847) 215-2075 Ask For Bonnie Or Alina</p> <p>CLERICAL POSITIONS Full-Time Days A great opportunity is waiting for you at Underwriters Laboratories Inc. in Northbrook. We are interviewing now for the following positions: *Word Processing (45+ wpm) *Secretarial (2+ years experience required) *Accounting Clerks (customer service experience required) *Mail Clerks (same work experience required) *Title Clerks (same office experience required) *Shipping & Receiving Clerk (data entry experience required) *General Clerical (6+ months office experience and working knowledge of PC required) We offer a competitive benefits package, with flexible hours in some positions. To arrange an interview appointment, please call (847) 272-8800, ext. 43355 (24 hour voice mail). Leave your name, phone number and what position you are seeking, a HR Rep will return your call during the work day, Monday-Friday. Or mail/fax resume to S. Henry, HR Dept: UNDERWRITERS LABORATORIES, INC. 333 Pfingsten Rd. Northbrook, IL 60062 FAX: 847-599-6300 EOE M/F/D/V</p> <p>CASHIER/RECEPTIONIST We are currently seeking a part-time cashier/receptionist for evenings and Saturdays. Apply in person, contact Denise Marra at: SATURN OF GLENVIEW 630 Waukegan Rd., Glenview, IL 847-998-6998</p> <p>ORDER ENTRY/BILLING We Are Looking For An Energetic, Bright Person For Our Order Processing Department. Experience With EDI Helpful, But Will Train. Ideal Candidate Will Have Accurate Data Entry Skills In A Windows Environment, Good Work Ethic And Interpersonal Skills. We Love Team Players! We Offer A Competitive Salary And Comprehensive Benefits Package Including 401K And Profit Sharing. Non-smoking Office. Qualified Candidates Should Send Resume With Salary History To: CFM Harris Systems 3501 W. Howard Street Skokie, IL 60076-4012 Attn: HR Mgr.</p> <p>GENERAL OFFICE Skokie Manufacturer is looking for a dependable, responsible person to join our growing team. Bilingual, English/Spanish, data entry, filing, light but accurate typing. We love team players! Full-time with excellent benefit package including 401K and profit sharing. Non-smoking office. For consideration, please fax your resume with salary requirements to: Human Resources Fax (847) 933-1680</p> <p>Reception/Data Entry Busy Skokie MD Office Needs A Bright, Organized Self-Starter For Data Entry, Phones, Scheduling Appointments & General Office Work. Experience Required. Full-Time. Salary Commensurate With Experience. Full Company Paid Benefits. Call Stephanie 847-677-0620</p>	<p>FINANCIAL COORDINATOR A Well Established Long Term Care Company Is Seeking A Detail Minded And Computer Literate Individual Who Can Work With Minimum Supervision. Experience With Billing Is A Definite Plus. Please Forward Your Resume To - ALDEN MANAGEMENT SERVICES, INC. 4200 W. Peterson Suite 140, Chicago, IL 60646 Attn: Tom Catania Fax: 773-286-3743</p> <p>FOOD SERVICE FOOD SERVICE WAIT STAFF STOCK PERSON Full-time & Part-time positions available. Apply Monday - Friday 9:00 a.m. - 4:00 p.m. Full range of benefits for Full-time including 401k. Apply in person Monday-Friday 9 a.m. - 4 p.m. at: NORWOOD PARK HOME 6016 N. Nina, Chicago IL (near Northwest Highway, east of Harlem) EOE</p> <p>CUSTOMER SERVICE REPRESENTATIVES Earn income, enhance your skills and conduct an aggressive job search all at the same time. Put us to work for you and access top paying temporary, temp to hire positions. Immediate openings for: Contract to Permanent positions available in Skokie, Niles and Mt. Prospect. Must have a car. 30 words per minute, one year call center experience, database and/or internet experience a plus. Call the closest office to schedule an interview. Chicago (312) 464-1970 Schaumburg (847) 885-8202 Oakbrook (630) 472-9332</p> <p>NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>	<p>FOOD SERVICE WAIT STAFF STOCK PERSON Full-time & Part-time positions available. 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EOE M/F/D/V.</p> <p>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.</p>	<p>MAIL ROOM CLERK</p> <p>MAILROOM Our Growing Corporation Is Seeking An Enthusiastic, Reliable, And Responsible Person Who Is Detail Oriented, Thrives On Challenges, And Desires To Work In A Fast Paced Environment. Person Must Have Great Communication Skills, 1-2 Years Mailroom/General Office Experience. Responsibilities Also Include Shipping & Receiving Of Forms, Supplies And Other Products/Merchandise. Please Fax Resume To: 773-286-2150 Or Call ALDEN MANAGEMENT SERVICES AT: 773-286-6622 Ext. 432 To Set Up An Interview</p> <p>MARKET RESEARCH \$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack</p> <p>MEDICAL/ACTIVITIES ACTIVITY AIDE Sunrise Assisted Living, the premier assisted living provider in the U.S., seeks a Part Time Activity Aide for weekend & some evening programming at our Park Ridge community. This position is responsible for the social & recreational needs of our Assisted Living & Alzheimer's residents. Must be flexible, creative & energetic. A dedication to seniors is essential. Please send/fax resume or apply in person - Sunrise Assisted Living of Park Ridge, 1725 Bellard Rd., Park Ridge, IL 60068. FAX: 847-824-9864. EOE M/F/D/V.</p>
LIFEGUARDS	MEDICAL/HEALTHCARE	MEDICAL / HEALTHCARE		
<p>FAMILY FITNESS CENTER Lifeguards Needed The Village of Niles Family Fitness Center is accepting applications for part time Certified American Red Cross Lifeguards for the early morning shift. Experience preferred but not necessary. Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 For more information, call Jay Kelly at: 847-588-8405. EOE, M/F</p>	<p>RECEPTIONIST/VERSATILE X-RAY TECH Needed For Busy Medical Practice. Varied Medical And Office Responsibilities. Clerical, Reception, Typing, Insurance, Coding & Billing Experience Preferred. Must Be Flexible PM Hours & Saturday Northwest Side 773-777-2620</p> <p>Switchboard Operator Part Time Currently seeking candidates for a part time Switchboard Operator position. Candidates must be detailed oriented and have excellent customer service experience, prior switchboard experience would be helpful. For confidential consideration send/fax resumes to: Deerpath Medical Associates 71 Waukegan Rd. Lake Bluff, IL 60044 Fax: (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE</p> <p>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</p> <p>COOK For a reputable health care facility. Must be flexible. Hours 10:30am-6:30pm. Prior experience helpful, but not necessary. Competitive salary. (773) 604-8112 Ask For Administrator</p>	<p>Human Resources Receptionists Part Time Exciting position available for a skilled Receptionist in a growing HR Department. Qualified candidates must be able to prioritize, juggle multiple tasks, have good communication and secretarial skills and be able to adapt to a changing environment. For confidential consideration send/fax resumes to: Deerpath Medical Associates Attn: Human Resources 71 Waukegan Road, Lake Bluff, IL 60044 (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE</p> <p>GLENBRIDGE NURSING & REHAB Has The Following Positions Available: *ACTIVITY AIDES - Full Time/Part-Time *COOKS - Weekends *LAUNDRY - Full-Time - Days/Evenings Contact Jeff Garfinkel: (847) 966-9190 Or Apply In Person: GLENBRIDGE NURSING HOME 8333 Golf Road - Niles</p> <p>NURSING CNAs C.N.A. positions available for full time with benefits •Health •Vision •Dental •401k •Tuition •Vacation plus more benefits. Must be on the IDPH registry. Apply Monday - Friday 9:00 a.m. - 4:00 p.m. at: NORWOOD PARK HOME 6016 N. Nina Avenue Chicago, IL 60631 Tel: 773-631-4856 • Fax: 773-631-2253 (near Northwest Highway, east of Harlem) EOE</p> <p>MEDICAL/HEALTHCARE Healthcare Director of Nursing The Manor at Lincolnwood Plaza, a luxury AL/SNF facility, seeking Director of Nursing. Excellent pay, benefits and work environment. Call Sandy at: 847-673-7166 Or fax resume: 847-673-7185 EOE</p>		

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
LIFEGUARDS	MEDICAL/HEALTHCARE	MEDICAL / HEALTHCARE		
<p>FAMILY FITNESS CENTER Lifeguards Needed The Village of Niles Family Fitness Center is accepting applications for part time Certified American Red Cross Lifeguards for the early morning shift. Experience preferred but not necessary. Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 For more information, call Jay Kelly at: 847-588-8405. EOE, M/F</p>	<p>RECEPTIONIST/VERSATILE X-RAY TECH Needed For Busy Medical Practice. Varied Medical And Office Responsibilities. Clerical, Reception, Typing, Insurance, Coding & Billing Experience Preferred. Must Be Flexible PM Hours & Saturday Northwest Side 773-777-2620</p> <p>Switchboard Operator Part Time Currently seeking candidates for a part time Switchboard Operator position. Candidates must be detailed oriented and have excellent customer service experience, prior switchboard experience would be helpful. For confidential consideration send/fax resumes to: Deerpath Medical Associates 71 Waukegan Rd. Lake Bluff, IL 60044 Fax: (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE</p> <p>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</p> <p>COOK For a reputable health care facility. Must be flexible. Hours 10:30am-6:30pm. Prior experience helpful, but not necessary. Competitive salary. (773) 604-8112 Ask For Administrator</p>	<p>Human Resources Receptionists Part Time Exciting position available for a skilled Receptionist in a growing HR Department. Qualified candidates must be able to prioritize, juggle multiple tasks, have good communication and secretarial skills and be able to adapt to a changing environment. For confidential consideration send/fax resumes to: Deerpath Medical Associates Attn: Human Resources 71 Waukegan Road, Lake Bluff, IL 60044 (847) 295-1547 Or for more information contact Human Resources at: (847) 535-8080 EOE</p> <p>GLENBRIDGE NURSING & REHAB Has The Following Positions Available: *ACTIVITY AIDES - Full Time/Part-Time *COOKS - Weekends *LAUNDRY - Full-Time - Days/Evenings Contact Jeff Garfinkel: (847) 966-9190 Or Apply In Person: GLENBRIDGE NURSING HOME 8333 Golf Road - Niles</p> <p>NURSING CNAs C.N.A. positions available for full time with benefits •Health •Vision •Dental •401k •Tuition •Vacation plus more benefits. Must be on the IDPH registry. Apply Monday - Friday 9:00 a.m. - 4:00 p.m. at: NORWOOD PARK HOME 6016 N. Nina Avenue Chicago, IL 60631 Tel: 773-631-4856 • Fax: 773-631-2253 (near Northwest Highway, east of Harlem) EOE</p> <p>MEDICAL/HEALTHCARE Healthcare Director of Nursing The Manor at Lincolnwood Plaza, a luxury AL/SNF facility, seeking Director of Nursing. Excellent pay, benefits and work environment. Call Sandy at: 847-673-7166 Or fax resume: 847-673-7185 EOE</p>		
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<p>PROFESSIONAL OPPORTUNITIES</p> <p>DEPARTMENT LEADS</p> <p>Georgia Nut Company is growing! Come grow with us. Be a part of a 55 year tradition of making quality candy and nuts. Our growth continues because of the excellence of our people. If you are striving for excellence and want to be part of a winning team, now is the time to look at Georgia Nut. We offer growth opportunities, competitive pay and full benefits. Basic supervisory skills (goal-setting, assigning work and resources, communication, employee motivation, and performance monitoring) required. We are conveniently located at Touhy Ave. and Linder Ave. in Skokie, just West of I-94. Visit our website at www.georgianut.com. Apply in person Mondays 1pm to 5pm and Thursdays 9am to 11am, or fax/mail your resume.</p> <p>Georgia Nut Company 7500 North Linder Skokie, IL 60077 Fax: (847) 674-1173</p>	<p>MEDICAL/HEALTHCARE</p> <p>DENTAL Northwest Suburban Oral & Maxillofacial Surgery Practice seeking enthusiastic surgical assistant. Dental experience preferred. Full-time position that requires some Saturday mornings, but no evenings. If you are interested in joining a quality team where your participation makes a difference, call Cathy at: 847-296-6100</p> <p>NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>	<p>MEDICAL/HEALTHCARE</p> <p>DENTAL HYGIENIST Expanding practice searching for hygienist to join our dental team. Effective SIM program. Friendly energetic staff. Up to \$30/hour (for the right person). Call Maria at: 773-763-6609</p> <p>LPN's & RN's Needed for 2nd. and 3rd. shifts in LTC facility. Northwest suburbs. Excellent benefits. Call Josephine (DON) at: 847-647-7444 Tues.-Sat., 9a-4p</p>	<p>OUR CLASSIFIED ADS **REACH MORE PEOPLE PER WEEK** *FOR THE LEAST AMOUNT OF DOLLARS!* See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details.</p> <p>Beverly (847) 588-1900 We're always available for your convenience</p>	<p>*HOST *HOSTESSES *WAITSTAFF Full-Time & Part-Time Experience Preferred Apply in Person At: KAPPY'S RESTAURANT 7200 W. Dempster-Morton Grove Or Call (847) 470-1900 Ask For Mary or George</p> <p>*BARTENDERS *WAITRESSES *HOSTESSES Part-Time / Full-Time Call Vince At: (708) 867-7770 VINCE'S RESTAURANT Harlem & Lawrence</p> <p>CHARHOUSE GRILL Now Hiring FRONT COUNTER HELP Attractive Pay-Flexible Hours Apply in Person: 6004 Oakton St., Morton Grove</p> <p>Try a classified! Call today! 847-588-1900</p>

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p>SALES</p> <p>Ring in the New Year with an exciting career! International Company looking to fill 3 positions immediately. Excellent benefits which includes Medical, Dental, & 401(k). Guaranteed income to start! Don't hesitate to start! Don't hesitate!</p> <p>Call Frank @ (847) 205-2056 Mon.-Thurs. 10am-4pm</p> <p>NEW YEAR = NEW CAREER Advance planning seminars sales offers unlimited commission earnings; paid training; chance to help others; health insurance; flexibility of setting own appointments; company lead & referral programs; exciting bonuses & incentives; career advancement; & much more! This is a fast growing, recession proof industry. No experience necessary & no limit to your success. Call Bob: (708) 453-0273</p>	<p>RETAIL INVENTORY</p> <p>TIRED OF THE USUAL DATA ENTRY POSITIONS Put Your 10 Key Skills To Work With RGIS Inventory Specialists Earn \$9 Per Hour Counting Inventory In Retail Stores Interesting, Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates (847) 296-3031 1-888-242-RGIS Equal Opportunity Employer</p> <p>TELEMARKETING</p> <p>TELEMARKETING To Sell Advertising For Niles Newspaper 4 Days A Week/9 AM - 5 PM Must Have Experience Salary Plus Commission Call Beverly: (847) 588-1900</p>	<p>TRADES</p> <p>GENERAL FACTORY Second shift (3 PM to 11 PM) Third Shift (11 PM to 7 AM) Contour Saws has opening for General Factory Production Machine Operators. Experience should include minor machine set-up. Starting rate is \$10.60 per hour which includes night bonus and a complete benefit program. The right individuals will have an excellent verifiable attendance record. All applicants must have the name, address and phone numbers of their last three employers or the employer covering the last five years plus a picture I.D. No application will be considered complete without this information. Apply in person between 9 AM and 2 PM from Wednesday Jan. 5, through Wednesday Jan. 12, 2000.</p> <p>Contour Saws, Inc. (847) 768-6505 890 Graceland Ave. (Mannheim Rd.) Corner of Graceland & Thacker St. Des Plaines, IL 60016</p> <p>FAMILY FITNESS CENTER Part-Time Positions The Village of Niles Family Fitness Center is accepting applications for the following part-time positions: • Male Locker Room Attendants 12:00 - 6:00 p.m. Saturdays • Woman Locker Room Attendants 12:00 - 6:00 p.m. Saturdays & Sundays • Certified American Red Cross Lifeguards for the early morning shift Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714. For more information, call Tenna Mackey 847-588-8400 EOE m/f</p>	<p>TRADES / DRIVERS</p> <p>DRIVER Light Delivery In Niles Area. 2 Days A Week - Thursday and Friday Must Have Own Car. Call Beverly: 847-588-1900</p> <p>TEACHER/ASSISTANT</p> <p>Corporate Child Care Seeking Teacher Assistant Teacher For Northfield child care facility. Call: (847) 441-6777 For Interview</p>	<p>NEW 2K PAY! 6 Months Experience - 30¢/Mile Top Pay 40¢/Mile</p> <p>DEDICATED Home Weekly</p> <p>STUDENTS MSC Professional Driver Academy Interest Free Loan Jump Start Lease Program Owner Operators Welcome M.S. CARRIERS 1-800-231-5209 EOE</p> <p>SNOWPLOWING Owners and operators needed. Top pay, paid gas, quick pay outs. *847-272-1747*</p> <p>NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>
<p>COUNTER SALESPERSON HVAC Distributor. Knowledge industrial supplies and HVAC applications, non-smoking. Company has paid health benefits, physical and drug test required. Call HEINLEIN SUPPLY CO. 1-773-774-8616</p> <p>START YOUR OWN BUSINESS! Set your own schedule. Control your own income. Sell from home, at work, through fundraisers. Be an Avon Representative. Call (888) 561-2866</p> <p>We accept Visa and Master Card! Call: 847-588-1900</p>	<p>TEACHER/ASSISTANT</p> <p>Corporate Child Care Seeking Teacher Assistant Teacher For Northfield child care facility. Call: (847) 441-6777 For Interview</p> <p>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.</p>	<p>NEW 2K PAY! 6 Months Experience - 30¢/Mile Top Pay 40¢/Mile</p> <p>DEDICATED Home Weekly</p> <p>STUDENTS MSC Professional Driver Academy Interest Free Loan Jump Start Lease Program Owner Operators Welcome M.S. CARRIERS 1-800-231-5209 EOE</p> <p>SNOWPLOWING Owners and operators needed. Top pay, paid gas, quick pay outs. *847-272-1747*</p> <p>NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>	<p>CUSTOMIAN Wilmette Public Schools Dist. 39 Is Seeking A Custodian To Work P.M.s. Interested Candidates Should Submit Resume To: Alice Leman Reardon, Administrator For Human Resources, 615 Locust Rd., Wilmette, IL 60091. Or Fax (847) 256-1920</p> <p>IN-PLANT/LOCATION CARPET CLEANERS North Shore Company seeking motivated, self-motivated, energetic individuals with driver's license. Good wages for those who are ambitious. Benefits and overtime available. 773-743-1303</p>	

THE BUGLE CLASSIFIEDS

FULL/PART TIME

FULL/PART TIME

MISCELLANEOUS

TRADES

PERSONALS

PAINTER
Part-Time / 2 Evenings A Month!
Light Painting For Offices
Call Marti: (847) 588-1900

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

MISCELLANEOUS

PERSONALS

REAL ESTATE

POWERFUL PRAYER TO THE HOLY SPIRIT
You who solve all problems, who light all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forgive all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your many favors to me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank you. B.D.

APARTMENTS FOR RENT

NOVENA TO ST. THERESA
St. Theresa of the Child Jesus and the Holy Spirit, I come before you to offer this Novena and beg you to answer the request I now place before you (state request).
Say 24 "O My Bel" each followed by "St. Theresa of the Child Jesus, pray for us".
Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spend word of it so others may offer it.

2 Bedroom, Hardwood Floors, Heat & Laundry Included, Oakton/Crowford. \$1100 847-674-1025 Or 773-908-1466

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

Garden apartment in Niles - 1 bedroom \$400.00/month. Available Now 847-581-1174

Never Fail Novena
May the Sacred Heart of Jesus be adored & glorified throughout the whole world now & forever. Most Sacred Heart of Jesus, I put my trust in You. Holy Mary, Mother of Jesus, pray for me. St. Joseph, Child of Jesus, pray for me. St. Jude, Helper of the Holy, pray for me & grant this favor I ask. Say this prayer nine times a day for nine days & publish. M.G.B.

NILES - 7630 N. Milwaukee Ave. 1 Bedroom - \$600/Available Now (773) 764-0802

SITUATIONS WANTED

AUTOS FOR SALE

Infant and Child Care in My Church and Central Home - 467 3-9 pm Weekends 7 am-8 pm - 847-956-7325 Dora

LOREN BURK/HYUNDAI 1620 Waukegan Road, Glenview (708) 729-8990

TANNING

FURNITURE FOR SALE

WOLF TANNING BEDS TAN AT HOME
Buy Direct and SAVE!
Commercial/Home units from \$199.00
Low Monthly Payments
FREE Color Catalog
Call TODAY! 1-800-711-0158

Business closing - Office Furniture for sale - large assortment - for information call 847-470-9655

WANTED TO BUY

Contemporary Dining Room Set, Table With Pads, 4 Chairs + Hutch. \$800.00 Or Best Offer - Call 847-825-0034

WANTED WURTLITZERS JUNK BOXES
Also Slot Machines
486-6666
1-830-885-2742
Fax: 1-830-885-8181

LOST

Skokie's Community Development Director Peter Peyer noted that property values would also benefit from improvements to appearance of the village's many business establishments.

Passport for Marina E. Esh. Also I.D. Card & 4's. Please Call 847-583-1201

Businesses will receive 30 days' advance notice of inspection. Property owners are encouraged to be present for the inspections so that any violations found on the premises can be explained. Owners will have 30 to 90 days to bring their properties up to code. Fines will be imposed for failure to clean up business properties found to be in violation of village code.

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.

TIF ...

Continued from Page 1
vides guidelines for establishing a TIF district. The purpose of the legislation is to allow small communities that lack financing to initiate coordinated, long-term redevelopment. The area in question must meet two criteria: It must be a blighted or a conservation area (at least 50% of buildings are 35 years or older), and it must display at least three of 14 specific characteristics. The proposed Fort/Laugh TIF district qualifies as a conservation area with about 75% of its buildings being 35 years or older, and it meets eight of the 14 characteristics. TIF money can be used to pay for TIF expenses or for upgrading and maintaining infrastructure such as streets, curbs, sewer lines, open spaces, etc. Development is paid for with private capital.

Following these introductory comments, the floor was opened to any affected taxing districts. The Business Manager of the Niles Township High School District 219 stepped forward to voice concern for a school district with existing fiscal problems. Consideration of relief was requested of the Village for the school district, so that its fiscal difficulty would not be aggravated.

Residents and businesses were then given the opportunity to speak. Representatives from Malto Electric and a nonprofit organization inquired as to the length of notice given before acquisition of property and assistance with relocation.

Cold alert ...

Continued from Page 1
village buildings such as the nearby Human Services Building. Transportation to warming centers can also be arranged, according to Jim Stavish, Senior Center director.

Skokie ...

Continued from Page 1
The same good result. Skokie's Community Development Director Peter Peyer noted that property values would also benefit from improvements to appearance of the village's many business establishments.

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While noting that there would likely be approximately two years notice to move, and that property owners would be paid fairly for their land, President Dan Scanlon emphasized that the Village doesn't want solid businesses to leave Morton Grove. There would be an incentive to keep businesses such as Malko in Morton Grove, since the TIF district includes employment opportunities.

Residents brought up several legitimate concerns. One was the effect the TIF district would have on traffic patterns through the area. It was pointed out that there have been projects that were not adopted just because they would cause unacceptable traffic patterns. Also a concern was the displacement of families. Trustee Teresa Liston stated that there have been occasions when a developer was refused because one family would be displaced. While she couldn't promise that in every case, her point was that the Village wants to remain sensitive to its families was made.

Virtually every member of the Board, in their comments on the hearing, expressed their gratitude for the degree of participation of residents. Many also commented on the thoughtfulness and intelligence behind residents' comments and questions. Their impromptu critiques of the hearing reflected the rationality and concern for the Village shown by the residents present.

record snowfall to deal with," Pilat said, "but we've even better prepared this year."

Niles has 115 lane miles (most streets have at least two lanes) and an additional 125 land miles of state highways to be plowed and salted, Pilat said. The village has an agreement with the state and is reimbursed for clearing the state highways, such as Dempster Street, Touhy Avenue and most of the other main thoroughfares, Pilat said.

When temperatures drop below about 15 degrees, however, plain rock salt is not very effective. The salt then is treated with calcium chloride, which allows the salt to work better at lower temperatures.

For apartment dwellers, a village code requires rental units to be kept at a minimum of 65 degrees during the day and 60 degrees overnight. Tenant complaints should be directed to the owner or manager of the property first and then, if heat is not restored, reported to the Niles Code Enforcement Department. 588-8000 during business hours, 588-6500 after business hours.

USE THE BUGLE

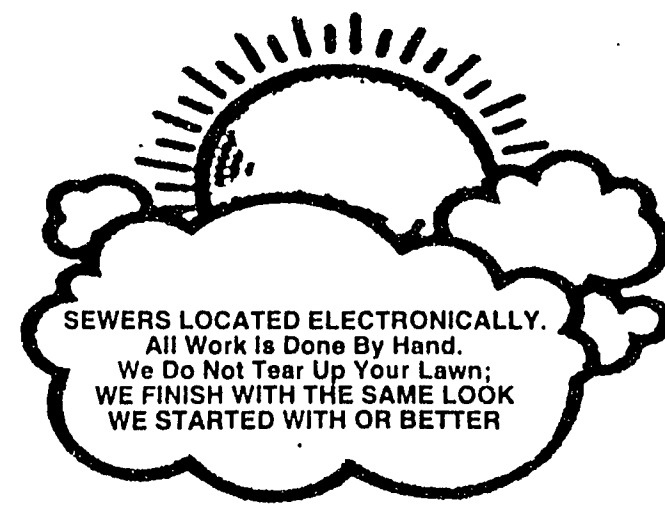
XPERT Flood Control System

773-267-5000

3544 W. Montrose
Chicago, IL 60618

The Workmanship & Commitment

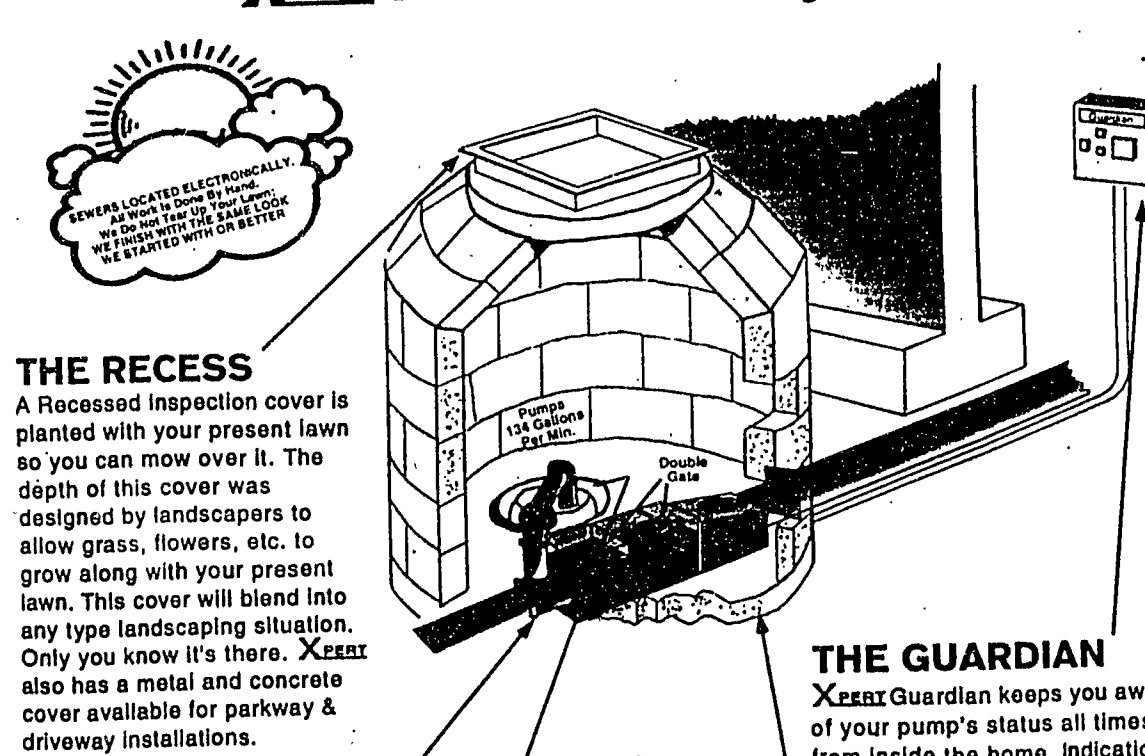
at
Xperienced
Professional
Efficient
Reliable
Technicians



SEWERS LOCATED ELECTRONICALLY. All Work is Done By Hand. We Do Not Tear Up Your Lawn. WE FINISH WITH THE SAME LOOK WE STARTED WITH OR BETTER.

THE SYSTEM

AN INTRODUCTION AND GRAPHIC EXPLANATION OF THE INTERNAL FUNCTION'S OF AN XPERT Flood Control System



THE RECESS
A Recessed inspection cover is planted with your present lawn so you can mow over it. The depth of this cover was designed by landscapers to allow grass, flowers, etc. to grow along with your present lawn. This cover will blend into any type landscaping situation. Only you know it's there. XPERT also has a metal and concrete cover available for driveway & driveway installations.

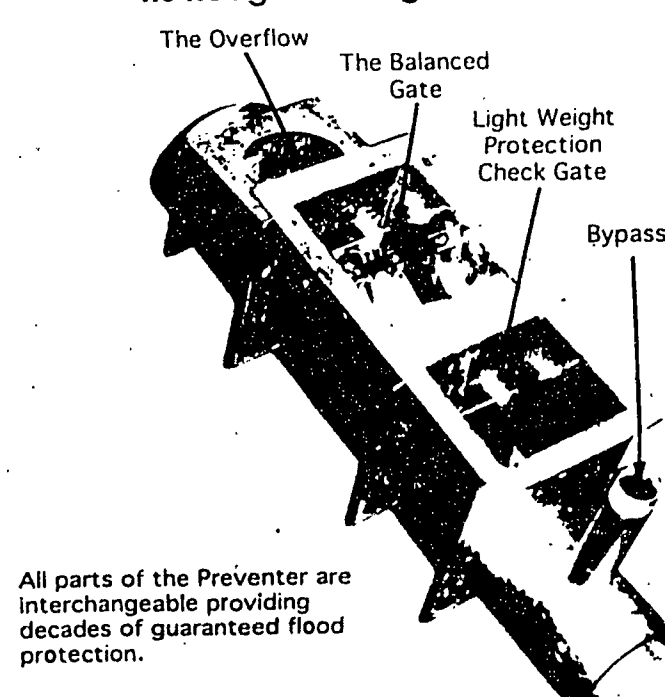
THE GUARDIAN
Xpert Guardian keeps you aware of your pump's status all times from inside the home. Indicator light means all is in working condition.

The Preventer Plus™
It's the Price of XPERT and what we at XPERT consider to be the finest most dependable valve on the market. Other valves on the market today have to be turned off manually, started electrically or allows sewage to accumulate around the gate area preventing their gates from closing. The preventer remains open until flooding conditions occur then closes automatically allowing you to use the most advanced options on any valve in today's market.

THE EJECTOR
The 1/2 Ejector driven pump takes internal water and sewage from the overflow compartment and within seconds ejects it at rate of 134 gallons per minute through the bypass. So that during flooding conditions you can use all the internal water you wish without fear of backup.

THE BASIN
XPERT Flood Control installs a finished Block Vault to house the Preventer, its 1/2 HP Ejector pump and its plumbing. The basin is installed with steps to provide easy access to the Preventer and its internal interchangeable parts, electric & plumbing which will provide lifelong use of the XPERT flood control system with proper service & maintenance.

The Preventer Plus™
"Its Rough Its Tough Its Ready"



All parts of the Preventer are interchangeable providing decades of guaranteed flood protection.

At **XPERT**™ We Do It Right The First Time

Storm And Sanitary Sewers installed & repaired in compliance with all village codes
Blocked Sewers Opened
Catch Basins repaired & relined
Tree Roots removed
Seepage Problems resolved by Epoxy Injection
Drain tiles & Sub pumps installed
We service & guarantee our work on all type of flood control

All Sewers located electronically by camera or through dye testing methods

XPERT Sewer Service, Inc

OLDSMOBILE OF MORTON GROVE'S
9101 Waukegan Road

TUMBLING DICE-TUMBLING PRICE

SALES EVENT

DON'T GAMBLE AWAY YOUR SAVINGS!

SALES EVENT ENDS Monday, January 17 at 9:00pm

Base from 2,000 to 7,000 <small>on every Olds in stock!</small>	0.0% APR Financing for 36 months! <small>ON REMAINING 1996</small>	\$0 Down Payment* Sign & Drive Today
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FEELING LUCKY?

COME IN AND GET A SPECIAL SAVINGS OF 25 TIMES THE ROLL OF THE DICE!

SAVINGS FROM \$50-\$300!



2000 Oldsmobile Bravada

Free 6 Disk CD Changer!



2000 OLDSMOBILE ALERO

\$1,500* off or 2.9% APR
customer cash or for 36 months*

Premium Edition Available!



2000 OLDSMOBILE INTRIGUE



2000 Oldsmobile Silhouette

Visit Our Used Car Superstores Over 200 Pre-Driven Cars, Trucks and Vans Available!

<p>90 Chevy Lumina APV minivan Extra Clean, One Owner, 8 Pass, Rear A/C 92 Chevy Conversion Van V8, TV, Rear A/C, only 48,000 Miles, Fold Bed! 93 Olds Bravada Ready for Winter, All Per Options</p> <p>\$3,777</p>	<p>97 Mercury Grand Marquis LS V8, All Per Options, ABS, 53,000 Miles, Lthr</p> <p>\$6,777</p>	<p>92 Cadillac Eldorado Touring Cpe 49,000 Miles, Moonroof, CD, Cass</p> <p>\$9,777</p>	<p>97 Pontiac Transport ABS, Lthr, All Per Options, Only 20,000 Miles!</p> <p>\$10,777</p>	<p>97 Ford Explorer XLT 4dr, 4x4 Full Power Pkg</p> <p>\$16,777</p>	<p>97 Mercury Grand Marquis LS ABS, V8, Trac Control, Lthr and more!</p> <p>\$16,777</p>	<p>96 Chrysler Town & Country LXI ABS, All Power, Rear A/C, Lthr</p> <p>\$17,777</p>	<p>98 Olds Bravada All Per Options, Only 20,000 Miles, Sunroof</p> <p>\$20,777</p>	<p>98 Olds Aurora 31,000 Miles, CD, All Per Options, V8</p> <p>\$21,777</p>	<p>99 VW Beetle 5000, spic, carbon fibre interior</p> <p>\$21,777</p>	<p>93 OLDSMOBILE BRAVADA</p> <p>\$6,777</p> <p>All Per Options, Only 20,000 Miles, Sunroof</p>
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\$16,777 ABS, V8, Trac Control, Lthr and more!

\$334.77/mo w/ \$777 down*
Spd, spic, carbon fibre interior

\$334.77/mo

FOR MORE DETAILS, ASK FOR "BIG TOM!"

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Sales Hours:
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Saturday 9am - 12 noon

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