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The Niles Bugle

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Bugle News

7400 WAUKEGAN RD., NILES, IL 60714

THURSDAY JULY 10, 2003

VOL. 47, NO. 2

CRIS listeners are tuned into the Niles Bugle

By Martha Zaborowski

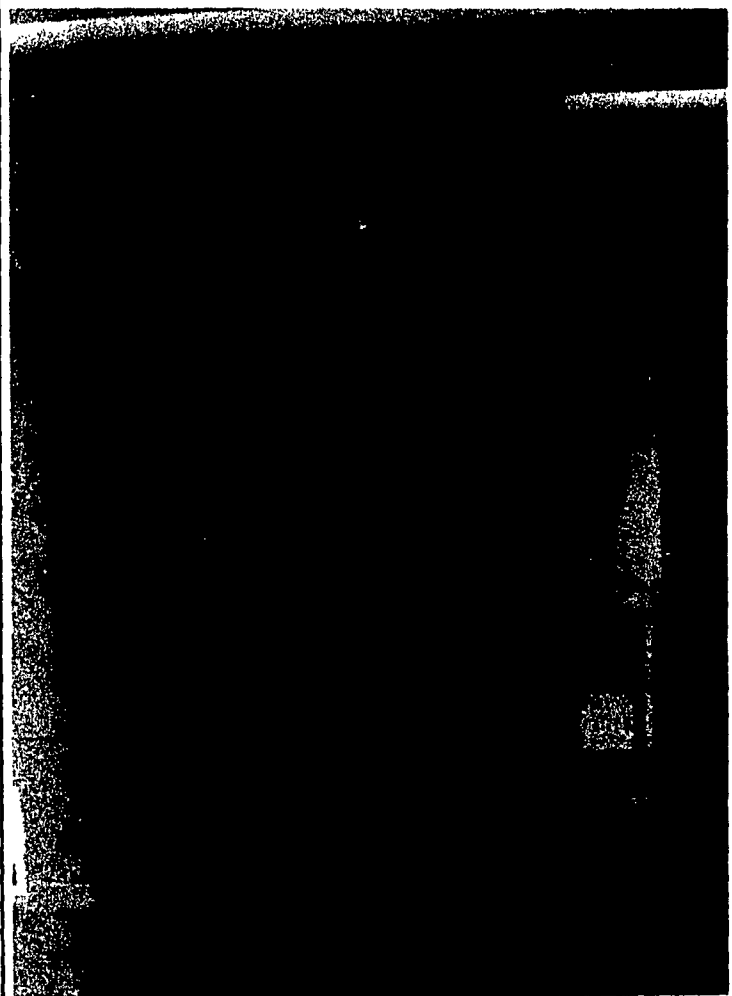
Chicagoland Radio Information Service, otherwise known as CRIS, provides a chance for the vision impaired to "read" newspapers such as the Tribune, the Sun Times, the Wall Street Journal, and even the Niles Bugle in increments each day.

Every one to two months in advance, a program schedule is provided detailing the times and days in which the newspapers can be heard read live to the CRIS listening audiences. There are programs every weekday starting at six in the morning and continuing into the late evening, and weekend programs as well.

The audience includes about 40,000 in the Chicago area. It is a not for profit service that can provide a special radio, free of charge, for those who are disabled. There are about 800 units in schools, libraries, and nursing homes that have outlet to this service.

For those who want more information or a chance to volunteer for CRIS, contact them at (312) 541-8400.

Star Trek's Admiral Forrest Visits the Niles Library



STAR DATE: JULY 1, 2003 7:00 PM - LOCATION: NILES PUBLIC LIBRARY, EARTH.

Yes Star Trek fans, Admiral Forrest was beamed to us courtesy of the Niles Public Library. Vaughn Armstrong is the real name of the Admiral and he captivated fans of the show at the Library. Vaughn has played many other characters in the famous Television and Movie productions of Star Trek. In fact he has played 11 different roles. True Star Trek fans can name them all. The TV show has been on for 33 years and has seen it's popularity go up and down. Vaughn predicts that the show will go at least for 2 more seasons. Stay tuned for more exciting presentations by the Library!

Village of Niles Honors Besser Family & Bugle Employees

The Mayor and the Village Council took time out of their busy schedules to proclaim an appreciation of the efforts of the Besser Family and all of the Bugle Newspaper employees at a recent Council Meeting. The

Besser family started the Bugle in 1957, and both "Bud" and Bob Besser shared a few stories with the council members and those attending. Many of the current and former employees also were present to see the Mayor give

them a plaque noting the accomplishments over the years. The newspaper was recently sold to Voyager Media Group, Inc. of Chicago.



Join the Summer Fun at the Library

By Martha Zaborowski

The pool isn't the only place for kids to keep cool this summer. Local libraries at Morton Grove and Niles offer a surplus of summer reading programs in where children of all ages can participate.

At Morton Grove, a mystery game encourages kids to read. The rules include reading a certain amount of books at each grade level or above. Then for each book that the child reads, he or she must write a book review on it. Prizes and raffle tickets are awarded for the amount of books read and the "mysteries" solved.

In addition to this program, there are several programs in which younger children read together with parents. Call the Children's Circulation Desk at (847) 965-4236 for more details.

At Niles, there are programs for children as young as 2. Join together in a circle for story time, and a chance for early socialization. Book buddies is another program that is offered for struggling readers who need extra reading practice.

Upcoming programs in July and August include "Craft in a Sack," happening every Tuesday

throughout July in which children show the librarian their checkout receipt and they receive a craft pack to take home and complete.

On July 26th, "Playbill Presents" local teens will write, direct, and produce a play just for children at the Niles Public Library. Lastly, during the "dog days" of August 11th to the 22nd children can track down doggy facts in the children's department to win a prize. For more information on any of these programs at Niles, call (847) 663-1234.

Dear Readers,

The Bugle wants to give you an opportunity to, "Sound Off". We want to start a new feature called, "Sound Off" where readers have an opportunity to express their thoughts and opinions about most everything going on in and around Niles and Morton Grove. All topics and opinions are welcomed. The

news staff of the Bugle needs to be able verify your letter by calling you to verify the writer, however no phone numbers or addresses will be published, in fact we will use only first names or initials on the pages of the Bugle. We hope this feature will be supported by you all and be another welcome addition to the

pages of the Bugle. You may write to "Sound Off" by one of the following:

Mail to: Sound Off
The Bugle
7400 Waukegan Rd.
Niles IL 60714

Fax: 847-588-1911

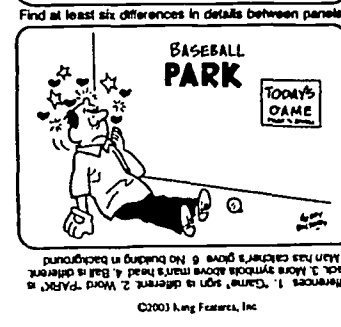
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HOCUS-FOCUS HENRY BOLTINOFF



Saint John Brebeuf end of school picnic



Pictured above (left to right): Natalie Fries, Kristin Brehmer, Tiffany Wallenberg, Ola Szymanska, Katherine Gittings, and Allyssa Pilar.

During the last week of a picnic for the whole school. It was such a great fun. The children

were served hotdogs, chips, and pop for lunch. Then the moms had games for them out on the lawns. The younger children had potato sack races, sponge ball bucket fill relays and other cool games. The older children had many forms of water balloon fun. The day ended with an ice cream treat and a movie.

Updated Information on Federal Do-Not-Call Registry

Subsequent to CUB's news release on Thursday, June 26, the Federal Trade Commission (FTC) released new information about its Do-Not-Call Registry.

As of Friday, June 27, Illinois residents who have access to the Internet and who have a working e-mail can log onto www.donotcall.gov to sign up for the do-not-call list. Illinois residents who want to sign up by phone can do so beginning July 7 by calling 1-888-382-1222 from their home phones.

Thought for the Day: "It is impossible to enjoy idling unless there is plenty of work to do." — Jerome K. Jerome

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Mister Breger



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OLR Fourth Quarter Honor Roll

FIRST HONORS

Grade 4
Kristine Florentino, Douglas Hansel, Asha Kirchhoff, Zenya Yap.

Grade 5
Frank Caputo, Maureen Chaharbakshi, Louie Cordon, Ravneet Girm, Christine Merchut, Josh Philip, Jannard Remo, Mally Sumpolski, Steven Veselka.

Grade 6
Christine Joy Bassig-Santos, Agata Bogucka, Corinne Chin, Dora Korpar, Brianna McNamara, Lauren Orlando, Cassandra Pilar, Caterina Randazzo, Sarika Simon, Jessica Voegtle.

Grade 7
Kelly Caputo, Robert Zichinski
Grade 8
Melissa Bergen, Jacqueline Cichon, Jennifer Cielinski, Richard Linchango, Stephanie Mendoza, Michelle Puszyński, Luigi Randazzo, Lauren Restivo, Ann Swing.

SECOND HONORS

Grade 4
Edwin Chaharbakshi, Angela Lewosz, Manuel Medina, Kelly O'Connell, Anna Pamula, Michelle Singapor, Rick Tuvilla.

Grade 5
Nicolas Andriotis, Alana Beil, Kristine Duffey, Kevin Garstka, Melissa Kaniys, Nadia Khavari, Patricia Kris Novales, Jennifer Puszyński, Dan Rankovic, Mary Ann San Juan, Kristen San Ramon, Jennie Suarez.

Grade 6
Patrick Falsan, Robert Lewosz, Katrina Tan.

Grade 7
Steven Bower, Aris Daliva, Phillip Falsan, Suzanne Hansel, Hannah Johnson, Daniel Kaniys, Brian Maisel, Kiley Mooney, Salvador Palafox, Elizabeth Kluser, Elizabeth Leddy, Genevieve Linchango, Jade

Narrido, Salvador Palafox, Anthony Scarpaci, Michael Telwak.

Grade 8
James Capadocia, Charles Capozzoli, Sarah Dominguez, Christine Fernandez, Marcella Ferrigni, Michael Halperin, Wesley Honeman, Kevin Igumbor, Jaison Joseph, Krystyna Korcz, Aaricka LaPelusa.

CONDUCT HONORS

Grade 4
Kellee Allison, Kristine Florentino, Douglas Hansel, Asha Kirchhoff, Angela Lewosz, Michelle Mazurek, Giovanna Mulé, Kelly O'Connell, Nicole Orlando, Michelle Singapor, Marshal Sunil, Rick Tuvilla, Zenya Yap.

Grade 5
Nicolas Andriotis, Brendan Besetzny, Frank Caputo, Maureen Chaharbakshi, Louie Cordon, Gabriella Cozzi, Ravneet Girm, Jeffrey LaPelusa, Christine Merchut, Patricia Kris Novales, Josh Philip, Jennifer Puszyński, Jannard Remo, Mary Ann San Juan, Kristin San Ramon, Sara Seibt, Jennie Suarez, Ryan Swing, Tomasz Zalewski.

Grade 6
Carina Ankova, Christine Joy Bassig-Santos, Andrew Brito, Corinne Chin, Samantha Dabrowski, Erin DiSandro, Dora Korpar, Robert Lewosz, Brianna McNamara, Lauren Orlando, Christine Pepe, Cassandra Pilar, Jacinta Policht, Caterina Randazzo, Sarika Simon, Monica Stephen, Katrina Tan, Jessica Voegtle.

Grade 7
Kelly Caputo, Aris Daliva, Suzanne Hansel, Hannah Johnson, Daniel Kaniys, Brian Maisel, Kiley Mooney, Salvador Palafox, Natalie Perca, Zachary Tigera, Grace Wechman, Konrad Wojcik.

Niles Baseball League

The Niles Baseball League invites you to celebrate its 45th Anniversary, Friday, July 11, 2003, at the White Eagle Banquet Hall, 6845 N. Milwaukee Ave., Niles, in the Althea Room.

Cocktails 6 to 7 p.m. Dinner 7 p.m. Dancing 9 to 12 p.m. Open bar 6 to 7 p.m., and 8:30 to 11:30 p.m. Music by "Breezin'".

Menu: Soup, Salad, Vegetable, Potato, Dessert, (wine at each table).

ble). Oven Roasted Chicken and Roasted Sirloin of Beef a la family style.

Cost: \$45 per person. Tables of TEN available. Limited seating 190. This event will be for guests age 21 years and older.

For more information, please call: Walt Beusse, Chairman (847) 967-7515; or Jon Stiller, Co-Chairman, (847) 965-1658.

Sullivan at Great Lakes Naval Base Graduation

State Senator Dave Sullivan (R-Park Ridge) spent Friday as the guest of Honor at a graduation ceremony at the Great Lakes Naval Base in Great Lakes as nearly 1,000 new recruits were recognized for their accomplishments in basic training.

More than 2,000 friends and relatives of the recruits from all across the world were in attendance at the ceremony Friday. The Naval Base is home to such ceremonies every Thursday and Friday during the summer. Senator Sullivan spent the day attending a command brief and observing the graduation ceremony.

"This was a unique experience, and it was truly an honor to be invited as a guest to the graduation," Sullivan said. "I have always been a strong supporter of our military, but being up close and having the chance to see these young recruits honored for their accomplishments gave me an even deeper appreciation for our military forces. It is an experience I will never forget."

For information contact Senator Sullivan at (847) 734-0033.

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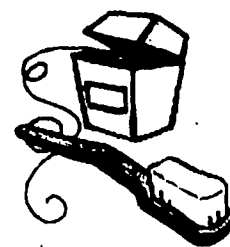
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Knightly News & Views

A big note of thanks to all contributors to the special blood drive, held on Sunday, June 22, in Flanagan Hall. GK John O'Keefe coordinated the successful drive, which provided much needed gift-of-life blood to the folks in our community. Lifesource Blood Services, again provided the professional staff that secured the blood, with the comfort and safety of the patient always utmost on their mind. Congratulations and thanks to John for the drive.

Congratulations to our Council Officers as the special honor, the newly created award "Circle of

Honor," was awarded at this year's Illinois state convention. N.A.M. was one of the 22 that received this award. Special thanks to the entire Council and the Officers and Committee Chairmen for their exemplary efforts toward excellence in programming.

Special note of thanks to Past Grand Knight Joe Tatkowski for his two fine years of service to this great Council. Joe's tireless efforts to provide the best possible programs and improve the Council are very much appreciated by everyone! Joe will be the special guest of honor on Past Grand Knights' night, coming in

early October.

Make your plans and reservations now for the Formarty's Club's steak-fry. The dinner will be handled in the finest tradition of the Club. Reservations for the August 23 complete dinner will be handled by John O'Keefe. Look for your opportunity to join the best event of the year! Social - 6 p.m.; Dinner starts at 6:30 p.m. Join us for the outstanding cooks, the finest food and best company available!

Please pray for the sick and distressed members of our K of C family along with all those fighting illnesses. Keep the health of all family members always in your daily prayers!

Do you know any good Catholic gentlemen that could join the Knights? We all know some good Catholic men in our community that could join the Knights. Ask them!!! Please continue to ask others to be a Knight. Ask them to join!! For more information on membership - call Leo Weiss (847) 689-1939.

The Knights are looking for a field agent for a career opportunity representing their insurance program, offering a complete package for full-time position. For more information, contact Ken Niedzwiedz, General Agent at (630) 530-0401.

Remember to consult the Council Web Page www.northstarnet.org/prkhome/kofc4338!

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PREP: 20 minutes plus soaking
GRILL: 30 to 40 minutes
MAKES: 8 accompaniment servings

8 ears corn, with husks and silk
3 tablespoons olive oil
Basil, rosemary, sage and/or thyme sprigs

1. Prepare grill. In 8-quart saucepot, place unhusked corn and enough water to cover; soak 15 minutes.
2. Remove corn from water and drain. Gently pull husks back three-fourths of way; remove silk. With pas-

try brush, brush each ear with some oil. Rewrap corn with husks, tucking in several herb sprigs between corn and husk on each ear. Remove thin strip of husk from each ear and use to tie tops of husks together.

3. Place corn on grill over medium heat. Grill, turning corn occasionally, until tender, 30 to 40 minutes.

* Each serving: About 164 calories, 5 g protein, 27 g carbohydrate, 6 g total fat (1 g saturated), 0 mg cholesterol, 22 mg sodium.

You can now find Good Housekeeping cookware, bakeware and kitchen tools at Home Shopping Network (hsn.com) and other retailers.

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OLR Chess Club Winners



After school activities at Our Lady of Ransom School included Chess Club this year. The OLR chess club, open to 3rd through 8th grade, has 37 members and met every Wednesday after school. Each week the children played different club members and learned new moves from coach, Mr. Mark Hansel. Tournaments were held during the last weeks of school. Winning in the 3rd and 4th grade division were Douglas Hansel, 1st place, Jake Philip, 2nd place; and Edwin Chaharbakhshi, 3rd place. Winning in the 5th-8th grade division were Josh Linder, 1st place; Kevin Carrera, 2nd place; and Jeff Zientera, 3rd place. The club hopes to expand the tournament within the community, playing against area schools and park districts with chess clubs.

Pictured are the winners of OLR 3rd and 4th grade chess club division with their coach Mark Hansel. Left to right: Douglas Hansel, Edwin Chaharbakhshi and Jake Philip.

John Bachmann Elected to U.S. Chamber of Commerce

Edward Jones Managing Partner John Bachman was elected by the United States Chamber of Commerce board of directors as the chamber's Vice Chairman for 2003-2004, according to the two Niles Edward Jones investment representatives.

"John brings a wealth of experience and business savvy to this position," said Thomas J. Donohue, Chamber President and CEO. "He will be an integral part of spreading the Chamber's pro-business message to our members and partners both here in the United States and overseas."

During his term as vice chairman, Bachmann will work closely with Donohue and new chairman Jeffrey Crowe of Landstar Systems, traveling the country and addressing state and local chambers. American chambers of commerce abroad and other business leaders. The chamber's priorities for the upcoming year include promoting steady economic growth through tax relief, addressing the rising cost of health care and pursuing medical liability reform, pushing for partnerships in the protection of the nation's infrastructure and homeland security, among other issues.

Bachmann has served on the U.S. Chamber's board since 1995, working on a number of different committees and also served as a regional vice chairman since 2001. Under Bachmann's leadership, Edward Jones twice topped Fortune magazine's list of "The Best Company to

Work For" in America. He holds a bachelor's degree in economics from Wabash College, as well as a master's in finance from Northwestern University. Bachmann is also a graduate of the Institute of Investment Banking at the University of Pennsylvania's Wharton School of Business, the recipient of an honorary Doctor of Laws from Wabash College and an honorary Doctor of Arts from the University of Missouri-St. Louis. He recently received the 2003 Kellogg Award for Distinguished Leadership from the Kellogg School of Management at Northwestern University.

The U.S. Chamber of Commerce is the world's largest business federation, representing more than 3 million businesses of every size, sector and region.

Edward Jones, the only major financial-services firm advising individual investors exclusively, traces its roots to 1871 and currently serves more than 6 million clients. The firm offers its clients a variety of investments, including certificates of deposit, taxable and non-taxable bonds, stocks and mutual funds.

The largest firm in the nation in terms of branch offices, Edward Jones currently has more than 8,800 offices in the U.S. and, through its affiliates, in Canada and the United Kingdom. Plans call for expansion to 10,000 offices in 2004.

The Edward Jones interactive Web site is located at www.edwardjones.com.

Good Housekeeping

Corn

Availability: Year-round
Peak Season: July through September

Buying Tips: Buy ears that are firm and well shaped under fresh-looking husks with shiny, moist silk (unshucked corn stays fresh longer). Pick ears that look plump, with kernels running to the tops of the ears. Tiny kernels indicate immaturity, but very large deep yellow kernels can be chewy. The fresher the corn, the sweeter the kernels: With age, the sugar in corn converts to starch. One medium ear of corn yields about 1/2 cup kernels.

To Store: Cook and eat corn as soon as possible after picking. If you must, refrigerate in the crisper drawer up to one or two days.

To Prepare: Shuck the corn and remove the silk just before cooking. (An exception is corn grilled with the husks intact.) To remove the kernels, trim the stalk so you can stand the ear on its end. With a sharp knife, slice down to cut off the kernels, cutting close to the cob.

To Cook: Corn is one of the most versatile vegetables. Sauté the kernels alone or with other vegetables; stir into puddings, fritters or other batters; or roast or boil on the cob. To boil, in a large saucepot, heat 3 inches of water to boiling over high heat; add shucked corn and heat to boiling. Do not add salt; it toughens corn. Reduce heat to low. Cover and simmer 5 minutes; drain.

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2003-2004 Registration Open at St. Paul Lutheran Academy

St. Paul Lutheran Academy is accepting applications for the 2003-2004 school year. The school, located at Niles Center Road and Lincoln (1 block south of Oakton Street), is fully accredited and provides outstanding academic programs for preschool through eighth grade. St. Paul offers small class sizes, extended care, hot lunches, full range of athletics, outdoor education programs, computer laboratory and a comprehensive music program. Financial aid is available. Registration and tuition payments may be made with Visa or MasterCard. For more information or a tour, call the academy principal at (847) 673-5030 or email her at ais2paul@ameritech.net.

Awards for St. Paul Academy Alumni.

May 28 was proud night for alumni of St. Paul Academy when Luther North High School in Chicago honored their graduating seniors who participated in athletics. Half of the awards given to a senior athlete in his/her sport were given to St. Paul alums! Those honored were Allison Bauer, Amanda Guewa, Jill Kaabe and Tim Swiderok. A special award was presented to three juniors and former student Josh Muench was one of the recipients. St. Paul Academy is very proud of these former students.

Matthew J. Jentel

Civilian Matthew J. Jentel, son of Mary Jentel of Wood Dale and Christopher Jentel of Des Plaines, recently enlisted in the United States Navy under the Delayed Entry Program at Military Entrance Processing Station, Chicago.

CORRECTION

The woman that Bishop Thomas Paprocki greets is not in fact Anna Mikosz, but Elizabeth Wojcik.

THERE'S GOOD NEWS!

There's good news! Existing homes are selling at a record high rate. Buyers are out there looking...and placing their orders.

If you plan to sell, how will your home be affected? Are prices going up? How long will it take to attract your buyer? Buyers will still compare homes before making that all-important purchase decision, so follow these simple suggestions.

Put your home in mint condition before it is ever shown. Remember that all buyers are searching for their "dream" - the castle of their imagination. Their dream probably does not include leaky faucets, soiled carpet, uncaulked bathroom tile, or torn screens. Take whatever steps are necessary to make a positive first impression.



Price your home no higher than "fair market value." This value may have increased from the extra demand, however buyers will recognize overpricing. Remember, they are comparing your home with six others they've just seen. Depend on your agent with regard to pricing. Detailed, factual information from recent sales is available to give you an accurate pricing benchmark.

Be flexible. In an active real estate market, buyers can make decisions quickly, requiring fast action on your part. Allow your home to be shown on short notice, and then be prepared to react quickly to all offers. While your agent can explain the benefits of an offer, only you can take the necessary action.

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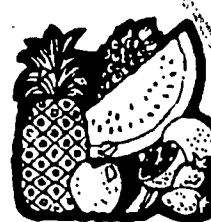
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St. Haralambos Hosts Big Fat Greek Food Fest of Niles

The St. Haralambos Greek Orthodox Community of Niles invites you to share our Big Fat Greek Hospitality, right in Niles! Experience the scents, sounds and tastes of a Greek village festival at the 2003 Big Fat Greek Food Fest to be held Friday and Saturday evenings and all day Sunday, July 18-20 on the church grounds at 7373 Caldwell Avenue in Niles.

Does roasted lamb sound good? We have it! How about souvlaki, Athenian chicken, pastitsio, mousaka, home made tyropita and spanakopita? Come and try it! Taste our mouth-watering, authentic Greek pastries, or visit the Taverna and try the delicious octopus appetizer! And don't miss the best Loukoumathes in town!

Would you like to cook Greek food? Attend our Greek cooking demonstrations. Interested in the sights of Greece? View our beautiful and colorful films of the historic Acropolis, Mediterranean sun, the blue skies and sea, the scenic Grecian Isles. Do you feel like Greek dancing? For your entertainment, you can enjoy live Greek music and join the dance-

ing, if you like!

We also welcome you to enter our church and see the beautiful, hand-carved woodwork and classic Byzantine iconography. Have a tour of the church with a brief explanation of its traditional Byzantine architecture and appointments.

Chairmen Bili Bozikis, Tom Andrews and Chris Maskaleris extend a heartfelt invitation to all! The proceeds of the 2003 Greek Food Fest will benefit the Saint Haralambos Church Building Fund.

The Greek Food Extravaganza will open Friday evening, from 5 p.m. until midnight. Saturday evening from 5 p.m. until midnight, and all day Sunday, from noon until midnight. Admission is only \$1 on Friday; \$2 on Saturday evening and Sunday for adults. Senior citizens are \$1 and children are free.

There's plenty of free parking and a complimentary sip of wine at the gate. Plan to come and experience Greek hospitality at its finest!

For more information, please call the church office at (847) 647-8880.

Area Students Named to Syracuse U Dean's List

The following students enrolled in the School of Management at Syracuse University were named to the Dean's List for the Spring 2003 semester. To qualify for the Dean's List, students must achieve at least a 3.4 grade point average (on a 4.0 scale) during the semester.

Brandon Lieb of Highland Park, is a senior majoring in finance.

Kinga Gorniak of Park Ridge is a sophomore majoring in marketing management.

The School of Management at Syracuse University educates students to become successful leaders in a rapidly changing global economy. With a strong foundation in the liberal arts, students become well grounded in the issues and challenges of today's business environment as well as

the core principles of management. The school's 53 full-time faculty include internationally known scholars and researchers, along with successful entrepreneurs and business leaders.

Officially chartered in 1870 as a private, coeducational institution of higher education, Syracuse University is a leading student-centered research university. Syracuse's 11 schools and colleges share a common mission: to promote learning through teaching, research, scholarship, creative accomplishment and service while embracing the core values of quality, caring, diversity, innovation and service. The 680-acre campus is home to more than 18,000 full- and part-time undergraduate and graduate students from all 50 states and 90 countries.



Corgi Bites the Hand That Feeds

Q. My dog, Rosie, is the most beautiful Corgi on the planet. However, she is very aggressive. When she was about 7 months old, the neighbors next door cut down trees with a chainsaw all day long. Unfortunately, we were not home. From that time on, she has been very aggressive and has bitten us numerous times. We are always in danger, as she can change her mood very quickly. Things like cleaning her eyes, brushing her teeth, petting her, putting her collar on — just simple everyday things really make her mad! I am aware that Corgis are bred to be dominant so they will be good herding dogs. Please help us. We've already made one trip to the emergency room, and we're really not looking forward to the next one! — *Cherie R., West Columbia, S.C.*

A. Whew! You've got a strong-willed little dog, there. Rosie is a Welsh Corgi, often described as a "big dog in a little dog's coat." Corgis are smart, active dogs, but even the sweetest of them have a dominant presence and can be fiercely territorial. However, biting hard enough to send one's owner to the hospital is a serious problem.

I'm not sure if the chainsaw event is the only cause of Rosie's behavior, but it could have been a traumatic experience that triggered development of her aggression. Her reactions appear to be rooted in both her dominant mindset and a fearful, fight-or-flight attitude.

Unfortunately I don't have much positive news for you. Training methods exist to address both dominance and fear aggression, but they take time and may have only limited success. I recommend picking up "Dogs Behaving Badly," by Dr. Nicholas R. Dodman (Bantam Books), which describes several training and conditioning techniques for Rosie's behavior and can help you understand her motivations a bit better. You should also talk with your vet about treating the "fear" reaction that likely causes her fierce bites.

Send your tips, questions and comments to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com.

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OBITUARIES

CARMELLA FERRARO

Carmella Ferraro, 84, of Niles, died Saturday, June 14. She was born May 26, 1919 in New York, NY. Beloved wife of the late Thomas E. Ferraro, Sr. Beloved daughter of the late James Padrone and the late Mae Padrone. Beloved mother of Marty (Marian) Ferraro, the late James Ferraro, the late Thomas (Chris) Ferraro, Vince (Lynne) Ferraro, Maria (Rick) Piscopo, Camille (Steve) Porter, Geraldine (Michael) Romano and Teresa (Kenneth) Wadman. Sister of Maisie Alexander. Services were held June 17 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

LORENA WELBORN

Loren A. Welborn, 74, (formerly of Morton Grove) of Marietta, GA, died Monday, June 23 at Northside Hospital, Atlanta, GA. He was born June 23, 1929 in Anderson, IN. Beloved husband of the late Mary Arrigo Welborn. Beloved son of the late Fred Welborn and Emma Welborn Nall. Beloved father of Debbie (Tim) Kaferly and Bruce (Carol) Welborn. Grandfather of Shawn, Jessica and Daniel Kaferly. Brother of Robert (Mary Ann) Welborn, John (Faye) Welborn and Wanda (John) Hall. Several nieces and nephews and stepchildren. Also preceded in death by former wife Nancy Sellman Welborn. Services were held June 28 at Owens Funeral Home. Arrangements handled by Owens Funeral Home. Interment was in Park View Cemetery, Alexandria, IN.

IRENE L. MONTWILL

Irene L. Montwill, 80, of Niles, died Sunday, June 15 at Holy Family Hospital. She was born November 29, 1922 in Castilia, IA. Beloved wife of Edward J. Montwill. Beloved daughter of Joseph McKernan and the late Grace McKernan. Sister of Jane Hopeus, William McKernan, Lawrence McKernan, the late Veronica McKernan, the late Joseph McKernan and the late James McKernan. Aunt of many nieces and nephew. Services were held June 19 at Our Lady of Ransom Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery.

JUNG SOOK LEE

Jung Sook Lee, 84, of Palatine, died Tuesday, June 17 at Swedish Covenant. She was born June 17, 1919 in Korea. Beloved wife of Jong Man Lee. Beloved mother of S. Patricia (K. Richard) Kim, Sung Ok (Yoon Bong) Huh, Sung Hee (John) Berger and Sung Joo (Yong Wha) Park. Grandmother of 10. Great grandmother of 5. Services were held June 20 at Colonial-Wojciechowski Funeral Home, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home, Niles. Interment was in Irving Park Cemetery.

JOHN F. DANKOWSKI

John F. Dankowski, 84, of Glenview, died Thursday, June 12 at Holy Family Medical Center. He was born August 15, 1918 in Ivanhoe, MN. Beloved husband of Arlene Dankowski. Beloved father of Carol (the late Ray) Fitzsimmons, Gary (Christy) and Gail (David) Parry. Grandfather of David and Patrick (Toni) Parry, John (Carrie), Eric and Darcy (Dave) Fitzsimmons and Matthew Dankowski. Great grandfather of Erin, David and Emily Parry and Catherine Fitzsimmons. Brother of Frances (Joe) Guarino, Dorothy Jacks, Frank Dankowski and the late Marian Wozny and the late Helen Manke. Uncle and friend to many. Services were held June 14 at Colonial-Wojciechowski Funeral Home, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home, Niles. Interment was in Maryhill Cemetery. Memorials to: Family Service of South Lake County, 777 Central Avenue, Highland Park, IL 60035.

FLORENCE BENECKE

Florence Benecke, 95, of Niles, died Saturday, June 14, at Hospice of the North Shore. She was born October 21, 1907 in Chicago. Aunt of many nieces and nephews. Services were private. Arrangements handled by Colonial-Wojciechowski Funeral Home, Chicago.

ANNAMMA MATHEW

Annamma Mathew, 57, of Des Plaines, died Friday, June 20 at Lutheran General Hospital. She was born December 24, 1945 in India. Beloved wife of George Mathew. Beloved daughter of the late John Scaria and the late Saranamma Scaria. Beloved mother of Suju (Shaji) Abraham, Sunu (Praveen) Thomas and Siju Mathew. Services were held June 23 at Chicago Marthoma Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridgewood Cemetery.

HELENE SCHWINN

Helene Schwinn, 74, of Niles, died Friday, June 20. She was born March 21, 1929 in Yugoslavia. Beloved wife of Rudolph Schwinn. Beloved daughter of the late Peter Knefley and the late Helen Knefley. Beloved mother of Barbara (Richard) Donovan. Grandmother of Peter & Katie Donovan. Services were held June 26 at Skaja Terrace Funeral Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Luke Cemetery.

Tuley High School All Class Reunion

Tuley High School all class reunion, October 11, 2003 at the Chateau Ritz, Niles, IL. tuley.4ever.cc
Carol (Babiczy) Riehle, (773) 775-9510.

John H. Stroger, Jr. Statement on Maynard Jackson's Death

Statement from Cook County Board President John H. Stroger, Jr. on the Death of Former Atlanta Mayor, Maynard Jackson.

"On behalf of Mrs. Stroger, the Stroger family, the Cook County Board of Commissioners and the citizens of Cook County, I would like to extend my heartfelt sympathy to the family, friends and loved ones of my fraternity brother, former Atlanta mayor, Maynard Jackson.

Mayor Jackson was the quintessential visionary who, during our nation's darkest hours, could see light, which is one of the reasons he ran for the Senate. He

opened the eyes of African-Americans throughout the country simply by entering the electoral process. As mayor of Atlanta, he made Affirmative-Action a household word, providing badly-needed substantive opportunities for blacks to help in the rebuilding of Atlanta, Georgia.

With the passing of Maynard Jackson, we have lost a brilliant, compassionate and forward-thinking public servant and gifted attorney who modernized Atlanta's infrastructure and helped to make it the world-class city that it is today.

May God continue to bless him and may his soul rest in peace."

Matthew P. Wagner

Marine Corps Reserve Cpl. Matthew P. Wagner, son of Joanne L. Wagner of Glenview, and Donald T. Wagner of Chicago, recently returned from Southwest Asia while assigned to Marine Tactical Air Command Squadron 48, 4th Marine Air Wing, based in Great Lakes, IL.

After being called to active duty, Wagner's reserve unit deployed as part of a larger Marine force in support of Operation Iraqi Freedom.

The 4th Marine Air Wing's mission is to organize, train and equip individual Marines and combat ready groups, squadrons and air defense units.

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Niles July Parade!



Toni gets a better view from dad Mark's shoulders.

Niles July Parade!



Loren and her mom, Joyce, enjoyed the parade.



July is... National Ice Cream Month!

Ice Cream Fun Facts

- Frozen treats go back thousands of years to ancient China. Snow was used to freeze a spicy mixture of milk and rice that only the wealthiest families could afford. *Source: International Ice Cream Association.*
- During the Roman Empire, Nero Claudius Caesar (AD 54-68) frequently sent teams of runners into the mountains to get snow which was then flavored with honey, fruits and juices. *Source: International Ice Cream Association.*
- More than a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that resembled what is now called sherbet. *Source: International Ice Cream Association.*
- "Cream ice," as it was called, appeared regularly at the table of Charles I of England during the 17th century.
- Dolley Madison, wife of President James Madison, is said to have introduced ice cream to Washington society at her husband's second inaugural ball in 1813. Mrs. Madison also is said to have changed the original name of "cream ice" to ice cream. *Source: International Ice Cream Association.*
- Italo Marchiony, an Italian immigrant, is credited with inventing the ice cream cone in 1896 in New York City. He received a patent in 1903 for an ice cream cone mold. Independently, a similar ice cream creation was introduced at the 1904 World's Fair in St. Louis when an ice cream vendor ran out of dishes. A neighboring vendor by the name of Ernest A. Hamwi offered him a wafer-like pastry which he rolled into a cone to hold the ice cream.
- In 1937, United Airlines was the first U.S. airline to serve ice cream as part of its in-flight meal. *Source: The Ice Cream Trade Journal, June 1955, p.132.*
- Ice cream was a morale booster during World War II, and each branch of the service tried to out do the other by serving ice cream to its troops. *Source: International Ice Cream Association.*
- In 1945, the first "floating ice cream parlor" was built for Navy sailors in the western Pacific. *Source: International Ice Cream Association.*
- The most popular ice cream flavor is vanilla. *Source: International Ice Cream Association.*
- In 1984, former President Ronald Reagan declared July "National Ice Cream Month." July is also the month when the most ice cream is sold. *Source: International Ice Cream Association.*
- The biggest ice cream sundae ever made was 12 feet high and made with 4,667 gallons (17,665 liters) of ice cream and 7,000 pounds of toppings in Anaheim, CA, during 1985. *Source: Guinness Book of Records.*
- New Zealand has the highest consumption of ice cream in the world at almost 7 gallons (26 liters) per person per year, followed by the U.S. at around 5 gallons (20 liters per person). Sweden has the highest consumption of ice cream in Europe (approx. 4 gallons or 14 liters per person per year), and Canadians consume about 2.5 gallons (9.35 liters) per person per year. *Source: International Ice Cream Association.*
- During the late 1890s, in response to religious criticism for drinking sinfully rich ice cream sodas on Sundays, a soda fountain owner left out the carbonated water and invented the ice cream "Sunday." The spelling was later changed to "sundae" to remove any connection with the Sabbath. *Source: International Ice Cream Association.*
- By 1921, ice cream had become so identified with American culture that the Commissioner of Ellis Island decided to include it in the first meal served to arriving immigrants. *Source: International Ice Cream Association.*
- Americans invented one of the first ice cream makers; the ice cream soda, sundae and cone; the ice cream scoop; and soft-serve ice cream. *Source: International Ice Cream Association.*



Globe-Trotting Caramel Flavors Summer Desserts

Whether saying "bon appétit" to crème caramel, dancing to a Latin beat with dulce de leche, or indulging in an all-American ice cream sundae, caramel is a globally popular flavor that's one of the season's hot dessert trends.

Home cooks will delight in the simplicity of Caramel Banana Sundae Pie. No baking is required, and all the ingredients are ready-made. For the best results, it's important to choose high-quality ingredients, such as perfectly ripe fruit and vanilla ice cream.

Assembling this ice cream pie takes minutes. Simply spread half of the slightly softened ice cream into a store-bought graham cracker crust, top with caramel sauce and the rest of the ice cream, and freeze. Just before serving, add the sliced bananas and drizzle with warm caramel and fudge sauces.

If you're counting calories or watching your fat intake, just substitute light or 98% fat free ice cream and fat-free caramel sauce. Any way you slice it, this ice cream pie is sure to please!

CARAMEL BANANA SUNDAE PIE

6 cups vanilla ice cream, slightly softened, divided use
1 (8-inch) prepared graham cracker crust
1/3 cup regular or fat-free caramel ice cream topping, warmed

TOPPINGS

2 medium-size firm-ripe bananas, peeled and sliced
1/4 cup regular or fat-free caramel ice cream topping, warmed
1/4 cup regular or fat-free fudge ice cream topping, warmed

1. Spoon half of ice cream into crust, spreading evenly. Drizzle with 1/3 cup caramel ice cream topping. Spoon remaining ice cream into crust, spreading evenly. Cover tightly with aluminum foil and freeze until solid, at least 5 hours.

2. Remove pie from freezer 10 minutes before serving. Top with bananas; drizzle with 1/4 cup caramel and 1/4 cup fudge ice cream toppings. Cut into wedges to serve. Return leftover pie to freezer.

Credit Card Debt, the Latest Home Addition

Refinancing mortgages for debt consolidation.

With mortgage interest rates historically low, more and more people are looking to their home as a way to consolidate and pay off their debts. But while trading high interest rate credit card debt for a low interest rate loan backed by your house can make mathematical and financial sense, there are significant risks involved.

"People often don't realize that they are putting their home at risk when they use it to pay off other debts," said Steve Rhode, president and co-founder of Myvesta, a nonprofit consumer education organization. "When you switch unsecured credit card debt to a secured loan backed by your home, you are offering your house to your creditors on a silver platter if you can't make your payments."

The most popular ways to consolidate debts with a home are using home equity to obtain a second mortgage or refinancing a current mortgage and taking cash out.

Rhode has seen good and bad outcomes for people using home equity loans.

"For some people it's just the thing they need to get through a tough time or save thousands of dollars in interest payments. For others the loans bring about more debt when they can't control their credit card use," Rhode said. "We have solutions to help people in either situation."

Comprehensive Financial Solutions, a division of Myvesta, has a team of financial experts who assist people experiencing financial difficulties. Their programs and services include assistance for clients who want to use their homes to consolidate debts or who need assistance when falling behind on payments.

"In our experience refinancing a mortgage or taking out a home equity loan isn't the best solution for everyone, that's why we offer many different individualized programs to help people in any situation," Rhode added.

For more information about refinancing a home to pay off debts, read the publication "What You Need to Know Before You Refinance Your Home to Pay Off Debts." It is available to download for free on the Comprehensive Financial Solutions Web site at MoneyHelp.org.

Comprehensive Financial Solutions, or CFS, is for people who have more than just credit card debt. CFS has a range of products to help people solve complicated debt situations and single creditor issues. A team of financial experts and negotiators help clients determine their priorities and set up plans to recover, which could include finding loans, settling debts, and helping them to file bankruptcy when necessary. It is part of a network of services created by Myvesta.

Dollars and sense

by David Uffington

Don't Spend Your Tax Cut Yet

There's been a slew of surveys in the financial press recently about how Americans are planning to spend the money they won't be sending to the Internal Revenue Service next year, courtesy of the \$350 billion in federal tax cuts that were approved last month. Some of the respondents say they'll pay off bills. Others say they'll put the money in the bank. A few say they'll use it to reduce their mortgages. Some say they'll go back into the stock market from which they retreated when the Bears beat off the Bulls. And still others plan to use it for house repairs, vacations or new clothes for the family.

As for what the money manevens would advise, that can be summed up in a few words: Don't spend it yet.



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NEWS FROM THE Niles Senior Center

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JULY REGISTRATION

In-person registration begins Wednesday, July 9, providing space is available. Please use registration form in July Program Guide. Payment may be cash, check, or credit card.

• **Pool Tournament - Thursday, July 24, 10 a.m. to 2 p.m.** Cost: \$6. Tournament with Des Plaines Senior Center, includes refreshments, lunch and prizes.

• **Book Discussion - Friday, August 1, 10 to 11 a.m.** Cost: \$1. Discuss *The Secret Life of Bees*, by Sue Monk-Kidd. Refreshments included.

• **August Lite Lunch & Movie - Friday, Aug. 1, 12 to 3 p.m.** Cost: \$3.50. Enjoy an Italian Sub Sandwich and Potato Salad for lunch! Then sit back and watch the movie. *Catch Me If You Can*, starring Tom Hanks and Leonardo DiCaprio.

• **Summer Salads - Wednesdays, Aug. 6 to 27, 9:30 to 11 a.m.** Cost: \$12. In this 4 week class, Tony Franchi shows you how to put a zest in summer salads.

• **Sunday at the Center: Card Party - Sunday, Aug. 10, 11 a.m. to 3 p.m.** Cost: \$6. Enjoy a relaxing afternoon of fun & games. The day will begin with a light lunch.

• **Pinchle Tournament - Friday, Aug. 15, 12 to 4 p.m.** Cost: \$3.50. Participate in a 30 handed tournament. Lunch, refreshments and prizes included.

• **Milan & Lake Como Travelogue - Wednesday, Aug. 20, 12 to 3 p.m.** Cost: \$4.50. Travel (by video) to Milan & Lake Como and follow the story of Italy's fight for unification. See the fashions and food with Rick Steves. Prior to the video, enjoy an Italian lunch featuring Lasagna, Garlic Bread, and Salad.

• **Poker Tournament - Friday, August 29, 12 to 3 p.m.** Cost: \$3.50. Play 7-Card Stud & 5-Draw Poker. Lunch, refreshments and prizes are included.

• **Evening at Center: Wheel of Fortune - Tuesday, Aug. 26, 5 to 8 p.m.** Cost: \$4.50. Join us for an evening of fun and excitement! Dinner includes a Sub Sandwich, Chips, and Dessert. We will then play Wheel of Fortune featuring our own members Sam Filippas and Pat Sajack and Cecil Fiedor as Vanna White. Fantastic prizes!

• **Sweet & Hot Sunday - Sunday, Sept. 21, 12:15 to 6 p.m.** Cost: \$50. It's your last chance to experience Evergreen Park's Drury Lane before it closes in January. Join us for a jazzy, melodious experience - with a lunch featuring Breast of Chicken ala Martique or Jumbo Fantail Shrimp. This razz-a-ma-tazz revue celebrates music from 1930 to 1950 - Harold Arlen's sassy, bluesy melodies such as Paper Moon, That Old Black Magic, Stormy Weather & Over the Rainbow. Check in time at the Senior Center is 11:45 a.m. Please enter through the east door.

THE BUGLE, THURSDAY JULY 10, 2003

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• **Potawatomi Casino - September 29, 8 a.m. to 5 p.m.** Cost: \$16. Travel with us to Milwaukee as we place our bets. A lunch buffet is included. Check in at the Senior Center at 7:30 a.m. Please use east doors.

CONTINUING TICKET SALES

PLEASE CHECK FOR TICKET AVAILABILITY

• **Computer Classes**
• **Internet - Fridays, July 11 to Aug. 8, 9 to 10:30 a.m.** Cost: \$25.

• **Keyboarding Workshop - Friday, Aug. 15, 9 to 10:30 a.m.** Cost: \$6.

• **Mail Merge Workshop - Tues., Aug. 19 & Wed., Aug. 20, 9 to 10:30 a.m.** Cost: \$10. Call Jaymi Ostman at 588-8420 for registration and other information on classes.

• **Ceramic Fun - Thursdays, July 10 to July 31, 9 a.m. to 12 p.m.** Cost: \$10. Four weeks of summer fun for Grandparents & Grandchildren. What could be better than an heirloom created together? Quality time! Supplies & snacks included.

• **Nightclub in the Afternoon - Thursday, July 10, 11:30 a.m. to 4 p.m.** Cost: \$38. Travel to the Pops Highwood Nightclub, the North Shore's most elegant nightclub. Mary Ann Richl performs with a three-piece, tuxedo-clad band. Listen & dance to favorites from the 20's 30's, & 40's. Prior to Nightclub, visit Bertucci's in Highwood for lunch of Chicken Vesuvio. Angel Hair Pasta with Garlic & Roasted Peppers, House Salad, Steamed Vegetables, Vesuvio Potatoes & an Ice Cream Dessert.

• **Saturday at the Center: Polka Party - Saturday, July 12, 3:30 to 7 p.m.** Cost: \$10. Join us as we welcome Casey Humel and the "World's Hottest Polka Band." Prior to the performance, enjoy a meal featuring Smoked Polish Sausage, Sauerkraut, Polish Style Chicken, Whipped Potatoes & Koscieszka.

• **Travelogue - Eastern Cities - Wednesday, July 30, 12 to 3 p.m.** Cost: \$5.50. Travel to Prague, Budapest & Istanbul with Rick Steves. Prior to this 50 minute video, enjoy an Asian Meal and European Dessert.

• **Evening at the Center: Indoor BBQ Summer Fun - Wednesday, July 30, 5:30 to 9 p.m.** Cost: \$10. Enjoy Summer Fun indoors with grilled Hamburgers and an ice cream social dessert. Then get ready for some foot stompin' good music by the Banjo Buddy Trio!

HEALTH & WELLNESS - JULY

• **Blood Pressure Screening - Wednesday, July 9, 1 to 3:30 p.m.** Free. Blood Pressure Screenings are the 2nd Wednesday every month. No appointment required.

• **Diabetes Screening - Wednesday, July 23, 9 to 11 a.m.** Cost: \$2. Monthly screening by appointment. Fasting from midnight required. Please take morning medications with water (medications that can be taken without food). Screenings will take place in the nurse's office. Register in-person at the Senior Center.

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Niles residents, age 62 and over and their spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To become a member, drop by the Niles Senior Center, 999 Civic Center Drive or call us at (847) 588-8420 and we will mail you an application.

NILES - ONLINE

Visit the Village of Niles online at www.vniles.com. Learn more about the Village and its services. 24 hours a day. 7 days a week.

New KOC Officers Installed

The North American Martyrs Council 4338, Knights of Columbus held their annual installation of Officers on June 21, 2003 at St. John Brebeuf School's Flanagan Hall, Niles.

With great pride, the Council members announce the newly installed Officers for the next fraternal year, 2003-2004.

Grand Knight - John O'Keefe.
Deputy Grand Knight - Larry Huiras
Chancellor - Leo Weiss
Warden - Don Kaderbek
Recording Secretary - Brian Dettmann

Inside Guard - Patrick O'Connor
Outside Guard - Ron Shulga
Advocate - Adrian Galassi
Trustees: 1st Yr. - Joe Tatkovski
2nd Yr. - Rich Zaprzalka
3rd Yr. - Bob Galassi.

Congratulations to the newly installed Council Officers for fraternal year 2003-2004! All the members of our K of C family wish new Grand Knight John O'Keefe and his Corp of Officers the best of luck throughout the new year!

VETERANS ★ POST ★

by Freddy Groves

The U.S. Supreme Court last month rejected a request for a formal hearing on a case involving a WWII/Korea-era military retiree medical-care lawsuit.

The plaintiffs claimed the government reneged on a promise to provide lifetime medical care if they (the plaintiffs) agreed to serve in the military for 20 or more years. They did, but when the time came for the government to keep its side of the bargain, it denied them their request for continued care in military medical facilities.

A lower court ruled that while the government appeared to have broken its promise, as the plaintiffs contend, the promise wasn't backed by law. The plaintiffs appealed to the Supreme Court, which refused to even consider overturning the lower court's decision.

Some may agree that this is simply a case of a broken promise. But I see it as a matter of contract law — I'll do this for you in consideration of what you will do for me — the sanctity of which is among the oldest legal constructs that has come down to us from English common law. I see the case, therefore, as one that should be winnable if it weren't for the fact that if the plaintiffs prevailed, it could open the door to more than 1 million people with similar claims, which would cost the government at least \$15 billion.

P.S. The plaintiffs' attorney plans to continue pursuing the matter. Meanwhile, please let us know your views on this subject.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfw@hearst.com.

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Possible Re-Use of Cook County Hospital Building

Suffredin-Sponsored Resolution Passes: Possible Re-Use of Cook County Hospital Building to Be Explored.

The Cook County Board of Commissioners, in a committee-of-the-whole, today, voted to hold a hearing to consider possible re-uses of the 1914 Main Cook County Hospital building. The Resolution requesting the hearing was sponsored by Commissioners Silvestri and Suffredin and co-sponsored by Commissioners Quigley, Murphy and Hansen.

At such hearing, to be scheduled in the coming months, interested developers will be expected to present proposals and financing options for possible re-use of the building.

Commissioner Suffredin indicated that he was pleased with the Board's willingness to consider other uses of the building rather than just demolishing it. Commissioner Suffredin believes that various proposals on re-use could save the County as much as \$30 million in demolition costs.

SENIOR NEWS LINE

by Matilda Charles

Health authorities are concerned about a trend among men in their mid-to upper 40s who have decided to face their looming senior years by taking what they believe to be a short cut to slowing down or even reversing the aging process. These men are hoping they can stay young and vital by taking so-called anti-aging preparations made with androstenedione, also known as andro.

Androstenedione allegedly helped slugger Mark McGwire break a home run record in 1998. However, health authorities were able to show that these products do not contribute to building healthy muscle mass or otherwise enhance athletic prowess. As a result, sales slumped. A change in marketing strategy followed, and andro was reintroduced as a testosterone-raising anti-aging preparation for men.

But a number of studies have since shown that, once again, the product does not live up to its manufacturer's claims.

For example, researchers have found no positive health benefits in using androstenedione. Nor does it defy age by increasing strength or muscle mass, or enhancing sexual or athletic performance. Not only that, instead of raising testosterone levels, andro raised estrogen levels instead.

Bottom line: The best way to deal with aging is to welcome it as a natural function of living. And to help reduce whatever problems may come with getting older, doctors suggest you stop smoking, eat right, exercise more and keep your life filled with love and purpose.

P.S. If androstenedione causes a rise in the female hormone estrogen in men, what do you think it does in women? You're right. It raises testosterone. And the result for both men and women is hormonal confusion and all that can flow from that.

Write to Matilda Charles in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mails to letters.kfw@hearst.com.

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Thomas M. Young

Army Pvt. Thomas M. Young has graduated from the field services specialist advanced individual course at Fort Lee, Petersburg, VA. This new Army military occupational specialty incorporates both the laundry and shower specialist and the fabric repair specialist courses into one career field.

The soldier is trained to operate and perform preventive maintenance on laundry and shower units, decontaminating gear, and use washing formulas and materials cleaning procedures; also, learns to inspect, mark, classify, resize, and repair Army clothing as well as repair of canvas and webbed equipment; sew, patch, darn and baste worn or damaged fabrics; and operate and maintain sewing, darning, and button machines.

Young is the son of David W. and Nancy E. Young of Des Plaines.

THE BUGLE, THURSDAY JULY 10, 2003

Morton Grove Seniors

WALWORTH COUNTY FAIR AND THE GRAND BELLE OF GENEVA

Enjoy beautiful New York City during the holiday season for a four-day guided tour with Collette Vacations from Nov. 7-10. Explore the Big Apple and visit famous landmarks like the Empire State Building, the Statue of Liberty, the United Nations and the Chrysler Building. Tour famous neighborhoods like Greenwich Village, the Wall Street District, Little Italy and Chinatown all from the comforts of a luxury motorcoach. Once in a lifetime opportunities await travelers in New York like shopping on Fifth Avenue, enjoying a show with the Rockettes at Radio City Music Hall and taking in a Broadway show. Ensure a spot in this fabulous New York Holiday Trip with a \$100 deposit. Register now at the Morton Grove Senior Center. For more information contact Rob Residori, Morton Grove Senior Activities Coordinator at (847) 663-6127.

TAI CHI

Back by popular demand, Louie Stallone will be teaching this ancient Chinese martial art. This course will focus on reducing stress and increasing intrinsic energy through movement and visualization. Register now, because this course will fill up fast! The cost is \$19 for residents and \$20 for non-residents. Classes will be offered from 10:30 to 11:30 a.m. on Tuesdays, July 22, 29, Aug. 12 and 26.

2003 SENIOR OLYMPICS!!!!

Senior Olympics is an exciting five-day event for athletes of all abilities and interests. Events include golf, tennis, bowling, volleyball, track and field, shuffleboard, horseshoes, swimming, archery, bocce and more. The Olympics will be held at Maine East High School from July 21 to 25. Pick up a registration form at the Morton Grove Senior Center.

SAVE UP TO 80% ON PRESCRIPTION DRUGS!!

A Medsforall representative will discuss National and State programs for prescription drugs, drug importation from overseas, and internet ordering, from 1 to 2:30 p.m. on Wednesday, July 30 in the Morton Grove Senior Center. There is no charge for this program, but please register by calling the Senior Hot Line at (847) 470-5223.

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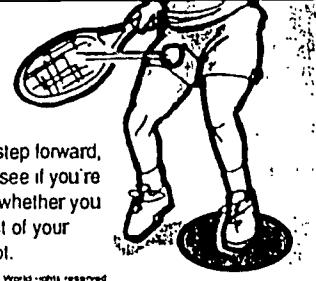
STAN SMITH'S TENNIS CLASS

WORK ON YOUR FOOTWORK

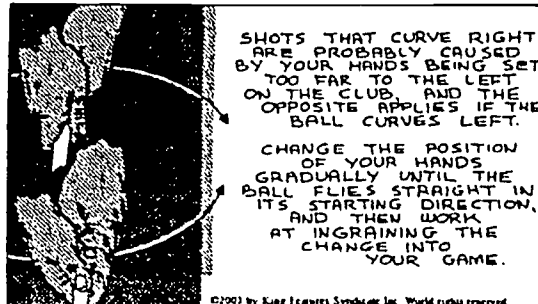
Often in tennis there is no time to set up properly for a shot. But, ideally, when preparing for a groundstroke, you should start with most of your weight on your back foot. This will give you a solid base to push off from as you hit.



As you stroke the ball, step forward, not sideways. You can see if you're doing this by checking whether you end your shot with most of your weight on your front foot.



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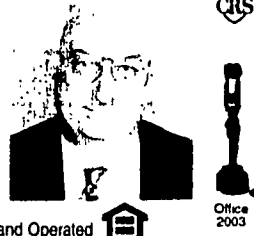
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by Andrea Wyatt

The Bosu Trainer

Q. What is a Bosu Trainer? I hear people talking about it but have never seen one. Are they for abdominal training? What is your opinion of them? — J.T.

A. The Bosu-Balance Trainer is becoming very popular in the fitness industry. Invented in 1999 by David Weck, the Bosu trainer has been used by fitness and sport professionals for several years, and like many tools, it has recently become part of the fitness mainstream.

The Bosu Trainer looks like an exercise ball that's been cut in half. The top resembles an exercise ball, while the bottom is relatively flat. It's used in abdominal exercises as well as cardiovascular workouts. It's designed to improve balance, core stability, proprioception, coordination and posture. The Bosu Trainer allows for a variety of exercises to be performed on its unique shape, some of which could be dangerous if performed on a traditional exercise ball (also called Swiss or Physio ball).

Summer Means Change for Single Parent Families

Michael Lindsay, father of 11 year-old Ashley and 9 year-old Adam, sees his children every other weekend and one evening a week. But when school lets out for the summer, Ashley and Adam stay with their father for weeks at a time. "It's great," says Michael. "We can go camping or fly to see my parents."

For many children of divorce, summer means spending more time with the noncustodial parent. Custody orders usually change in the summer, says Webster Wainik, author of "Child Custody Made Simple" (Single Parent Press, \$21.95 © 2003). Family courts often order the children to stay with one parent

First Aid Class at Advocate Lutheran General Hospital

Be prepared in the event of an emergency! Advocate Lutheran General Hospital in Park Ridge is offering an American Red Cross First Aid course. Learn first aid skills, such as determining unconsciousness, treating cuts, scrapes and burns; control bleeding; treating injuries to bones, muscles and joints; and preventing and caring for sudden illness, including heat and cold emergencies.

The four-hour class will be offered from 9 a.m. to 1 p.m. Saturday, August 16 at Advocate Lutheran General Hospital, 1775 Dempster, Park Ridge.

The fee for the program is \$25. Sign-up early. The class is limited to 10 participants. To register call 1-800-3-ADVOCATE (1-800-323-8622) or visit www.advocatehealth.com. The code for this class is 8C10.

For example, abdominal exercises on the exercise ball can become extremely difficult when attempting to lift your feet off the floor. Without someone there to provide proper instruction or a spot, they could be unsafe. With the flat-bottomed Bosu Trainer, you are able to get the benefit and challenge of an exercise ball with added safety and increased intensity.

Exercises such as push-ups and squats can also be performed on the Bosu Trainer with just as much intensity as the usual methods but with a greater possibility for functional progressions.

If you're a member of a fitness facility, see if it carries the Bosu Trainer and give it a try. Be sure to consult with a fitness professional to understand its proper use.

It also makes a great addition to your home gym. If you use the Bosu Trainer at home, I suggest you order instructional videos to make sure you're completing the exercises correctly.

To find more information about the Bosu Trainer, you can visit its Web site at www.bosupro.com.

Always consult a physician before beginning an exercise program. If you have a fitness or training question, e-mail Andrea at letters@askheartstoc.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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during the school year then send the children to live with the other parent for the summer.

Wainik explains the reasoning behind this arrangement. "Family courts believe that by sending children to the noncustodial parent for the summer, they balance the interests of the children in seeing both parents with the needs of the children to have stable lives."

Give the Children Time to Adjust. Transitions are difficult on everyone - especially the children. Let the children adjust by leaving some initial unstructured time for reading, taking a walk, or watching TV.

Account for Special Days. If a birthday or other important day comes up during the summer, you can alternate with the other parent or you can celebrate it later. "There's no reason why you can't celebrate your child's birthday later in the year."

Resist Changing the Arrangement. "Every year family courts see the same thing. At the beginning of the summer, custodial parents insist the children don't want to visit, and at the end of the summer, noncustodial parents insist the children don't want to go back," says Wainik. Wainik advises parents to avoid rushing into court at the last minute.

"A standard custody order is not a great solution," says Wainik, "but if parents live far apart or don't communicate well, it might be the only thing that works."

"Child Custody Made Simple" (ISBN 0964940434, \$21.95) can be purchased through bookstores or ordered directly from Single Parent Press, phone: (909) 624-6058, fax: (909) 624-2208, www.SingleParentPress.com.

Policies can help curb youth access to alcohol

When nearly two-thirds of teenagers who drink alcohol, including those as young as 12 or 13, report that they can walk into a store and buy their own alcoholic beverages, it's time to do more than "just say no." When 33 percent of our high school seniors report that they have been drunk during the past month, and 24 percent of our eighth-graders say they've used alcohol in the past month, it's time to say more than "kids will be kids." It's time to take a long, hard look at all aspects of a young person's environment and develop policies that reduce the access and attractiveness of alcohol for youth.

Researchers at the University of Minnesota's Alcohol Epidemiology Program (AEP) have done just that in their comprehensive report, "Policies to Reduce Youth Access to Alcohol." The AEP report provides a framework that presents a range of policies that can reduce youth access to alcohol. It defines policies as "standards for behavior or practice that are formalized to some degree, and are embodied in rules, regulations or operating procedures." It examines four main areas: social access to alcohol, commercial access to alcohol, alcohol advertising, and community institutions.

For example, take the issue of social host liability. On New Year's Eve in 1997, 16-year-old Kevin Brockway died in a car crash after attending a friend's party where he drank alcohol provided by the host's father. That tragedy led to important policy changes in 1999, when the governor of Minnesota signed a law that made it a felony for anyone who furnishes alcoholic beverages to a minor who becomes intoxicated and suffers death or injury. In 2000, thanks to increased public interest in the "Brockway Bill," another bill was signed that extended civil liability to adult social providers.

AEP researchers maintain that such social host liability laws help deter adults from serving minors. In their analysis of 50 states, social host laws were linked to reductions in drinking and driving and heavy drinking.

The AEP report highlights beer keg registration as another useful tool to reduce alcohol access to youth. Under this policy, beer kegs are marked with identification numbers that link to the purchaser's name, address, telephone number, and driver's license number. Purchasers of the keg can be identified and arrested or fined if the keg furnished to minors is confiscated by the police.

A range of policies aimed at licensed commercial alcohol establishments, such as liquor stores, bars and restaurants, can be effective at reducing youth access to alcohol. They include compliance checks, administrative penalties, responsible beverage service training, checking age identification, regulations or

bans on home delivery of alcohol, minimum age of seller requirements, and alcohol warning posters.

A study conducted in several New York counties and in Washington, D.C., reported that underage youth were able to purchase alcohol without age identification in about two thirds of their attempts. Policies that require retailers to better train employees to check IDs and that streamline processes to hold alcohol licenses accountable when they sell to minors, can go a long way towards reducing these statistics.

Alcohol advertising and promotion routinely equates drinking with success, fun, and attractiveness - not addiction, violence, unwanted sex, or car crashes. Local policies that restrict alcohol advertising in public places, at community and sporting events, in areas surrounding schools, residential areas, or churches, will limit young people's exposure to unrealistic and misleading messages. Counter advertising, which warns of the dangers of alcohol, is another popular prevention strategy.

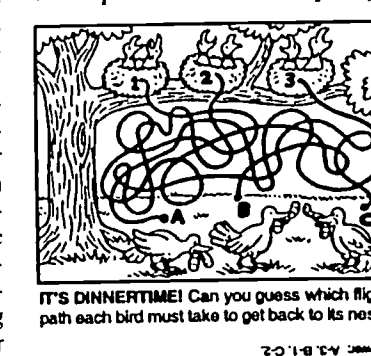
The AEP report also summarizes how various community institutions, such as schools, civic groups, colleges, faith organizations, parents, police, worksites, and hotels and motels, can apply policies and strategies to deny alcohol access.

Kelli Komro and Traci Toomey, assistant professors in the Division of Epidemiology, School of Public Health, at the University of Minnesota, address "Strategies to Prevent Underage Drinking" in a research report published at:

www.niaaa.nih.gov/publications/arih26-15-14.htm

Their report reinforces the need for comprehensive, multidimensional efforts to achieve the best results in reducing youth access to alcohol. They cite several state-of-the-art school-based prevention programs that have achieved good results. But they emphasize that these programs "need to be combined with extra-curricular, family, and policy strategies that help change the overall social and cultural environment in which young people live in order to achieve sustained decreases in alcohol consumption and alcohol-related problems among youth."

To access the Alcohol Epidemiology Program report, go to: www.ept.umn.edu/alcoholpolicy



IT'S DINNER TIME! Can you guess which flight path each bird must take to get back to its nest?

Neck Pain Research Study in Final Months

Neck pain is a common problem in adulthood. The lifetime prevalence of neck disorders can be as high as 67% and can lead to large costs to society due to lost workdays. Even more discouraging is the lack of agreement on treatment approach. The National University of Health Sciences, a not for profit teaching and research institution in the suburbs of Chicago, is conducting a study to compare three common methods of care for chronic neck pain.

Holy Family Medical Center to hold Golf Outing

Holy Family Medical Center's twenty-third Annual Golf Outing will take place on Friday, Aug. 8 at St. Andrews Country Club in West Chicago. With more than 200 golfers expected to hit the greens this year, the outing is the hospital's largest fund-raising event. Proceeds from the event will be used to fund nursing unit renovations.

The Annual Golf Outing brings community members, physicians, hospital vendors and employees together in support of Holy Family Medical Center. Attendees can enjoy 18 holes of golf, breakfast, lunch, cocktails, hors d'oeuvres and a gourmet dinner. A silent auction, raffle and many door prizes are also part of the festivities. Tickets for cocktails and dinner only can be purchased.

For more information and ticket prices, please call the Development Foundation at Holy Family Medical Center at (847) 297-1800, ext. 1118.

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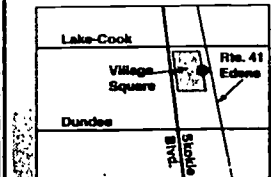
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SBC Reneges on Promises of Job Preservation

Less than one month after the Texas-based phone giant SBC promised it would preserve 500 jobs slated for elimination and not layoff any employees for 12 months, eight Springfield-based SBC employees are out of work. SBC made the promises after the highly controversial Senate Bill 885 was rammed through the General Assembly in four days. The anti-consumer, anti-competitive legislation circumvented the Illinois Commerce Commission's (ICC) authority and set wholesale rates at nearly double the current price.

"Instead of concentrating on retaining hard-working employees in Springfield, SBC spent the last few months lobbying legislators to pass an unconstitutional bill to raise wholesale rates in an attempt to drive out competition and raise phone bills for consumers," said Gary Mack, executive director of the Illinois Coalition for Competitive Telecommunications. "SBC doesn't care about anything but their bottom line. We should expect nothing less from a corporation who will close its doors on the people who make the company run just to make a buck."

SBC's rate-hike law, opposed by the Illinois Lieutenant Gov-

ernor, Attorney General and every major consumer group in the state including: Citizen Action/Illinois, the Citizens Utility Board (CUB), Illinois PIRG, the Consumer Federation of America and Illinois AARP, was recently challenged in federal court by SBC's competitors. On June 9, U.S. District Court Chief Judge Charles Kocoras issued a preliminary injunction to block the ICC from implementing significantly higher wholesale local phone rates as dictated by SBC's highly-controversial Senate Bill 885.

"It's the same old song and dance with SBC, they're like a broken record with the amount of promises they make and break - no new layoffs...sorry you're out of work. We'll invest in the new work...on second thought, maybe not," said Mack. "SBC just can't be trusted. In Oklahoma SBC promised rapid deployment of high-speed Internet service and hundreds of new jobs in exchange for a piece of broadband legislation. Since passage of that law, broadband deployment has not yet materialized and more than 1,400 telecommunications jobs have been lost in that state, based on that track record, I wouldn't put past SBC to act similarly in Illinois."



1966 Ford Galaxie

Q. Greg, I have a 1966 Ford Galaxie 500 four-door sedan. It has a 289 V-8 engine with 83,500 original miles and automatic transmission, power steering, no air conditioning and a factory radio. It is in good condition and road ready, and it has always been garaged. I purchased this car brand-new from the Ford dealer. What do you feel this car is worth? Thank you very much, and I enjoy your column here in Humboldt, Kansas. — *Hugh P.*

A. Hugh, I'd say your '66 Galaxie 500 is worth in the neighborhood of \$3,000 to \$3,900. Of all the Galaxies that year, yours is the one that is worth the least, but I wouldn't let that bother you too much. There are Ford collectors out there who would love to have your car.

Just for the record, the '66 Galaxie 500 with the 427 engine is worth about \$28,000 to \$32,000 in pristine condition, and \$12,500 in good condition. There are also Galaxie 500 XL and LTD models that year, all worth about \$2,000 more than the standard sedan models. Hope this all helps, and thanks for the nice comments.

Write to Greg Zyla in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@heartsinc.com.

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Monkey Business Ended Pet's NASCAR Ride

Q. Is it true that a monkey used to ride with one of the NASCAR drivers as a stunt back in the 1950s? — *Otis M., Louisiana.*

A. It's true, Otis. The driver was the legendary Tim Flock, one of the true pioneers and characters of the sport. Flock competed in eight races with Jocko Flocko, his pet monkey, as a passenger in the back seat of his race car. The fans loved it, and Jocko's final race was one to remember.

All of the NASCAR cars back in the early '50s had little trapdoors built into the floor pan so the drivers could pull a chain to open them and check the tire wear. Well, while on a dirt track at Charlotte in 1953, Jocko got



Tim Flock was one of NASCAR's greatest drivers.

loose from his special seat and pulled the chain on the tire trapdoor. Supposedly, Jocko got a little too close and his head was "sanded" by the tire, sending him wildly thrashing around Flock and the interior of his Hudson Hornet. Flock had to pull in and let Jocko out, and that was his last ride in Tim's race car.

On a serious note, Flock was the NASCAR Winston Cup Series champion in 1952 and 1955, and he won 40 races and 37 pole positions in his 13 years behind the wheel. His 21.2 percent winning percentage (40 victories in 189 starts) is the best in NASCAR Winston Cup Series history, so this guy is one of the sport's all-time front-runners!

Flock finished fifth in the inaugural NASCAR Winston Cup race on June 19, 1949, at the old Charlotte Speedway 3/4-mile dirt track. Flock's 18

victories (in 45 races) in 1955 stood as a NASCAR record until 1967, and the 19 pole positions he earned that same year still stands as a record. In 1952, his first championship season, Flock ran the most laps (5,345), led the most races (16) and ran the most miles (3,564). He won NASCAR's only sports-car race, in 1955, driving a Mercedes-Benz 300 SL Gullwing.

Flock was inducted into the National Motorsports Press Association's Hall of Fame and the State of Georgia Hall of Fame in 1972, the International Motor Sports Hall of Fame in 1991 and Charlotte Motor Speedway's Court of Legends in 1994. Flock died after a long illness in March 1998, a month after traveling to Daytona Beach to be named one of the 50 greatest drivers in NASCAR history.

Q. NASCAR recently took a date away from Rockingham, moved the Darlington Southern 500 to the vacant Rockingham date in the fall, and gave California Speedway a second race in 2004. What do you think? — *Patty O., e-mail from Louisiana*

A. Patty, I'm a traditionalist, so I hate to see the Southern 500 move from the Labor Day date. However, the times they are a changing, and it's Rockingham that loses the race, not Darlington. As for California getting a second date, I think it is good for the sport. The race will sell out, and the overall effect to all concerned will be a positive.

I also think NASCAR is letting Bruton Smith, who has been pushing for a second date at his Texas track, know that his Speedway Motorsports Company will have to drop one of two races from its other tracks (like Atlanta, which does not sell out at either of its races each year) if it is to receive a second date in Texas. All three tracks involved in the move are owned by NASCAR "parent" International Speedway Corp., so they didn't take one away from Bruton and give one to themselves. I think someone is trying to tell someone something.

Greg Zyla welcomes reader questions on any type of auto racing. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@heartsinc.com.

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Free Seminar on Identity Theft at MB Financial Bank

MB Financial Bank Advantages Program Hosts Free Seminar on Identity Theft.

Identity theft is one of the fastest growing crimes in America today. It's estimated that in 2001, 86,000 cases representing more than \$2 billion in losses were reported to the Federal Trade Commission. Identity theft is easy to commit, tough to prosecute and can wreak havoc on your financial life.

Learn how to protect against it by attending a free seminar. Preventing Identity Theft, hosted by the MB Financial Bank Advantages Program, 6201 Dempster, Morton Grove, The event will be hosted on Friday, July 11, 2003 from 1 p.m. to 2 p.m. To reserve your seat, call Jackie Goldblatt,

Advantages liaison, at (847) 663-7461.

Advantages is a program for those aged 50 or better that provides many opportunities for fun...friendship...discounts...and, of course, financial management information.

MB Financial Bank (www.mbfinancial.com) is a locally-operated financial institution that has been delivering competitive personalized service for more than 90 years to privately-owned, middle-market companies as well as to individuals who live and work in the Chicago metropolitan area. MB Financial Bank's holding company, MB Financial, Inc., is traded on the NASDAQ as "MBFI."

Pappas honors Philippine Heritage and Culture



Cook County Treasurer Maria Pappas (right) discusses the many contributions Filipinos have made to society with Scarlette Cahanding, a member of the Philippine dance group, Isang Lahir. Treasurer Pappas was celebrating Asian American Heritage Month as part of TOPS-Treasurer's Outreach Program & Services.

3rd Annual Arts Adventure

A family adventure awaits visitors to the 3rd ANNUAL ARTS ADVENTURE, an art fair to be presented by American Society of Artists, a national membership organization, beginning at Superior and State. The show will run from 9am to 5pm Sunday, July 27. It will be held on Superior from State to Wabash, State St. from Superior to Chicago Ave., on Chicago Avenue from State to Wabash and in Holy Name Cathedral's courtyard.

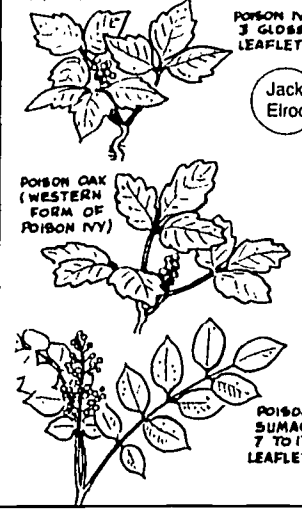
You and your family will enjoy exploring unique one of a kind talents and treasures from the American Society of Artists. It's an art show unlike all others! Visit the show and talk with the artists as they exhibit work they themselves have created. Talented area artists will join with artists from eight states across the nation to present a fascinating variety of work.

There will be oil and watercolor paintings, acrylic paintings, ceramics ranging from serving pieces to garden art, photography, floral craft, hand-crafted jewelry in a variety of mediums including antique buttons, pottery, architectural photography, hand-crafted wood toys and games for visitors of all ages, hand-painted silk scarves, pen and ink drawings and even a Lithuanian art form using dried pressed flowers and watercolors.

ART IN ACTION will be included in the show with some of the exhibitors working/demonstrating at various times during the show. You will enjoy the opportunity to watch Kin Leung at work on oil paintings and Susan Krauth working on oil and

Mark Trail's OUTDOOR TIPS

IF YOU ARE CAMPING WITH SMALL CHILDREN, TEACH THEM HOW TO RECOGNIZE POISONOUS PLANTS THAT ARE LIKELY TO BE FOUND AROUND CAMP...



Lambs Farm Arts & Crafts Show July 19-20

Lambs Farm 24th Summer Annual Arts & Crafts Show. One of Lambs Farm's most popular events held July 19-20 come rain or shine.

Lambs Farm's annual Summer Arts & Crafts show will take place July 19-20, with over 75 vendors from 15 states ready to show off their quality works to treasure seekers.

A wide variety of arts and crafts will be presented, including oil and watercolor paintings, wood furniture and accent pieces, floral arrangements, functional pottery, intricate jewelry and fashion accessories, stained glass, folk art, quilting and much more.

WHEN: July 19-20, 10 a.m.-5 p.m.

WHERE: Lambs Farm, 14245 Libertyville Rd., Intersection of I-94 and Route 176, Libertyville.

ADMISSION: \$2 per person.

Two Reading Clubs Offered at Skokie Public Library

The Youth Services Summer Reading Club will be held through July 31. Featuring a movie theme, the *Lights, Camera, Read!* program will offer different reading clubs - Movie Stars, Directors and Producers, based on the grade each participating student will enter in the fall. Each child will be given a book log to record the title, an assigned number of pages to read, and a prize when they fulfill their page requirements.

Participants in the Junior High Summer Reading Club and a friend are invited to a Producer's Pizza Party after hours on Saturday, July 26 from 6 to 8 p.m.! Kids can vote for their favorite pizza and then eat it while listening to music performed by a local band.

Patrons ages 14 and up can check out the new Readers Services Department this season, when they participate in the Summer Reading Program. Entitled There's Treasure Everywhere, the program encourages readers to explore Mystery Mountain, Fiction Forest, Literature Lagoon, Audio Arbor, Video Valley, and more. Participants must read five books from one of the selected areas, as well as view or listen to one item from the new Audio-Visual Area. A gift awaits those who finish the hunt for treasure! Interested participants should sign up at the Readers Service Desk.

Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m.; Saturday from 9 a.m. to 6 p.m.; and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day, seven days a week at www.skokielibrary.org.



1. When was the last time that the Philadelphia Phillies posted back-to-back winning seasons?
2. Who was the first player to pass the 40-homer mark for a season three times as a member of the Cleveland Indians?
3. Which receiver was the fastest in NFL history to reach 600 career receptions?
4. Against what school did Bob Knight record his first collegiate basketball coaching victory?
5. Before 2003 (Anaheim), when was the last time the NHL's Western Conference was represented in the Stanley Cup Finals by a team other than Colorado, Dallas or Detroit?
6. Who was the first gymnast inducted into the International Women's Sports Hall of Fame in 1982?
7. Between 1978 and 1980, golfer Tom Watson won the same well-known event three consecutive years. Which one was it?

Answers

1. It was 1982-83.
2. Jim Thome (1997, 2001, 2002).
3. Marvin Harrison of the Indianapolis Colts did it in 2002 in his 102nd NFL game.
4. His Army team beat Worcester Tech in 1965.
5. It was 1994, when Vancouver lost to the New York Rangers in seven games.
6. Olga Korbut.
7. The Byron Nelson Classic.

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READ THE BUGLE!

BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Have You Lost Track of Pension Benefits?

If you visited a store or a restaurant, and you left your purse or wallet behind, you'd certainly go back and get it. So wouldn't you do the same for a whole lot more money that you may have abandoned with a former employer?

You would - if you knew about it.

Right now, millions of dollars in pension funds are waiting to be claimed by their rightful owners. Are you one of them?

In recent years, defined contribution plans, such as 401(k)s, have become the dominant type of retirement account. But for a long time, pension plans - also called "defined benefit" plans - were the chief retirement savings vehicle for millions of employees. And a lot of these people separated from their employers without ever receiving their pensions.

How can this happen? It's not as hard as you might think. You work for a place for a few years, leave your job and forget you left behind a pension. Or the company you worked for went out of business, or merged with another company, and you thought the pension went with it. But the fact is that it's never too late to seek pension money that is owed you - and, if you're lucky, you might even get it.

Where should you look? You can start by contacting the Pension Benefit Guaranty Corporation (PBGC), a federal government agency that insures the minimum pension benefits of approximately 35,000 private companies. Since 1974, all companies with 25 or more participants in defined benefit plans have been required to register with the PBGC. If a company ends a pension plan that isn't fully funded, the PBGC takes over as plan trustee and guarantees basic benefit payments. The PBGC also tracks benefits of employees who can't be located.

If you think you may have some pension funds somewhere out there, contact the PBGC through its web site at www.pb.gc.gov. You'll be able to enter information about your former employer's pension plan and, hopefully, start the process toward garnering your missing money.

Contacting the PBGC may be helpful if you've lost touch with your pension information. But if you're still employed by the company that will pay your pension, or if you've recently left it, you'll want to stay current on your benefits. That's why you should request an "individual benefit statement" on the status of your pension. This statement should contain the status of your pension, when you're eligible to retire and an estimate of how much your pension will be. Request your statement in writing from the plan administrator - not a company official. If you don't get the statement within a few weeks, be persistent - you have a legal right to the information within 30 days.

At the same time you request your benefit statement, ask for copies of all benefits statements in your file and all pension plan documents, including the "trust documents" that show how the plan is administered.

You worked hard to earn your pension - so do whatever it takes to collect your benefits. You may have to be proactive to get what you deserve, but it's well worth the effort.

Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 847-470-8953.

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JULY MUSIC

Friday - July 11th - SEGUE Dance Band - 9 to 1
Saturday - July 12th - Sonny "G" Quartet - 9 to 1

SUNDAYS - Judy Roberts - Greg Fishman - 5 to 9
TUESDAYS & WEDNESDAYS - Jack Carr, Pianist, Singer - 7 to 10:30
THURSDAYS - JAZZ JAM - John Bany, Charlie Braughtman and Don Stille - 9 to 1

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Saint John Brebeuf Art Fair



Pictured above: Back row - Artists Sarah Parker and Jerry Lidsky. Front row - SJB 4th graders Tracy Catello, Genna Toledano, Maggie Sobieraj, and Joey Disclafani.

St. John Brebeuf School recently held its 11th annual **Art Fair**. Two artists from Art Encounter in Evanston gave 5 presentations during the day to groups of students. Sarah Parker shared her experience of painting her art work entitled "Escape" and Jerry Lidsky described his motivations for his piece titled "Stories of the

Ancestors" during their highly interactive presentations. They brought in several other pieces and involved the children in interpreting the art. This day is part of the Art on Parade enrichment program at St. John Brebeuf school.

During the year the volunteer docents introduce the students to

famous artists and techniques. This year the emphasis was on making mosaics. After the presentation each child affixed some mosaic tiles to a large vase. Mrs. Ellen Fries supervised the activity and grouted and finished the piece. It is now proudly displayed at the school.

Gompers Park Presents 'My Big Fat Greek Wedding'

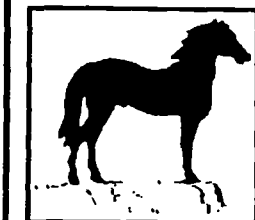
Free movie shown on outdoor screen. Bring a lawn chair or a picnic blanket and come out and enjoy the family movie "My Big Fat Greek Wedding" at Gompers Park, 4222 W. Foster Avenue. The movie will be shown on Sunday, July 13 at dusk (approximately 8:30 p.m.) at the field to the northwest of the outdoor swimming pool.

The movie is co-sponsored by the Gompers Park Advisory Council. Light refreshments (hot dogs, popcorn, and soda) will be on sale to help benefit the advisory council.

For further information about special events and park pro-

grams, call Gompers Park at (312) 742-7628.

For more information about the Chicago Park District's more than 7,300 acres of parkland, 552 parks, 33 beaches, nine museums, two world-class conservatories, 16 historic lagoons, 10 bird and wildlife gardens, thousands of special events, sports and entertaining programs, please visit www.chicagoparkdistrict.com or contact the Chicago Park District at (312) 742-PLAY or (312) 747-2001 (TTY). Want to share your talent? Volunteer in the parks by calling (312) 742-PLAY.



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The Surprise Answer

A question was posed recently to three on-air personalities for Sporting News Radio. The question was, "Who is the best pitcher of the last 10 years?"

There are a lot of names that pop up when something like that is asked. One of the personalities selected Randy Johnson. Another chose Pedro Martinez. A third pickel starter-turned-reliever John Smoltz for his "versatility."

Forget for a moment that nobody selected Smoltz's teammate Greg Maddux, or Roger Clemens, who between them racked up six Cy Young Awards between 1993-2002. The interesting thing is that Smoltz was mentioned, as he surprisingly might be the one having the biggest impact these days.

There are some interesting comparisons related to the three pitchers named. All are considered strikeout pitchers. All missed at least part or all of a season between 1993-2002 due to injury — not unusual for pitchers who are known to bring heat. All three have won at least one Cy Young Award.

But if you add up their victories for

the 10-year time period, Smoltz finishes a distant third despite solid numbers. Even during his glory days of starting, he wasn't considered the ace of the staff like Johnson and Martinez were and still are. Instead, he was grouped into the Braves' "Big Three," along with Maddux and Tom Glavine. Yet Smoltz has copied a page from the Dennis Eckersley handbook. After being a starter for 12 seasons, Smoltz converted in 2001 to a closer and racked up 55 saves last season. As a comparison, Eckersley was a starter for 12 years, but ended up with 350 saves for his 24-year career.

Usually, your ace starter is considered the one pitcher who can have a great effect on the staff and get a victory when it is most needed. Instead, Smoltz has become even more valuable than that to Atlanta, because he secures triumphs. Sure, not every save is considered a crucial one, but think of this: Johnson won 24 games in 2002; Martinez won 20. Smoltz won only three, but saved 55. It can be argued that Smoltz had the most lasting impression on his team's 2002 success, and, at age 36, he has shown no signs of letting up in 2003.

Sure, Maddux and Clemens should probably be mentioned with Johnson and Martinez when it comes to deciding greatness in the past decade. But Smoltz deserves a spot at the table, too, because he makes his team that much better, no matter at what point in a game he takes the mound.

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Niles North To Perform 'Hamlet' at Skokie Library

Don't miss the last Niles North High School staging of "Hamlet" on American soil. The Niles North Theater Department will stage a free community performance of their critically-acclaimed "Hamlet" at 6 p.m. on Friday, July 25 at the Skokie Public Library, 5215 Oakton, Skokie.

This will be the last American performance of "Hamlet" by Niles North High School before they leave for Edinburgh's Fringe Festival in July 2003. The Niles North Theater Department was selected as one of the finest secondary school theatre departments in the U.S. by the American High School Theatre

Festival; this honor included an invitation to perform at the renowned Fringe Festival. The Edinburgh Fringe is unique in being world's largest and oldest performing arts festival. More than a half million spectators visit the Fringe each year.

Skokie Youth Tennis Programs

The Skokie Park District invites you to register for its Summer Youth Tennis programs. Programs are under the direction of the Frank Sacks Tennis Camps, Inc. and follow the guidelines of the United States Tennis Association USA Tennis 1-2-3 programs and grow-the-game initiatives. Summer youth programs will be held at the Central Park and Devonshire Park.

These tennis programs emphasize fun, fitness, and friendship and offer professional tennis instruction at a fraction of the rates charged by private clubs and resorts. Offered are tennis camps, group tennis clinics and classes for adults and youth. All programs are directed by Frank Sacks, who is a certified USPTA and USPTR tennis professional and former Head Men's and Women's Tennis Coach at Northeastern Illinois University and Niles West and Niles North High Schools.

For more information contact Jason Cleveland, Superintendent of Recreation, Skokie Park District at (847) 674-1500 or Frank Sacks, Frank Sacks Tennis Camps, at (847) 933-0002 or via the Internet at www.franksackstennis.com.

Family Overnight Campout

Feel like camping, but don't want to travel far? Join Niles Park District for our first Annual Campout. Be ready to set up camp, play games, cook smores and listen to a few stories around the campfire. Rise and shine for a light breakfast.

You provide the tent, sleeping bags, personal gear and your family enthusiasm. A parent or guardian must accompany the children. Registration deadline is July 18.

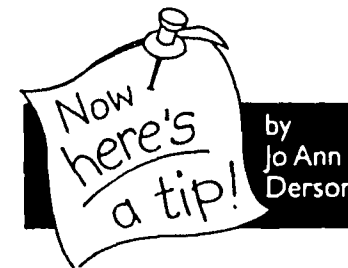
The campout takes place on Friday July 25 to Saturday, July 26 at Oakton Manor, 8100 Oakton, Niles. Set up time is 7 p.m. and you depart for home at 9 a.m. the next morning. Fee is Res \$5 per person; Non-Res \$7 per person. Register at the Howard Leisure Center, 6676 W. Howard Street.

**READ
THE BUGLE**

Prairie Walk

Remember the mountain of gravel rising east of Lehigh a couple of years ago? Remember the Deep-tunnel project? The Friends of the Morton Grove Forest Preserve in cooperation with the North Branch Restoration Project, a volunteer stewardship network working with the Forest Preserve District of Cook County, have begun restoration work at this site. Join Marian Thill and Mary Busch, apprentice-stewards for the Linne Woods Prairie Restoration, as we tour the prairie re-creation and learn the history, restoration efforts and future of this site. Come witness nature reclaim its landscape.

This walk will take place on Saturday, July 26 at 10 a.m. We will meet in Linne Woods. Enter the Cook County Forest Preserve at the entrance on north side of Dempster, across from Ferris Avenue. Drive down road, past pavilion, to turn-around and park near turn-around. We will walk together from this location to the prairie. An adult must accompany children under 16 years of age. Insect repellent is recommended and no pets will be allowed on the walk. This walk is free, but reservations are required. Call now to reserve a spot on this special nature watch, (847) 965-0203.



• To ripen a green tomato, wrap it in a sheet of newspaper or place it in a paper bag. It can then be left on the counter for several days to ripen.

• "White vinegar will clean off fruit- or food-coloring stains on your hands — and most other places, too!" — Richard N. of Seattle

• "Instead of using baking soda in my refrigerator to control odor, I use three or four charcoal briquettes in a bowl in the freezer. I just cover the top of the bowl with a small piece of cheesecloth and a fat rubber band. The great thing is that I can still use the briquettes on the grill. So, in the summer they get changed very regularly." — Mahlie L. of Newport News, Va

• If you are going to the beach and are feeling like less than a supermodel in that swimsuit, know that Preparation H works to reduce the appearance of cellulite on skin for up to five hours. Apply it liberally to your arms, thighs or buttocks area, rub in well and reap the benefits.

• This smelly-feet foot bath was sent in by Jenny D. of Springfield, Mass.: Mix 1/2 cup vinegar and a chamomile tea bag in a pan of medium hot water. Soak for up to 10 minutes. Follow up with foot powder or deodorant.

• For bloating, cucumber is a speedy plunger. Try snacking on slices of it for a cool treat.

• Boost your metabolism by drinking green tea, hot or cold. Try it over ice with honey and a sprig of mint.

• "Add a cinnamon stick or softener sheet to your vacuum bag when you change it. While you clean, you will distribute the good smell throughout your home." — Fancy H. of Fort Collins, Colo.

Send your tips to *Here's a Tip*, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn@letters.kfs.com.

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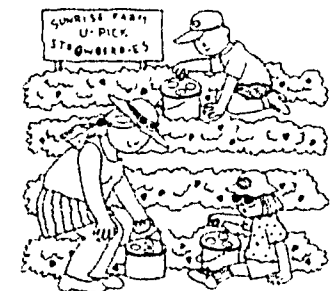
Nicholas D. Morjal

Marine Corps Reserve Lance Cpl. Nicholas D. Morjal, son of Peter G. Morjal of Niles, recently returned from Southwest Asia while assigned to Marine Tactical Air Command Squadron 48, 4th Marine Air Wing, based in Great Lakes, IL.

After being called to active duty, Morjal's reserve unit deployed as part of a larger Marine force in support of Operation Iraqi Freedom.

The 4th Marine Air Wing's mission is to organize, train and equip individual Marines and combat ready groups, squadrons and air defense units to augment and reinforce the active component when required.

Morjal is a 1999 graduate of Maine East High School of Park Ridge and joined the Marine Corps Reserve in October 1999.



Illustrated by David Laroche

Celebrate Summer's Arrival With Strawberries

Flip-top plastic cartons filled with fresh strawberries are now as common year-round in grocery markets as lettuce, carrots and celery. But nothing compares with overflowing crates of bright shiny berries at local roadside stands and farmer's markets, signaling the arrival of summer! Our family likes the "pick 'em yourself" variety at nearby farms, which gives us a great excuse for an outing in the country.

Here are some tips and ideas for enjoying a favorite "first of summer" treat.

Before you leave:

- Make a special berry-picking container for your preschooler. Cut several holes the size of a half dollar in the lid of a gallon-size plastic ice-cream

Tree-Identification Guide Book Available

"What Tree Is That?" a pocket guide for identifying trees, is available from The National Arbor Day Foundation.

The 72-page guide will help you identify 135 different trees found in the eastern and central U.S.

Well-known trees are included: oaks, maples, spruces, and pines. Also species such as horse-chestnut and mockernut hickory, sassafras and shadbush, persimmon and pawpaw and pagoda-tree and pecan.

Dozens of drawings illustrate the trees' leaves or needles and their acorns, berries, seed pods, cones, and other identifying features. "What Tree Is That?" is organized to make it easy to identify trees in a simple step-by-step fashion.

"Helping people enjoy and appreciate trees is central to the educational mission of the Arbor Day Foundation," John Rosenow, the Foundation's president, said. "Being able to identify trees is important to knowing how to care for them and how to plant the right tree in the right place."

To obtain your tree ID guide, send your name and address and \$3 to "What Tree Is That?", The National Arbor Day Foundation, Nebraska City, NE 68410. Or go online to arborday.org.

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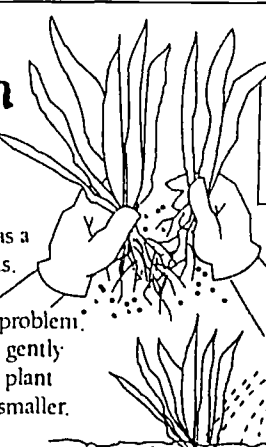
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The Garden Bug



Plants that divide well:
Bromeliads Ferns
Day lilies Liriope
Cannas Mondo grass

Some plants grow as a tight cluster of shoots, stems and roots. If overcrowding is a problem, try dividing them by gently pulling up the entire plant and breaking it into smaller, separate sections.

Set them back into the ground, spacing the plants more evenly, or you can pot some for gifts.

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By Samantha Mazzotta

Smoke That Blinds

Q. We have put 2-inch enameled wood blinds in our bedroom, and our son has been sleeping in there and smoking. There are nicotine stains on the blinds, and we have tried several ways to eliminate them to no avail. Do you have any idea on how to get rid of the stains? Any help at all will be appreciated.
—Bob K., via e-mail

A. As I began writing this reply, a friend pointed out (having just returned from an outdoor cigarette break himself) that the real issue at hand is a breach of smoker's etiquette — in that your son, while staying in your bedroom, smoked regularly without allowing for the consequences of unventilated smoke on the blinds (and perhaps furniture, carpet and electronics). However, since I deal with home repairs, not personal advice, that perceived breach is not for me to address. I would like to remind those readers who smoke that lighting up in someone's home isn't a good idea unless invited. The reason lies in my answer below.

Bob, because you're dealing with painted wood, cleaning the nicotine stains completely from your blinds may be impossible. Deposits of smoke and residual chemicals (i.e. nicotine) from cigarettes can create an ugly mess in a room, especially directly above the smoker's regular smoking spot. These fine particles sink easily into wood grain — even sealed wood.

Typically, dust particles can be swept away with a feather duster or ruffle. But cigarette smoke can leave a sticky residue — especially after several weeks of constant smoking — that does not come up easily except with a scrubbing sponge and soapy water.

And that's the problem with wood blinds. They can't be cleaned with

lots of soap and water because the moisture could warp them. Scrubbing the wood may just drive the residue deeper into the grain. The white enamel may also be permanently stained by brown soot, making any level of cleaning useless.

However, if you're determined to clean these and not replace them, wiping the slats down with a damp (not wet) cloth and a very mild detergent may reduce the stain. To clean the blinds quickly and (hopefully) deter warping, remove them from the windows and lay them on a flat surface

home tip
Dust all types of window blinds weekly using a feather duster or ruffle. For tougher cleaning jobs, take the blinds down and lay them out flat to clean quickly without damaging the slats.

that's been covered with a soft cloth (to keep from scratching the enamel). Wipe each slat down, rinse with a similar damp cloth, and then immediately dry them. Turn the blinds over and repeat.

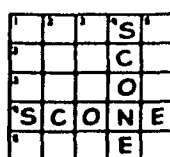
For blinds made with other materials, nicotine stains and other clinging dirt can be washed off in a similar manner. Vinyl and aluminum blinds can be immersed in a bathtub and washed with mild detergent. These types of blinds can also be cleaned using an industrial, ultrasonic process — if you're willing to pay for it — but unfortunately ultrasonic cleaning is not recommended for wood blinds.

Send questions or home repair tips to homeguru2000@hotmail.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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IT'S TEATIME! Can you find the four five-letter words in the Word Square on the right that match the definitions below? All words used must read the same both across and down.

1. A very old game.
2. An intuitive feeling.
3. A diplomatic messenger.
4. A tasty treat (given).
5. More bashful.



ANSWERS: 1. Chess, 2. Hunch, 3. Envoy, 4. Score, 5. Shy.

IDOT Awards for DUI Arrests



Mr. Ron Pavlock, who represented the Illinois Department of Transportation (IDOT), was present at the May Village Board Meeting to present awards to some of our Officers for DUI enforcement. Last year our Officers wrote and arrested sixty more individuals than the previous year for driving under the influence in the Village.

Officer Ronald Brandt	26 DUI arrests	Officer Tom Chamopoulos	34 DUI arrests
Officer Nicholas Zakula	26 DUI arrests	Officer Thomas Polinski	53 DUI arrests
Officer Thomas Cierniak	27 DUI arrests	Officer Nicholas Beyer	85 DUI arrests
Officer Alec Laule	27 DUI arrests		

Pictured below (left to right): Mr. Ron Pavlock, IDOT; Mayor Nicholas B. Blase, Officer Ronald Brandt, Officer Tom Chamopoulos, Officer Thomas Polinski, Officer Nicholas Beyer, Police Chief Jerry Sheehan.

Use of bicycle helmets on Forest Preserve property

At the Cook County Forest Preserve District Board meeting held on July 2, 2003, Cook County Commissioner Larry Suffredin, 13th District, introduced an ordinance requiring all persons bicycling on Forest Preserve District property to wear a properly fitted and fastened protective helmet that meets the standards promulgated by either: The American National Standards Institute, the American Society for Testing, The United States Consumer Product Safety Commission, or the Snell Memorial Foundation, Inc., or standards subsequently established by those entities.

The purpose of the ordinance is to help reduce the risk of injury to bicyclists using Forest Preserve District property. Commissioner Suffredin commented "wearing a bicycle helmet is one of the most effective safety measures a bicyclist can take to prevent injury, reducing the risk of head injury by up to 85 percent."

All of the Cook County Commissioners, including President Stroger, co-sponsored the ordinance. The ordinance was referred to the recreation committee for further consideration and when it is passed will take effect on January 1, 2004.

First assistant to review porch tragedy

Cook County State's Attorney Richard A. Devine has assigned First Assistant State's Attorney Robert Milan to review the evidence in the Saturday porch collapse on the North Side.

"Bob Milan is a highly experienced prosecutor who will closely examine all the evidence in this tragedy to determine initially if there is any criminal conduct, and if there is, to take the appropriate action," Devine said. "While the police have the obligation to investigate and gather evidence, we want to assure the public that our prosecutors will be reviewing the matter thoroughly and taking the evidence wherever it leads us."

Following the collapse of the porch at the rear of 713 W. Wrightwood Ave. that killed 13 people, police contacted the State's Attorney's office to invite prosecutors to a Monday briefing. A top deputy from the Felony Review unit attended that briefing.

To date, police have said that they are conducting a death investigation and have not yet found any evidence of a crime.

As the former supervisor of Felony Review, Milan meticulously examined the evidence and conducted numerous interviews after the death of Michael Chambers in the summer of 2000. Three men were ultimately

charged in that death. "I have every confidence that our assistant state's attorneys and the Chicago Police will conduct a thorough review of any evidence that might indicate criminal behavior in connection with the porch collapse tragedy," Devine said. "I also want to take this opportunity to express my deepest condolences to the families and friends of the thirteen young adults who died and my thoughts are with them and the other victims who were injured Sunday morning."

Sheriff's "Swap Crews" cleaning up around town

Labor crews from the Sheriff's Work Alternative Program (SWAP) are scheduled to work around St. Haralambos in Niles, July 17 to 22 as a public service to the taxpayers of Cook County, according to the Office of Sheriff Michael F. Sheahan.

The SWAP Program is made up of non-violent offenders charged with DUI and other misdemeanor crimes who "swap" jail time for a community service sentence. Under the supervision of specially trained sheriff's deputies, the crews work throughout the county on a variety of public works projects

such as cleaning parks, viaducts and streets.

"The SWAP Program serves our county well because it saves taxpayers millions of dollars," said Sheriff Sheahan.

"SWAP provides our communities with a free labor source and it helps to combat jail crowding and the costs associated with that problem. It also provides tough yet meaningful rehabilitation to the offenders by allowing them to pay their debt to society in a productive fashion."

For further information about SWAP, call (773) 869-4401.

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Ethanol & The Renewable Fuels Standard

U.S. Senator Dick Durbin (D-IL) today made the following statement in support of the inclusion of a Renewable Fuels Standard (RFS) in the energy bill up for debate on the Senate Floor this week:

"As the Senate debates energy policy and the inclusion of a Renewable Fuels Standard, the ethanol industry in the U.S. is on the verge of a tremendous growth spurt. This is good news for Illinois, and good news for the nation. But it also has critics raising their voices with claims of harm to the American consumer.

"In my home state of Illinois - a leader in the drive toward ethanol - we know they are wrong. Ethanol makes sense for the environment, for our nation's energy se-

curity and for farmers, taxpayers and consumers all across the country. To me, it is hard to argue against that case.

"As momentum for a Renewable Fuels Standard and the use of ethanol builds, I hope the findings released today by the National Corn Growers Association will convince our critics once and for all. I urge my colleagues to make the right choice - the smart choice - as we debate ethanol and the Renewable Fuels Standard this week."

For a copy of the new study "Consumer Impacts of the Renewable Fuel Standard," please call Tracy Taylor Grondine at the National Corn Growers Association at (202) 628-7001.

MidAmerica Bank Branches to Open in Skokie and Niles

Two new MidAmerica Bank branches will open their doors for business in mid-July.

The Skokie branch, located at 5033 W. Dempster Street, will officially open on July 17, while the Niles branch, located at 8890 N. Milwaukee Avenue, will officially open on July 24.

The Skokie branch lobby will be open from 9 a.m. to 5 p.m. Monday through Thursday; 9 a.m. to 8 p.m. Friday; and 9 a.m. to 1 p.m. Saturday. The Drive-Up will be open 8 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 1 p.m. Saturday.

The Niles branch lobby will be open from 9 a.m. to 8 p.m. Monday, Thursday and Friday; from 9 a.m. to 5 p.m. Tuesday and Wednesday and from 9 a.m. to 2 p.m. Saturday. Drive-Up hours will be 7 a.m. to 8 p.m. Monday through Friday; 7 a.m. to 3 p.m. Saturday and 10 a.m. to 2 p.m. Sunday.

Both branches will offer a complete range of services including checking, savings, home mortgages and financial investments.

MidAmerica Bank is a nearly \$6 billion financial institution. With the opening of these two new branches, MidAmerica will have 38 branches in Chicago and the suburbs.

Pawel J. Szczesny

Marine Corps Lance Cpl. Pawel J. Szczesny, son of Regina Pirrotta of Skokie and Pior P. Szczesny of Des Plaines, recently completed a two-week bilateral training exercise with Albanian military forces while assigned to the 26th Marine Expeditionary Unit (MEU), based in Camp Lejeune, N.C. The unit is currently aboard the USS Iwo Jima.

Szczesny is one of more than 4,000 Pacific Fleet Sailors and Marines who deployed aboard the ships of the USS Iwo Jima Amphibious Ready Group.

Drawing upon lessons learned in recent operations in Mosul, Iraq, Szczesny's unit sought to create a training exercise that included every element of the MEU with specific emphasis on combat service support of secure convoy procedures.

Szczesny's unit is an expeditionary intervention force with the ability to rapidly organize for combat operations in virtually any environment. MEUs are composed of more than 2,000 personnel and are divided into an infantry battalion, aircraft squadron, support group and command element. With this combination, Szczesny's unit supplies and sustains itself for either quick mission accomplishment or clearing the way for follow-on forces.

Szczesny is a 1995 graduate of Niles North High School of Skokie, and joined the Marine Corps in December 1999. For more information on the deployment and high resolution photographs, please visit the 26th MEU website at: <http://www.26meu.usmc.mil>

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County.

File No. D03085706 on June 13, 2003, under the Assumed Name of California Nails with the business located at 8860 N. Milwaukee Ave., Niles, IL 60714. The true name(s) and residence address of the owner(s) is: Sean N. Le, 4734 N. Sacramento Ave., Chicago, IL 60625.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County.

File No. D03085812 on June 18, 2003, under the Assumed Name of Faux For You with the business located at 607 Wesley Drive, Park Ridge, IL 60068. The true name(s) and residence address of the owner(s) is: Sandra O'Toole, 607 Wesley Drive, Park Ridge, IL 60068 and Deborah R. Roeske, 4252 N. Oriole, Norridge, IL.

Academy For Dropouts

The Lincoln's Challenge Academy, a Program for high school dropouts conducted by the Illinois National Guard in Rantoul, Illinois will welcome over 800 16-18 year-old at-risk volunteers on July 22 and July 23 for the beginning of class 21.

Lincoln's Challenge cadets are 16-18 year-old high school dropouts who volunteer for the Academy and are schooled in a military school style setting that focuses on self-discipline, career skills development, job training, drug abuse awareness, financial management, and other life coping skills as they work toward obtaining the high school equivalency diploma (GED).

Upon completing the rigorous 22-week residential phase, the cadets return to their homes to become productive members of their communities. To aid them in the following 12 months, each cadet is assigned a mentor to assist with completing the educational and vocational goals set in the residential phase.

Anyone with questions or interested in following up on cadets from your area, please call Dick Steigmann, Community Relations Liaison for the Lincoln's Challenge Academy at (217) 892-1335.

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A Bed - \$119 - Full Size Double
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In Original Plastic - With Warranty
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Weekend Job Guide.

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Ask For Beverly

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PERSONALS

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

POWERFUL PRAYER TO THE HOLY SPIRIT
You who solve all problems, who light
the way to the divine gift of grace. You
who give me the divine gift to forget and
to forget 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 in spite of
all material blessings. I wish to be with you
in eternal glory. Thank you for your mercy
towards me and mine. Say this prayer for 3
consecutive days and a favor will be granted.
Thank you. B.D.

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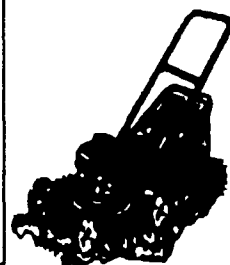
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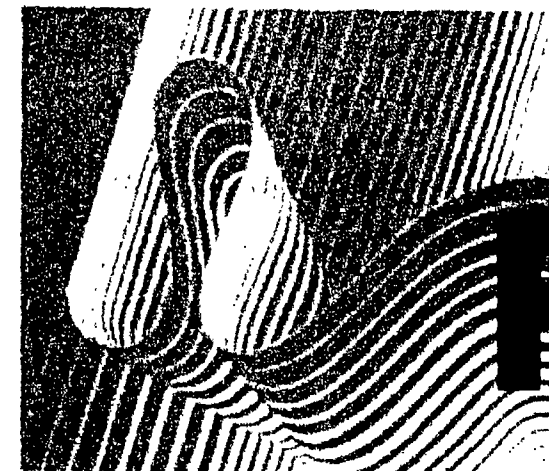
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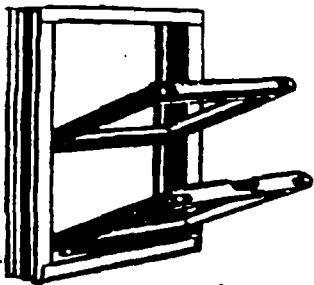
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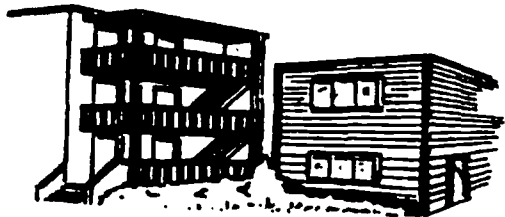
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- Gutters
- Trim



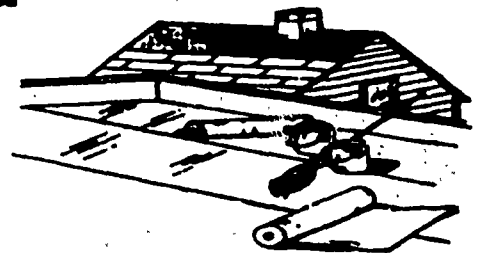
PORCHES & DECKS

- Porches Rebuilt and Enclosed

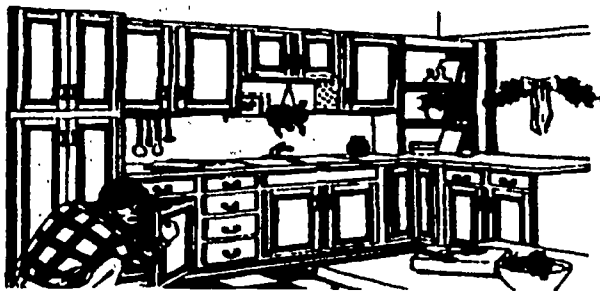


ROOFING

- Shingle
- Hot Tar
- Rubber
- Roll



KITCHENS & BATHS



ADDITIONS, DORMERS & REC ROOMS



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