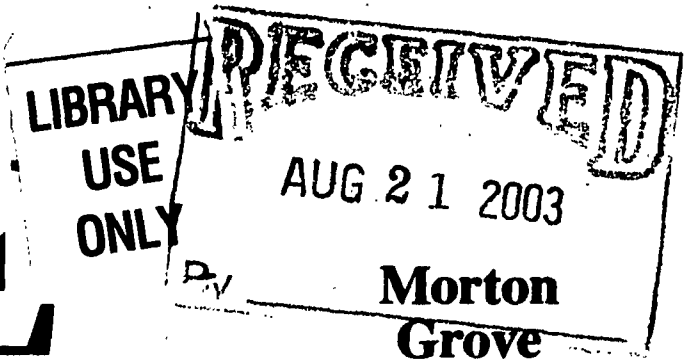


50¢

Niles

# THE BUGLE

Niles Public Library District  
6960 Oakton Street  
Niles, Illinois 60714  
(847) 663-1234



Thursday, August 21, 2003

Vol. 47 No. 8

## Morton Grove, Niles prepared for outages



Aidan Kelly, 5, of Chicago asks "The Rope Warrior" David Fisher, a question after Fisher entertained visitors at the Niles Park District's Oak Park outdoor concert, last Friday, August 15.

ANDREW SCHNEIDER

The Villages of Niles and Morton Grove are well-prepared for power black-outs according to spokesmen for their respective Police Departments.

"We're very well-prepared," said Niles Deputy Chief of Police Charles Giovanelli. "We have a liason from [electric utility] ComEd. We don't suffer outages anywhere near as much as we used to because of our excellent relationship with ComEd. It's thanks for [Niles Mayor Nick] Blase."

When a power outage does hit Niles, a number of Village departments respond.

"First, we make sure no lines are down," said Giovanelli. "Then we go check to see if there are any seniors or families in need in the affected area. Niles isn't New York, so we aren't in as much danger as in an urban area. But when there's an outage, we do become extremely concerned about the very old and the very young."

As a result, following outages, Police go up and down affected streets using a public address system on their squad cars to make sure everyone is all right.

"Mayor Blase has done a great job," said Giovanelli. "He works hard with the utilities. Because of his efforts, we have an especially good rapport with ComEd." In any emergency, the Police aren't the only agency to respond.

"The Niles Family Services Dept. also helps," said Giovanelli. "Along with the Fire Dept. and Public Works." The Morton Grove Police are also prepared for any emergency

(Continued on page 2)

## One of Niles first Firefighters dies

JULIE ANN MURPHY

Charlie Pickup joined the Niles Fire Department in 1953 as one of Niles's first two full-time firemen on the force. Chief Kinowski, who was assigned to the same pla-

toon as Charlie in 1960, fondly recounted some memories for us. Charlie was known for his cooking talent, being the shift chef at the station. He had a unique chili and a special dish he called "Eruption" – a combination of cube steak, onions, potatoes, green peppers, and

dumplings – which everyone enjoyed.

With all the skills he acquired after his 20 years of service, Charlie retired from the Niles Fire Department as an engineer and professional truck driver.

Charlie's son Richard followed in his father's footsteps,

joining the Department shortly after Charlie had retired. Father and son later formed a business partnership, opening Niles Electric, a fire and burglary alarm company. Charles finally retired completely a number of years later, and moved to Florida with his wife Carol.

## Morton Grove Library invites teen participation

BARBARA A. MENDELSON

The Morton Grove Public Library invites interested teenagers within the village to join its Teen Advisory Board. "We have about five to 10 members now, but we'd welcome more," says librarian Melissa Rice, who services the library's young adult population.

Begun last fall, the teen board helps library staff plan services and activities for their peers. From the board's input last fall, two teachers gave a presentation on the graphic novel, a literary form that mimics a comic book but offers a stronger story line. This summer, the teen board sponsored library movie nights and a special showing of "Lord of the Rings."

Morton Grove teens interested in this community service are invited to contact Rice at 847-965-4220. The Teen Advisory Board meets on first Mondays of every month at 7:00 p.m. The meeting on August 4 will be followed by one September 8, rescheduled due to the Labor Day holiday.

## INSIDE TODAY'S BUGLE

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## News

## Outages

(Continued from page 1)

according to Emergency Preparedness Coordinator. Sergeant Gil Cadrecha.

"We've had an emergency plan ever since the federal government first required us to," said Cadrecha. "We've gone from duck and cover during the Cold War to today's tornado drills."

Morton Grove also has a strong relationship with ComEd, said Cadrecha.

"We have a great working relationship," he said. "We're a small community though, and we understand that it sometimes takes them

a little while to get here. But they've always been prompt."

Cadrecha argued that a recent microburst was proof that the village was prepared for emergency situations.

"A microburst hit the village's east side five to six years ago, knocking down power lines," he said. "We were able to handle it. We dropped the stop signs on all of the intersections and set up flares for motorists. And we worked with the village's other departments to look after the affected residents."

In months of severe heat or cold, the Village has contingency plans

to provide heating or cooling.

"If there was an outage in a month of severe heat or cold, the village would open the village hall, the civic center, and the police department to provide some decent level of comfort for people," he said.

Both Giovannelli and Cadrecha said that a disaster on the scale of the recent East Coast power outage was unlikely.

"The problem in New York was that it moved so fast," said Cadrecha. "No one expected it. I have confidence that we'd be able to handle any such emergency."



Morton Grove firefighters remove a ventilation fan after extinguishing a fire in a basement bedroom Tuesday afternoon, August 5 at 9356 Shermer. According to the fire department's report the cause of the fire was an incendiary device. One resident of the home was transported to Lutheran General Hospital for a medical reason unrelated to the fire. Damage to the home is estimated at \$3,000.

## Pops Conductor Lloyd Butler Discusses His Craft at Library, Monday, August 25

As the Chicagoland Pops Orchestra prepares for its inaugural season at the Rosemont Theatre this fall, Niles Public Library District, 6960 Oakton Street, prepares its patrons for the utmost orchestral

experience.

Pops Conductor Lloyd Butler will appear at the Library on Monday, August 25 at 7:00PM to explain the role of an orchestra conductor and the meaning

behind his waving baton.

The program will include live music and a mini conducting lesson in which the audience will pretend to be sections of the orchestra following a score. No musical experience necessary.

Please register for this program at the Library Information Desk or call 847-663-1234. Registration is required, as seating is limited.

## For Sanity's Sake

by Taprina Milburn



### Automated Hell

I've just finished a conversation — well, I don't think I can call it a conversation if the person on the other end of the telephone is automated and not really a being that eats, snores or flosses her teeth.

My freezer is leaking, and I need to make an appointment for a repairman to check things out. I'm having to answer a series of questions asked by the computerized receptionist.

"Please state your date of purchase, name and telephone number with your area code first."

I give my information.

"State whether or not you need to set a date for a repair visit, find a location nearest you, or connect with customer service."

"Date for repair visit," I answer.

"One moment please."

I'm then connected to another department and another automated voice.

"Please state your date of purchase, name and telephone number with your area code first."

I just did this. Can't my previous automated info-taker zap this to you?

But it's no fun to argue with someone who won't or can't argue back, so I give all my information again.

And then I'm put on hold where I wait ... and wait ... and wait.

A real human finally answers the phone, and before I can start asking my questions about my freezer, he begins to ask me a series of questions.

"What is your name and telephone

number? Date of purchase?"

I'm put on hold so he can look up something.

This is either hell or purgatory. I'm not sure.

I have a suspicion that all the automated jabber that just went on was only to make me feel as if I was being tended to — sort of a babysitter for impatient, cranky adults stuck in a telephone traffic jam. The logic, I guess, is that if you keep us busy answering questions asked by computerized receptionists, we'll forget that we've really been on hold for 15 minutes.

When I refill my prescription I go through a similar experience, where I punch in my phone number, area code included, and prescription number. The automated receptionist goes through a thorough, but lengthy confirmation process (which when dealing with my medication I don't mind) and asks if I want to pick up my prescription that day. I punch a few more buttons and I'm done. I can also bypass the checkout clerk nowadays at some stores and scan my own groceries and punch in my own credit-card information or feed dollars and cents into a machine.

If it weren't for my children and husband, I could literally conduct my life without talking to another person.

Some days that might be nice, but at the risk of sounding ... ahem ... ancient, I don't like our automated society. It will take a lot of tweaking before an automated voice can genuinely ask: "Were you able to find everything you were looking for?" "Sorry that I had to put you on hold, may I help you?" and "Have a nice day."

Write to Taprina Milburn in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to taprina@for-sanitysake.com.

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BY JEFFREY CARDELLA

Special to The Bugle

Edward Jones:

## Don't Overreact to Falling Bond Prices



If you own bonds, you probably had a pretty good run in recent months, as prices remained strong. But, for the past several weeks, things have changed, and bond prices fell — hard. What does this plunge mean to you? And how should you respond?

Before making any hasty moves, you may want to review just why bond prices have fallen. As you may know, bond prices are inversely related to prevailing interest rates. So, let's say you have a bond that pays six percent interest. Assuming then that there are new bonds of the same quality but only paying four percent, other investors will pay a premium to you for your bond. You can then sell it for more than its "par" (face) value. But if market rates rose to eight percent, then the price of your six-percent bond would drop, because no one would be willing to pay you the face value.

Since about mid-June this year, interest rates have risen. In fact, the rate on the 10-year U.S. Treasury bond — often referred to as the "benchmark" against which all other bonds are measured — has jumped from 3.11 percent on June 13 to just under 4.30 percent in early August. That's a big "spike" in a short amount of time — and it caused bond prices to tumble.

As someone who owns bonds, your initial reaction to these developments might be one of dismay. After all, who wants to see the value of their investments drop? But, upon closer inspection, you may find that the situation isn't as alarming as it appears.

Consider why you buy bonds. Was it because you thought their price would rise and you could then sell them for a profit? Probably not — if you're seeking capital appreciation, you should consider buying growth stocks. However, keep in mind that stocks have higher risks including the potential loss of principal invested.

But you do have at least three good reasons to invest in bonds:

• **Current Income** — By investing in bonds, you receive a regular, predictable income stream. If you feel the income is too low, you might be able to boost it by building a "bond ladder" — a collection of bonds of varying maturities. That way, when market rates are low, you'll still have longer-term bonds paying higher interest. And, since you'll continually have maturing bonds, you'll always have money coming in to reinvest — which works to your advantage when market rates are high.

• **Protection of principal** — When you buy government bonds, you will be receiving the highest quality of bonds. And the timely payment of interest and principal is guaranteed by the US government. When considering corporate or municipal bonds look for those that are "investment quality," which are bonds that receive the highest grades from independent rating agencies.

• **Portfolio diversification** — If your portfolio is overwhelmingly tilted toward equities, you may find that bonds can provide you with some valuable diversification. Keep in mind that stocks and bonds frequently move in different directions — so, if the stock market is slumping, your bonds can help cushion the impact.

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

PUBLIC SERVICE ADVERTISEMENT

## News

## Niles' Olive Branch Sgt. Todd Waller makes friends in Iraq

### District 219 cuts \$4 Million from budget

ANDREA SAVIANO

Students returning back to Niles Township High Schools this year will notice an increase in their fees as a result of a 4 million dollars budget cut undertaken this year.

According to District 219 Business Manager Garry Yeggy, the largest cuts were made in personnel areas where fewer staff was hired at a lower pay rate.

The cuts were a result of recommendations made by a Financial Advisory Committee that was formed in January of 2003. After meeting four times this year, the committee made recommendations to the Superintendent of District 219 schools which were then approved by the Board of Education.

"The budget cutbacks will have no impact on students besides the increase of their student fees," said Yeggy. "We are hoping that the quality of education will stay the same, however we hope that these cuts do not have an adverse effect on future students as the District is still spending more money this year than we have. This may mean huge staff cuts in the future," continued Yeggy.

According to Yeggy the Superintendent is planning to set up a Citizens Advisory Board shortly to include community input in determining the district's future financial direction.

### Primary school student records to be stored at Dist. 207

ANDREA SAVIANO

Elementary Schools Districts 62, 63, 64 have signed an inter-governmental agreement with High School District 207 pertaining to the storing of former students' permanent records. The agreement states those students who graduated from a District 62, 63, or 64 school will have their permanent and their temporary records stored at District 207 if they then graduated from a District 207 school.

According to Michael Johann, Executive Director of Personnel and Pupil Services for District 63, temporary records are stored for 5 years, while permanent records are stored for 60 years.

BARBARA A. MENDELSON

Niles resident, Sgt. Todd Waller, 22, is asking for news from home. He needs diversion while on active duty in Iraq, so he wrote the Niles Bugle in May and asked that we print his address.

Waller tells that he left his patrolman's job with the Cary, Illinois police department when his National Guard Unit, the 933rd Military Police Company, was activated on February 3 for one year.

He writes that he is a trained combat lifesaver. "This means I have the basic lifesaving skills to keep someone alive until a medic arrives," he explains, and adds that these skills were put to good use on July 13.

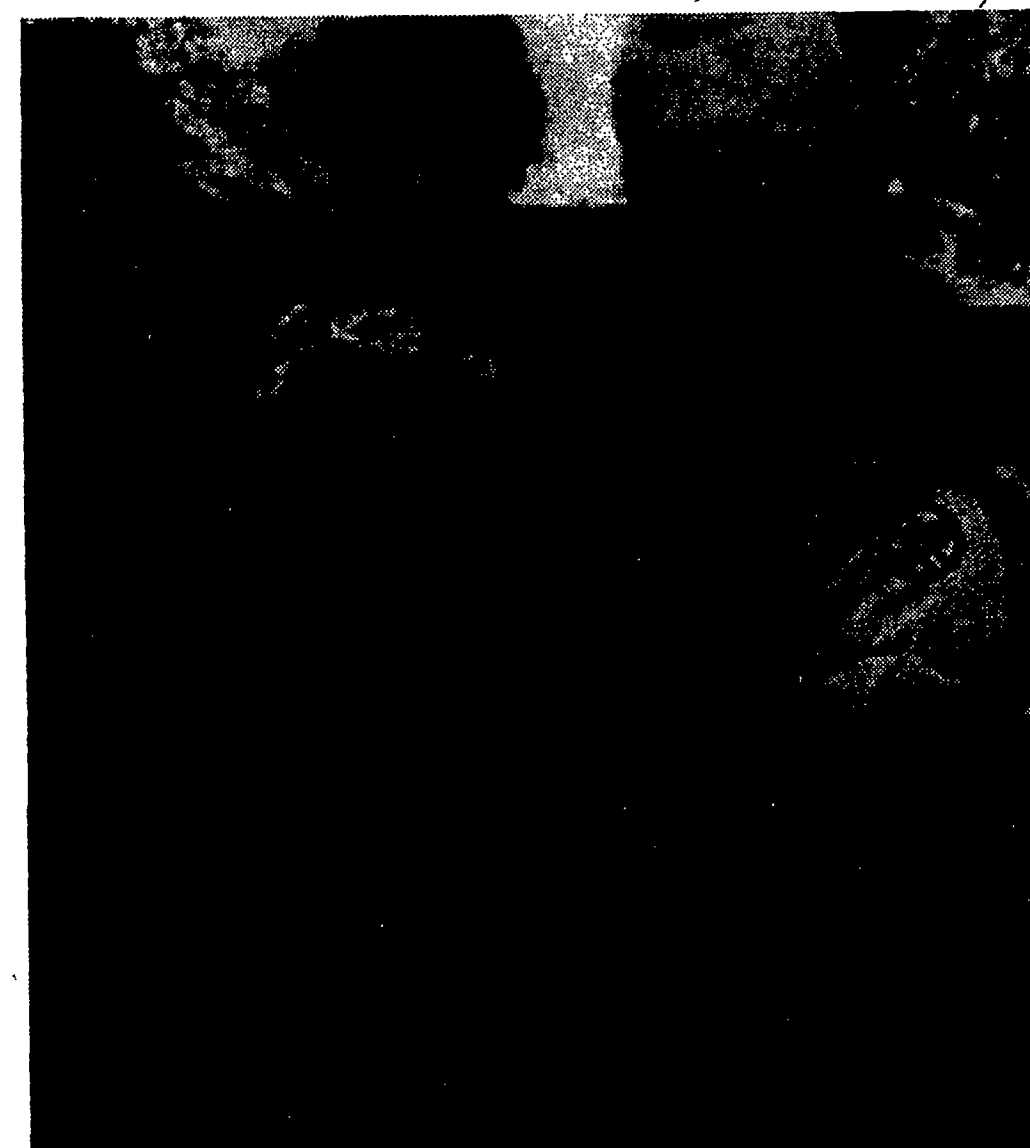
"My Humvee passed a military semitrailer that had veered off the road, hit an incline, crashed and rolled several times, leaving the driver and passenger trapped inside," Waller

writes. "My gunner and I stopped and set up a makeshift triage area where I immobilized a broken ankle, bandaged wounds and administered IVs until a medic arrived."

Waller tells about contact he's had with local residents near An Nasiriyah, southeast of Baghdad. In particular, he's come to know a 2- or 3-year-old girl from among a group of children who wave and run to them as they drive by. Waller writes that he saw Sarah, the daughter of a camel driver, as he approached one day, but as he got closer found she had disappeared. Moments later she came from her house in a different outfit, her hair restyled. And he got his photo with her.

Waller graduated from Our Lady of Ransom Grade School in 1995 and Notre Dame High School in 1999. When in Niles, he resides on the 8200 block of West Monroe with his mother, Mary Jo Waller-Sapit. Waller is the youngest of three sons and has one sister who attends Maine South High School.

He's enlisted everyone he can to write him and even



Niles own Todd Waller holds an Iraqi girl in An Nasiriyah, southeast of Baghdad.

has friends who send him letters. Write him: Sgt. Todd Waller, the Niles Bugle, his mother says. 933rd MP Company, LSA But he can still handle more letters. Adder, APO AE 09331.

## Niles' new youth coordinator Christine Eischen, starts work

TRACY YOSHIDA

Christine Eischen's love for working with teenagers has brought her to Niles. Just a couple of days ago, she started her position as the new youth coordinator for the Niles Youth Council. The first youth council meeting under the new leadership is scheduled to take place on Thursday, Sept. 18.

Eischen previously worked for Mayor Daleys Kid Start Youth Net program in the 16th district of Chicago, which is a neighbor to Niles. For a year and a half, she was in charge of the youth council. In that position, she worked with fund-raising events, movie nights and other events for teenagers. Eischen also has experience with researching grants. She has dedicated time to the process of creating a skate park, which is a major project that she will also help the youth in Niles to accomplish.

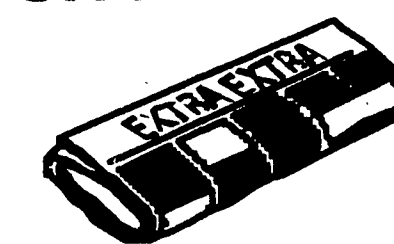
"I consider them my bosses," said Eischen, about the youth. She said that she plans to encourage them to organize events and become actively involved in various ways. For example, the Niles Park District will provide the youth council with their own special place to meet and they will be able to decorate the area however they choose to.

"I really enjoy working with teens," said Eischen. "I'm really trying to become familiar with all of the services. I need to really get to know the kids. The kids are very lucky to have the fitness center."

"She came to us with a lot of experience," said Asst. Village Manager for the Village of Niles Steven Vinezeano. "We're happy to have her on board."

Eischen said she plans on working with the youth on building their skills through leadership training, something she has experience with in her previous position.

## WHAT DO YOU THINK OF OUR NEW LOOK?



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## SCHOOLS

## Local student part of Engineering Project Team

Paul Johnson of Park Ridge, was a member of the engineering team that received a second place Roschke Senior Project Award from the College of Engineering at Valparaiso University. His team's project was the "Padlock Solver."

Johnson is senior mechanical engineering major in the College of Engineering at Valpo. He is a graduate of Maine Township High School.

Valparaiso University is an independent comprehensive Lutheran university that enrolls more than 3,600 students on its campus located 55 miles southeast of Chicago. It most recently was ranked first among the Midwest's top universities by U.S. News & World Report magazine in its annual "America's Best Colleges" publication.

More than 60 academic programs are offered through the college of Arts and Sciences, Business Administration, Engineering and Nursing. VU also has a distinguished honors college (Christ College), graduate program and School of Law.

## Gary Newhouse 'Academic Librarian of the Year'

Illinois Library Association Names Gary Newhouse 'Academic Librarian of the Year'

Gary Newhouse, dean of library and media services at Oakton Community College, is the winner of the 2003 Illinois Academic Librarian of the Year Award. Newhouse will be recognized Thursday, October 16, at the Illinois Library Association Annual Conference in Springfield.

In announcing the honor, Kathleen McSwain, chair of the ILA awards committee, cited Newhouse for "significant accomplishments in directing Oakton's library as a model for other community colleges," as well as his "very long and distinguished record of contributions to professional associations and resource sharing in Illinois."

A reception for award recipients and invited guests is scheduled before the formal ceremony on October 16. Newhouse also will be recognized Friday, October 17, at a continental breakfast sponsored by the Illinois Association of College and Research Libraries.

The ILA's Academic Librarian of the Year Award was established in 1985 to reward the achievements of those who

distinguish themselves in notable professional association service, as well as in leadership and exemplary library service within an academic setting.

Oakton Community College offers degree and certificate curricula for students preparing to earn a bachelor's degree at a four-year college or university, as well as those preparing for employment in a variety of careers. Oakton is accredited by The Higher Learning Commission and is a member of the North Central Association, Illinois Community College Board and American Association of Community Colleges.

## COACH Program Resumes at Maine East

Here's one coach you won't find in the gym or on the athletic field. Instead, try Room 230, COACH headquarters. Back in fall for its fourth year at Maine East is the COACH (co-operative achievement) tutoring program. Services include one-on-one, student-to-student tutoring in every academic area. The group consists of 26 seniors, 20 juniors, and 11 sophomores and includes tutors who are bilingual in a total of 13 languages.

## Bradley University alumni event planned

Bradley University alumni are invited to attend an event at Winzeler Gear at 7355 W. Wilson Ave. in Harwood Heights on Tuesday, Sept. 9, from 5:30 to 7:30 p.m.

The event, hosted by the Bradley College of Engineering & Technology and Slane College of Communications and Fine Arts, will feature Bradley's

Formula and Mini-Baja cars and the rapid prototype project designs.

The cost is \$13 per person and includes hors d'oeuvres and beverages. Reservations should be made by September 5 by calling (312) 443-1570. For more information, contact the Bradley Office of Alumni Relations at (309) 677-2240 or (800) 952-8258.

## Niles North High School students win award

Two students from Niles North High School achieved finalist status in the National Contest of National History Day. Deepak Bhandari and Eugene Ioffe were recognized in the category of Group Exhibit -- Senior Division for their project titled *The Facade of the Golden Mountain*.

The exhibit was based on the violation of the rights of the Chinese Immigrants in the United States during the turn of the 20th century, and the responsibilities that the Chinese accepted to overcome discrimination and establish their own communities.


## One for the Community

Our Lady of Ransom Parish in Niles is selling Entertainment 2004 Books. Books are now available.

Only \$20. The book offers a variety of values, mainly two-for-one deals at many restaurants and establishments. They make wonderful gifts for birthdays, anniversaries, and the upcoming holidays.

The sale of these books benefits the scholarship program for the school children and REP program.

To obtain a book, contact: Josephine Bax at: (847) 823-2550.

	<b>7780 Milwaukee Avenue, Niles</b> <b>(847) 965-1315</b>	<b>HOURS</b> Mon. thru Fri. 8:30-6:00 P.M. Saturday 8:30-5:00 P.M. Sunday 8:30-2:00 P.M. <small>We reserve the right to limit quantities and correct pricing errors.</small>	<b>SUB SANDWICHES &amp; PARTY TRAYS</b>  <b>SALE ENDS WED., AUGUST 27</b>
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## POLICE BLOTTER

### Niles

The following items were taken from the official reports of the Niles Police Department for the week ending Tuesday, August 19.

#### ARRESTED FOR THEFT

Stanislaw Wolak of Chicago was arrested on Aug. 17 for retail theft at Golf Mill Shopping Center on Milwaukee Ave., police said. Police said he had an active warrant from the Hanover Park Police Department for retail theft. Bond was reportedly posted at \$6,000 and the offender was released.

#### CRIMINAL DAMAGE ARREST

Ivan Montesinos of Des Plaines was arrested at 7200 N. Milwaukee Ave. on Aug. 16, police said. He was released from the Niles Police Department on charges of driving under the influence of alcohol. As he exited the police station he walked over to a vehicle and used an unknown object to scratch the vehicle from the rear to the front drivers side door, police said.

#### POSSESSION

#### OF CANNABIS

An officer observed subjects conduct a hand-to-hand exchange of a marijuana cigar on the sidewalk at the 8000 block of Harlem on Aug. 15, police said. Police told the subjects to place their hands on the hood of the squad car and the offenders also placed the cannabis on the hood.

#### BURGLARY TO VEHICLE

An offender entered a 1999 Dodge Neon and removed a stereo valued at \$350, a black leather wallet containing a driver's license and three credit cards on Aug. 15 at the 8600 block of Milwaukee Ave., police said. The victim gave the officer a screwdriver that was left in the vehicle by the burglar, police said.

#### SUSPICIOUS ACTIVITY

Police said while the victim was eating her lunch on a bench outside of a store on Milwaukee Ave., an offender pulled up along side of her and asked her personal and inappropriate questions. He asked her name, where she lived and what her dad did for a living. He later asked more inappropriate questions. The victim got scared and went back into the

store and told the witness who then went outside and saw a woman walk over to the offender's vehicle with groceries. Police said the offender stepped out and loaded the groceries in the vehicle and drove off.

#### CRIMINAL DAMAGE

Police said an offender had a drinking party at a hotel at the 7200 block of Waukegan Ave. on Aug. 15 causing damage to a hotel room. The mirrors in the bathroom and in the main room were shattered and towel bars and shower curtains were torn from the walls, police said. Empty alcohol containers and miscellaneous garbage were also left in the room.

### Morton Grove

The following items were taken from the official reports of the Niles Police Department for the week ending August 15, 2003.

#### FITNESS BANDIT SPRINTS FROM NUTRITION STORE

Morton Grove police are looking for a man who scooped

up an armful of bodybuilding supplements and sprinted out of nutrition store in the 6700 block of Dempster, Tuesday afternoon August 12.

According to police the clerk at the store said the man just walked in and grabbed a box of nutrition bars, a can of Animal Stack, and a bottle of creatine serum and dashed out the door toward a bicycle stored at the back of the plaza. Police said a pedestrian joined in the chase and as they closed in—the thief dropped two of the items but made off with the serum.

#### FRAUDULENT RECEIPT LEADS TO ARREST

A 21-year-old woman was arrested Monday evening August 11 after she collected nearly \$200.00 from a clothing store using a phony receipt to return clothing she already owned.

According to police, Dena G. Green of 13105 S. Daniel Dr. in Chicago was followed from the T.J. Maxx store in Evanston after she collected cash using a phony receipt. The security guard followed Green to the Morton Grove store and called police. Police and security guards watched as Green

entered the store carrying a red jacket and a gray jacket and approached a clerk. Security personnel instructed the clerk to complete the transaction and when Green left the store she was arrested. Police said Green signed the return slip with a different name. Security personnel and clerks at the Evanston store noticed the receipt was fraudulent because it lacked certain characteristic of the store's regular receipts. Green was charged with felony retail theft and is scheduled to appear in court Sept. 11, 2003 at 1:30 p.m. in Skokie.

#### FORGERY

Two men were arrested last week after one of them allegedly tried to cash a check that a currency exchange in the 6100 block of Dempster.

Police said they were called to the currency exchange by a clerk after she called the company whose name was on the check to verify its authenticity. A representative of the company told the clerk the check was stolen and told the clerk to call the police.

A short time later a representative of the company joined the police at the currency exchange to verify her signature was forged and that the check was not issued by anyone at the company.

Police arrested the man who tried to cash the check and charged him with forgery. A second man who had the checks was later arrested and charged with possession of stolen property.

#### INDECENT EXPOSURE AT PET STORE

Morton Grove police are looking for a man who allegedly exposed himself in a pet supply store in the 7100 block of Dempster, Tuesday night August 12.

Police said the assistant manager of the store told them the man came into the store and purchased some items for a fish tank. The manager said the man paid for the items and then moved toward the front of the store; exposed himself; and said, "Can anyone help me?"

Witnesses said the man fled the store after exposing himself. Witnesses described the man as nearly 6 feet tall, and weighing about 160-190 pounds and in his early 30's.

### M-NASR Fall-Holiday Brochure Available

Maine-Niles Association of Special Recreation's (M-NASR) seasonal brochure for Fall is now available. M-NASR offers individuals with physical and mental challenges, behavior and learning disorders, hearing and visual impairments and emotional disabilities the opportunity to enjoy a variety of recreation activities. The Fall season offers a variety of programs and special events including sports and Special-Olympic programs, BlazeSport® programs, art, cooking, aerobics and more. Look for the addition of many outings this season such as: Halloween Special Events, Girls' and Guys' Night Out, and a Martial Arts course. Registration begins upon delivery of the brochure and Fall programs begin the week of September 29, 2003.

Maine-Niles serves the towns of DesPlaines, Golf-Maine, Lincolnwood, Morton Grove, Niles, Park Ridge and Skokie. If you would like to receive a seasonal brochure or wish to offer support for individuals with special needs by volunteering, please call (847) 966-5522.

### Good Housekeeping

#### Summer Corn Salad

A colorful salad created from farm-fresh summer vegetables.

PREP: 30 minutes  
COOK: 10 minutes  
MAKES: 12 accompaniment servings

- 1/2 ears corn, husks and silk removed
- 1/2 ounces green beans, trimmed and cut into 1/4-inch pieces
- 1/2 cup cider vinegar
- 1/4 cup olive oil
- 1/4 cup chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1 red pepper, finely chopped
- 1 small sweet onion, such as Vidalia or Walla Walla, finely chopped

1. In 8-quart saucepot, heat 2 inches water to boiling over high heat; add corn. Heat to boiling. Reduce heat; cover and simmer 5 minutes. Drain. When cool enough to handle, cut kernels from cobs.

2. Meanwhile, in 2-quart saucepan, heat 1-inch water to boiling over heat; add green beans and heat to boiling. Reduce heat; simmer until tender-crisp, 3 to 5 minutes. Drain green beans. Rinse with cold running water; drain.

3. Prepare dressing: In large bowl, with wire whisk, mix vinegar, oil, parsley, salt and black pepper until blended.

4. Add corn, green beans, red pepper and onion to dressing bowl; toss to coat. Serve, or cover and refrigerate up to 2 hours. Makes 12 accompaniment servings.

• Each serving: About 179 calories, 5 g protein, 31 g carbohydrate, 6 g total fat (1 g saturated), 0 mg cholesterol, 219 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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### Michal Babinski

Civilian Michal Babinski, son of Lester Babinski of Des Plaines, IL, recently enlisted in the U.S. Navy under the Delayed Entry Program at Navy Recruiting District Chicago, IL.

The program allows recruits to enter the Navy and take up to one year to complete prior commitments such as high school. Using recruiter as mentors, this program helps recruits ease into the transition from civilian to military life.

Babinski will report for active duty to undergo basic training at the Navy's Recruit Training Center, Great Lakes, IL.

Babinski is completing his senior year at Maine East.

### WHAT'S YOUR U.S.P.?

Ask any marketing expert how to sell a product, and you're likely to be asked to explain its "U.S.P." - its "Unique Selling Proposition." That's a fancy marketing term for "tell me what makes your product different than every other one on the shelf?"

When selling your home, you'll have plenty of competition. There may even be one or two homes right on your street for sale. So... what will make your home stand out in the mind of prospective purchasers? What's its "U.S.P.?"

Here's just one excellent reason for being represented by a leading real estate professional. Choose an agent with the desire, experience and education to identify what makes your home unique. Once determined, that agent will also know how to create a marketing plan specifically designed to sell your home.



For example, your home's U.S.P. might be a spacious, yet private, "mother-in-law" suite. It could have a unique workshop area, specially wired for power tools, or an in-home office area with internet access. You may be willing to offer uniquely attractive selling terms such as owner financing, or a below-appraisal price.

What makes your home special to interested buyers? Ask your agent to explain the marketing process in more detail. Then, let your home attract qualified buyers competing to own it at full price.

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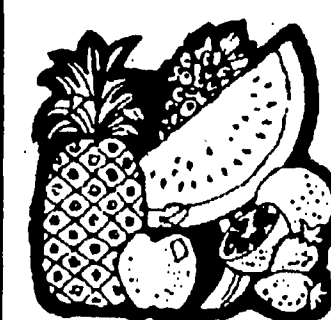
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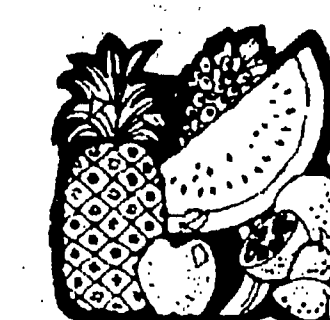
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## SOUND OFF

Dear Bud Besser,

My wife and I have lived in Niles for over thirty years and are long-time readers of The Bugle. We just read that you are selling the paper and just wanted to offer our sincere thanks for all your hard work, information provided, and thoughtful analyses and

viewpoints that you have provided over the many years. Like many young people, we wanted to raise our family in a good place and in Niles we found it. Actually we found Niles an exceptional place to raise kids and live and we give people like yourself tremendous credit and heartfelt thanks for everything you have done to make Niles the

great place it has been and continues to be. In reading The Bugle each week it is very obvious that you care deeply about Niles and that feeling has rubbed off on a lot of residents and had a multiplier effect. You personally may not be publishing The Bugle in the future but your legacy will be truly lasting in the Village you helped to create. Thanks again Bud and all the best!

Mike Shields  
Niles

Dear Bugle,

I have always enjoyed reading the Bugle and like the additional columns you have incorporated with the village news, i.e., "Good Housekeeping," "Paws' Corner," "Veterans Post," "Senior News Line," "From Start to Fitness," "Cruisin'," "Racing," "Sports Quiz," "A Sporting View," "Now Here's a Tip," "Donna's Day," "The Garden Bug," "This is a Hammer." I would like to see a return of the "Police Report," and "Movie Ads."

I have been a Niles resident for 35 years.

Jean Milauskas  
Niles

Open Letter to Dave Besser,

Notes from your Niles Bugle were loud and clear!

During the exciting 1960's when Niles was experiencing much of its growth - you were an important factor in keeping things in perspective. Zoning matters, annexation issues, contested elections, referenda and the overall pulse of the Village were intelligently and professionally handled - in the Left Hand Column.

Uniquely, you took editorial positions on affairs in the community. The Niles Bugle was something to listen to. Thanks for 46 great years and a job well done.

Jack Leske  
Niles

Gentlemen:

Friday, July 11, I lost something that I have worn around my neck for 53 years.

My chain broke and my Dog Tag, (one service) and St. Christopher Medal were gone. U.S. 55043044 Brownlow, Robert P. T51. I have the second Dog Tag.

I would greatly appreciate it if you could list this in your Lost & Found (if you have one).

Saw your request in the Bugle, thought I would take a chance. Through 3 years in Korea, 50, 51, 52, so you can understand its attachment.

Sincerely,

Robert Brownlow  
Niles

"Sound Off" is a column provided by the Bugle for its readers and does not represent the views of the newspaper or its staff. The Bugle reserves the right to edit all letters before publication.

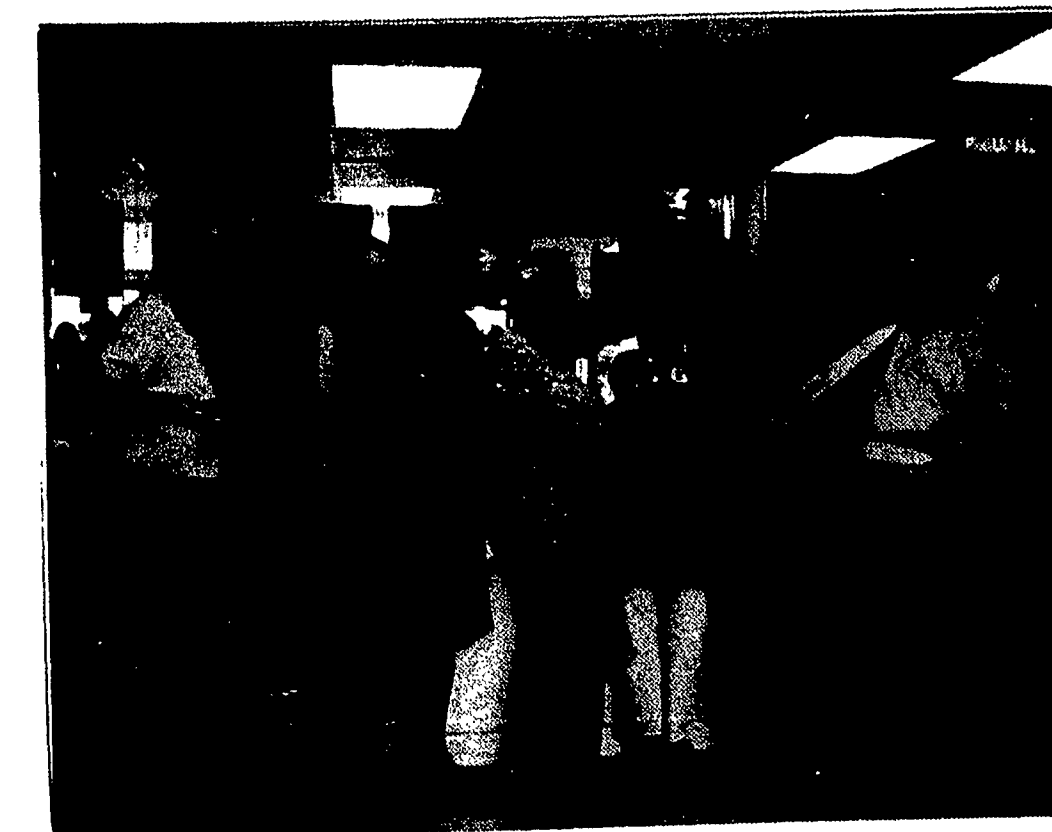
"Sound Off" letters should be addressed to:

Niles Bugle: Sound Off  
7400 N. Waukegan  
Niles, IL 60714  
or  
soundoff@nilesbugle.com

## New Morton Grove businesses cut ribbons



Pictured above, a new Subway restaurant and, below, the coffee shop "Supercup" recently cut ribbons in Morton Grove.



## Washington Mutual Opens New Branches in Niles, Morton Grove

JULIE ANN MURPHY

Washington Mutual will soon be opening new bank branches in Morton Grove and Niles.

From the minute you enter the bank, you realize that you are in store for something completely different. The alcove features several ATMs, all of which are available 24 hours a day and free of surcharge. At the bank's entrance, a casually dressed concierge greets you and explains how WaMu works, directing you through the banking process.

From here, you may meet with a friendly teller at one of the many "teller-towers" - manned kiosks at which you stand side-by-side and watch as the teller completes your transaction, removing the mystery as to what the teller is doing with your account. In this system, tellers no longer have to deal with the hassle of constantly counting the money in their drawers; deposits are made directly into a safe box at the kiosk and withdrawals are made by the customer himself at

an ATM. This not only creates a highly secure environment; but frees up the teller's time so he can spend more of it with you.

While you are doing your banking, kids can play in the WaMu kids area, which features toys, books, and even game toys. There are also several private areas where customers can meet with bank representatives. Informational areas are located throughout the store, with financial updates and business reports continually broadcasted on TV screens and info pamphlets readily available.

"We are setting a new standard in consumer banking by combining our proven sales and service culture with a contemporary retail look and feel," said Tony Manisco, senior vice president and group manager for Washington Mutual retail banking in Illinois. He aptly compares the new look to that of a Gap or Starbucks, instead of the traditional bank setting.

This concept has succeeded in several major cities across the country - Las Vegas, Phoenix,

Atlanta, New York and Denver - and bank managers say they have been receiving very positive feedback since their June 23 opening from customers of all age ranges. Besides financial investments, Washington Mutual invests heavily in its clients and their communities. It plays an active role in educational investment, educating school kids on the concept of money and saving, and offering high school intern programs. WaMu also offers volunteer incentives to its employees and gift match programs, as well as civic betterment grants to community nonprofits, such as libraries, theaters, and elder and family service groups. Furthermore, to support its retail banking operations in the state, WaMu anticipates that it will add approximately 500 jobs to the area.

Washington Mutual's Niles branch is located at 8205 W. Golf Road, with other stores now open in Morton Grove, Des Plaines, and throughout the Chicago-land area. Washington Mutual is the top home lender in the state.

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## BUSINESS/FINANCE

Niles Brothers  
Innovators of  
New Company

MARTHA ZABOROWSKI

**T**ed Salani can best describe he and his brother's career path with one sentence. "We took different paths but came at the same point." Ted and Larry Salani are owners of SNF concepts Incorporated in Elk Grove Village. The two brothers from Niles would never have guessed the path their careers

would take. Both attended Oak elementary school as children, and then spent their high school years at Maine East. After graduation, Larry then went into studying graphic design while Ted went to work for an engineering company.

The company has been running for about 3 years now, and the Salani brothers are celebrating a breakthrough year with their products getting on the market. One of these products is the Fast Funnel.

Ted describes it as, "a 3 pack disposable folded funnel that you pop up an open yourself. It's convenient because it doesn't cross-contaminate liquids, for example if you're pouring oil through a funnel, and then use it for windshield wiper fluid."

"My cousin was stationed in Iraq and his wife had mentioned to us how the troops had a hard time pouring liquids into the plastic funnels that they kept dropping in the sand. We sent them Fast Funnels. They said they were absolutely great. What they really liked was finding a way of putting in the powdered Gatorade into their canteen without spilling," he says with a laugh.

Larry's design skills came into use when he developed a new system for packaging pharmaceutical materials. Described as a "lingual twist," a patent-pending paperboard box his firm designed to solve space problems for medicines.

"Just squeezing the sides of the box against the bottle allows you to unscrew the cap easily," Salani explains. One side of the box has a die cut window that allows consumers the entire bottle label by turning the bottle cap. "This way, the consumer can see all the information printed on the bottle label as well as that on the box, since the bottle stays within the box permanently," he adds.

Then Ted had his own idea. The night before a hardware show Ted was struggling with a design idea that "was not even close" to what he wanted. Thinking about one of his houseware struggles a design idea was developed and is now known as a

creation called the "can caddy."

"It's an attachment to a paint can for workers on a ladder. Ironically enough, no other thing like this was in the market," he says with a laugh.

"Most of our ideas I would call 'why didn't I think about it ideas.' They're analogous to the Post-It note. A simple idea of taking a scrap sheet of paper and putting adhesive glue on the back. That's what our ideas are like."

The Fast Funnel is currently being sold at Murray Discount Oil located at the intersection of Oakton and Waukegan road. To contact the Salanis for more information on their products call (847) 434-1560.

## Grand, Prospect homeowners, tenants may form association

Apartment landlords and homeowners of townhouses in the Grand and Prospect area in Niles recently met with an attorney to discuss the possibility of joining a homeowners association.

According to Niles Community Police Officer Robert Tornabene, joining a homeowners association will result in improving the

aesthetics of the area. Currently the homeowners can paint the walls whatever way they desire. However, if they were members of a homeowner's association there would be certain restrictions on activities, such as painting the walls. Also, the cost of projects such as a sewer project would be able to be fairly distributed among residents if they

belonged to a homeowner's association, said Tornabene.

"The meeting went very well," said Tornabene. "A lot of residents showed up."

Tornabene said that at their Sept. 11 meeting at the Niles Fire station they will determine whether joining a homeowner's association is a goal they would like to pursue.

Recently, a group of kids completing community service for the Niles Police Department collected 27 bags of garbage in the area. Tornabene said the aesthetics of the area have been improving since community beat meetings are now being held every month to discuss various concerns and issues among residents.

Other problems such as public

drinking on the streets, noise problems inside the apartments and overcrowding, have also improved as a result of meeting with the residents and talking with them about the situation. Many of the residents in the area are Spanish speaking so much of the information has been translated for all of the residents to understand.

Collecting  
by Larry Cox

## Mercury Glass

**Q.** I have a small vase that has been identified as mercury glass. What is mercury glass? — Betty, St. Tammany, La.

**A.** Mercury glass is glass that was "silvered" by applying a solution of silver nitrate to the inside of double-walled glass. F. Hale Thomas patented the process in London in 1849, and within five years pieces were being manufactured in New England. A check of the 37th edition of "Warman's Antiques and Collectibles Price Guide" edited by Eileen T. Schroy (Krause Publications, \$19.99), revealed several pieces, including a goblet valued at \$40 and a sugar bowl at \$65.

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## SPORTS

Thursday August 21, 2003

## Niles West wants to make it interesting

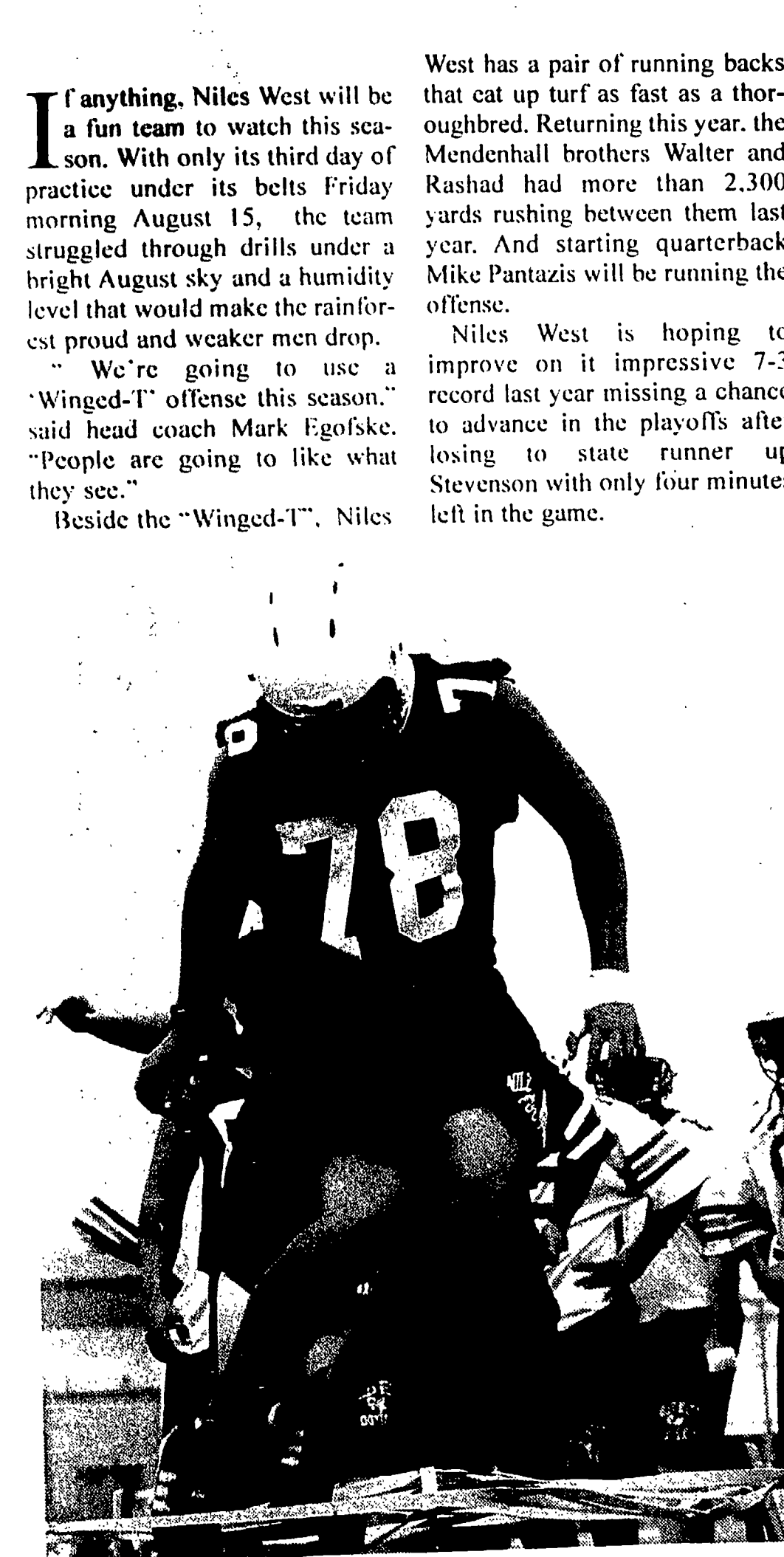
**I**f anything, Niles West will be a fun team to watch this season. With only its third day of practice under its belts Friday morning August 15, the team struggled through drills under a bright August sky and a humidity level that would make the rainforest proud and weaker men drop.

We're going to use a 'Winged-T' offense this season," said head coach Mark Egofske. "People are going to like what they see."

Beside the "Winged-T," Niles

West has a pair of running backs that eat up turf as fast as a thoroughbred. Returning this year, the Mendenhall brothers Walter and Rashad had more than 2,300 yards rushing between them last year. And starting quarterback Mike Pantazis will be running the offense.

Niles West is hoping to improve on its impressive 7-3 record last year missing a chance to advance in the playoffs after losing to state runner up Stevenson with only four minutes left in the game.



Above, sophomore cornerback Parker Amsberry grabs a pass during practice Friday morning August 15. Top left, tackle Mike Johanson, #78, improves his footwork during rope drills. Bottom right, Niles West assistant coach Joe Galambos fires up the enthusiasm as he takes linemen through forearm shiver drills Friday morning August 15.

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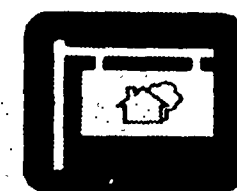
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## SPORTS

## Final Standings for the Niles All-Star Tournament (corrected):

## 9 Year Olds - Round Robin

Park Ridge - Blue  
Oak Park  
Park Ridge - Red  
Niles  
Oriole Park  
Dunham Park  
Norwood Park  
Morton Grove

Playoff Champion: Oak Park

Playoff 2<sup>nd</sup> Place: Park Ridge - Blue

## 10 Year Olds - Round Robin

Norwood Park  
Park Ridge  
Niles  
Humboldt Park  
Dunham Park  
Elmwood Park  
Edison Park  
Gompers Park

Playoff Champion: Humboldt Park

Playoff 2<sup>nd</sup> Place: Park Ridge  
Norwood Park

Playoff Champion: Niles

## 11 Year Olds - Round Robin

1. Niles  
2. Hiawatha Park  
3. Norwood Park  
4. Oriole Park

Playoff Champion: Niles

Playoff 2<sup>nd</sup> Place: Hiawatha Park

## 12 Year Olds - Round Robin

1. Elmwood Park  
2. Humboldt Park  
3. Niles  
4. Park Ridge  
5. Norwood Park  
6. Palatine  
7. Oriole Park

Playoff Champion: Elmwood Park

Playoff 2<sup>nd</sup> Place: Niles

## 13 Year Olds - Round Robin

1. Niles  
2. Oriole Park  
3. Park Ridge

Playoff 2<sup>nd</sup> Place: Oriole Park

## Niles All-Star Baseball Tournament

Niles Park District hosted the Niles All-Star Baseball Tournament for 9 to 13 year olds. The tournament was a great success. 31 teams participated from Niles and other Chicago and suburban towns. This tournament has become very popular. One of the reasons is the beautiful parks and professional ball fields of the Niles Park District. The Park District would like to thank all the teams for another successful tournament.

Fans look to last years statistics in anticipation of football season

With the football season is just days away, fans look on last year's statistics like religious inscriptions: providing hope for the future season or an explanation should it go sour.

And while most people only look at professional football statistics, high school football has its own "wow" statistics.

Thanks to the Illinois High School Association's website IHSA.com we have a look at high school footballs most amazing statistics.

On Nov. 23, 1923 Staunton High School defeated Gillespie 233-0. This game also gave Staunton the record for the most touchdowns in Illinois high school history.

Since 1950, the IHSA started to report more modern day statistics. And Olympia Fields (Rich Central) holds the modern day record for the most points scored in a game defeating Palos Hills (Stagg) 97-6 in 1966.

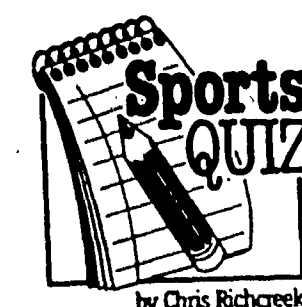
And when it comes to frustration you only have to look to the Eastland vs. Freeport game of Sept. 27, 2002 where Eastland scored 74 points and still lost the game 78-74. This game also doubles as the most points scored in a game by both teams.

The word "powerhouse" is always thrown around when talking about sports. And the Olney High School may have been the team that coined the phrase. In 1916 Olney scored 416 points in

only 8 games averaging 52 points per game.

In more recent times, however, Carthage is considered a "powerhouse" scoring 694 points in 14 games with an average of 49 points per game on its way to the Class I A championship in 2000. When it comes to the most touchdowns in a season, the East St. Louis High School team holds the record 96 touchdowns in its 1985 season. Right behind them is Carthage High School with 94 touchdowns in 2002.

So when you're sitting in the stands this year waiting for the kickoff remember you may be a witness to high school football history.



by Chris Richcreek

1. Name the last team to win the American League East other than the New York Yankees, and the year the team took the crown.

2. Who was the last Chicago White Sox pitcher to win 20 or more games in a season?

3. Before Priest Holmes set the Kansas City Chiefs record for touchdowns in a season with 24 in 2002, who had held the mark?

4. Who scored more points for Duke University's men's basketball team for a career: Danny Ferry or Christian Laettner?

5. Who led the NHL in goals scored for the 2002-03 season?

6. When was the last time a Canadian city hosted the Olympics?

7. Entering 2003, who was the last PGA golfer before Tiger Woods to win at least five tournaments in each of four consecutive years?

## Answers

1. The Baltimore Orioles in 1997.

2. Jack McDowell won 22 games in 1993.

3. Abner Haynes had 19 touchdowns in 1962.

4. Laettner tallied 2,460 points; Ferry had 2,155.

5. Milan Hejduk had 50 goals for Colorado.

6. The Winter Olympics were in Calgary, Alberta, Canada in 1988.

7. Arnold Palmer did it between 1960 and 1963.

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International Soccer  
Internship Applications

Women and men college soccer players, and current youth soccer coaches, may now apply for 5-week intern positions with the US/Ascent select youth soccer teams. The internships take place in Denmark, England, and Sweden during the summer of 2004. All expenses are paid by the US/Ascent program, managed by Integrated Sport, a volunteer youth soccer organization.

Interns assist the coaching and management of the youth teams as they compete in four European youth soccer cups. In addition, the interns receive coaching instruction from Dutch, English, and Scottish youth coaches. All interns are assessed by Holland's Central Institute of Sportcoaches for invitation to try out for Dutch and English professional clubs following the 5-week internship.

The 2003 US/Ascent teams recently returned from 34 days of competitions, including the Gothia Cup in Sweden, the Dana Cup in Denmark, the Manchester Umbro Cup in England. The teams included players from California, Florida, Illinois, North Carolina, Ohio, Texas, and Washington.

Applicants are required to provide references. Intern applications are available at <http://www.usport.us/intern> and program information at <http://www.usport.us>.

## SPORTS

## Volunteers Needed for City Cycle Tour for MS

Volunteers make all the difference in the success of large-scale fundraising events such as the Eighth Annual City Cycle Tour for MS bike tour taking place Sunday, September 21. This year's 30-mile route runs along the lakefront and through Hyde Park/South Kenwood, the Prairie Avenue District, and other neighborhoods, turns around at Navy Pier and returns to the Midway Plaisance.

"Volunteers are the key to making this event run smoothly," noted Charlotte Haynes-Williams, volunteer and community events coordinator for the Greater Chapter of the National Multiple Sclerosis Society. "We need a total of 215 volunteers for the event. Quite a few

volunteers come back each year to help out, not only because they have a connection to MS but they also have a lot of fun meeting other volunteers and the cyclists," added Haynes-Williams.

Rest stops along the route will need volunteers on Sunday at Navy Pier and the Midway Plaisance Center. Volunteers may choose from an extensive list of assignments including event set-up/take-down, traffic control, greeters, spirit team, route marking, medical, support and gear drivers, supply truck drivers, food service, photographers, and massage therapists. To volunteer, visit the chapter's web site at [www.msillinois.org](http://www.msillinois.org) or call (312) 423-1101.

The goal of the

event is to raise funds for research into the cause and cure of multiple sclerosis and to support programs and services provided to an estimated 11,000 people with MS in 73 northern and central Illinois counties.

Through corporate sponsors and pledges, the event will raise more than \$324,000. Over 75 percent of the proceeds will go toward research and programs to help provide a better quality of life for people living with MS. Contributing sponsors to include Coca-Cola, Dasani, American Family Insurance, American Airlines, Bicycling Magazine, On-The-Fly Bicycle Repair, Rudy's Cycle and Fitness, Village Cycle Sport, Giet A Grip Cyclery, and Clif Bar.

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## Block Party at Maine East Welcomes Freshmen

An old-fashioned block party at the local high school? You'd better believe it! Maine East High School will host its 2nd annual Freshman Kickoff Block Party on Thursday, August 21 from 5-7:30 p.m. Activities will include distribution of student schedules, tours of the building, a club "buffet," interactive sports, pick-up games, and parent/student seminars. The Athletic Boosters will be selling

dinner, snacks, and drinks for the whole family. While the focus is on the freshmen, little brothers and sisters are also welcome and will be entertained with arts, crafts, stories and games. One of last year's reviewers raved, "A great way for freshmen and families to get acquainted with the school!" For more information contact Wendy Reitz at (847) 825-4484.

## SPORTS Niles Family Fitness Center Programs

The Niles Family Fitness Center is now offering the following programs. Call (847) 588-8400 for questions regarding the following programs or Club membership.

• **MVP Volleyball "Skills and Drills"**. Youth player development program created to teach fundamentals in passing, setting and spiking. The primary aim is to enhance player skills making the game enjoyable and challenging players to experience the next level of volleyball. Classes are taught by Volleyball Professional staff instructors. 4th-6th Grade: Thurs. 4-5:15 9/11-10/16, 7th-9th Grade: Thurs. 5:15-6:30 9/11-10/16. Contact the Niles Family Fitness Center at (847) 588-8400 for more information.

• **Chicago Bulls Basketball School**. The Chicago Bulls basketball school will teach your child fundamental basketball skills including ball handling, shooting, passing, offensive and defensive moves, and rebounding. K-3rd Grade: Tues. 4:30-5 9/9-10/14, 4th-8th Grade: Tues. 6-7:30 9/9-10/14. Space is limited! Contact the Niles Family Fitness Center at (847) 588-8400 for more information.

• **Friday Night Fun**. Treat your child(ren) to a night out! Children will be divided according to age for a night filled with games, crafts, movies, swimming and more. Ages 5-10. Fridays, August 15 and September 19, 6-9 p.m. Deadline to register is one week prior to event.

• **Fantastic Fridays**. Turn ordinary Fridays into fantastic Fridays. During this special time your child will make crafts, play games, go swimming and more. A

great opportunity for parents to go hopping, run errands, etc., without your "little helper." Children must be toilet trained. Fridays 10:15 a.m.-12 p.m. Sept. 19, Oct. 3, and October 17. Deadline to register is one week in advance.

• **Learn to Swim Placement Testing**. In order to ensure that your child is in the appropriate class, all new participants to the Learn to Swim program must attend a placement Day. Available dates are: Sat. 8/9 11 a.m.-12 p.m., Tues. 8/12 6 p.m.-7

p.m., and Wed. 8/13 5 p.m.-7 p.m. Pre-registration required! Call (847) 588-8400 for additional information.

• **Niles Fitness Center Fall Classes**. The Niles Family Fitness Center offers programs for every member of the family. Sign up for parent-tot classes, youth specialty classes, swim lessons, adult fitness classes and more. Next session of classes starts Sept. 8! Contact the Niles Family Fitness Center at (847) 588-8400 for more information or to receive a copy of our Spring Brochure.

## SERVICE DIRECTORY

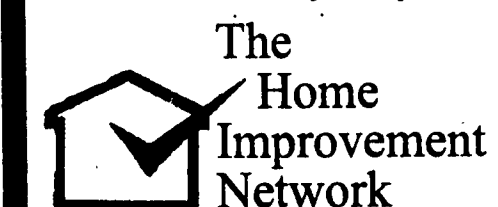
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LIQUID TICK KILLER BEFORE  
COMBING TICKS OUT



by Andrea Wyatt

M.S.S., C.S.C.S.

Q. What exactly do people mean  
by functional strength training?  
Can you perform functional  
strength training using machines?  
— Sonya W, Arizona

A. The phrase "Functional  
Strength Training" is a com-  
monly used term within the fitness  
community. Innovators of functional  
training methods such as Vern Gam-  
betta believe in training movements  
rather than doing exercises that isolate  
muscles. The idea is to integrate multi-  
joint and multi-plane exercises.

For example, completing a leg  
extension to strengthen your quadri-  
ceps muscles is considered an isolated  
exercise, since movement only occurs  
in the knee joint and in one plane. But  
in order to kick a soccer ball, for  
which you would use your quadriceps  
and knee joint, additional support is  
required from integrated movements  
from the hip, trunk and ankle.

In addition to integrating multi-joint  
and -plane exercises, functional train-  
ing exercises should activate the ner-  
vous system by challenging the body  
to work under unstable conditions,  
such as completing a chest press on a  
stability ball. Challenging the body to  
work together, completing functional  
tasks while maintaining proper posi-  
tioning, technique and posture, is the  
basis behind functional strength train-  
ing.

Many functional strength-training  
exercises are performed using stabili-  
ty balls, resistance bands, medicine  
balls, foam rollers and certain strength  
machines using pulleys. Common  
strength machines will probably not  
allow for the movement necessary to  
complete exercises considered func-  
tional, since they are designed for  
fixed, single joint and single-plane  
movements.

With this term often used loosely,  
deciding how to categorize an exer-  
cise as "functional" comes with vary-  
ing opinions. Not all strength, resis-  
tance or weight training can be classi-  
fied as functional training.

As with all training styles, function-  
al strength training should have a pur-  
pose, and be incorporated into your  
fitness program with that purpose in  
mind.

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



### Moving Out

"Don't you forget about me..." —  
Simple Minds

One thing is for certain about Balti-  
more Ravens owner Art Modell. He  
won't be forgotten. Not in Baltimore,  
and definitely not in Cleveland.

Modell, 78, has owned the franchise,  
the onetime Cleveland Browns, since  
1961, and he moved it to Baltimore  
following the 1995 season. Now he's  
on his final go-around: Modell is  
scheduled to hand control of the team  
over to minority owner Steve Bisciotti  
at the end of the upcoming NFL sea-  
son.

So what hath Modell's time in the  
NFL wrought? There are lots of feel-  
ings about that on both sides of the  
fence.

Modell was never able to bring a  
Super Bowl title to Cleveland during  
his time there, although the Browns  
did capture an NFL championship in  
1964, two seasons before the first  
Super Bowl was played.

He was important to the league over-  
all, helping to negotiate network TV  
contracts and pushing the issue of re-  
venue-sharing among teams.

But due to a battle with the city of  
Cleveland over stadium issues, Mod-  
ell took the franchise east to Balti-  
more, a city that had lost its team, the  
Colts, to Indianapolis in 1984. Mod-  
ell's team, renamed the Ravens,  
would go on to win a Super Bowl fol-  
lowing the 2000 season. But five sea-  
sons had done little to ease the hatred  
Browns fans had for Modell, even  
though Cleveland got a new Browns  
franchise that began play in 1999.

Things really got interesting in 2002,  
when Modell was among the finalists  
for the Pro Football Hall of Fame.  
Many Browns fans were outraged.  
Modell was not elected — his best bet  
for entry might be posthumously.

The year 1995 also featured another  
event that sparked long-lasting ani-  
mosity. Baseball players were still on  
strike during spring training, but some  
minor-leaguers opted to cross the  
picket lines.

Sports Illustrated had an article last  
year about the handful of those  
"scabs" who were still playing in the  
major leagues, and how some union  
members still wanted to make sure  
they were never let into the union,  
despite the passage of eight years.

Old wounds are hard to forget, and  
the NFL will not soon forget Art Mod-  
ell. Unfortunately for him, the good he  
has done for the NFL will never  
eclipse "the moye" in many minds.

"Will you stand above me/Look my  
way, never love me..." — Simple  
Minds

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# RETIREMENT HOME AND NURSING HOME GUIDE



## An Informational Guide

on Retirement Living, Facilities and Extended Care



## OLR-CWC Queen of Peace Guild

The Queen of Peace Guild will sponsor its 31st Annual Holiday Craft and Bake Sale on Saturday, Nov. 15 from 9 a.m. to 6 p.m. and on Sunday, Nov. 16 from 8 a.m. to 2 p.m. A wide variety of handmade holiday craft items will be available. The event will include raffles, games, sale of homemade baked goods, hot bread and food items for lunch may be purchased. There will be something for everyone.

Where can you sample acupuncture, check your blood pressure, examine the latest footwear and learn more about sharper vision and hearing?

If you're a metro-area senior, there's just one answer: the **8th Annual Senior Lifestyle Expo**, Wednesday and Thursday, Sept. 3 and 4, 2003, at the Drury Lane Theatre & Conference Center, 100 Drury Lane in Oakbrook Terrace, IL.

In two days of great entertainment and events, the

## Seniors 8th Annual Senior Lifestyle Expo

**Senior Lifestyle Expo** offers all the information and innovation seniors need for healthy living at any age! Nearly 100 exhibitors will offer information and services, including free screenings to evaluate body-fat levels, analyze memory function, assess cancer risk, and more.

With a full program of educational seminars and open hours to visit information booths throughout both days, elders and their families can learn more

about everything related to aging well. New treatments for joint pain and stiffness, improved technology for hearing and vision assistance, novel approaches to disease prevention -- all this and more available to show seniors the best developments for productive living.

"Today's seniors enjoy a full array of options for living well at any age, and the **Senior Lifestyle Expo** celebrates all the possibilities," says Expo spokeswoman Connie Kobitter.

Presented by the Northeastern Illinois Area Agency on Aging, the **8th Annual Senior Lifestyle Expo** is a two-day festival of activities, exhibits, games and entertainment. The Expo supports the Holiday Meals on Wheels Program, which purchases nutritious meals for vulnerable elders on holidays and weekends when the weekday program is closed.

Attended in 2002 by more than 4,300 seniors and their families, the **Senior Lifestyle Expo** attracts seniors and their families from all over the state of Illinois.

Tickets to the **Senior Lifestyle Expo** are \$3 at the door, or \$2 in advance for groups of 10 or more. Parking is free and handicapped accessible, with reasonably priced sandwiches, salads, chips and cookies are available onsite.

The Northeastern Illinois Area Agency on Aging is a not-for-profit organization chartered in 1974 to plan and coordinate a comprehensive network of services for older persons in DuPage, Grundy, Kane, Kendall, Kankakee, Lake, McHenry and Will counties in Illinois. Services funded and coordinated by the Area Agency meet the diverse needs of area seniors by providing information and assistance in the areas of adult day care, legal service, health screenings, employment

opportunities, transportation, housing and more.

The **Senior Lifestyle Expo** is sponsored by AARP, Chicagoland's Senior News, CVS Pharmacy, Illinois Department on Aging Sonus, TCF Investments and WYCC-Channel 20. For more information, please call 800-528-2000 or 630-293-5990 or visit us online at [www.seniorlifestyle-expo.org](http://www.seniorlifestyle-expo.org).

## VETERANS ★ POST ★

by Freddy Groves

I'm sorry to report that the 21 former POWs who had been captured in the 1991 Gulf War (17 of whom were severely tortured) lost their attempt to collect damages awarded to them in a suit against Iraq by tapping into frozen Iraqi funds.

White House lawyers, citing the administration's policy that the accounts be used for reconstruction in Iraq, filed objections to the decision that would have allowed the plaintiffs to be paid out of these funds.

On July 30, U.S. District Judge Richard W. Roberts, who had earlier sided with the ex-POWs, granted the government's appeal. In his decision, Justice Roberts indicated his personal disapproval of the government's actions: "The (administration's) position that the POWs are unable to recover any portion of their judgment as requested, despite their sacrifice in the service of their country, seems extreme." However, in noting that under the law, the government has the right to withhold the money, and that his decision had to be rendered on that basis, he said, "Though the penalty is great and the responsibility heavy, the court's duty is clear."

As I write this, the plaintiffs' lead attorney, Steve Fennell, says they're set to appeal, adding that it's unlikely that the law used by the administration to block the award could have intended "that Iraq would be rebuilt on the backs of these victims."

Your comments are, as always, welcome.

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.kfws@hearst.com](mailto:letters.kfws@hearst.com).

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## Seniors

### Pace Postscript

The Pace Board of Directors reviewed a 2004 budget proposal to be submitted to the Regional Transportation Authority. As part of the budget process, Pace is required to submit a draft budget to the RTA by August 15. Pace's proposed 2004 operating budget is \$147.3 million, which is a 6.2 percent increase from the estimated 2003 budget of \$138.8 million. The increase is mostly due to rising health care expenses, and higher pension and insurance costs. Pace's proposed 2004 capital plan totals \$38.6 million, the majority of which is earmarked for new buses and vans. Pace expects to purchase 63 fixed-route transit buses and 121 vans for its expanding vanpool program. After receiving budget proposals from Pace, Metra and the Chicago Transit Authority, the RTA will set funding levels and recovery rates by September 15. Pace will use those guidelines to formulate a more detailed 2004 budget plan, which will go to public hearings in late October and get submitted to the RTA by November 15. In December, the RTA will finalize Pace's new budget, which takes effect January 1.

A special two-week program will give suburban students of high school age and younger free rides to school on pace buses. The student promotion runs on weekdays from Monday, August 25, to Friday, September 5. Pace's goals are to introduce young riders to the benefits of public transit, and increase system ridership throughout the six-county suburbs. "Students who become familiar with their neighborhood bus routes will hopefully remain users of public transportation when they enter the work force," said Pace Executive Director T.J. Ross. The free rides for students will only be provided on school days. Pace is the sensible alternative for students who want to save money and help the environment by reducing air pollution and traffic congestion. To encourage students to continue using public transit after the promotion, Pace is discounting its monthly Student Haul Pass in September. The \$25 pass is selling for just \$15, providing unlimited rides during the month, even on weekends.

## AARP Skokie Chapter #3470

A.A.R.P., Skokie Chapter is again meeting at the Skokie Public Library. Our next meeting will be at the Skokie Public Library, 5215 Oakton St., Skokie, IL at 1 p.m., September 2, 2003.

Dr. Loretta Hilsher will be our guest speaker. She will talk on growing, harvesting, and using herbs in healing and

helping mankind.

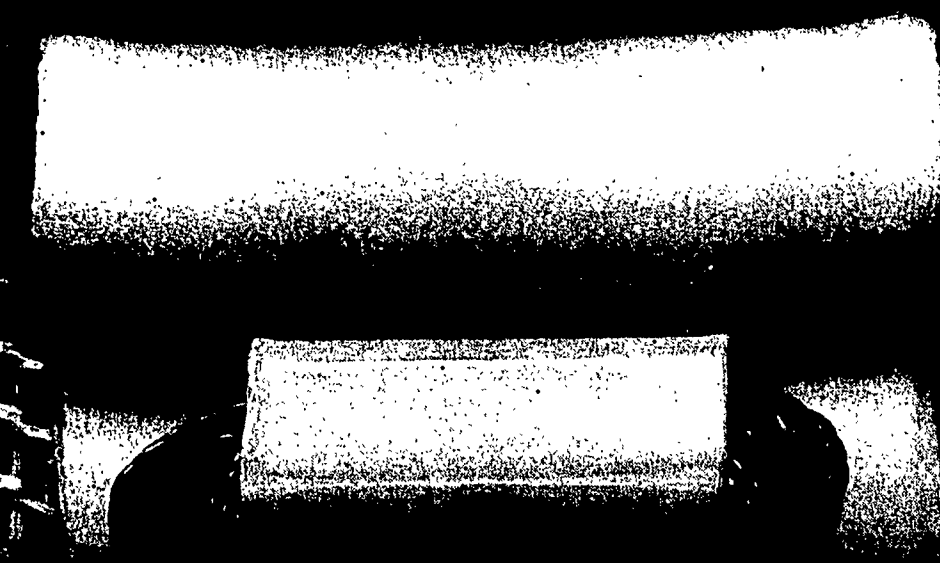
Door prize numbers will be given to members and guests present by 1 p.m.

Refreshments will be served after the meeting.

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## Seniors

## Retirement of Frank Rebellato from Niles Public Services



After 33 years, Frank Rebellato retires from the Niles Public Services Department. Frank Rebellato started working for the Public Services Department on May 24, 1969. During his 33 years of employment with the Village, Frank worked in many aspects of the Department. Frank's skills and dedication will be missed by the Public Services Department, but we wish him well in his retirement, as he and his wife make their new home in Crest Hill, Illinois. Congratulations!

Pictured below (left to right) Frank Rebellato and Mayor Nicholas B. Blase.

What wondrous things God has given us! Enjoy the summer!

Grand Knight John O'Keefe thanks all the Brothers that joined him for the last Council meeting, August 6. John has introduced his plans to shorten the meeting and increase the time spent in conversation, cards and other fraternal activities. All Brothers should consider joining John at the meetings!

Last days of placing your reservations for the Formarty's Club's Steak-Fry, Saturday, August 23 in Flanagan Hall. Reservations for the complete steak or chicken dinner, with all the trimmings, can be made by returning the mailed sheet and funds to President Bob Galassi. This is your opportunity to join the best event of the year! Social hour - 6 p.m., Main food service will start at 6:30 p.m. Join us for the outstanding food and best company available! Will you be one of the fortunate ones to join in on the good food & fun?! For more info call Bob @ (847) 965-0920.

In an effort to provide assistance to Uncle Pete's Charities by providing food to needy folks in our community, Grand Knight John O'Keefe asks all attendees of the steak-fry dinner to bring a non-perishable item (can goods). This way you enjoy a fantastic dinner, the

fine entertainment, great companionship and the warm feeling from knowing you helped others!

Mark your calendar to attend the next regular Formarty's Club meeting, Wednesday, August 27, in Flanagan Hall, 7:30 p.m. President Bob Galassi will report on all past and upcoming events. A special contest of skill will be presented with special rewards for attendees and competition winners. Come down to the meeting, renew your Brotherhood and have some fun!

On September 3, N.A.M. will present a 1st Degree Exemplification prior to the regular meeting in Flanagan Hall. All Catholic gentlemen are invited to join us for this beautiful ceremony, joining this fantastic organization. For more information, contact Membership Director Leo Weiss @ (847) 689-1939. We have an invitation with your name on it - come join us!!

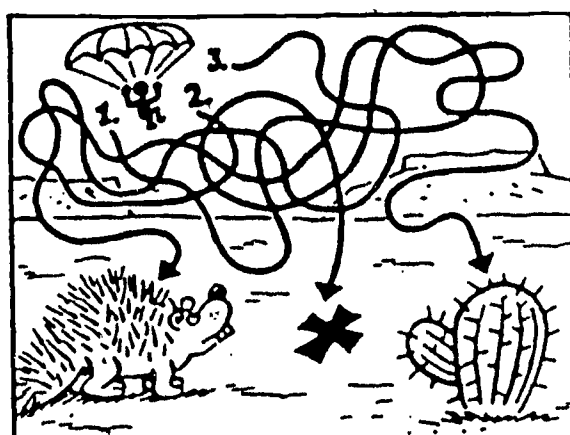
The Sheridan-Carroll Council will be hosting a special 1st, 2nd & 3rd Degree Exemplification on Sunday, September 14, in our area. All candidates for membership and 1st Degree Brothers are invited to attend these special ceremonies. For more information, contact Leo Weiss @ (847) 689-1939.

Please call or visit a sick

friend. Keep in mind the many folks fighting illnesses who could use assistance. Also remember the deceased members of our family in your prayers and pray for the sick and distressed members of our K of C family. Keep the health of all family members in your prayers!

We all know some good Catholic men in our community that could join the Knights. Most men do not join on the first attempt. Ask him!!! Continue to ask them to join! Do you have a son, a relative and/or neighbor who could join?! Please ask them to be a Knight. For more information on membership - call Leo Weiss @ (847) 689-1939.

Remember to consult the Council Web Page = [www.parkridge.il.us/kofc4338/](http://www.parkridge.il.us/kofc4338/)! Note the new address!!



A PRICKLY PROBLEM! Can you guess which course our daredevil should steer to avoid these desert dangers?

Answer: Flight path number 1 is the one to choose.

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## Seniors

## Retirement of Joseph V. Florest



Joseph V. Florest retires from the Niles Fire Department after many years of service. Lieutenant Florest is an exceptional firefighter and always ready to go the extra mile when things became rough, exhibiting courage and skill to get the job done. During his career he received three commendations for outstanding duty. Lieutenant Florest always took pride in the services provided to the community, exhibiting a "lets get it done" attitude. He leaves the department with a wealth of knowledge and, most important, a work ethic and pride in the service which will be difficult to replace. Congratulations and good health!



by Paul G. Donohue, M.D.

## Restless Legs Disrupt Sleep

DEAR DR. DONOHUE: For 60 years I had no trouble falling asleep and staying asleep. Now when I lie down, my legs feel like they are getting a series of shocks. I have to get out of bed and move around, and then the shocks stop. What is this, and what can I do for it? It makes me tired all day. — M.S.

ANSWER: The thief stealing your sleep is restless leg syndrome, and you wouldn't believe how many people it victimizes. Three percent of those from 18 to 25 have it, but with age the numbers increase. By age 80, 18 percent to 25 percent suffer from it.

Affected people complain of peculiar sensations in their legs when they lie down to sleep. Some have the trouble when they sit in a chair. They describe the sensations as feeling like something is crawling under the skin of their legs, as an itchiness, as a series of shocks or as outright pain.

To put an end to the disruptive sensations, these unfortunates have to get up and move around.

The problem does not come from the legs. It comes from the brain generating errant impulses that are responsible for the irksome sensations.

Sometimes restless leg syndrome results from an iron deficiency, and restoring iron to the body cures the problem. That, however, is limited only to a small percentage of patients.

For most, no cause can be found. Taking a hot bath and massaging the legs before lying down does away with these abnormal sensations for some. Others find that abstinence from caffeine helps.

Sinemet, a drug used for Parkinson's disease, or Neurontin, a seizure control drug, can often control the syndrome.

Readers who suffer from restless leg syndrome or who know people who have it can find a complete discussion of the topic in the pamphlet that has recently been written on the topic. To obtain a copy, write: Dr. Donohue — No. 306W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.50 U.S./\$6.50 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

## K of C Auxiliary Invitation

If you like helping others and supporting a great organization you are a candidate for membership in the Knights of Columbus Ladies Auxiliary. All Catholic women of the parish are eligible to join this organization that assists the Knights in their work.

Council 4338 Ladies Auxiliary President Clara Weiss invites all women to attend the next general meeting for all members, scheduled for Monday, September 8, 2003, in St. John Brebeuf Rectory, 8307 N. Harlem Ave., Niles. Why not stop in and see the exciting things they do and how you fit in this group of fantastic ladies!

If you are interested in more information and/or joining this great organization, contact Kristine Wiechec @ (847) 966-9526 or attend an upcoming meeting. You will not be disappointed!!

## Moments in time

THE HISTORY CHANNEL

On Aug. 21, 1911, in perhaps the most brazen art theft of all time, Vincenzo Peruggia walks into the Louvre, in France, heads straight for the infamous Mona Lisa, removes it from the wall, hides it beneath his clothes, and escapes. The Mona Lisa remained missing for more than two years, until Peruggia attempted to ransom the painting and was captured.

On Aug. 22, 1933, the notorious Barker gang robs a Federal Reserve mail truck in Chicago and kills Officer Miles Cunningham. Netting only a

bunch of worthless checks, the Barkers soon returned to a crime with which they had more success — kidnapping.

On Aug. 24, 1938, Clark Gable reluctantly agrees to play Rhett Butler in David O. Selznick's "Gone With the Wind." Gable hesitated to take the role because he feared the production's high profile would set impossible expectations for any actor playing Rhett Butler.

On Aug. 20, 1942, searchlights crossing the sky cease to be a fixture of

Hollywood premieres. In an attempt to avoid attack and surveillance by enemy forces in World War II, the entire West Coast of the United States was required to dim its lights at night.

On Aug. 19, 1981, after five years, ABC airs its final episode of the detective series "Charlie's Angels," which featured a bevy of crime-solving beauties instructed by a mysterious voice on a speakerphone known only as Charlie.

On Aug. 23, 1982, the media reported that Hewlett-Packard would unveil a portable computer costing less than \$1,000. It would weigh 26 ounces, resemble a large calculator, feature a 32-character display, and have only enough memory to store about 16,000 characters.

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## SENIORS

## Glenview Terrace Convalescent Center

BARBARA A. MENDELSON

Glenview Terrace Convalescent Center knows one lesson that celebrities know—that to keep your offering fresh you may have to reinvent yourself from time to time.

Opening in 1973, the Center added a wing in the late 80s. Today, staff and residents alike are reaping benefits from the largest renovation to date, an effort two years in the making.

"This program was all-encompassing. We actually pushed the entire building out 10 feet," said Mark Hollander, Vice President of Operations.

Hollander said they launched this program with the recognition that different patient populations have different needs. To identify these needs, staff members consulted internally with residents and staff and externally with visitors and community representatives about perceived needs.

"We strove to combine elements

of modern assisted living facilities with those of traditional nursing

room suites and a partitioned parlor area with visitor seating.

and cardiac rehabilitation patients in its Pavilion section.

"Our Pavilion patients are with us shorter term, and their ages can vary considerably. We recognize that design elements and construction needs that are most suitable for one population may not be best for another," Hollander said.

For instance, Pavilion patients have a concierge who can order a video or arrange a private meal with visitors. And for permanent residents, an enlarged library and similar spaces afford a homey place

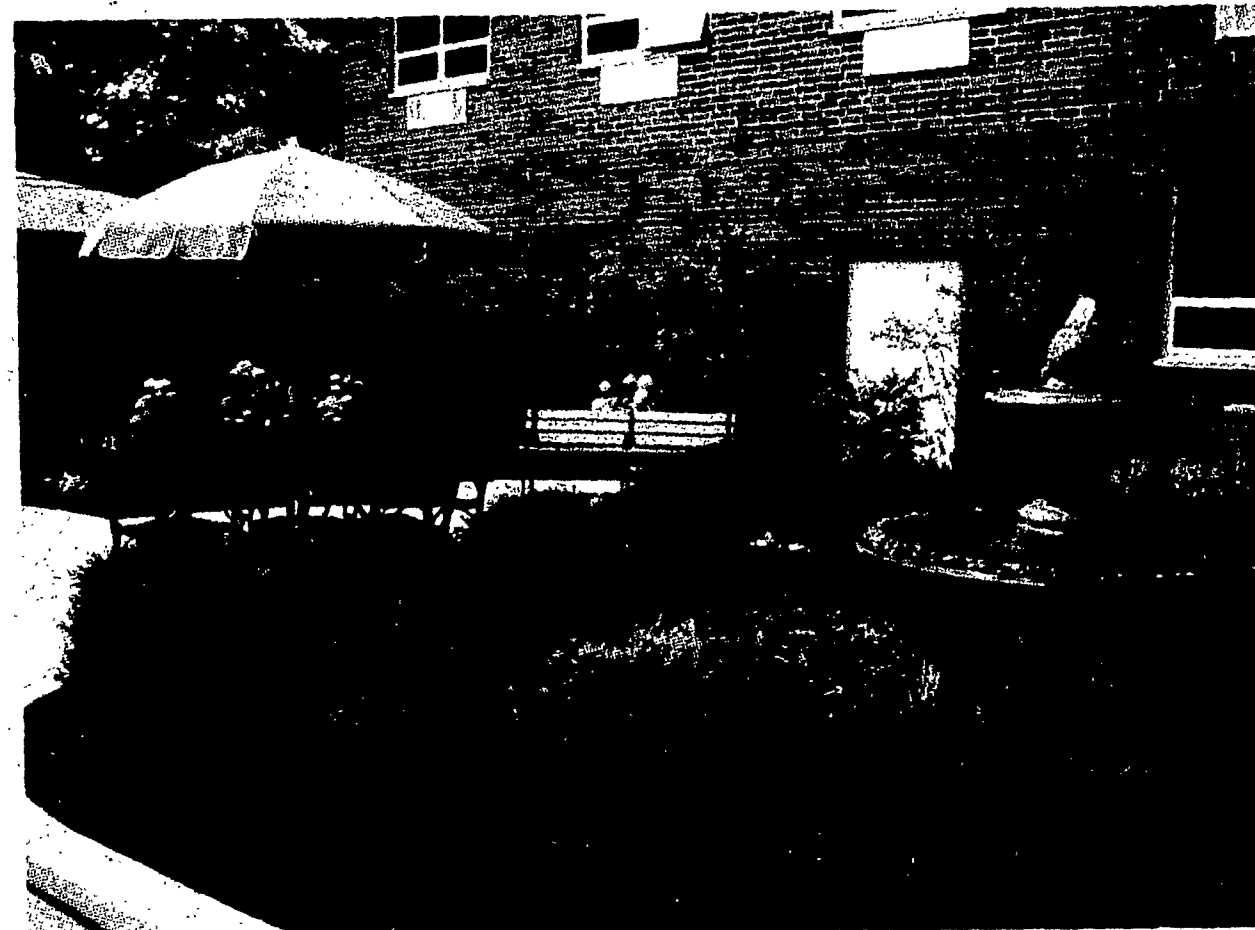
to settle down during daytime hours.

A busy hallway intersection features a trompe l'oeil resembling a quaint European shop

street to soften its functional look. A glass-walled therapy room is laid out so users look onto a large landscaped patio and fountain pool. Orthopedic surgeons provided feedback for equipping this room, a staff member explains. "That small kitchen isn't there because everyone eats all the time—it's to retrain those returning home how to use their kitchens," she explained.

In the food department, a dessert and snack cart is wheeled from room to room, adding spice to the stay of Pavilion patients. Menu choices are offered, and a day room has been equipped with a steam table to serve hot lunches.

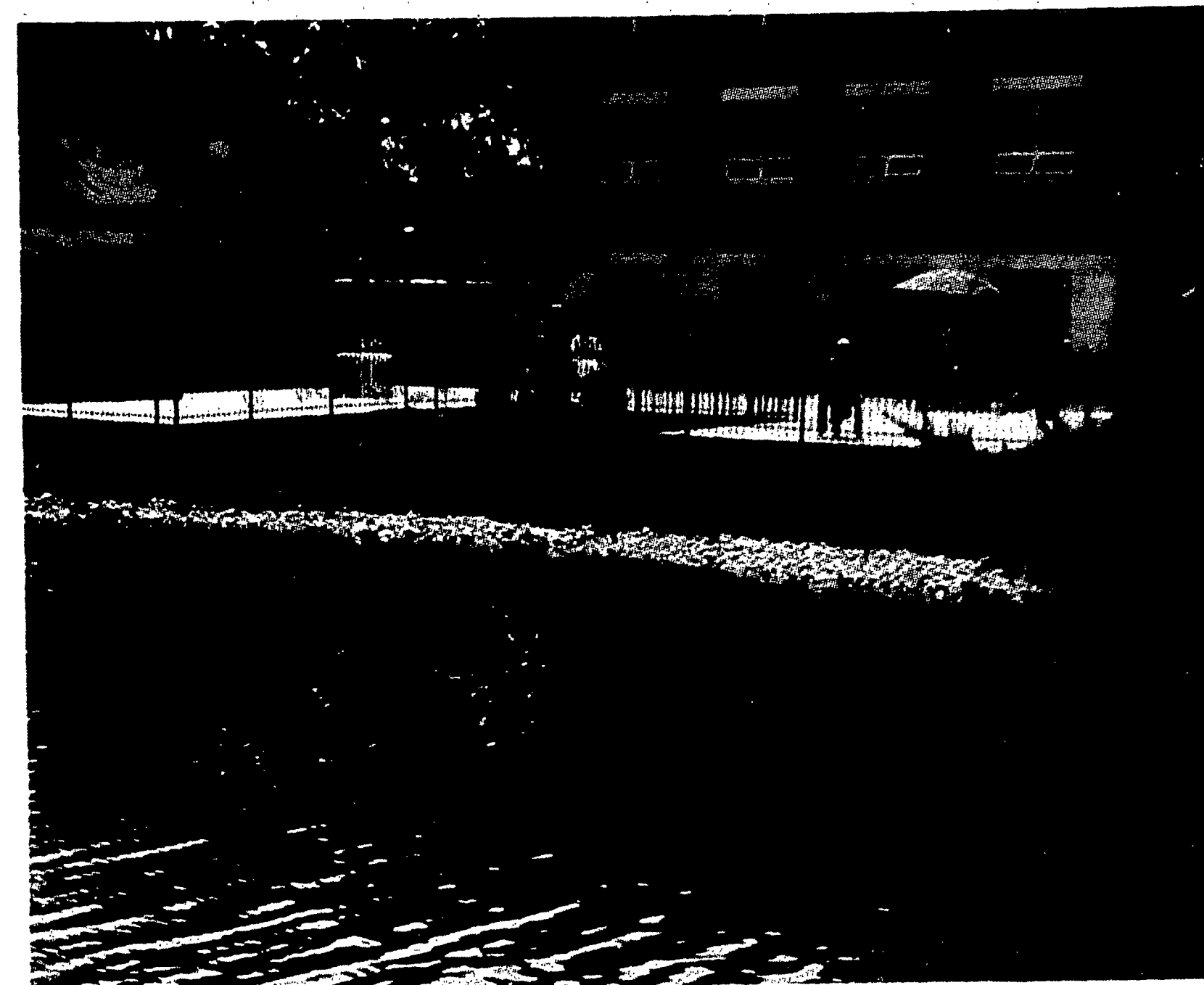
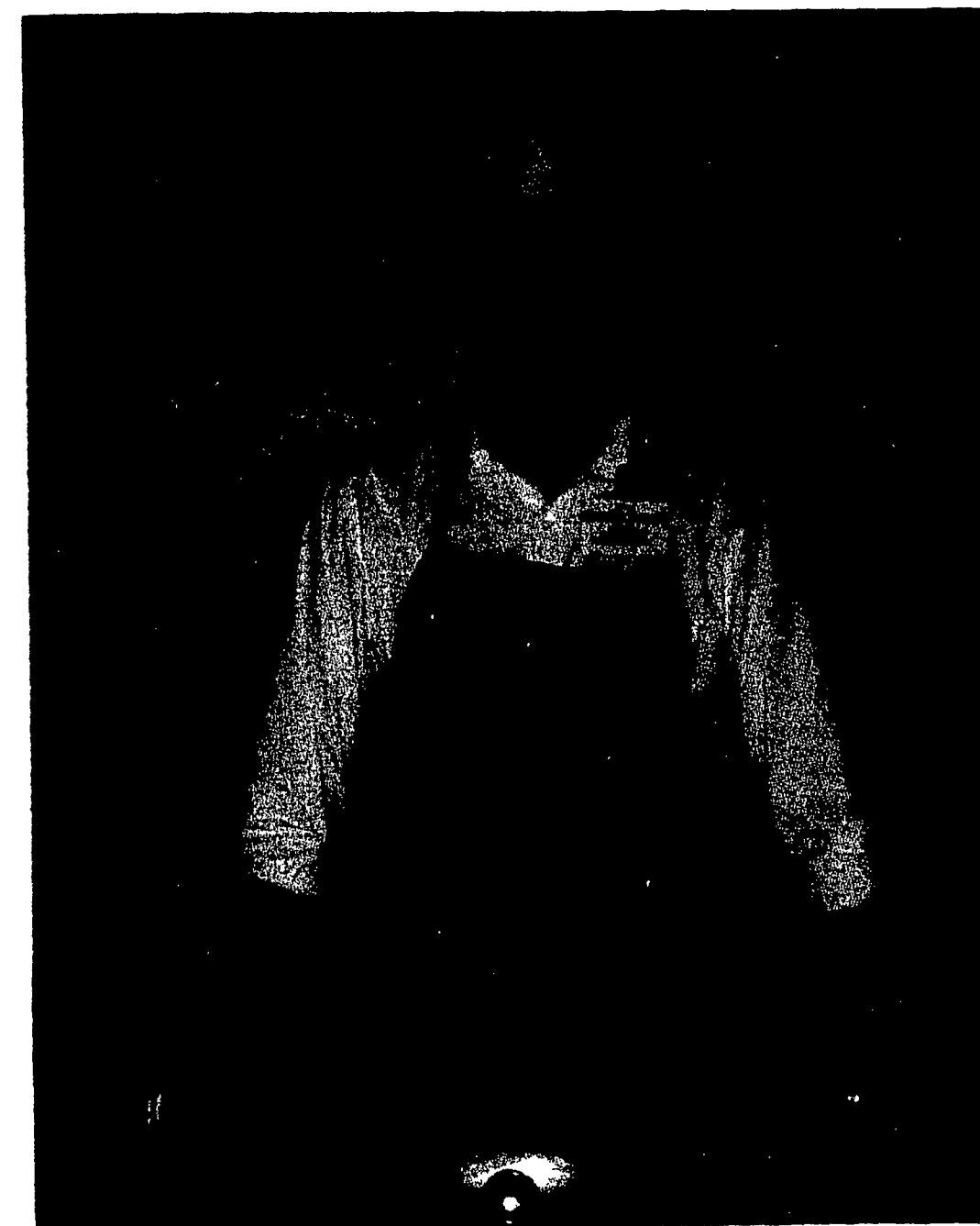
Outside patio areas have been enlarged and recast, with pathways and seating amid fountains and ponds, plantings and trees. An enclosed Reflections Garden for Alzheimer patients was laid out with input from the Chicago Botanic Garden, who helped select plantings with patient safety in mind.



care," Hollander said. This resulted in amenities like enlarged lounges and individual bathrooms with showers. Ten private rooms were added, as well as forty two-bed-

Hollander points out that the facility serves as permanent residence for its older population including an Alzheimer's Unit and as temporary housing for orthopedic

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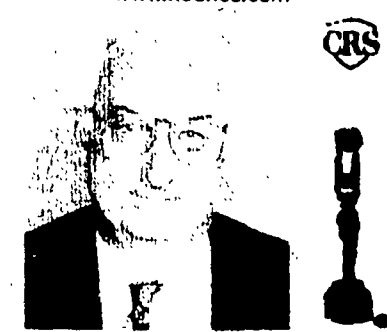
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professionals. We have an interdisciplinary transition team of doctors, therapists, nurses, nurses aides, activity staff, and friendly volunteers to make your stay as pleasant as can be. We offer the community quality care in a beautiful setting. The goal is to make the experience like a luxury hotel stay," says Christie Hoidas Howard, Associate Director. Amenities include a chapel, ice cream parlor for socializing and fun, lounges with cable television, lakeside patio areas, conference rooms, and a beauty salon. Enjoy our beautiful accommodations and scenic views as you recuperate. Enjoy Orthodox services each Saturday morning.

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\*\*\*

## Crafters Wanted

Saint Andrew Life Center, 7000 N. Newark, Niles, is looking for crafters to participate in its 6th Annual Arts and Crafts Fair. The craft fair will be held on Saturday, October 18, 2003 from 9 a.m. to 4 p.m.

Only handmade items will be accepted, no flea market items will be allowed.

For more information, call Domenica Turner at (847) 647-8332.

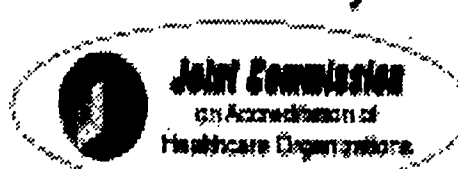
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## Seniors

## A Tropical Afternoon in Paradise



On June 28, the residents of St. Andrew Life Center in Niles, enjoyed a taste of the tropics. Pesi Mauga and the Royale Polynesian Dancers entertained residents and families with dances from six of the Hawaiian Islands. Arnold Fritz, a resident of St. Andrew Life Center was one of the many residents who participated on stage and performed with the Royale Polynesian Dancers. A wonderful time was had by all.

IT'S A WOMAN'S  
WORLD

by Tamara Jones

The truth about estrogen therapies — both in terms of questionable usefulness for many of the conditions for which they were prescribed, as well as the sometimes dangerous side effects of their usage — has only recently begun to appear in the popular press. However, the effort to get the truth out to women has been under way for some 40 years, with Barbara Seaman, author of the groundbreaking new book, "The Greatest Experiment Ever Performed on Women: Exploding the Estrogen Myth" (Hyperion Books), in the vanguard of that campaign.

Seaman, co-founder of the Washington, D.C.-based National Women's Network, a women's advocacy group, had been questioning the validity of many of the reports put out for decades by pharmaceutical companies touting the benefits of estrogen not only to combat the symptoms of menopause and aging, but also a host of other ailments including osteoporosis, Alzheimer's and cancer.

As Seaman and other enlightened researchers (cited in the book) realized, not only were many of these claims invalid in part or in whole, but some actually may have induced the problems they were supposed to prevent or treat.

The book's title is right on the mark. As her research shows, much of what happened in developing these compounds appeared to be driven more by getting them on the market than making sure they were both safe and effective. As for the "Myth" in the subtitle, Seaman's book explodes the long-

held belief — which was almost religious in its intensity — that estrogen could be good for just about everything that might ail us now or in the future.

This is a must-read book for women of all ages. It empowers us; it gives us the information we need to ask questions, and the self-confidence to demand answers.

I welcome your comments.  
Write to Tamara Jones in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to [letters.kfws@hearstsc.com](mailto:letters.kfws@hearstsc.com).  
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THE  
OBSERVATION  
DECK

DARK HILLS at evening in the west, where sunset hovers like a sound of golden horns that sang to rest old bones of warriors under ground, far now from all the bannered ways when flash the legions of the sun, you fade - as if the last of days were fading, and all wars were done.

EDWIN ARRLINGTON  
ROBINSON

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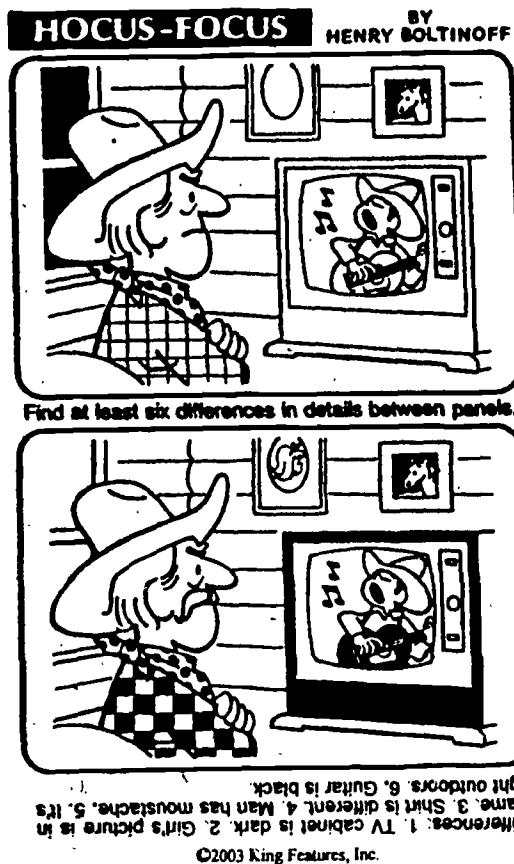
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## Seniors

## MORTON GROVE SENIOR COLUMN



## DIABETES SCREENING

Many people with diabetes go undiagnosed, because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Aug. 26. Screening is free for Senior Center members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

READ  
THE BUGLENorwood Park  
Home schedules  
Open House

The Assisted Living suites and other amenities at Norwood Park Home, 6020 N. Nina Ave., Chicago, will be showcased during An End of Summer Open House Luau, on Wednesday, Aug. 27 from 2:30 to 4 p.m., and from 6:30 to 8 p.m.

Visitors and children of older parents will have the opportunity to tour suites, meet residents and staff members, have questions answered, and become better informed about improving the quality of life of a loved one.

Silvia Garcia, director of admissions, and Linda Kreger, director of marketing, along with other staff members will conduct the tours and answer questions. While here, representatives of the Norwood Park Seniors Network (NPSN), a community outreach program, will be on hand to explain their many programs. Tropical punch and fruit kabobs will be served. In addition, a free gift will be given to each person who completes a tour.

Norwood Park Home, a not-for-profit division of Norwood Life Care NFP, is a 211-bed community that offers Assisted Living (Sheltered Care), Dementia Care, Skilled Nursing Care, and Respite Care.

For more information about the Open House or Norwood Park Home, call (773) 631-4856.

## MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Aug. 26 should call the Senior Hot Line at (847) 470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center members and \$1 for all others.

NEW VISIONS: HELP FOR SENIORS  
EXPERIENCING NEW VISION LOSS

The Catholic Guild for the Blind, in partnership with the Villages of Morton Grove, Niles and Skokie, will be presenting a dynamic new four-week program to help seniors who are experiencing new vision loss from 9 a.m. to 12 noon on Fridays, Sept. 5, 12, 19, and 26 in the Morton Grove Senior Center. New Visions is presented in a warm and supportive environment. At each session, participants will receive skill-building products, which they can take home for use. In addition, participants will receive information sheets and reference materials.

The registration fee is \$15 for each session or \$50 for all four sessions and includes support person registration (highly recommended), skill building products, reference materials, and light refreshments. To register or for more information, please call Kerry Obrist at the Catholic Guild for the Blind at (312) 236-8569 or Jackie Walker O'Keefe at the Morton Grove Senior Center, (847) 470-5219. Seniors from surrounding suburbs are also welcome.

## "INVESTMENT FRAUD"

A speaker from the Illinois Securities Department will discuss "Investment Fraud" and how seniors can protect themselves against such crimes from 1 to 2 p.m. on Thursday, Sept. 18 in the Morton Grove Senior Center. Learn how, not to become a victim of financial fraud. There is no fee for this class but registration is requested by calling the Morton Grove Senior Hot Line at (847) 470-5223.

This program will be preceded by a nutritious meal served by the Morton Grove Lunch Bunch at 11:45 a.m. For a lunch reservation call the Lunch Bunch at (847) 967-6876.

## A DAY IN MILWAUKEE AND GREENDALE

Enjoy a full day in Milwaukee, Wisconsin on Wednesday, Oct. 15. Begin the day at the Famous Milwaukee Art Museum and see the Burke Brise Soleil "Wings" exhibit. This will be a fully guided tour with refreshments and discounts in the gift shop. Travelers will then tour the majestic St. Joseph's Basilica built in 1929. Lunch will be at the Heinemann's Taste of Home Restaurant followed by a tour of the Reiman Publications Visitor Center. The next stop will be a venture around the Greendale shops including the Norman Rockwell vintage collection. The bus will depart from the Morton Grove Senior Center at 8 a.m. and return at approximately 4 p.m. The cost is \$50 for Morton Grove residents and \$54 for non-residents, which includes transportation, lunch and all tours. Register in person at the Morton Grove Senior Center.

## COMPUTER USAGE AND EMAIL SET UP

The computers in the Morton Grove Senior Center Library may be used by any member of the Senior Center to produce documents in any of the Microsoft Office programs. Surfing the Web or writing and receiving emails is another option for members. Instructions on how to sign up for free Hotmail email that will allow members to send and receive messages around the world, are now posted in the Library. Non-members may also use the computers for a fee of \$1 each time they log on.

## Seniors

## NILES SENIOR CENTER

ANNUAL SENIOR CENTER ART EXHIBIT and  
FLOWER & GARDEN SHOW

Open to the Public. Free. Thursday, August 21st, 10:00am - 2:00pm

Enjoy beautiful oil and water color paintings, wood-carvings, clay & ceramic pieces, and quilted items, as well as flowers and vegetables grown in the gardens of our Niles Seniors. Doors open 10:00am. \$2.00 hot dog lunch available 11:00am - 1:00pm. For information about how you can exhibit, please contact the Senior Center at 588-8420.

## SENIOR MEN'S HANDICAP BOWLING

BEGINS WEDNESDAY, AUGUST 27th, 12:30pm  
Men, consider joining this 20 team, friendly league - regardless of your experience level - good, average, or "haven't bowled in years." Shirts provided by local sponsors.  
Kick-off Wednesday, August 27th, 12:30pm at Brunswick Lanes, 7333 Milwaukee. League play begins September 3rd, 12:30pm. Call 847/588-8420 for more information.

## AUGUST REGISTRATION

In-person registration began Wed., Aug. 6th. Use registration form in August Guide. Pay by cash, check or credit card. Special accommodations needed? Call 588-8420.  
Book Discussion - Friday, September 5th, 10:00am - 11:00am. \$1.

Join us as we discuss Educating Esme, by Esme Raji Codell. Refreshments included.  
September Lite Lunch & Movie - Friday, September 5th, 12:00pm - 3:00pm

Enjoy an Italian Beef lunch, followed by the musical Chicago, starring Catherine Zeta Jones, Renee Zellweger, and Richard Gere. (2002, PG-13). Cost: \$3.50.

Drive Wise, Stay Alive - Thursday, September 25th, 10:00am - 1:30pm

Traffic safety is vital for drivers of all ages, but older drivers experience physical changes that may affect driving ability. Presenters provide information on the effect of certain medications, suggestions on how to maintain driving skills, confront traffic challenges, and improve driver performance. Program is sponsored by Office of Chief Judge, Honorable Timothy C. Evans, in cooperation with the Illinois Department of Transportation. Complimentary lunch. Registration is required. Space is limited. Free

## Evenings at the Center

Arlington Jazz - Tuesday, Sept. 30th, 5:00pm - 8:30pm. \$10.

Sing, Sing, Sing! Stormy Weather and Stardust are just two of the songs you can dance or listen to. But first, enjoy a delicious dinner featuring Pasta served with Italian Sausage & Meatballs, Salad, Rolls & Dessert.

High Seas Fantasy - Friday, Oct. 10th, 5:00pm - 9:00pm  
A special evening of dinner & dancing on the high seas. Your 5:30pm meal features Spinach Strawberry Salad, Teriyaki Shish Kabobs, Rice Pilaf, Sautéed Vegetables Thai Style & Dessert. Then get ready for the music of Ron Smollen Orchestra. \$20.  
General Classes  
Bridge for Beginners - Thursdays,

Sept. 4th - Oct. 23rd, 10:00am-12:00pm. \$15.  
Perfect class for beginners or "rusty" players. Fundamentals taught. Class members spend time playing hands under direction of instructor. Intermediate bridge class will follow in January. This is an 8-week course. There is a minimum enrollment req.  
Canasta - Thursdays, Sept. 4th - 25th, 1:00pm - 3:00pm. \$8.

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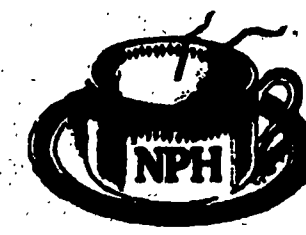
MARK CIOLEK

## End of Summer Open House Luau

Norwood Park Home  
Wednesday, August 27  
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6:30 p.m. - 8:00 p.m.

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## Bethany Terrace Nursing Centre

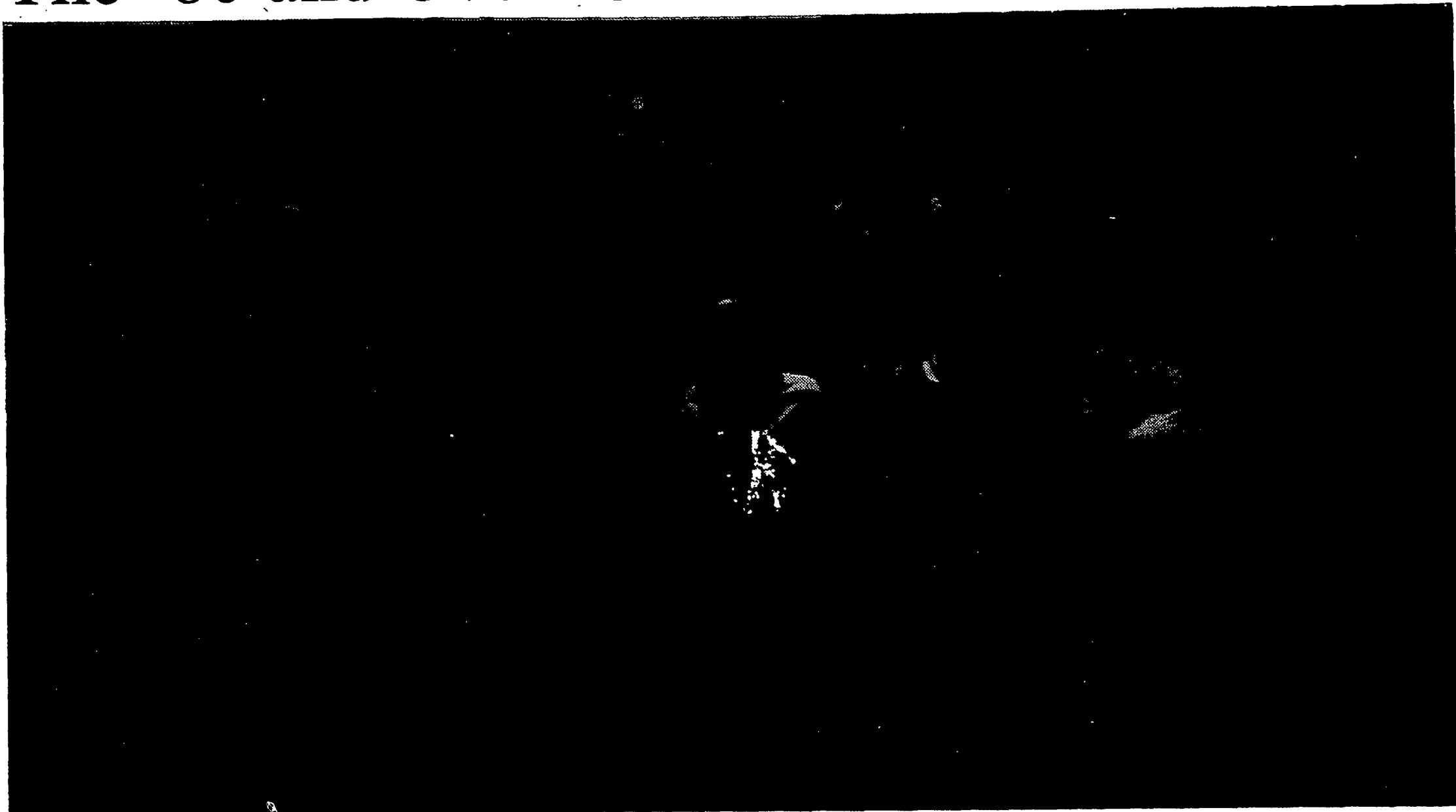
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## The '80 and Over' Club



The Niles Senior Men's Fitness Program began over 20 years ago and has continued to be an active group over the years. Over sixty senior men, ages 65 and over, belong to the group that meets twice a week with instructor Dick Smith at the Niles Family Fitness Center for exercise followed by a competitive volleyball game. One-third of their group's membership is over the age of 80. Despite his 90+ years, Bill Zillmer, the group's founder, serves not only as an inspiration to the group, but also remains actively involved with the 80+ fitness members. The 80 plus group meets at the Grennan Heights Park District facility with Zillmer to work out and discuss pertinent health issues and concerns. Pictured above, the 80 and Over Group, Back Row (left to right) Chet Hajduk, Art Kapchinski, Gerry O'Meara, Bill Geenenwald, Les Bethke, Adrian Galassi, Art Scheel, Marty Haze, Joe Young, and Ned Cacioppo. Front Row (left to right) Ed Wethekam, Paul Greco, Joe Musso, Bill Zillmer, Bob Huster, Gene Mowinski, Marion Ciepley

## Fiscal Neglect Consuming VA Health-care System

It is my duty as a leader of America's military veterans to share a vivid portrait of the nation's Dept. of Veterans Affairs health-care system, a paragon of quality in so many ways, but which is being consumed by fiscal neglect. I've presented this information to those who have the power to change it. Now, I want to bring this situation to the attention of all Americans who may be largely unaware a problem even exists.

In the past nine-months I have visited more than 50 VA medical facilities across the nation. It has been an eye-opening experience.

I witnessed awesome examples of dedication, professionalism, safety cognizance and resourcefulness among VA employees. I heard profound gratitude for the quality of care received. But, I also found acute frustration about the lack of timely access to VA health care, under-use of some facilities, overcrowding in others, and inconsistent budgets and budget expectations.

It is obvious to me that VA health-care operations are trying to do more with less. Demand has soared. Funding is failing miserably to keep up, forcing the budget-strapped system to ration access. The fiscal mess is also threatening affiliations with medical colleges and nursing schools by downsizing facilities out of proximity to these schools.

The VA also faces a heavy burden when members of the National Guard and Reserve are called-up. In Wilmington, Del., I was told a major call-up would likely close beds due to the deployment of much-needed Guard nurses. That hospital was not alone; facilities in several states and Puerto Rico face similar fates.

I've seen first-hand the inconsistencies and frustration surrounding third-party reimbursement formulas placed on facility managers. The real zinger is that success is punished because new, increased reimbursement targets come right off the top of next year's budget.

The solution to this vexing problem is a mandatory appropriation-funding model, just like Social Security and Medicare. Funds must be allocated on a cost-per-veteran basis, indexed annually for inflation.

This does not mean free health care for all veterans. It means all veterans with the ability to use their insurance, including Medicare, should be free to choose VA facilities for their health care, regardless of economic status or level of service-connected disability.

The irony of congressional committees and VA officials continuing to visit and revisit the funding issue is inexcusable. All the commissions, task forces, committees and panels in America can debate the details and dream up new ways to cut corners for years on end, but there's one prevailing reason for this health-care crisis -- the funding formula.

This fiscal mess must be a concern of every American. I have testified on Capitol Hill, challenging members of the Veterans Affairs Committees to move quickly to

make necessary funding changes. Our government always seems to produce billions for foreign aid, millions for pork-barrel projects and enough to keep sending young men and women off to fight our government's battles in foreign lands -- and in the process creating more veterans.

The Department of Veterans Affairs is America's biggest managed-care system. It is a national treasure. Whatever one chooses to call the VA health-care system, a debt, an obligation, or a promise, the fundamental reason for its existence is that it is woven into our national value system.

## SENIOR NEWS LINE

by Matilda Charles

The rising rate of elder financial abuse around the country committed by greedy children and/or grandchildren is prompting an increasing number of states to enact tough laws to punish those who enrich themselves by stealing from their elderly parents. Similar legislation is also planned on the federal level.

The following are three of the more common abuses, and what you can do to protect yourself against them:

1. Abuse of powers of attorney. Instead of using these instruments to handle their elders' financial affairs (e.g., pay nursing-home fees, property taxes, etc.), these scoundrels use them to get their hands on their parents' funds for their own purposes. To prevent this from happening, do not grant powers of attorney to anyone unless you absolutely cannot handle financial or other matters on your own because of poor health or disability. If you do name a child or grandchild to act in your behalf, tell other family members. Chances are they'll keep an eye on the "chosen one" to make sure he or she doesn't abuse your trust.

2. Getting loans that are never repaid: The would-be borrower often cites a desperate need. How can a parent or grandparent say no? If you decide to lend money, get an I.O.U. noting the date of the loan, the amount, and how and when repayment is to be made. If the borrower balks at signing it, that should tell you something, and maybe you should send your "needy" offspring to a bank.

- 3) Taking over a parent's home and threatening to institutionalize him or her unless the deed is transferred to them: If threatened, file a police report. Contact your local adult protective services agency and your state attorney general's office.

For more information on financial elder abuse, as well as other forms of elder exploitation, contact the National Center on Elder Abuse at 1-202-898-2586 or [www.elderabuse-center.org](http://www.elderabuse-center.org).

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.kfws@hearstsc.com](mailto:letters.kfws@hearstsc.com).

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## Niles resident recoups after triple transplant

BARBARA A. MENDELSON

Niles resident Michael Gaynor chalked up some happy experiences since leaving the University of Chicago Hospital in June with a newly transplanted heart, liver and kidney.

There was his 20-minute chat with Janet Reno during his stay at the Rehabilitation Institute of Chicago. The former attorney general, there to visit another patient, heard about Gaynor and stopped by to wish him well.

Gaynor spent one week at the Institute in a regimen geared to strengthen his arms, legs, upper body and overall endurance, following his 68-day hospitalization.

Another highlight was his invitation from the regional organ procurement organization "Gift of Hope" to act as a volunteer spokesperson.

Home since June 19, Gaynor resumed driving in mid-July, which makes it easier for him to get through his heavy schedule of weekly medical appointments. He has at least one doctor's appointment per week, either

with his primary care physician, his primary cardiologist or the specialty cardiologist at the University of Chicago. He exercises in a cardiac rehab program at a local hospital three times a week.

A biopsy of his new heart done in mid-July scored a zero. "Zero means no sign of organ rejection was detected."

Gaynor said, explaining that rejection testing of the heart requires a biopsy procedure, whereas liver and kidney rejection can be monitored by blood tests. Checks of those organs also show no rejection.

To fight rejection, Gaynor takes 17 medications per day. "That may get down to 10 eventually, but that number is there for life," he said.

"Maintaining my health is pretty much a full time job right now," he added, explaining that transplant recipients need one year to stabilize before returning to work. His former position, information technologist with Northwestern University, will not be an option for him, since it requires visiting construction sites where bacteria in dust particles would pose an immunity hazard.



## Golf Outing to Raise Money for YMCA

The vast green fields of the Chevy Chase golf course in Wheeling are ready. The 140 golfers are ready to honor an old friend of theirs.

The first annual Will Enspar Golf Outing takes place August 27th starting at noon and plans to end around 8:00 p.m., after the outing and dinner. The charge for

each player is \$100 each. It commemorates Enspar, a Board of Director, a 35 year handball player, and a good friend at the Leaning Tower YMCA in Niles. It also benefits the Leaning Tower YMCA's many programs for adults and children.

Ron Martin, YMCA member and close friend to Will Enspar, is

in charge of the event. "It was my idea. Will died about a year ago around the date of the event of cancer. He was 35 year member of the YMCA and loved it here like a second home. He was a well-respected, well-mannered man, and the father of four children."

One of his children, Will

Enspar Jr. recalls the times he spent with his father at the YMCA. "He would take us there and we would go swimming or watch him play his favorite game, handball."

His wife is playing in the outing. "Will dedicated his life to helping people achieve their potential. He was 35 year member

at the YMCA, made many good friends, participated in fund-raising committees so that others can have the same opportunities of the YMCA."

The event is on August 27th starting noon at the Chevy Chase golf course in Wheeling. For more information call the Leaning Tower YMCA.

## Construction of new gymnasium at 'Moscow Nights' awaiting results of study

TRACY YOSHIDA

An environmental study is currently underway to determine whether removal of asbestos or any contaminants is necessary before demolishing the Moscow Nights property on Caldwell Ave. making way for a new multi-purpose gymnasium. The park district expects to receive the environmental report within a short time period. If nothing needs to be removed demolition is likely

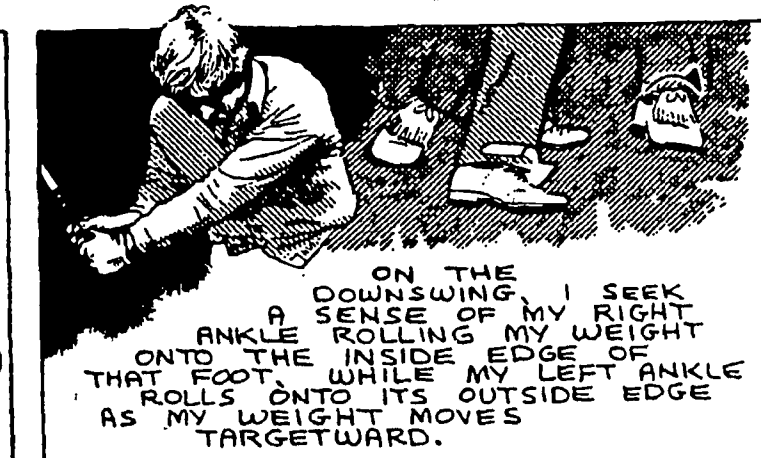
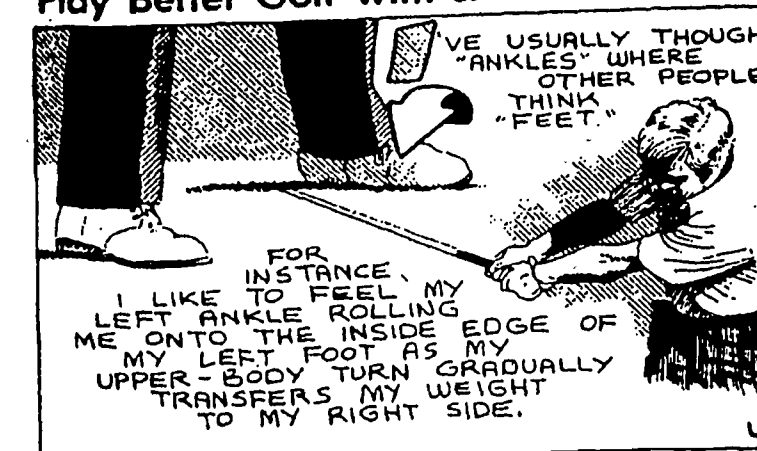
to start immediately. The property is located near the Tam tennis and golf facility.

The new gymnasium will contain two full courts and a space for the community members to hold meetings. Niles Park District Director Joseph LoVerde, said Grennan Heights, the park district's current gymnasium, is extremely popular and more space is needed to meet the community's growing needs. For example, the Niles Youth Council

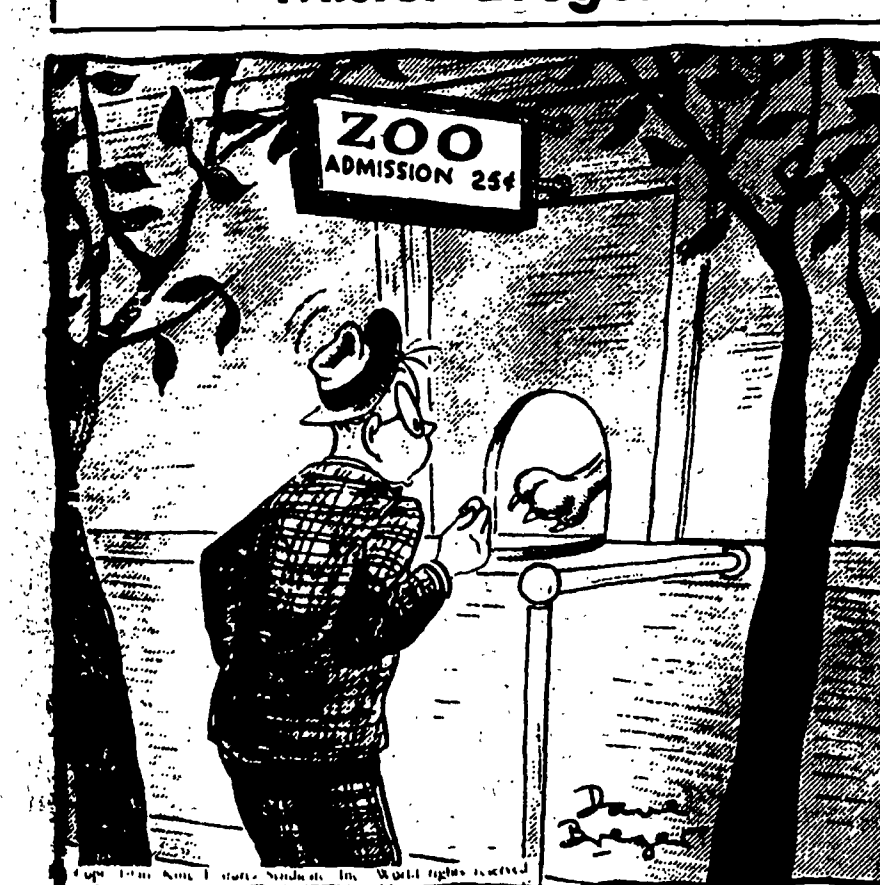
will have the opportunity to meet in the building and hold events in the facility.

Elaine Heinen, a Niles Park District trustee, would also like to see a theater for the performing arts in the new gymnasium. LoVerde said he's open to new ideas and he is very excited to open the new gymnasium. He said that it will benefit the entire family, because while the parents are playing golf or tennis, the kids can shoot hoops.

## Play Better Golf with JACK NICKLAUS



## Mister Breger





## LIFE

## Niles Boy Scout Troop 175 returns from summer camp

JULIE ANN MURPHY

The Niles Boy Scout Troop #175 of St. John Brebeuf recently returned from its Summer Camping Trip. From July 13 to the 19, the group of 11-17 year old scouts camped out at Camp Napowan in Wild Rose, Wisconsin.

Scoutmaster Bob Galassi says this is the largest crew they have had since the 1970's. The Troop attendees were Martin Acosta, Keith Banaszak, Drew Beierwaltes, Michael Carr, Thomas Carr, Bob Galassi, Matthew Gianakopoulos, Jeffrey Gianakopoulos, Brad Langlo, Robby Martin, Michael Mazur, Eric Neuhengen, Brian O'Keefe, Michael Okun, James Seggeling, Danny Podkowa,

Charles Vasis, and Dan Wiechec.

Besides having fun, the Troop worked diligently over the course of the week, accumulating 62 completed merit badges and 16 partials, covering a wide range of subjects, including the Eagle Scout required badges of Camping and Environmental Science. Three Scouts earned outstanding merit badges, qualifying them for advancement in rank. And the Order of the Arrow, Scouting's National Honor Society, welcomed new members Charlie Vasis and Benny Costes, who successfully completed their tasks early in the week.

Along with the troop were leaders Eagle Scout John Witting, Margaret Carr, Andy Beierwaltes, John O'Keefe, Ben Costes, Dave Okun, and Scoutmaster Bob Galassi.



## Niles Public Library hosts "Meet The Orchestra Conductor"

The Chicago area welcomes the Chicagoland Pops Orchestra, which makes it's performing home at the Rosemont Theatre. This new professional orchestra begins its inaugural season on Saturday, October 4, 2003 at 8pm with a show titled 'What A Movie! What A Show!' featuring Broadway and cabaret singer, Karen Mason; and the renowned Chicago Children's Choir.

Meet the conductor, Lloyd Butler, at a program offered by the Niles Public Library District on Monday, Aug. 25, 7:00pm. The Pops Orchestra presentation will include live music, a discussion of the conductor's role and preparation for a concert, and a mini conducting lesson on the use of the baton - including the opportunity to view the conductor's score and follow along while the music is playing. Please register for the program at the library circulation desk or by calling (847) 663-1234.

The Chicagoland Pops Orchestra offers a five-concert season appealing to all ages with an exciting and innovative program line-up incorporating a blend of popular music, dance, theater and visual arts. The orchestra is led by Artistic Director and Conductor, Lloyd Butler, who has led choral and orchestral ensembles in sixteen states, London, Prague, and Vienna.

"Our vision is, first and foremost, to give the audience a spectacular performance, while exposing them to aspects of the arts that they wouldn't find at a traditional symphony orchestra performance," comments Maestro Butler. Subscriptions are only available thru Friday, Aug. 15 by calling or visiting the walk-up ticket window at the Rosemont Theatre at 5400 N. River Road, Rosemont (847) 671-0300. Individual tickets are available Saturday, Aug. 16 and can be ordered thru Ticketmaster at (312) 559-1212 and by visiting the theatre's walk-up window. Groups of ten qualify for the 15% group discount and can call the orchestra directly at (847) 825-POPS (7677). For more information visit the website at: www.chicagolandpops.com.

## Morton Grove Park Dist. Schedules 'Family Campout'

MARTHA ZABOROWSKI

You don't have to travel miles away to experience the great outdoors. All you have to do is take that well-traveled route down Dempster and pull into Harker Park to join the Family Camp Out, beginning Saturday September 13 that 6:00 p.m. and ending the following morning at 9:30.

"Just plan on bringing your tent and camping equipment," advises recreation supervisor of the Morton Grove Park District, Mike Baiardo. The rest the Park District will provide. "Saturday night we will be showing the movie 'The Parent Trap,' roasting marshmallows around a fire, and having a candy flashlight hunt."

"There's also going to be plenty of sports for kids and adults. Children of all ages can participate in a basketball shoot out

where they can win prizes, for the adults we're offering a softball game.

Bingo will also be played for prizes. Sunday morning breakfast will be provided by Morton Grove Boy Scout Troop 228."

"People are signing up like crazy! We've already had 15 families signed up at the beginning of August, much more than last year," says Park District registration coordinator Michelle Hackl. "Families seem really excited."

As many residents know, last year's camp out was cancelled due to concern of West Nile Virus. But this year the threat had been greatly reduced by having the event take place later in the summer season. The Mosquito Abatement District has also larvicized at 51 sites, including Harker Park.

Register at the Prairie View Center at 6834 Dempster.

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## THIS IS A HAMMER

By Samantha Mazzotta

## Crooked Door Needs Repair

**Q.** The antique door to our bathroom is solid oak. Unfortunately, it's no longer closing straight — the door latch is lower than the hardware on the frame. It's also scraping the floor when it's opened and closed. How can we re-ford, Conn.

**A.** Fixing this problem can be as simple as adjusting the hinge pins of the door, or as complex as resetting them (which isn't too complex; it's just a two-person job).

Sticking, dragging doors, or doors that won't close completely, can have a number of causes. In newer houses, a door's hinges might have been placed incorrectly, or the mortise of the door might not be deep enough (or too deep). Checking the depth of the mortise is simple: run a finger along the hinge leaf that's set into the door. If the leaf isn't flush with the wood, the trouble may lie there. The new wood may have swollen slightly, as well.

Because you're in an older home, the door probably opened and shut for

years with no problem, meaning the hinges are (or were) set just fine. However, the door frames of aging homes typically settle as time passes, and the frame could be slightly warped. The hinges may also have worked loose.

The first (and easiest) fix is to check all the hinges — tap them down into place if necessary — and tighten the screws holding the hinges to the door. If a screw won't tighten down, remove it, insert a wooden toothpick (or several) into the hole, and reinsert the screw.

If the door still sags, try putting a

shim between the bottom hinge and the door. Remove the door completely from its hinges (this is where that second person comes in handy). Then, unscrew the bottom hinge leaf from the door. Using the leaf (the flat part) as a template, cut a piece of noncompressible cardboard, particle board or sheet brass (available in various pre-cut sizes at the hardware store) to match. Punch out screw holes in the same area as on the leaf. Lay the shim against the door first, then fasten the hinge leaf to it. Rehang the door and check the fit.



To easily sand away sticky spots from the bottom of the door, tape a piece of sandpaper to the floor and briskly move the door back and forth across it. Elevate the sandpaper with thin pieces of cardboard as the sanding process continues.

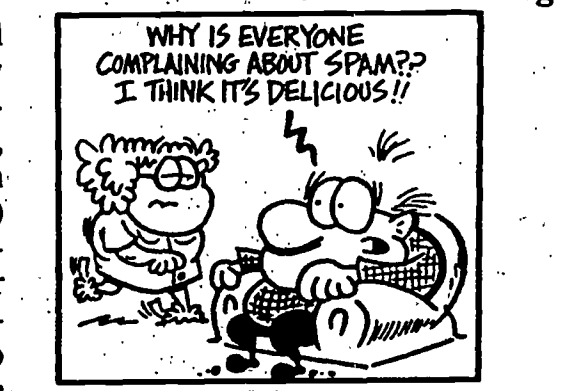
Conversely, if the door latch were higher than it should be, you would

place a shim in the top hinge.

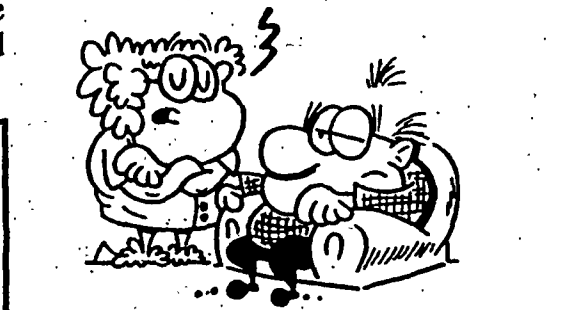
Now, what if the latch lines up but the door still scrapes or sticks? Try covering the sticking edge with chalk, and open, and close the door. Mark spots on the door edge where the chalk has rubbed away. Lightly sticking doors can be repaired by sanding the contact points. Don't sand too much, or the door won't fit tightly.

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.

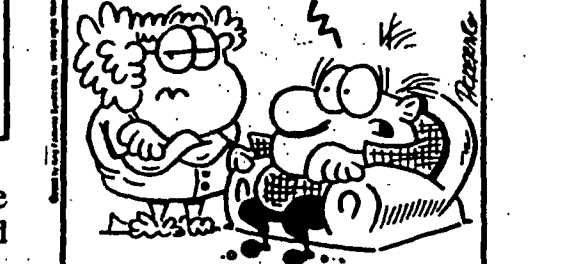
The Spats by Jeff Pickering



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## SCHOOLS

## Notre Dame has new looks as school year approaches

BRENDAN DIAMOND

School is back in session at Notre Dame High School for Boys, and some new faces and changes are already starting to be noticed. With 206 new freshman students, the school has once again grown.

"We welcome another excellent, more diverse freshman class," says Fr. Patrick Hannon, C.S.C., Notre Dame's principal. "With that addition there's just a generous spirit of brotherhood around the school."

Several new staff members also can be seen around the campus, including Lucy Brown, the new full-time curriculum director. She and Fr. Hannon have been working together to provide a newer, more diverse program at Notre Dame. This now includes two new Advanced Placement classes, as well as a class on Bioethics, merging the teachings of both science and religion. This is the first step in what Fr. Hannon hopes will be an ongoing trend of cross-curriculum classes.

Also new this year are several service learning grants aimed at community outreach. In addition to two grants funded by the Congregation of Holy Cross, Indiana Province, which runs NDHS as well as the Universities of Notre Dame and Portland, this

year marks the first for the Chris Lary Memorial Award, which is funded by the Alliance for Catholic Education (ACE). This program, headquartered at the University of Notre Dame in South Bend, Indiana, promotes Catholic education by putting young teachers into Catholic schools across the nation. The award basically allows for a two-fold mentoring program: one, in which the students at Notre Dame mentor elementary school children; and two, in which those same ND students are mentored by adults. This cross-generational tutoring program should provide for some very educational experiences, according to the school.

Perhaps the biggest news at Notre Dame, however, is in some new construction. According to alumni director Anthony Kozole, for the first time in at least 30 years, the school is getting a new gym floor. It should be ready by the beginning of September.

Other facilities are improving as well. Coach Robert Beckman has been improving the golf center so that students on the team have access to a small driving range and several putting greens as well.

As far as sports at ND, the big news this year may be the football team, which is hoping to storm back this season after barely missing the playoffs last year.

Basketball and volleyball will also be interesting to watch during the winter and spring seasons, as Notre Dame will get a chance to show off the new gym floor.

So what's next for Notre Dame? Besides the coming academic year and the annual Mission Mardi Gras (the yearly fundraiser for the Holy Cross missions), there is an air of celebration beginning to be felt as the school heads towards its 50th anniversary. "As we begin a new academic year there's a real sense of excitement and spirit as we head toward the fiftieth anniversary of the opening of the school," says Fr. Hannon. Festivities are still being planned, but the yearlong celebration, coming in the 2004-2005 school year, should be a big one.

Until then, it's back-to-school time for the students, teachers, and staff and Notre Dame, who are all very excited, especially with Fr. Hannon, who is beginning his second year as principal at ND. According to English teacher Mary O'Connor, whose health has forced her to cut back on her teaching, "I couldn't have come this far without all the love and support of the administration, teachers, and students at NDHS. They have all been terrific."

It is in that spirit, one of fellowship and service, that Notre Dame looks towards another fulfilled school year.

## Students can ride pace buses to school for free

A special two-week program this fall will give all suburban students of high school age and younger free rides to school on Pace buses. The student promotion runs from Monday, August 25, to Friday, September 5.

Pace's goals are to introduce young riders to the benefits of public transportation, and increase system ridership throughout the six-county suburbs.

"Students who become familiar with their neighborhood bus routes will hopefully remain users of public transportation when they enter the work force," said Pace Executive Director T.J. Ross.

The free rides for students will be provided on school days. Pace is the sensible alternative for students who want to save money and help the environ-

ment by reducing air pollution and traffic congestion.

To encourage students to continue using public transit after the two-week promotion, Pace is discounting its monthly Student Haul Pass in September. The \$25 pass is selling for just \$15, providing unlimited rides during the month, even on weekends. The Student Haul Pass can be used to reap the benefits of Pace's dependable daily service to schools, shopping centers, entertainment complexes, employment centers, park facilities, and many other destinations around the community.

The Student Haul Pass returns to its regular price in October, but remains the best way for students to commute quickly and economically. Student rid-

ers who purchase the pass have more money to spend at the mall, and have less trouble getting there. Pace buses even have bicycle racks mounted on the front bumper so students can ride their bikes to catch a neighborhood bus.

Pace is the premier suburban transit provider, quickly moving people to work and school safely and efficiently. The backbone of Chicago's suburbs, Pace serves 130,000 daily riders with 40 routes, 450 vanpools and many Dial-a-Ride programs. Pace covers 3,500 square miles and is the 14th largest bus service in North America. Pace's fresh approach to public transportation gives the agency a national reputation as an industry leader. You depend on people who depend on Pace.

## CRUISIN'

by Greg Zyla

Rare '66 F-350

**Q:** We are the owners of a 1966 Ford F-350 four-door pickup truck, proving that it wasn't Dodge or Chevy that had four-door models first back in the '60s. It has a 300 cubic-inch inline-6 and only 74,000 original miles. I have the owner's manual, and this truck was a special order, being the only one of five built that has the automatic transmission!

The truck is 19 feet long, and I've replaced the gas tank, tires, battery and carburetor. It is original red and white paint. I can drive this truck anywhere, and everywhere I go people stop and ask about the truck. I'm thinking about maybe trading it for a Mustang convertible or an older Ford convertible, or maybe selling it to a Ford dealer to display in the showroom as a rare oldie but goodie. What do you think? — *Larry D., Holiday, Fla.*

**A:** Larry, you indeed have a very rare piece, and as popular as trucks are today, I'd think twice before trading it. Your truck, which I feel will command top dollar on the Internet sites, may well serve you better in the years to come than a Ford convertible.

Being that your four-door F-350 is an automatic and in good shape, I'd put a few more dollars into restoring it and then perhaps presenting it to a Ford dealer. I know if I were a Ford dealer, I'd love to park your truck next to a new Ford F-350 in the showroom. Have you thought about renting the truck out for a month to a Ford dealer? You might get \$200 to \$450 to display the truck for 30 days, giving the dealer some good showroom traffic and also a reason to consider buying it. I'd take the F-350 to car shows and the like, too.

I'm going to search price guides and auctions for the results of how much your truck will bring in dollars, but I haven't been able to locate too many because it is so rare. Good luck!

*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@hearstsc.com.*

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## TOP TEN

1. **Spy Kids 3-D: Game Over** (PG) Daryl Sabara, Alexa Vega
2. **Pirates of the Caribbean: The Curse of the Black Pearl** (PG-13) Johnny Depp, Orlando Bloom
3. **Bad Boys II** (R) Will Smith, Martin Lawrence
4. **Lara Croft Tomb Raider: The Cradle of Life** (PG-13) Angelina Jolie, Gerard Butler
5. **Seabiscuit** (PG-13) Tobey Maguire, Jeff Bridges
6. **Terminator 3: Rise of the Machines** (R) Arnold Schwarzenegger, Nick Stahl
7. **The League of Extraordinary Gentlemen** (PG-13) Sean Connery, Peta Wilson
8. **Johnny English** (PG) Rowan Atkinson, John Malkovich
9. **Finding Nemo** (G) Alexander Gould, Erica Beck
10. **Legally Blonde 2: Red, White and Blonde** (PG-13) Reese Witherspoon, Sally Field

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## RACING

by Greg Zyla

### Childress: Change Is Good for NASCAR

NASCAR team owner Richard Childress drove his own Winston Cup car from 1969 to 1981, posting six top-five and 76 top-10 finishes. He finished fifth in points in 1975 and earned top-10 points finishes in five of the eight full seasons he competed.

\*\*\*

**ZYLA:** Would you have liked to drive more years than you did in Winston Cup?

**CHILDRESS:** Oh, yes. I wasn't ready to quit driving, but I sure could see the writing on the wall. When people got in the sport like Warner Hodgen, Rod Osterland, JD Stacy, Harry Ranier and the other big-money car-owner people, every time one would come in, I would go further back in the



Richard Childress and Steve Park chat before a race at Lowe's Motor Speedway in North Carolina.

standings. I'd get a few top-five and several top-10 finishes along the way, and I'd always end up in the top 10 or 15 in the points. But I saw it coming to an end, and I didn't want to run 20th or worse in the points at that time of my career. So, I had the opportunity to hook up with Dale (Earnhardt) in 1981. But as for driving, I would have liked to drive another 10 years. But I never looked back. I knew I had to make the change then to an owner.

**ZYLA:** How about scheduling? What is your take on the current schedule for Cup racing, and when is enough enough?

**CHILDRESS:** Without overexposing NASCAR Winston Cup — I'll say Nextel Cup next year — I think we are at our peak right now. If you gave me a schedule book and wanted to know how to put the season together, if we have 38 races, I'd run 38 weekends in a row. Then we could have the other

weekends off, do testing, and spend more time with families, and things like that. That's the way I'd do it. Have a set season, and instead of us going from February to November, I'd rather go from February to October and be done with it.

**ZYLA:** How about the scheduling changes? Are you in agreement with the moves to expose Cup racing to other markets, or are you a traditionalist?

**CHILDRESS:** I'm 100 percent in agreement with the changes. I've always been a great fan of the Labor Day Southern 500 (moved for 2004 while Rockingham loses a date), and it's been one of my favorite events. North Wilkesboro (removed from the schedule) was also one of my favorites. But you must have change. Progress is change, and if you don't change, you lose. You have to keep up, and the sport has gotten so big now, we need to be in California more, and in the Midwest.

**ZYLA:** Are you comfortable now with all of the built-in safety in the NASCAR vehicles?

**CHILDRESS:** The safety aspect is unbelievable right now. I sat down in Robby Gordon's car when we were testing at Indy, which is the first time I sat down in a car in a year or so. I slid down into that seat, and the way the cocoon is now is way different than it was three years ago.

**ZYLA:** How was the visibility?

**CHILDRESS:** Horrible.

**ZYLA:** Well, I know NASCAR is really working on side-to-side impact protection, so the spotters are even more important nowadays.

**CHILDRESS:** It's tough that this move forward comes at the cost of the tragedies we all have endured in recent years, but we learned from those improvements of the past, like the Petty bars and the Earnhardt bars. We went from open-faced helmets and no gloves and questionable fire suits to the evolution of real safety equipment. When I go to a museum and look at the cars I used to drive, I thought I was as safe as I could be at the time, and now I see how dangerous it really was.

*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@hearstsc.com.*

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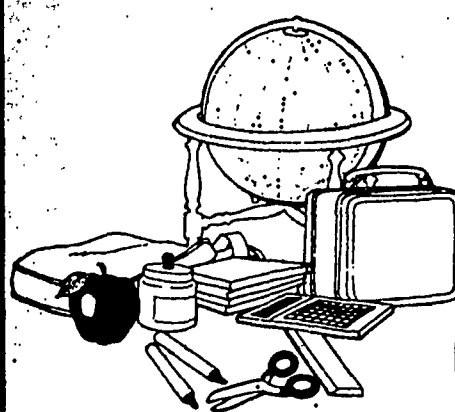
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## Ravinia scores with opera, prepares Sondheim show

Imagine a standing ovation, during which two big confetti cannons suddenly begin to fill the air, and soon everyone's hair, with colorful tumbling ribbons.

That was the farewell conductor Christoph Eschenbach received at the end of his nine years as Music Director of the Ravinia Festival. There was more: Ravinia officials made him a Life Trustee of the festival, and he was given a portrait of himself by the famed British-born artist David Hockney, whose work hangs in the Art Institute.

Eschenbach had just conducted a true musical rarity: the U.S. premiere of "Le Freyschutz." Hector Berlioz's French version of Carl Maria von Weber's German romantic opera "Der Freischütz" or "The Free-Shooter."

Based on old folk tales of magical arrows and evil alliances, Weber's 1821 opera has long been a favorite on the German stage. But French audiences wanted their own language, plus a ballet, and in 1841 Berlioz was asked to present a French version. He succeeded remarkably, even incorporating Weber's popular concert waltz "Invitation to the Dance."

Eschenbach presented the Berlioz version with his Orchestra of Paris last year, and brought to Ravinia his Agathe from that production: a superb soprano named

Michaela Kaune. She was nearly matched in elegance by the other soprano in the cast,



Marlis Petersen as Annette.

Their duets were enchanting, and they were beautiful to see in their russet red and creamy yellow gowns. While these two women were the best of the cast, the rest was quite good, especially tenor Vinson Cole as Max and bass Stephen Humes as the Hermit.

Stage director Michael Halberstam presented a highly imaginative visual show, with a big circle in the back of the stage that was transformed by lighting and projections into a target, a clock with spinning numbers, and—best of all—a foggy moon surrounded by a stage filled with stars.

The choral parts were sung with style by the Apollo Chorus of Chicago—one of the city's oldest musical organizations, with roots going back to just after the Chicago Fire of 1871.

The Ravinia Festival Orchestra was also very good, especially the mellow horns, which never failed in the famed overture where you sometimes hear them crack, and in Barbara Haffner's wonderful cello solo.

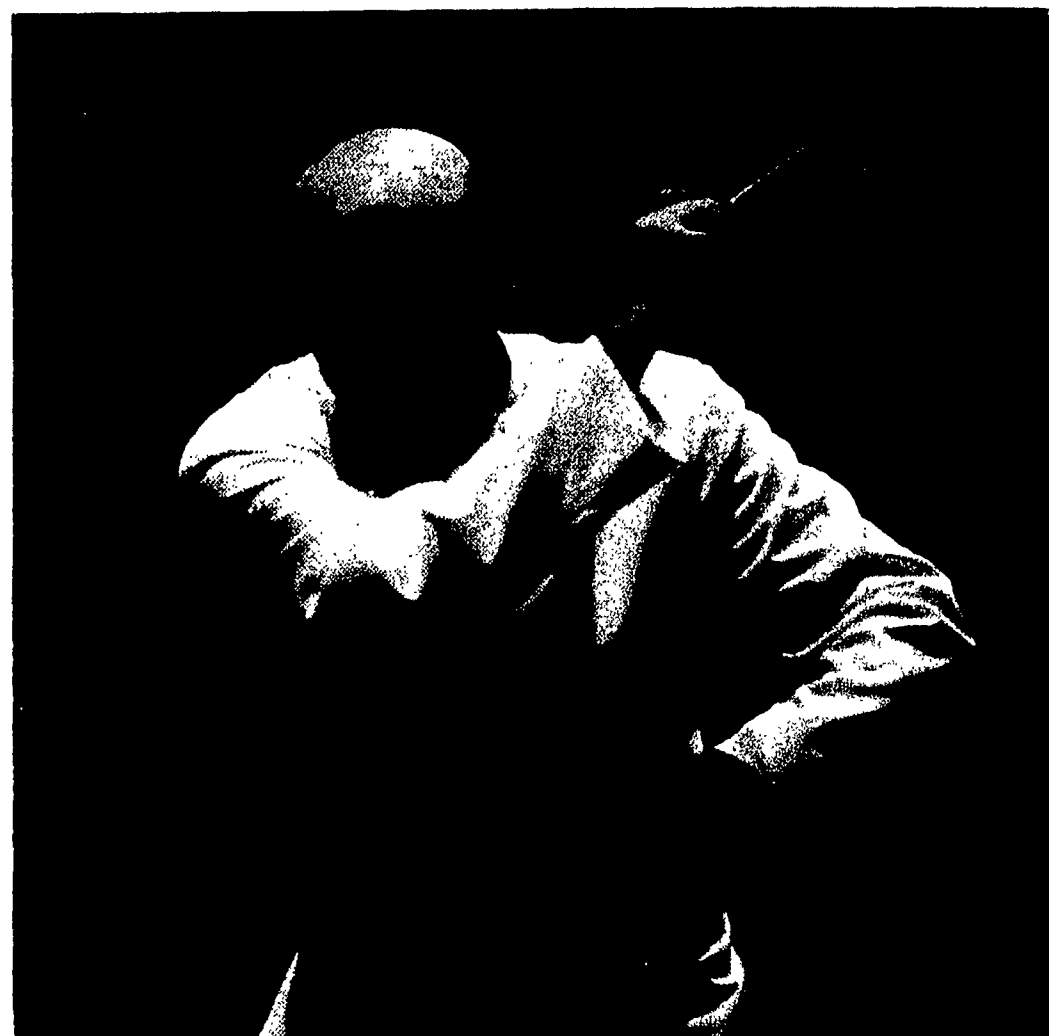
Eschenbach conducted with a vigor that was sometimes not

quite matched by the orchestra—as fine as the orchestra and chorus were, it would be grand to hear the Chicago Symphony Orchestra and Chorus perform this score. Eschenbach will now take over his new duties as Music Director of the Philadelphia Orchestra. He will continue as boss of the Orchestra of Paris—nice work if you can find it—and will return to Ravinia when he can as a guest conductor. (Philadelphia and Paris. Not bad).

Ravinia will continue its "Sondheim 75" celebration by presenting a semi-staged version of his musical "Passion" on Friday and Saturday, August 22 and 23, both at 8 p.m. Stephen Sondheim first rose to fame back in the mid-1950s when, at the age of 25, he wrote the words for Leonard Bernstein's classic musical "West Side Story."

For decades now he has been writing both the words and the music for his shows, and in "Passion" he tells a story of a handsome soldier torn between two women that he loves. "Passion" won the Tony Awards in 1994 for Best Score, Best Book (by James Lapine), and Best Musical. Patti LuPone and Audra McDonald will sing at Ravinia, the Festival Orchestra will play, and Lonny Price will direct.

Call (847) 266-5100.



Above, Christoph Eschenbach directs the festival orchestra at Ravinia. Pictured below is Michaela Kaune, one of the opera singers this season.



### 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. D03086886 on August 15, 2003, under the Assumed Name of Who's Jumping Now with the business located at 8105 N. Prospect St., Niles, IL 60714. The true name(s) and residence address of the owner(s) is: Wolfgang Stange and Lori Stange, 8105 N. Prospect St., Niles, IL 60714.

## 'Capturing the Friedmans,' best movie so far in 2003

MIKE KONCZAL

As the summer ends, it's time to reflect on the best movie so far of 2003.

"Capturing the Friedmans"

This powerful documentary about a child molestation charge against the father of the Friedman family, shows a family caught in layers and layers of denial, distrust, betrayal and desperate humor. The movie, which covers several decades in the Friedman family's lives, shows how a police raid against

the family's home turns into a giant media circus fed by community hysteria.

The movie works as the audience is given too much access to the lives of the family. The Friedman family fell in love with the idea of video, and the footage they have assembled of family birthdays and vacations is massive. They also film the private drama of their lives under trial, full of accusations and bitter denunciations, the same way they would film a high school graduation. The feeling is the same one people

get when they are watching an argument between people they don't know—a mix of curiosity and nausea.

The director is able to weave these events and footage into a compelling story in a disturbing way. It's almost difficult to discuss it as a documentary—not because it doesn't feel like reality but because it's plotted out like a novel. This movie shows that the way you tell a story can influence, even determine, the way you feel about it. This idea runs directly against the way most people feel about docu-

mentaries, which is that they are objective as possible. The audience can leave feeling manipulated. Instead of laying out all the facts right away, the director makes you feel just the way he wants you to by showing just enough of an issue to get an emotional rise out of you. He keeps giving the audience bits and pieces, making each person hate or defend or pity the people on the screen, so that by the end of the movie, when all the cards are on the table, you have no idea what to think. One of the best movies of 2003.

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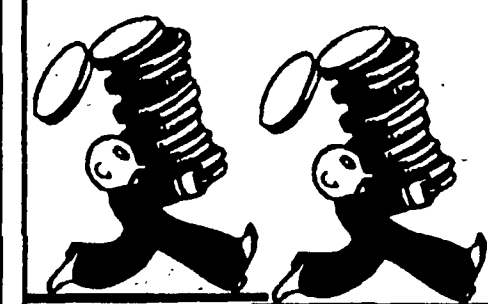
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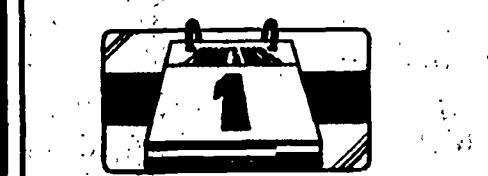
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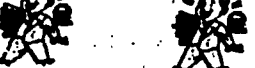
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## APARTMENT FOR RENT

Niles-8500 N Milwaukee  
3 Rooms-1 Bedroom Very Clean  
Freshly Painted-New Cpt-Gdn Level  
\$695/Month-Includes All Utilities  
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GLENVIEW - 1 Bedroom - \$830 - A/C  
Heat Incl-Own Pkg-No Pets-Laundry  
Newly Remod! 847-470-0014

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SKOKIE - Close to McNally Park  
Next To Middleton School  
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2 1/2 Car Garage - Large Deck  
Finished Basement - Avail. Aug. 1  
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## 1997 FORD F150-XLT

V8 - Automatic - 3rd Door  
All Power - CD Player  
All Maintenance Records  
\$9500 Or Best Offer  
Call Jason - 847-962-5969

## ESTATE SALE

## ESTATE SALE

NILES - 8628 N. MERRILL  
Friday - August 22 &  
Saturday - August 23  
9 AM - 3 PM  
Everything Must Go!

## ESTATE SALE

Niles-7830 & 7844 Oleander  
ESTATE/2-Fam. Garage Sale  
Sat. 8/23 & Sun. 8/24-9AM-4PM  
(Behind Oak Mill Mall) Huge Sale  
Furn./Beer Signs/Antiques/Collect  
Jewelry/Hardware/Lawn Mr/Snow Bls  
Something for Everyone-No Early Birds!

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All Classified Help  
Wanted Ads Can  
Now Be Found On  
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A Bed - Queen Pillow Top Mattress  
Set - Brand New - In Plastic  
List \$599 - Must Sell \$159  
Can Deliver - 847-812-3920

A Bed - \$249 - King Double  
Pillow Top Mattress Set  
Brand New - Never Used  
Can Deliver - 847-812-3920

A Bed - \$119 - Full Size Double  
Pillow Top Mattress Set - New  
In Original Plastic - With Warranty  
Can Deliver - 847-812-3920

## FURNITURE FOR SALE

King Pillow Top Mattress Set  
\$185 - New - In Package  
Can Deliver - 847-707-4995

\$125 - Queen Pillow  
Top Mattress Set - NEW!  
Can Deliver - 847-707-4995

2-Piece Queen Mattress Set  
With Coils - In Plastic - \$90  
Brand New - 847-884-0496

Bed - Full Size Mattress Set  
Brand New - In Factory Plastic  
\$70 - 847-884-0496

## GARAGE SALE

NILES-7835 N. ODELL  
Sat. 8/23 - 8 AM - 3 PM  
Baby Furn. / Toys / Much Misc.!

## GARAGE SALE

NILES - 7410 W. MULFORD  
Fri. 8/22-Sat. 8/23 & Sun. 8/24  
9 AM-5 PM - Big, Big Sale!  
Loads of Tools/Rugs/A/C-More!

## GARAGE SALE

NILES - 8312 W. PARK AVE.  
Fri. 8/22- Sat. 8/23 & Sun. 8/24  
9 AM - 4 PM - Lots of Stuff!

## GARAGE SALE

PARK RIDGE-300 W. SIBLEY  
Fri. 8/22-9AM-4PM & Sat. 8/23-9AM - 1PM  
Kids Toys/Clothes/Much More!

## GARAGE SALE

NILES - 8339 N. OKETO  
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Lots of Baby Furn & Items

## GARAGE SALE

NILES - 7642 N. OLEANDER  
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With Sofa-2 Chairs-2 Tables  
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BEST OFFER!  
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NILES - 8651 N. MERRILL  
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## MOVING SALE

NILES - 6914 OAKTON CT.  
Fri. 8/22 & Sat. 8/23 - 9am-5pm  
Sports Eq. Dorm Refrig. & Much More!

## 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) K.M.

## Prayer to St. Jude

Oh, Holy St. Jude, Apostle and Martyr, great in  
virtue and rich in miracles, near kinsman of  
Jesus Christ. Faithful intercessor of all who  
invoke your special patronage in time of need.  
To you, I have recourse from the depths of my  
heart and humbly beg to whom God has given  
such great power-to come to my assistance.  
Help me in present and urgent petition. In  
return I promise to make your name known and  
cause you to be invoked. Say 3 Our Fathers, 3  
Hail Mary's, 3 Glorias. Publication must be  
promised. St. Jude pray for us and all who  
invoke your aid. Amen. This Novena has never  
been known to fail. It must be said for 9  
consecutive days. Thank you. A.S.

## SITUATION WANTED

Will Do Babysitting  
In My NILES Home  
Monday-Friday  
7 AM - 6PM  
Have References!  
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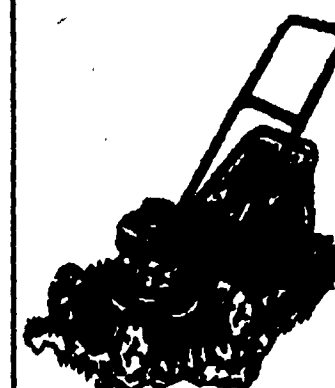


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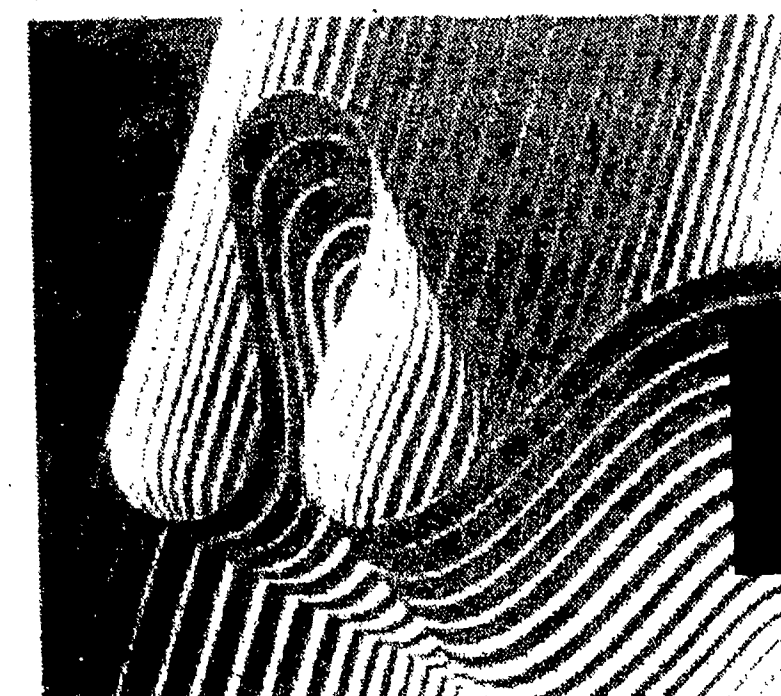
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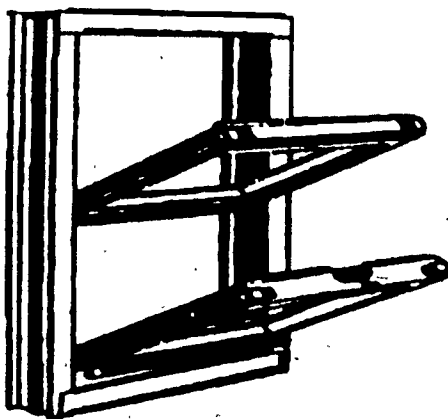
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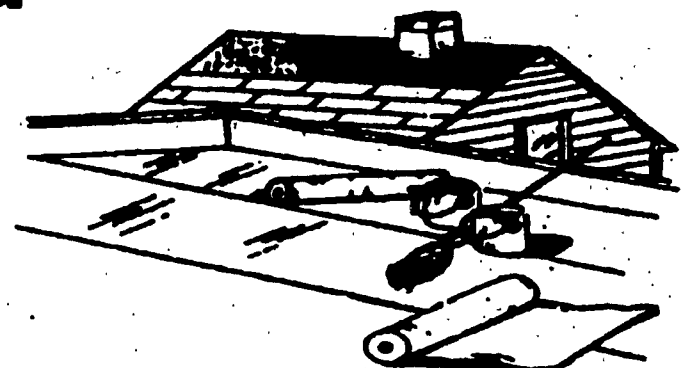
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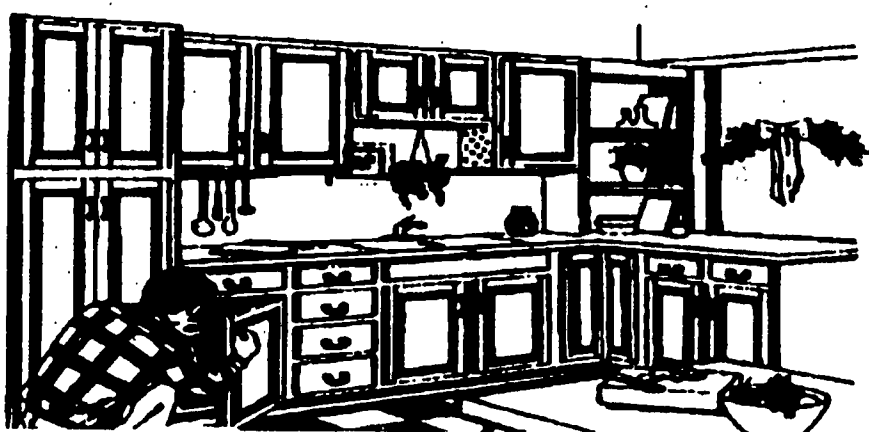


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