

NOV 13 2003

THE BUGLE



WEEKLY

Thursday, November 13, 2003

Vol. 47 No. 20

NilesBugle.com • ParkRidgeBugle.com • MortonGroveBugle.com

District 64 teachers declare strike, rally in Uptown

BY WENDY ELLIS
wellis@buglenewspapers.com

Negotiations between the striking Park Ridge/Niles teachers and the District 64 Board of Education resumed yesterday under the watchful eye of a federal mediator but at the time this story was written, no agreement had been reached. Over 4,000 elementary and middle school students have been out of school all week, after a negotiating session Sunday night broke off without success.

The two sides appear unable to close the gap between the amount of salary increase teachers want for each of the next three years, and the amount the district is willing to pay. The district has offered to raise the existing 2 percent step increase to 3.5 percent over each of the next three years. The teachers are asking for a 4 percent raise to 6 percent. Health insurance costs have been a major concern for both sides in the self insured district. Dean Krone, president of the Park Ridge School Board, says the district has offered to raise its contribution for family coverage by over \$3600 per teacher, if the teacher will pick up 5 percent of their individual (See Teacher strike on page 7)



Eighth Grade Teacher Susan Glines of Emerson Middle School holds hands in a show of solidarity with other District 64 teachers at a rally in Uptown Park Ridge's Hodges Park, Monday afternoon, Nov. 10.

Explosion, fire in unincorporated Niles ruled a suicide

BY ALLEN KALETA
akaleta@buglenewspapers.com

An explosion and fire in unincorporated Niles Thursday night Nov. 6 left one man dead and kept 60 firefighters from five surrounding suburbs busy for hours as they worked to extinguish the blaze in the two-story home in the 9300 block of Greenwood.

The Cook County medical examiners office on Friday determined that Leo McDevitt, 44, died of carbon monoxide poisoning by intentionally inhaling exhaust fumes as he sat in his car parked in the home's attached garage with the door closed.

McDevitt was found dead in a Chevrolet Monte Carlo that was outfitted as a stock car. Fire officials believe the buildup of carbon monoxide led to the explosion.

The force of the explosion blew the garage door nearly one hundred yards across the street onto the Golf Mill Shopping center parking lot and left the home so structurally weak firefighters were forced to fight the blaze from the outside. Miraculously no one was hit by debris from the explosion.

"I thought it was an earthquake," said Maxima Devenecia of 9326 N. Greenwood, the home directly next to the explosion.

Maxima and her husband Leo had just sat down to dinner when the explosion occurred.

"It was like a bomb. My house moved," said Leo Devenecia.

Leo went to check downstairs in his home and as he came up stairs he seen the flames from the home next door.

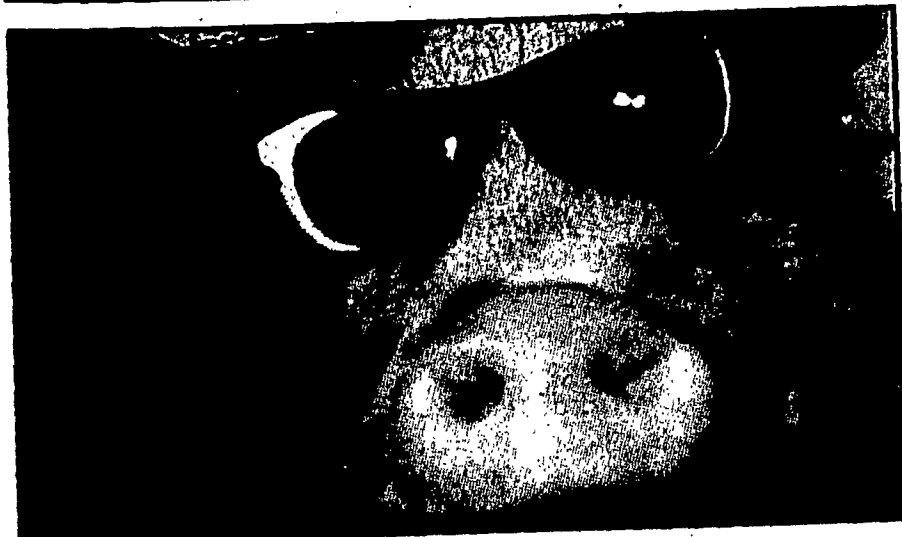
"My husband told me to get out of the house," said Maxima the night of the explosion. "Our food is still on the table."

Unable to return to their home, the

Devenecia's went to stay with their son. Although they lived next door the Devenecia's said they did not know much about McDevitt and his wife aside from the fact that they had purchased the home within the last two years from an elderly couple.

The explosion and fire forced officials to shut down Greenwood for nearly 18 hours as investigators tried to determine the cause.

(Photos inside on page 2)



Want to kiss a pig?

Bakon peeks around the corner to see if Nelson School Principal Larry Mishkin is coming. Mishkin agreed to kiss Bakon after students fulfilled their fund-raising goal. See the photos on page 4.



Veterans Honored

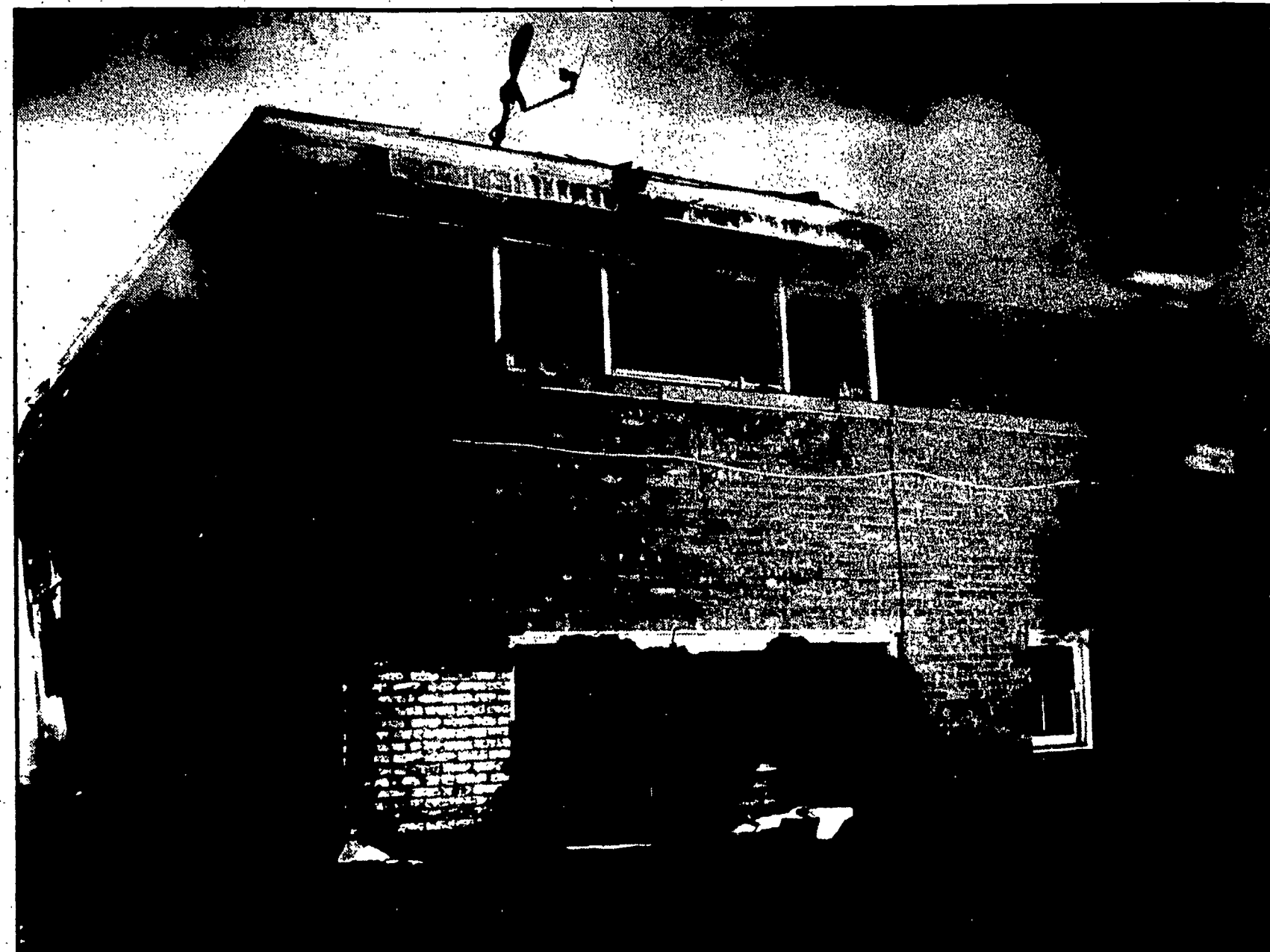
Joe Morris, a member of Niles VFW Post 7712 and Army World War II veteran salutes during a Veteran's Day ceremony at the post. See another photo on page 10B or our "Senior Living" pull-out section.



Maine South still undefeated

Hawks raise their helmets in victory after defeating Stevenson, Saturday night, Nov. 8. For the full story, turn to page 17.

News



Niles rocked by explosion

(Left) Firefighters use an extension ladder to pour water on the home. Thursday night, Nov. 6.
(Above) Firefighters pour water on the home. A large crack in the backwall of the home is a result of the blast and partial collapse of the front of the home.

THE BUGLE

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BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: FINANCIAL FOCUS When Investing, Get on "Same Page" as Spouse

Communication is the key to successful marriages. But a surprising number of married couples may think they communicate well, only to discover that they have radically different ideas about one of the most important aspects of their life together — their money.

At least that's the finding of a recent research project completed by the U.S. Bureau of Labor Statistics. The study showed that men tend to estimate the family income five percent higher than their wives. And men view their family wealth — stocks, bonds, home equity, etc. — as 10 percent higher than wives do. Also, wives believe that family debts are about \$500 higher than husbands.

This "disconnect" could lead to problems when it comes to making important savings and investment decisions. For example, husbands, operating under inflated assumptions of income and assets, may be more inclined to spend, rather than save. Conversely, wives, concerned about higher debts and lower income and resources, may favor more conservative investments. In fact, other studies have shown that women do tend to invest more conservatively than men.

Of course, in anyone's individual situation, it might not be particularly helpful to generalize on how husbands and wives think differently about saving and investing. Nonetheless, to make sure you and your spouse are working together toward your common long-term financial goals, you may want to consider the following suggestions:

- Review your finances regularly — Don't assume that you and your spouse know the exact same things about your income, savings and investments. Take the time to "put all your cards on the table." And do it regularly, because things change all the time — one of you may get a raise, one of you has noticed something unusual in your investment

statement, etc. If you work with an investment professional who conducts regular reviews of your financial situation, you and your spouse have the perfect opportunity to scrutinize the same information.

- Discuss your goals — With careers, kids and all the activities of everyday life, you and your spouse may not have a lot of time to discuss topics such as retirement, college funding and other long-term financial goals. But you need to make the time. If you each have different conceptions of your ultimate financial destinations, you'll have a hard time agreeing on the proper strategies for getting there. Make sure each of you knows when the other would like to retire, what sort of retirement lifestyle you envision, what kind of contributions you're thinking of for your children's college education, etc.

- Reach common ground — If you and your spouse have different investment personalities, you may well have to find some "common ground." That is, if one of you is an "aggressive" investor, while the other is "conservative," you might have to chart a course that is considered "moderate." If one of you is unhappy with the way you are investing as a couple, then nobody really comes out ahead.

- Keep your records accessible — In some marriages, one partner manages the finances so completely that the other spouse doesn't even know how to find the investment statements, tax records and other documents. That is a recipe for disaster — if something were to happen to the "in-the-know" spouse, the other one could face big delays in taking control of much-needed assets. By following these basic suggestions, you and your spouse can work together to make continual progress toward your objectives. And, as you know from any endeavor in life, any job is easier when people pull in the same direction.

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

News

Morton Grove street turns 'Athletic'

A new street sign will be going up soon at the entrance to Morton Grove's Prairie View Community Center. "Athletic Avenue" was chosen as the winner from 18 entries in the Morton Grove Park District's

"Name the Street" contest last month. Youngsters from Kindergarten to eighth grade were asked to send their entries via email to the park district. "Athletic Avenue" was submitted by Grove Middle School Fifth

Grader Julia Choi. She will be honored as the contest winner at the park district's next meeting Thursday, Nov. 20, at the center. "Athletic Avenue" is the street that leads into the Community Center off Dempster.

Limanova, Poland becomes Niles' Sister City

BY WENDY ELLIS
wellis@buglenewspapers.com

Niles has welcomed a new Sister City to the fold. Limanova, Poland, became the fourth Sister City for Niles since the village joined the international program 12 years ago. 250 people turned out for the Niles Sister Cities Association International Festival last Sunday night to welcome Limanova and to raise money for this year's upcoming events.

Niles Sister Cities Commission Chairman Mary Kay Morrissey said the guests raised about \$7,500 dollars. The money will be used to establish the groundwork for Sister Cities programs with Limanova. It will also help fund a student exchange with Nafplion, Greece, which became a

Niles Sister City in 1994; a police officer exchange with Pisa, Italy, which became Niles' first Sister City in 1991; and a sports exchange with Leixlip, Ireland, a Sister City since 1999.

Morrissey said Niles hopes to send 10 young people to Leixlip in the 10 to 14 age bracket for the sports event, and the village may invite young people from its other two cities to take part as well. Morrissey says they aren't sure which sports will be involved, but she's fairly certain soccer will be one of them. Leixlip and Niles will celebrate their fifth anniversary as Sister Cities next June.

Morrissey says the greatest thing to come from the program so far has been the friendships. "Through those friendships you really realize that most problems can be solved through sharing ideas," said Morrissey.

"Because the sister cities are all similar in size, they all face similar problems," Morrissey, who is also Niles Village Manager, said the village likes the way Leixlip promotes their own culture and music and Niles brought back ideas on how to get that started here. As for Leixlip, they were experiencing problems with their young people, and they took back the idea of curfew and are exploring its possibilities now.

As for the newest Sister City, Limanova, Morrissey said they had had many requests for a Polish Sister City because there is a large Polish population living here. Limanova was the unanimous choice of the Polish Advisory Committee set up to explore the options. Morrissey said Sunday's Festival brought out about 45 local residents who hail from the Limanova area of Poland.

THE BUGLE

Index | Weekly Vol. 47 No. 20

Niles & Morton Grove Blotters...	p. 6
Calendar.....	p. 8
Seniors.....	p. 9
Business.....	p. 11
Park Ridge.....	p. 13
Park Ridge Blotter.....	p. 14
Sports.....	p. 17
Life.....	p. 21
Home.....	p. 22
Classified.....	p. 26

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News



Love is in
the air

(Above) A full house on hand as students fill the gym awaiting Mishkin and Bakon.

(Right) Nelson School principal Larry Mishkin kisses Bakon, a Vietnamese potbelly pig as part of an agreement he had with children if \$20,000 was raised.



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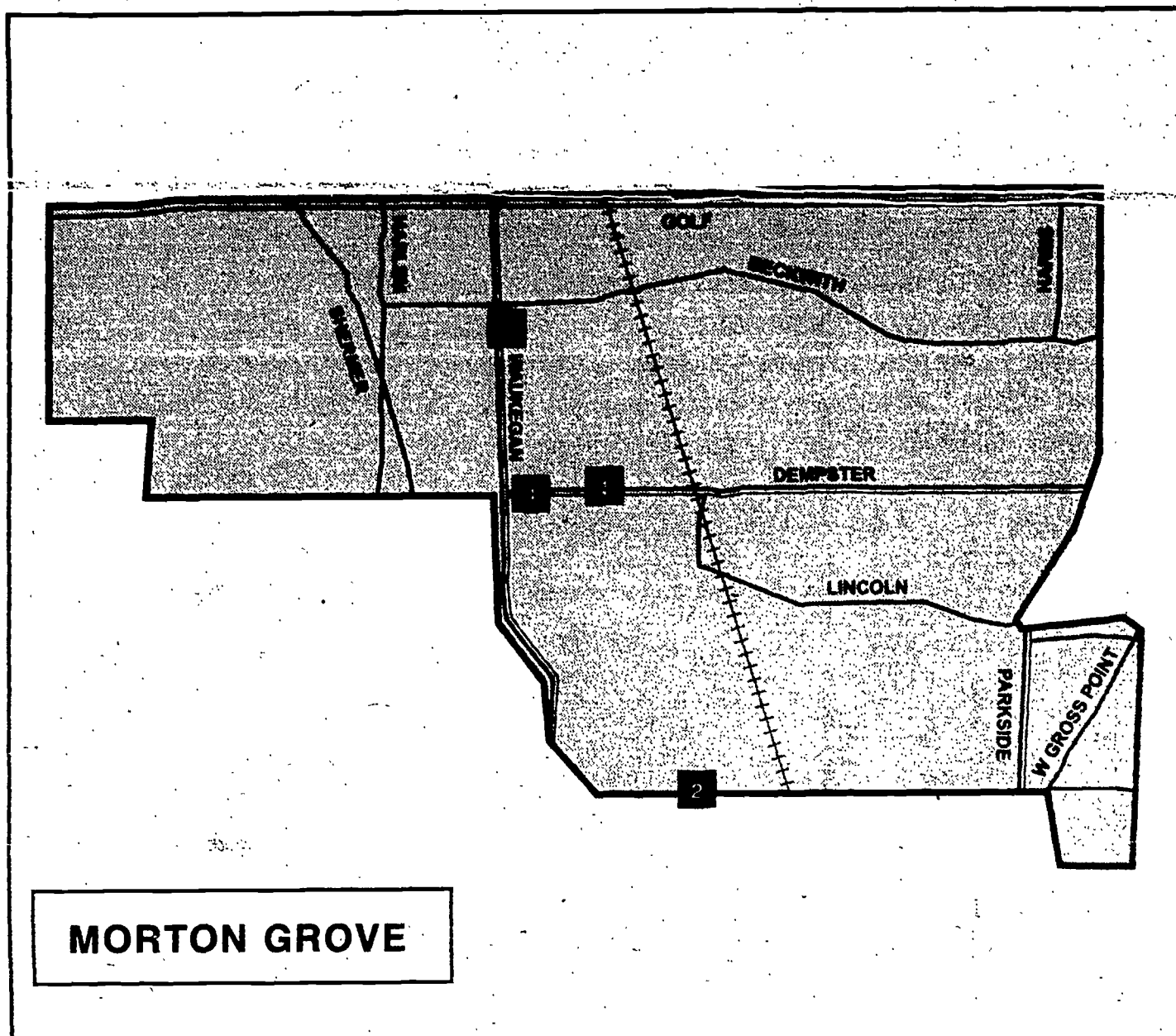
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POLICE BLOTTER



MORTON GROVE

MORTON GROVE

Theft of hygiene products (6900 Dempster)
An 18-year-old Wheeling man and a 17-year-old Deerfield man were arrested Oct. 31 afternoon after they were observed placing tooth whitener and razors in their jackets by security police at a supermarket in the 6900 block of Dempster.

Retail theft (6300 Oakton)
A 32-year-old Des Plaines man was arrested in a home improvement store Nov. 4 store after he switched packaging on a cordless drill in hopes of getting the lower price for another drill. Security guards watched the man switch boxes and stopped him after he purchased a drill at a lower price and then opened his package to find the higher priced drill.

Stolen car (9300 Waukegan)
A 1990 Black Dodge caravan was stolen November 5 from the parking area of a restaurant in the 9300 block of Waukegan.

Theft from locker (6800 Dempster)
A 51-year-old Skokie man had his wallet and identification stolen from his locker in a health club in the 6800 block of Dempster the night of Wednesday, Nov. 5.

NILES

Theft of purse (7900 Milwaukee)
A 45-year-old Wheeling woman had her purse stolen from her desk drawer Monday afternoon, Nov. 3. The woman told police the purse contained \$3.00 in cash, 2 checks totaling \$149.00, her identification and medication.

Step van with mopeds stolen (239 Golf Mill)
A 1987 Chevy step-van with two mopeds and one scooter was stolen from a parking lot in the 200 block of Golf Mill, Monday afternoon, Nov. 3.

Theft of stomach medication upset by pharmacist (5740 W. Touhy)
Quick work by a pharmacist at the Cub Foods Store in the 5700 block of Touhy foiled a thief from shoplifting 48 packages of over-the-counter allergy medications Monday afternoon, Nov. 3. The pharmacist told police he watched the man stand next to the display and fill an entire shopping basket with the medication and one package of razors. The pharmacist said he approached the man who then started to flee toward the front door.

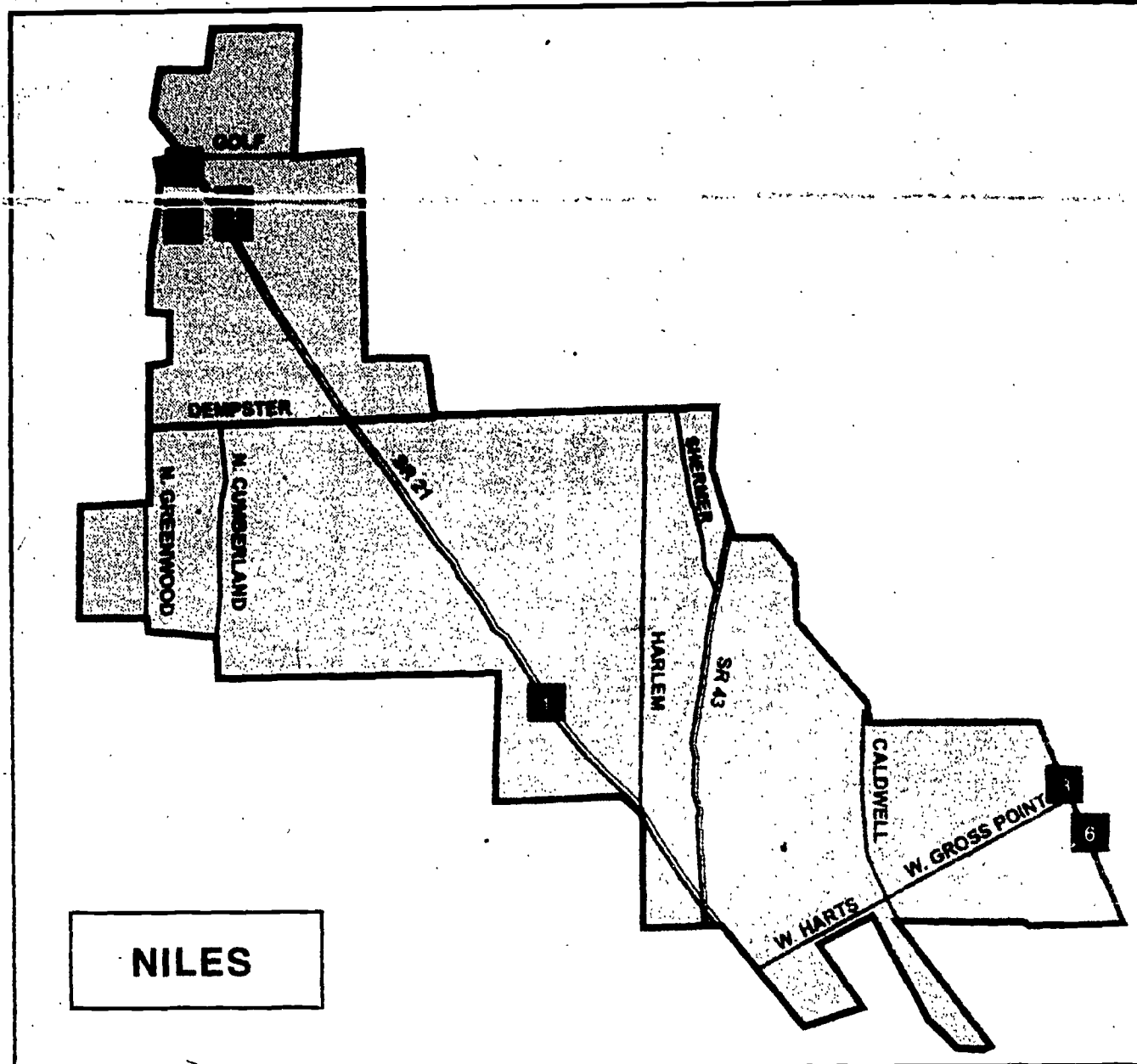
The pharmacist said he grabbed the man's arm who subsequently fell to the floor spilling the entire contents of the basket. The thief ran out of the store and barely got into a red compact car with a temporary registration. The pharmacist tried to hold onto the car door handle but the driver and the thief escaped. The value of the recovered items totaled \$761.21. Police traced the temporary registration to a red 1988 Nissan Sentra.

Car stolen from dealership lot (9400 Milwaukee)
A white 2003 Ford Focus LX was reported missing from the lot of Golf Mill Ford, Tuesday evening, Oct. 4. Management discovered the car missing while doing routine inventory. They also reported both sets of keys

missing. The car was valued at \$14,447.56.

Eleven-year-old shoplifter caught (220 Golf Mill)
An 11-year-old Chicago girl was caught by store security Thursday night Nov. 6 after she was observed placing a ring and a pair of underwear in her book bag at the J.C. Penny store in Golf Mill and attempting to leave the store. The items were valued at \$24.99. The girl was released in the custody of her mother who was in the store.

Cold tablet thief (5700 Touhy)
An 18-year-old Morton Grove man was arrested for shoplifting Saturday night Nov. 1 when he seen by store security placing a package of cold tablets under his coat and passing the last checkout point. The tablets were valued at \$3.50.



NILES

Teachers strike

(Continued from page 1)

coverage. Krone says that 5 percent would amount to \$8.88 per paycheck. For singles and couples, the district is offering to raise its health coverage payments by \$900. Other district employees already pay a portion of their own premiums.

Fred Klonsky, head of the teacher's union, says that is like robbing Peter to pay Paul. The payments still come out of the teacher's pocket. The teachers have held two unity rallies in local parks since Monday, hoping to demonstrate their solidarity to the community. The PREA is planning a parent meeting at South Park at 7 pm tonight (Thursday) if no agreement has been reached. Picket lines have been up at school district headquarters and at several of the schools since the strike began.

Dean Krone, president of the school board, says the district has been forced to cut its budget three of the last four years, and no matter which way the negotiations come out, the district will have to cut again next year. "If the union were to accept our 3 and a half percent offer, this district would still have to cut \$700,000 next year." In a state-

ment released on the district's web site, Krone said "Accepting PREA's current salary demands would result in an \$11.5 million deficit over the next six years." The district did propose binding arbitration if the teachers would remain on the job, but the teachers said no. "Then a third party would be imposing a settlement on the teachers," said Klonsky. "We would never agree to that. We negotiate our own contracts." Klonsky also said the teachers are prepared to stay off the job until a settlement is reached. When an agreement is reached, an automatic phone system will call all District 64 families at 6:30 in the morning to let them know school is back on. In the meantime, parents and out of school children can turn to the Park Ridge Park District, which is providing an alternative camp-like program to help affected parents. The programs include arts and crafts, swimming, sports, skating and even field trips. Lutheran General Hospital's Children's Daycare program is also offering alternatives to parents wondering where to put their children if not in school.

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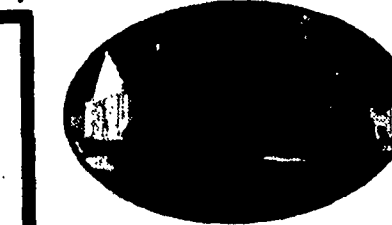
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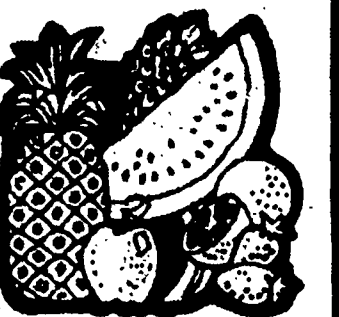


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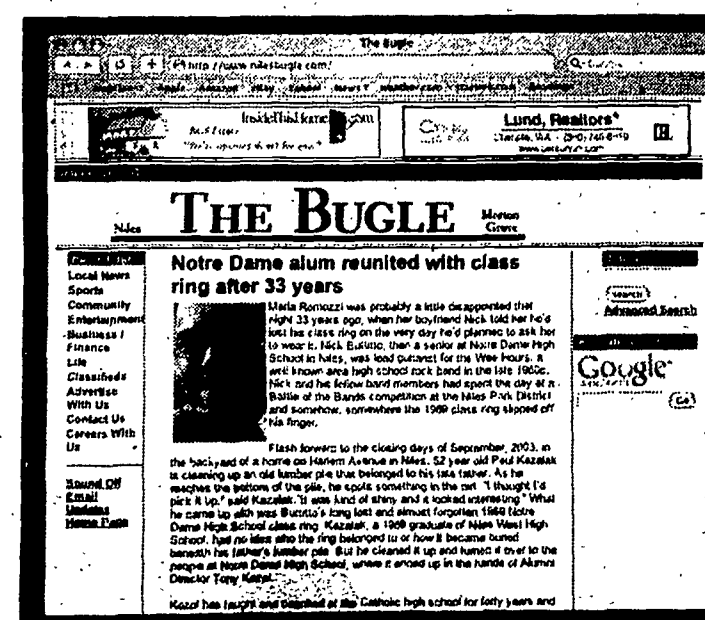


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EVENTS CALENDAR

CIVICS

Thursday, November 13
 -7:30 p.m. City of Park Ridge Library Board Committee Meetings
Monday, November 17
 -7:45 p.m. High School District 219 will hold its regular board meeting at 7700 Gross Point Rd., Skokie.
 -8 p.m. City of Park Ridge City Council Meeting
Tuesday, November 18
 -7:45 p.m. City of Park Ridge Library Board of Trustees Meeting
Wednesday, November 19
 -7:30 p.m. City of Park Ridge Public Works Committee Meeting (Held at the Public Works Service Center)
Thursday, November 20
 -7 p.m. City of Park Ridge Appearance Commission Meeting

COMMUNITY

Friday, November 14
 -St. John Brebut's annual "Turkey Shoot" will be held today, at 7 p.m. at the school hall, 8301 N. Harlem, Niles. Games including dart throwing, shooting marksmanship, balloon-popping, and indoor horseshoes will be featured. Admission is free. For more information, call (847) 966-6961.
 -The Morton Grove Organization, LLC., will hold a "Sock Hop" at the Morton Grove Moose Hall, 6419 Chestnut St., Morton Grove from 8 p.m. to midnight. The evening will feature music of the 50s and 60s as well as auctions, raffles, snacks, and a cash bar. Proceeds benefit the Morton Grove Organization. For more information, visit <http://morton-grove.org> or call (224) 489-9004.
Tuesday, November 18
 -7 p.m. Congresswoman Jan Schakowsky will be the featured speaker at an open meeting of the Morton Grove Historical Society at 7 p.m. Schakowsky will hold a town meeting and discuss current legislative programs as well as her own duties. If Congress has an emergency session requiring her presence in Washington, one of her legislative aides will conduct the program.
Friday, November 21
 -CORRECTION-The Ladies Philoptochos Society of the St. Haralambos Greek Orthodox Church, 7373 N. Caldwell Ave., in Niles will hold their 2003 Holiday Bazaar and Bake Sale on Friday from 9 a.m. to 9 p.m. and on Saturday from 9 a.m. to 5 p.m. For further information, contact the Church office at (847) 647-8880.
 -Comedian Don Novello, whom many will recognize as Saturday Night Live's Father Guido Sarducci, will be at St. Martha Church, 8523 Georgiana, in Morton Grove at 7 p.m. He will appear as himself, address the audience, answer questions, and autograph his latest book, "Lazlo Toth Letters From Bush to Bush." For more information, contact St. Martha's (847) 965-0262.

PARKS

Thursday, November 13
 -7 p.m. Morton Grove Park District Administration and Finance Committee Meeting
Thursday, November 20
 7 p.m. Morton Grove Park District "Truth in Taxation" hearing followed by Board meeting.

Meetings for governmental bodies are held in the following locations:

Niles
 Village of Niles: Niles Civic Center, 1000 Civic Center Dr., Niles, IL.
 Niles Park District: Howard Leisure Center, 6676 Howard St., Niles, IL.
Park Ridge
 City of Park Ridge: City Hall, 506 Butler Pl., Park Ridge, IL.
 Park Ridge Park District: Maine Park Leisure Center, 2701 Sibley Ave., Park Ridge, IL.
Morton Grove
 Village of Morton Grove: Village Hall, 6101 Capulina, Morton Grove, IL.
 Morton Grove Park District: Prairie View Center, 6834 Dempster St., Morton Grove, IL.
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Sound Off

Where do you stand on the strike in Niles/Park Ridge School District 64?



Lauren Maloney, Park Ridge
 "It's not a win-win situation for anybody. The longer the kids are out of school the harder it is. I hope it's resolved quickly."



Ed Cox, Park Ridge
 "I'm in favor of education. My daughter and grandson went to school here. We moved from Chicago because the schools were so good."



Pat O'Connor, Park Ridge
 "I think the teachers deserve better pay and better benefits. They should get everything a garbage man gets and more."



Ginny Ebacher with kids Anna and Greg, Park Ridge
 "We're hoping it gets resolved as soon as possible. They don't seem far apart. I'm in favor of a parent committee on the issue."

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SENIORS

THURSDAY NOVEMBER 13, 2003



MORTON GROVE SENIOR CITIZENS NEWS

LAS VEGAS TRIP PREVIEW

That's right, Morton Grove seniors will be traveling to Vegas!!! This four-night, five-day trip will be offered in conjunction with FunJet and Merit Travel from Feb. 23 to 27. Hotel stay at the Imperial Palace Hotel right on the strip. A Trip Preview will be held at 12:15 p.m. on Tuesday, Nov. 18 in the Morton Grove Senior Center. Call Morton Grove Senior Activities Coordinator, Kathryn Williams at 847/663-6127 to register for this Preview.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Nov. 18 should call the Morton Grove 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.

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, Nov. 25. Screening is free for Senior Center members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

"EVERYTHING OLD IS NEW AGAIN"

Just can't seem to toss away Granny's old, chipped teacup from a split-up set of China? Don't know what to do about that ratty old table or chest that can't be thrown away? Recreate them as pieces of art! Enjoy this one-day class from 10 a.m. to 12 noon on Tuesday, Dec. 2 at the Morton Grove Senior Center taught by Nancy Ash Fisk who will help students create keepsakes for kids and grandkids from things some think are old and worn out! There is a \$10 fee for the class and students should bring in their old keepsakes. Sign up by calling Morton Grove Senior Hot Line at 847/470-5223. If there is enough interest, a class will be forming in January.



NILES SENIOR CITIZENS NEWS

NOVEMBER REGISTRATION

In-person registration begins 8:30am on Wednesday, November 12th. Cash, check, or credit card accepted. Special accommodations needed? Call 588-8420 for more information including questions on ticket availability & class registration.

ACTIVITIES

Book Discussion - Friday, December 5th, 10:00am - 11:00am. \$1.00

If you like to read, join us as we discuss Balzac and the Little Chinese Seamstress by Dai Sijie. Refreshments included.

Pinocle Tournament - Wednesday, December 10th, 12:00 noon - 4:00pm. \$3.50

Participate in a 3-Handed Tournament. Lunch, refreshments, and prizes are included.

Chicago Travelogue - Wednesday, December 17th, 12:00 noon - 3:00pm. \$4.00

We're not traveling too far this time, but

you can enjoy Chicago Style Lou Malnati's Pizza followed by a video about the "Windy City."

Poker Tournament - Friday, December 19th, 12:00 noon - 3:00pm. \$4.00
 Play 7-Card Stud and 5-Card Draw Poker. Lunch, refreshments, and prizes included.

COMPUTER CLASSES

Introduction to Windows - Mondays, Nov. 24th - Dec. 22nd, 1:00 - 2:30pm. \$20.00

Learn the fundamentals of Windows. Get your computer working for you! Instruction, handouts, and lab time are included. This is a five week course.

Microsoft Excel - Mondays, November 24th - December 22nd, 2:30 - 4:00pm. \$25.00

Learn the basics. How to create spreadsheets & charts, analyze your data, and more.

TRIP

Holiday Shopping Spree - Tuesday, December 2nd, 11:00am - 5:00pm. \$18.00

Jump into the holiday shopping season by taking a trip to Woodfield Mall in Schaumburg. Our first stop will be lunch at Benihana's which will include Soup, Salad, Filet Mignon, Shrimp, Fried Rice and Dessert. Then it's off to the mall!

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Global Rehab serves a world of patients

Diversity of clientele lead to choice of name: Global

BY WENDY ELLIS
wellis@buglenewspapers.com

For the first year that Dr. Peter Slavin operated the Global Chiropractic and Rehabilitation Clinic in Niles, the 32 year old literally lived in his clinic. Starting a practice of his own was a challenge to say the least, but two years after opening his doors, Dr. Slavin and his associates have enough patients to keep them busy 11 hours a day, five days a week, and even on Saturdays by appointment. And Dr. Slavin no longer has to put up a cot in the back room to make ends meet.

Most of the patients who come to the clinic at 8933 Golf are seeking relief from muscular and skeletal injuries, quite often in the neck and back or pain in the shoulders and arm. The clinic offers a myriad of medical treatments includ-

ing manual therapy, acupuncture, massage therapy neurological testing and nutritional counseling.

"Most can be helped with chiropractic or physical therapy first," said Slavin. "We look for the least invasive treatment with the least amount of side effects. It's the natural way of healing the body." Dr. Slavin has three associates working with him now. Dr. Justin Kim is the acupuncturist and an expert in Chinese Herbal Medicine. Dr. Eugene Averbach is the neurologist on staff. There is also a massage therapist from Poland and an office manager. Dr. Slavin himself came to this country twelve years ago from the Ukraine and settled in the Detroit area with his family. He received his undergraduate degree from the University of Michigan in Biology and Chemistry, before attending Palmer College of Chiropractic in Davenport, Ia. Slavin says having a multicultural staff definitely helps business. "They're not afraid to come to us because we probably speak their language."

It was a visit to friends in Chicago that sold him on this area. "I love people around here," said Slavin. "They are really down to earth, and if you do a good job they'll send you every-body." Word of mouth has definitely been a boost to the clinic. Slavin says a

recent survey of their patients showed they treated people of 40 different nationalities in a six month period. That's why they named it Global.

Along with the multiple treatment options open to patients, Dr Slavin says they offer a fairly new procedure called "manipulation under anesthesia" through a partnership with the Water Tower Surgical Center. This allows patients who cannot tolerate adjustments and massage because of the pain to be put under anesthesia during their treatment. Slavin says the partnership is an example of a changing relationship between chiropractors and other medical professionals in recent years. "Ten years ago you would not see this happening," said Slavin. "It used to be medical doctors versus chiropractors and vice-versa. The people who really suffered from that were the patients." Now, patients can receive the benefits of both traditional and non-traditional treatments through places like Global Chiropractic and Rehab. Slavin says some of their patients come in as first referrals, but many others have tried everything they can think of before coming to the clinic as a last resort. Being able to help people like that has made that first year of hard work and an uncomfortable cot in the back room very worthwhile.

Business Briefs

Niles' Marina Kando recognized by Callero & Catino Realty

Niles resident Marina Kando received recognition as the "Salesperson of the month" for October at Callero & Catino Realty in Niles. She led the real estate sales team to an excellent month of sales. Kando just received her real estate license in October of 2002. She completed Callero & Catino's training program and her first year in real estate sales has been very successful. She specializes in representing local home Callero & Catino's real estate sales are 32 percent ahead of last year and their home sellers are receiving the highest prices ever for local real estate. November has already started off as a busy month for the firm.

Morton Grove coffee shop honors Vets

On Veteran's Day Tuesday, Morton Grove's "Super Cup Coffee Shop" gave free coffee to all veterans. "I want to thank the people that fought for our freedom in past wars," said Super Cup owner Carol Levin. "We shouldn't forget. Not only now in Iraq, but also the veterans who've fought in all previous wars." Before opening the Super Cup Coffee Shop, owner Carol Levin (a local Morton Grove resident) worked as a nuclear chemist, manufacturing radiopharmaceuticals. Levin is married and has a chocolate labrador retriever named Cocoa.

Bank offers Flu shots for seniors

MidAmerica Bank has scheduled free flu shots for senior citizens at their Niles location, 8990 N. Milwaukee Ave., and their Skokie location, 5033 Dempster St. "We're proud to assist our community in this vital health care effort," said Janice Blake, manager of the Skokie branch. Shots will be given on Wednesday, Nov. 19 from 9 a.m. to 1 p.m. at the Niles branch and from 9 a.m. to 11:30 p.m. on Saturday, Nov. 22 at the Skokie branch. Appointments are not necessary and anyone over 18 can pay \$18 for a shot.

Correction

In last week's issue of The Bugle, homes listed in the "Morton Grove Property Transfers" section was incorrect. Addresses in Chicago were actually listed as being in Morton Grove. The problem was the result of an error at the Cook County Recorder of Deeds, which handles the property transfer lists. The Bugle regrets the error.

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Property Transfers

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708 Edgemont Ln, Park Ridge \$425,000.00.

318 N Lincoln Park Ridge \$325,000.00

711 Devon Park Ridge \$800,000.00

2500 Windsor Mall Unit 2 P Park Ridge \$230,000.00

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2005 Des Plaines Park Ridge \$797,000.00

2000 Parkside #F1 Park Ridge \$148,500.00

110 Higgins Park Ridge \$492,000.00

711 N Northwest Hwy Park Ridge \$565,000.00

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929 S Vine St Park Ridge \$440,000.00

1125 S Washington Park Ridge \$735,000.00

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1333 W Touhy Ave #105

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621 S Lincoln Park Ridge \$586,000.00

1312 W Garden St Park Ridge \$836,000.00

429 Leonard Park Ridge \$1,000,000.00

1413 S Ashland Park Ridge \$395,000.00

1308 W Garden St Park Ridge \$375,000.00

740 Overhill Park Ridge \$408,000.00

417 S Crescent Ave Park Ridge \$350,000.00

1952 Decook Park Ridge \$560,000.00

115 S Greenwood Ave Park Ridge \$240,000.00

1108 Potter Park Ridge \$650,000.00

100 E Cuttriss Park Ridge \$540,000.00

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Morton Grove

5705 Capulina Morton Grove \$265,000.00

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5409 Reba Morton Grove \$349,000.00

8340 Callie Ave #E314 Morton Grove \$311,000.00

8340 S Callie Ave Morton Grove \$294,000.00

8340 Callie Ave Unit E-506 Morton Grove \$259,000.00

8340 Callie Ave Morton Grove \$256,000.00

8340 Callie Ave Morton Grove \$244,000.00

8340 Callie Ave #E303 Morton Grove \$287,000.00

9016 Mcvicker Morton Grove \$331,000.00

8340 Callie Ave Morton Grove \$321,000.00

9104 Mason Ave Morton Grove \$243,000.00

9237 New England Morton Grove

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8340 Callie Ave Unit E-507 Morton Grove \$352,000.00

8340 Callie Ave #E504 Morton Grove \$248,000.00

8340 Callie Ave #E403 Morton Grove \$289,000.00

8340 Callie Ave #E103 Morton Grove \$141,500.00

8340 Callie Ave #E512 Morton Grove \$288,000.00

8430 Callie Ave E-101 Morton Grove \$250,000.00

8340 Callie Ave Morton Grove \$292,000.00

8551 Lincoln Ave Morton Grove \$250,000.00

8340 Callie Ave #E515 Morton Grove \$327,000.00

8340 Callie Ave Morton Grove \$236,000.00

8340 Callie Ave #E412 Morton Grove \$301,000.00

8340 Callie Ave Unit E-410 Morton Grove \$294,000.00

Niles

6920 Rosemary Ln Niles \$700,000.00

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6913 W Madison Niles \$360,000.00

6882 W Touhy Unit B Niles \$144,000.00

6660 Woodriver #110 Niles \$229,000.00

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8713 N Osceola Niles \$335,000.00

9737 Fox Glen #3K Niles \$185,000.00

7750 N Octavia Niles \$233,000.00

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8657 Elmore St Niles \$310,000.00

8950 Heath Wood Niles \$246,000.00

8809 Golf Unit 5 Niles \$177,000.00

8156 N Overhill Niles \$474,000.00

8650 N Elmore Niles \$502,000.00

8815 Golf Rd 7C Niles \$155,000.00

PARK RIDGE

Park District occupies idle D64 students with alternative programs

BY ANDREW SCHNIEDER
editor@buglenewspapers.com

While the Board of Park Ridge/Niles Elementary School District 64 and the teachers remain in negotiations over their contract, and the teachers' strike continues, many parents are going to need some thing to occupy their children's time, that's where the Park Ridge Park District comes in: the Park Dist. has begun offering camp-like programming that was planning in the event a teacher strike went forward.

"It's a fluid situation," said Renie Schreiber, the Park Dist.'s public information coordinator. "We have planned an alternative program for kids."

Two of the Park Dist.'s facilities, the Oakton Sports Complex and the Community Center, will serve as the epicenters for two different programs with Oakton focusing on Arts, crafts, ice skating, and games and the community center on sports and outdoor-type recreation.

As of Tuesday afternoon, 10 students were registered to

participate in the programs. Schreiber said, however, that the Dist. is prepared for more and has increased hours of public skate at Oakton and open swim at the community center to accommodate both usage by the public, and by the impromptu campers.

"Our alternative programs will not impact the normal use of those facilities," said Schreiber.

Participants in the program are asked to bring their own sack lunch, beverage, and snack.

"Skate rental will be free for the campers," Schreiber said, "but we're encouraging anyone involved in the Oakton program to bring their own skates."

If the District 64 strike continues, so too will the Park Dist.'s alternative camp. Parents who are interested in signing up, should contact the Park Dist. at (847) 692-5197. The cost for the camp is \$40 per day and it is held from 8:30 a.m. to 4 p.m.

"We're asking that interested parents pre-register at the Maine Park Leisure Center," said Schreiber. The Leisure Center is located at 2701 W. Sibley.



Florence Briles of Park Ridge handles an armful of biographies while she looks over cookbooks at the Park Ridge Friends of the Library winter book sale Saturday morning, Nov. 8

'Friends' Book sale raises about \$6,000

BY WENDY ELLIS
wellis@buglenewspapers.com

The annual fall book sale run by the Friends of the Park Ridge Public Library brought in about \$6,000 last weekend. Because the Park Ridge Library was closed for asbestos work dur-

ing the past summer, donations of books and other items for the sale were down a little from previous years. Friends is a group of library supporters who have been raising money to help with a variety of library related projects for over 50 years. The group holds book sales four times a year. Special paperback book sales are held in the winter

and summer, with all types of books, DVDs, video tapes, posters and other items on sale at bargain prices in the fall and spring. Donations of gently used items are accepted year round at the Park Ridge Library. For Friends membership information visit the Park Ridge Library website at www.park-ridge.il.us.

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POLICE BLOTTER

PARK RIDGE

■ **BB Gun damage (300 Grand)**
The front and rear windows of a 2000 Volkswagen were damaged with BB pellets Saturday night, Oct. 25.

■ **BB Gun damage (200 Lake)**
The driver's side window of a 1998 Ford Windstar was damaged by BB pellets Sunday night, Oct. 26 in the 200 block of Lake Street.

■ **BB Gun damages home (1200 Hoffman)**
A BB gun was used to damage an outside coach light and the front windows of a home in the 1200 block of Hoffman, Sunday night, Oct. 27.

■ **Window broken on car (200 Lake)**
An offender broke the front drive side window of a 2000 Dodge, Saturday night Oct 25, in the 200 block of Lake. Car window smashed (200 Lake)
The driver's side rear window of a 1995 Toyota

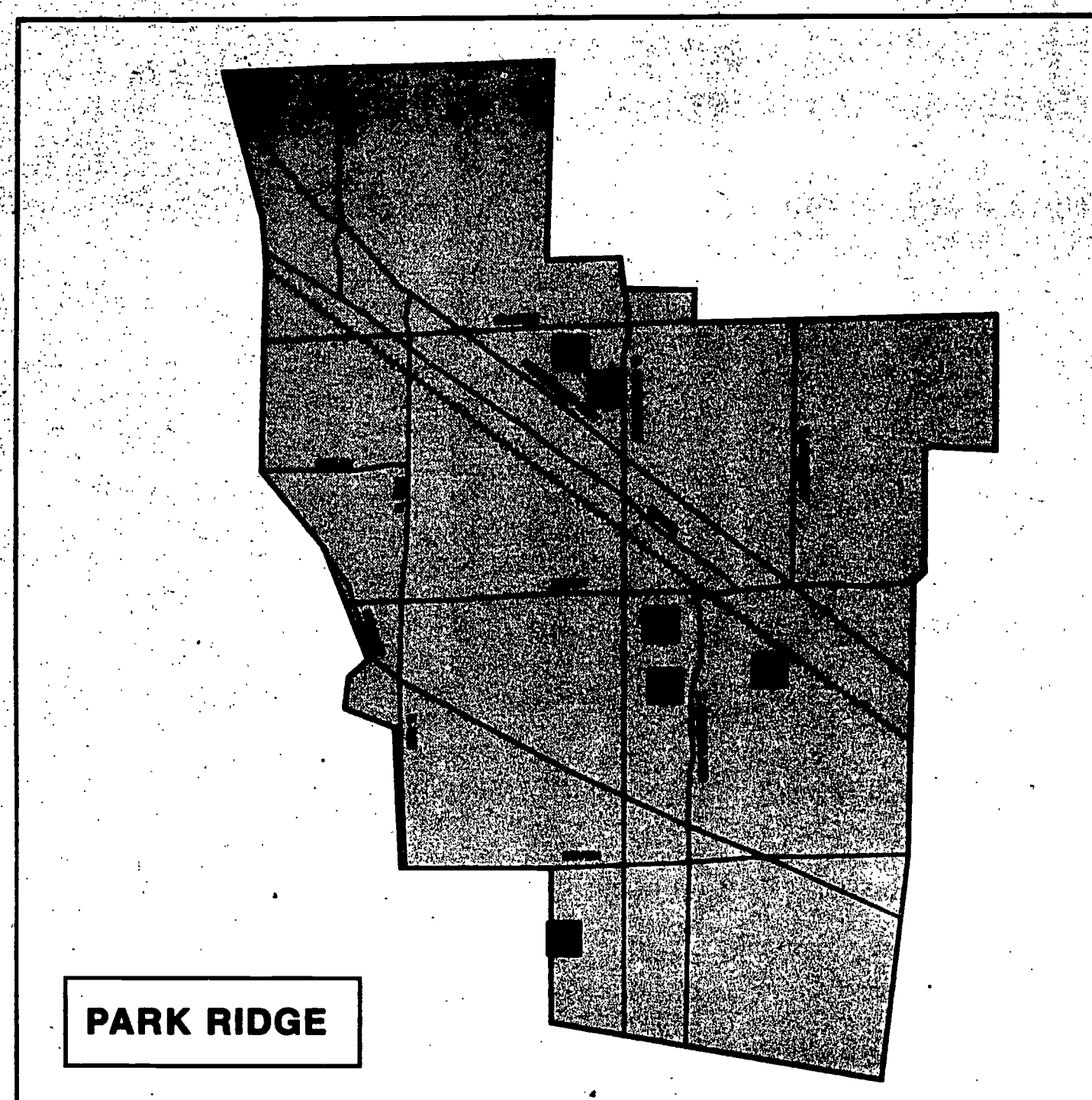
Camry was smashed Saturday night Oct. 25 in the 200 block of Lake.

■ **Wallet stolen (1300 S. Western)**
A dropped wallet by a person in the 1300 block of Western in Park Ridge, Sunday afternoon, Oct. 26, was picked up by a man in his 40's passing by. The owner of the wallet saw the man pick it up and started to chase him. However, the man fled in van. The wallet contained \$96.00 in cash, credit cards and identification.

■ **Construction tools stolen from site (500 Crescent)**
Twelve hundred dollars in tools were taken from a home under construction in the 500 block of Crescent, Friday night Oct. 24.

■ **Car stolen (400 block of Meacham)**
A 1992 Honda Accord was stolen from the 400 block of Meacham Friday night Oct. 24.

PARK RIDGE



PARK RIDGE

PARK RIDGE



Schakowsky calls for an end to 'Disabled Veterans Tax'

U.S. Representative Jan Schakowsky (9th) joined leaders of veterans' organizations at the Park Ridge Veterans of Foreign Wars (VFW) to call for an end to what she calls the "Disabled Veterans Tax." During a news conference at the Park Ridge VFW, on the corner of Higgins and Canfield, Schakowsky released an Illinois-wide study, which concluded that more than 7,000 disabled veterans in the state are being denied their full benefits because of the "Disabled Veterans

Tax." According to Schakowsky, under current law, veterans who have served for 20 years or more and retire with a service-related disability cannot receive their full military pension. Their pension is reduced on a dollar-for-dollar basis by the amount they receive in disability compensation. In other words, disability compensation is taxed at a rate of 100 percent. "Disabled veterans lose precious dollars each month because of the Disabled Veterans Tax," said Schakowsky. "Many of those dis-

abled veterans are on fixed incomes and they desperately need every dollar to keep the lights on, the heat running, the prescriptions filled or the rent paid on time. We must end the Disabled Veterans Tax - it is unfair, unjust and unpatriotic." Schakowsky called for the immediate passage of H.R. 303, a bipartisan bill with more than 370 cosponsors that would immediately restore benefits to the 7,048 disabled veterans in Illinois and the more than 560,000 nationwide.

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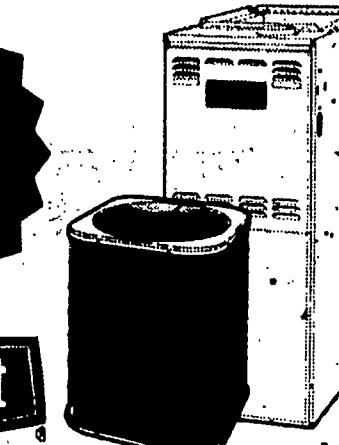
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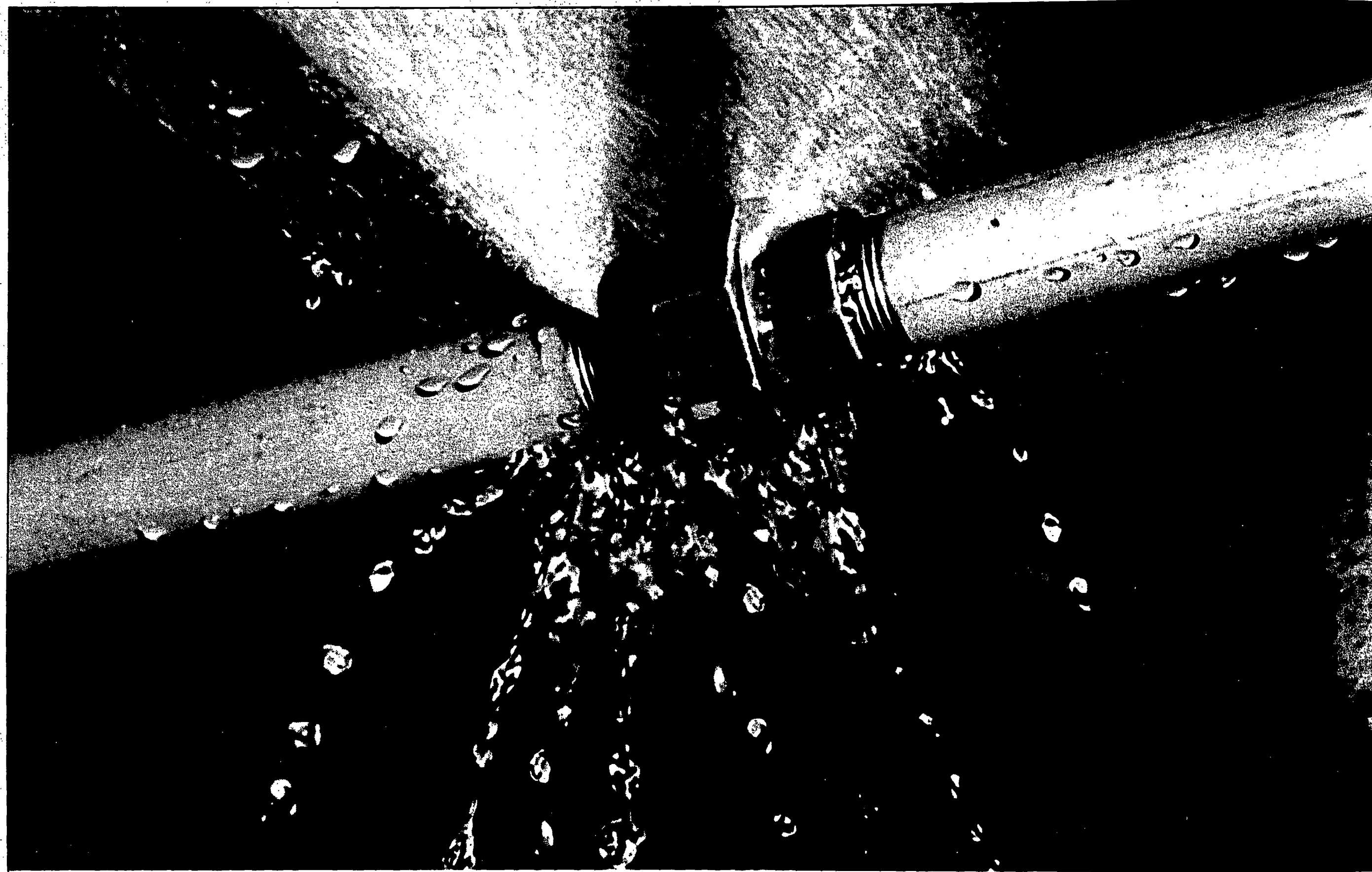
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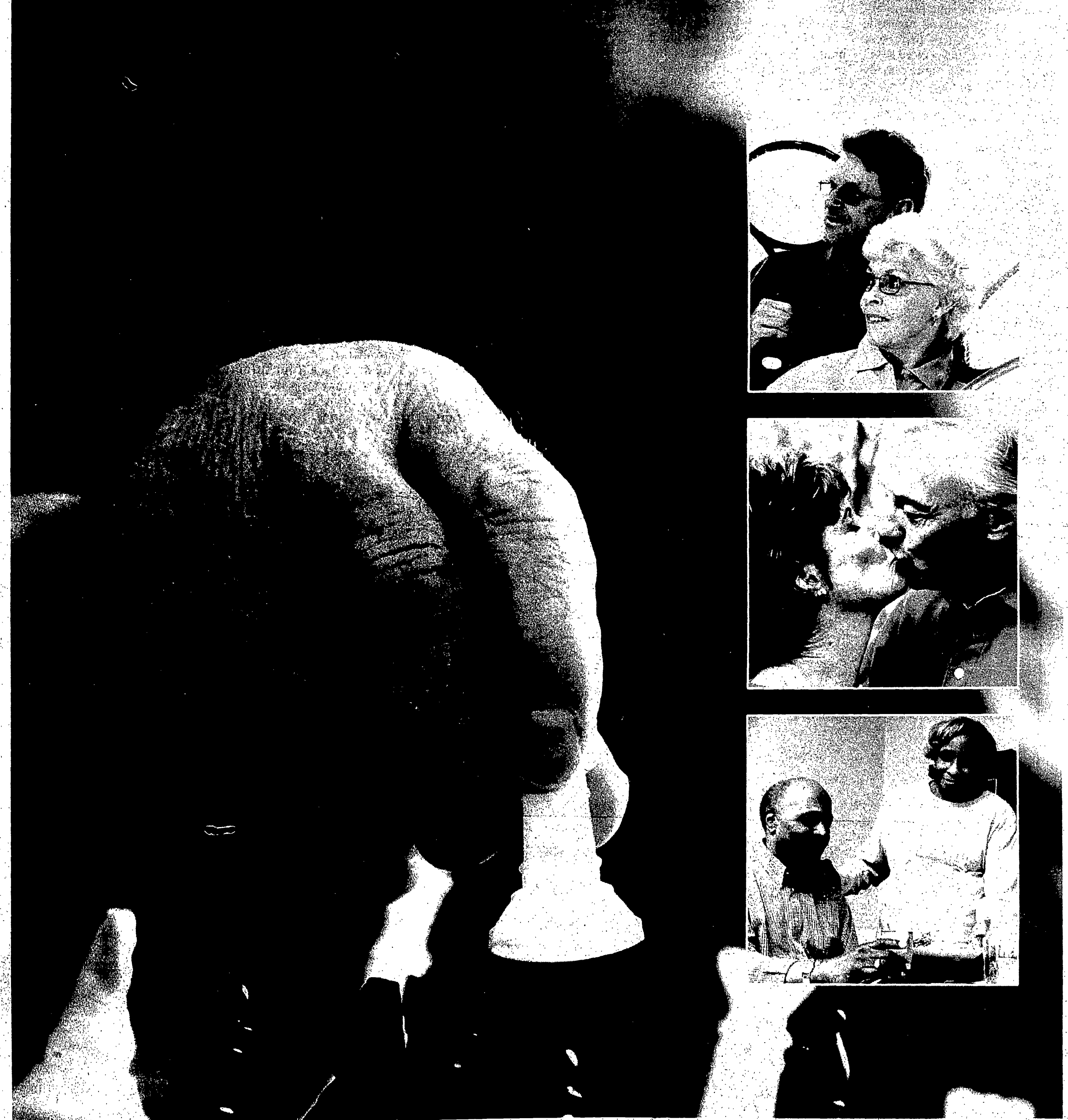
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Senior Living



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SENIORS

Terrace Suites Fill Many Needs

Over the past several years, Bethany Terrace Nursing Centre in Morton Grove has been receiving more and more requests for private room accommodations, but just didn't have enough rooms to meet the demand. They knew that these requests would only increase in number, so they set out to remedy the situation. Bethany Terrace is proud to announce the completion in December 2003, of the Terrace Suites - 15 beautifully appointed private suites in an assisted living environment, with all the benefits of extended care. Finally, here is the answer for families whose loved one needs attention and care, but who desire an apartment-like environment where family and friends can gather in comfort and privacy.

Each suite will be luxuriously carpeted and decorated, will have its own bathroom, shower, cable TV with VCR/DVD, a refrigerator, and plenty of extra room to personalize. This apartment-like environment will also offer a café with restaurant-style dining, a media center, conference room with internet access, complimen-

tary newspaper service, beauty shop and spa with whirlpool tub, bus outings, transportation assistance to various appointments, and much more. In addition, Terrace Suites will have its own separate entrance from the lobby.

Terrace Suites will provide a unique level of living where the resident will not only have intimate and safe accommodations, but will also have the comprehensive care provided by a licensed nursing facility. In addition, the rate will include numerous services for which assisted living facilities charge extra...or simply cannot provide. There is also a real benefit in not having to change locations should the resident require greater care. Additional services are readily available 24 hours a day without the devastating effects of moving to another facility.

If you would like more information about the Terrace Suites, you may visit or contact Mimi Sullivan, Director of Admissions & Community Relations at: 8425 N. Waukegan Road, Morton Grove, IL 60053 (847) 965-8100.

Artists' Reception Hosted By Norwood Park Home

Norwood Park Home to Host Artists' Reception As Part Of First Annual Fall Art and Craft Exhibit.

An artists' reception in conjunction with the First Annual Fall Art and Craft Exhibit will be held at Norwood Park Home, 6020 N. Nina Ave. in Chicago, on Sun., Nov. 9, from 2:30-4 p.m.

Residents and staff will display their creative works of art, including watercolors, pastels, wooden toys, crocheted items, ceramics, sculptural pieces, and videos. A maximum of five entries can be submitted, and all submissions must have been completed within the past 10 years.

"The residents and staff of Norwood Park Home have many hidden talents," said Serena Worthington, NPH director of activities, and an art therapist. She invites the community to view the exhibit, talk to the artists and see how each entrant

learned more about themselves through arts and crafts. The event also allows residents and staff to interact socially with families, friends and the community, building awareness and understanding of this new creative arts program.

"Human beings have an innate will to create and make things special," she said. "This annual art show is a chance for the residents and staff of Norwood Park Home to share their skills and creative talents with others. Art is a very important activity for older adults. It provides an outlet for self-expression, sometimes enabling participants to release and utilize innate talents that were never or seldom demonstrated in the past. The use of art by our residents can lead them to self-discovery."

Among the entries submitted to date is a four-minute short documentary interview of a grandfather giving his thoughts on the aging

process and the hardship of assisting a wife who has Alzheimer's disease. Another entry is a Super 8mm film that depicts the implosion of the Kingdom in Seattle. Many other entries are expected by the deadline.

Norwood Park Home offers art classes, special topics in art and art therapy under a four-person creative arts staff that includes Worthington, Deaconess Pat Zabel, Sally Giles, and Takeo Nagasaka. Both Worthington and Giles hold Master of Art degrees in Art Therapy from the Chicago Art Institute, while Nagasaka is a graduate student in art therapy. Zabel has completed numerous classes in ceramics and needlework in conjunction with her theological work with churches and in long-term care.

Norwood Park Home is a division of Nor-Wood Life Care NFP, and is located on Chicago's far northwest side.

SENIORS

American Legion Launches Thank You

American Legion Launches Way To Thank Troops, Veterans on Veterans Day.

With thousands of troops deployed overseas and thousands more readying for deployment, The American Legion has re-launched a free, easy way to thank them for their service on the eve of Veterans Day, Nov. 11.

The electronic greeting cards are also ideal to thank all veterans, of all generations, who have served in the U.S. armed forces.

"Veterans and those serving in the military services today need to see that there are friends and family members who are proud of their sacrifices for America," John Brieden, national commander of The American Legion said.

Anyone who has an e-mail account can receive the special cards. Creating the card is quick

at The American Legion's website, www.legion.org. "Our troops serving overseas often have access to e-mail and they look forward to the cards that do not take up a lot of bandwidth," Brieden said.

The American Legion site offers e-mail cards representing each military service along with the service song that plays when the card is opened. Each card provides plenty of space to compose a personal message.

The free service is being offered for the fifth consecutive year. Cards may be sent now through Nov. 12, 2003.

Greeting cards may be sent direct to active duty service men and women if their military e-mail addresses are known.

The 2.8 million-member American Legion is the nation's largest wartime veterans organization.

AARP Defensive Driving Course

Two sessions of the AARP Defensive Drive Course will meet in northern Chicago: November 5 and 7, Wednesday and Friday, 12:30 to 4:30, at Swedish Covenant's Anderson Pavilion, 2751 W. Winona, with reduced \$1.50 parking in the adjoining parking garage. The final fall class will meet at the Associated Bank, 5200 N. Central on Monday and Wednesday, November 17 and 19, also 12:30 to 4:30 with free parking. To register for the Hospital class, call (773) 878-1304. To register for the Bank class, phone

(773) 494-5015. Any age may register.

Eight hours of guided discussion, video, and active participation improves the ability to drive safely despite increasing traffic density and physical changes as we age. The state has mandated that insurance companies must offer a discount on the liability portion of auto insurance, usually for three years, for those age 55 and over who complete the course. Some insurance companies provide a discount for all who complete such a course, and some discount the total auto insurance pre-

mium. Check with yours!

With an investment of 8 hours and \$10, participants will examine changes which impair driving - vision, hearing, reaction time, muscular stiffness. Physical changes occur as early as our 20s, but so gradually they may not be recognized. The course focuses not on just meeting state laws, but on becoming more defensive. Courtesy, communication, and consideration are the rally cries.

For more information about the course, or other offerings, call Instructor "Lee" Harris, (847) 673-0423.

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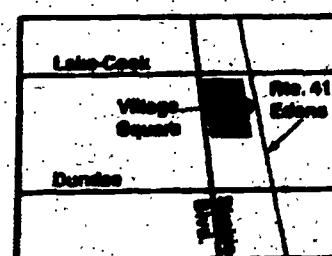
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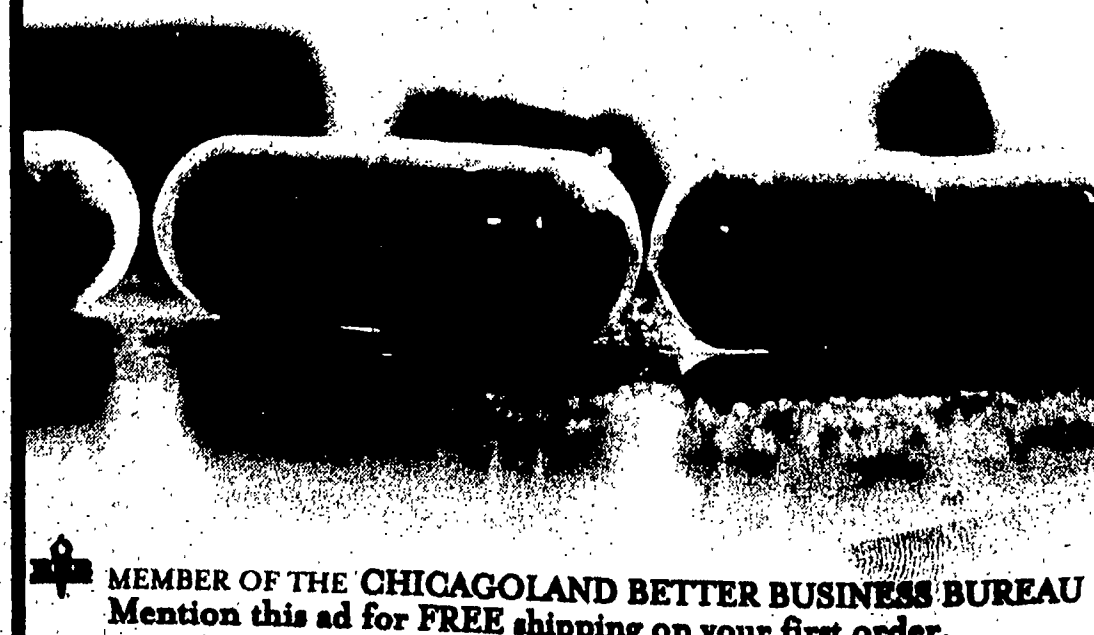


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Maine Township Senior Activities Announced

Maine Township seniors' program - MaineStreamers - offers older adults a variety of programs each month. Membership is free. For more information or to register as a member, please contact the Adult and Senior Department of Maine Township (847) 297-2510 weekdays.

These are a few samples of upcoming Fall/Winter programs. Registration is accepted by mail only and must be accompanied by separate checks for each program. All activities and programs are held at Maine Township's Town Hall, 1700 Ballard Rd., Park Ridge unless otherwise indicated.

Reminder: all Maine Township residents 55 or older can participate in the activities and programs that include day trips, men and women's groups, special evening and weekend classes and much more.

Flu Shot Program
Monday, Nov. 17 (9a-2p)
Maine Township in cooperation with Advocate Healthcare will offer flu shots @ the Town Hall. Call 1-800-995-4267 to schedule an appointment.
Senior Movie of the Month
"How to Lose a Guy in 10 Days", Tuesday, Nov. 18
Doors Open @ 12:30p with start time @ 1p. Cost - \$1 includes snacks/Registration required.
Social Issues Group Meeting
Thursday, Nov. 20 @ 1:30p-2:30p. No Charge/Registration Required. Topic to be presented by the Cook County Sheriff's Office is "Travel and Security."
"Women's Tea" Program
Thursday, Nov. 20 @ 10:30a-12 noon. John Pierre, a nutrition and fitness consultant, will present "Investing in Yourself." Includes continental breakfast. Cost: \$2/Registration Required.
"Scenic Western North America" Program
Monday, Nov. 24 @ 1:30p-2:30p. Narrative and slide show presentation by George Reuss. Cost: \$1/Registration required.
"A Fireside Christmas" Trip
Thursday, Dec. 4 @ 8a-6:30p. Time-honored favorites will be featured at The Fireside. Brunch included. Cost: \$67/Registration required.
"A Traditional Chicago Holiday" Trip
Wednesday, Dec. 17 @ 10:30a-7p. Starts with Goodman Theatre's "A Christmas Carol" and includes late lunch in the Walnut Room at Marshall Field's. Cost: \$60 members/\$65 guests/Registration required.

Needs of the Elderly Hearings

Annual Needs of the Elderly Hearings Offer Opportunity to Participate in Planning Process.

The Suburban Area Agency on Aging will conduct three Needs of the Elderly public hearings in November to receive comments on the Agency's plans for providing senior services. The Suburban Area Agency on Aging is designated by the State of Illinois to plan, fund and coordinate services for older adults living in suburban Cook County. The Agency invites all seniors, family caregivers, senior service agencies, advocates and other interested individuals to attend the hearings and provide comments and guidance to assure that federal and state resources in suburban Cook County are responding to the current and future needs of older persons of the region.

The Area Agency uses the public hearings to gather information that will improve current plans to meet the needs of older persons in suburban Cook County. At the hearings, Area Agency staff will discuss programs including support services for family caregivers, Health

Promotion and Disease Prevention Services, and efforts to reach ethnic and limited English-speaking older adults and caregivers.

The Needs of the Elderly Hearings are conducted by the Suburban Area Agency each year as part of a public planning process to develop the Agency's Area Plan for serving suburban Cook County older adults. The actual Area Plan for aging services for suburban Cook will be discussed during Public Hearings in May of 2004 (places, dates and times to be determined). The November Needs of the Elderly Public hearings will include brief staff presentations on the above issues and allow time for older persons, members of the general public and senior service agency representatives to share their ideas.

The hearings will be at the following locations:

- West Suburbs
Wednesday, November 5, 2003, at the Westchester Public Library, 10700 Canterbury Street, Westchester, IL 60153 10 a.m.-11:30 a.m.
- South Suburbs
Monday, November 10, 2003, at the Orland Park

Public Library, 14760 Park Lane, Orland Park, IL 60462 3 p.m.-4:30 p.m.

• North Suburbs

Thursday, November 13, 2003, at the Glenview Public Library, 1930 Glenview Road, Glenview, IL 60025 2 p.m.-3:30 p.m.

The Suburban Area Agency on Aging, Oak Park Illinois, was founded in 1974 with the mission of planning, coordinating, advocating and funding programs for persons over 60 in suburban Cook County. The agency serves suburban Cook County, an area that is home to over 429,000 seniors, with programs such as home delivered meals, in-home services, transportation and elder abuse and neglect intervention. In its Fiscal Year 2002, the Area Agency distributed nearly \$11,000,000 to more than 40 local community agencies to provide this array of services. The Older Americans Act, Illinois General Revenue Funds, local funds and individual contributions support its programs. The Suburban Area Agency on Aging and its network of senior service agencies are the principal source of information regarding senior services in suburban Cook County.

Benefits Rise, But So Do Expenses

BY MATILDA CHARLES

The good news is, Social Security recipients will get a 2.1 percent increase in benefits next year. That's an added \$19 a month for most retirees. However, before you consider where you might spend it, be advised that the added money will be largely offset by a rise in Medicare premiums of 13.5 percent. Hard to believe that when the Medicare program started, the cost was \$3 a month. Rates rose gradually until 1988, when they jumped 38.5 percent. The next two big bumps up were in 1993 at 15.1 percent and this upcoming increase. These increases will factor into the 2004 presidential and congressional election campaigns. Expect to hear a slew of suggestions on how to control Social Security and Medicare costs while also promising to save both programs. Some of our elected officials will push for competition from private sources to keep costs down. Some will argue for higher premiums from seniors with larger incomes. Others will push to raise the age of Social Security/Medicare eligibility to 72.

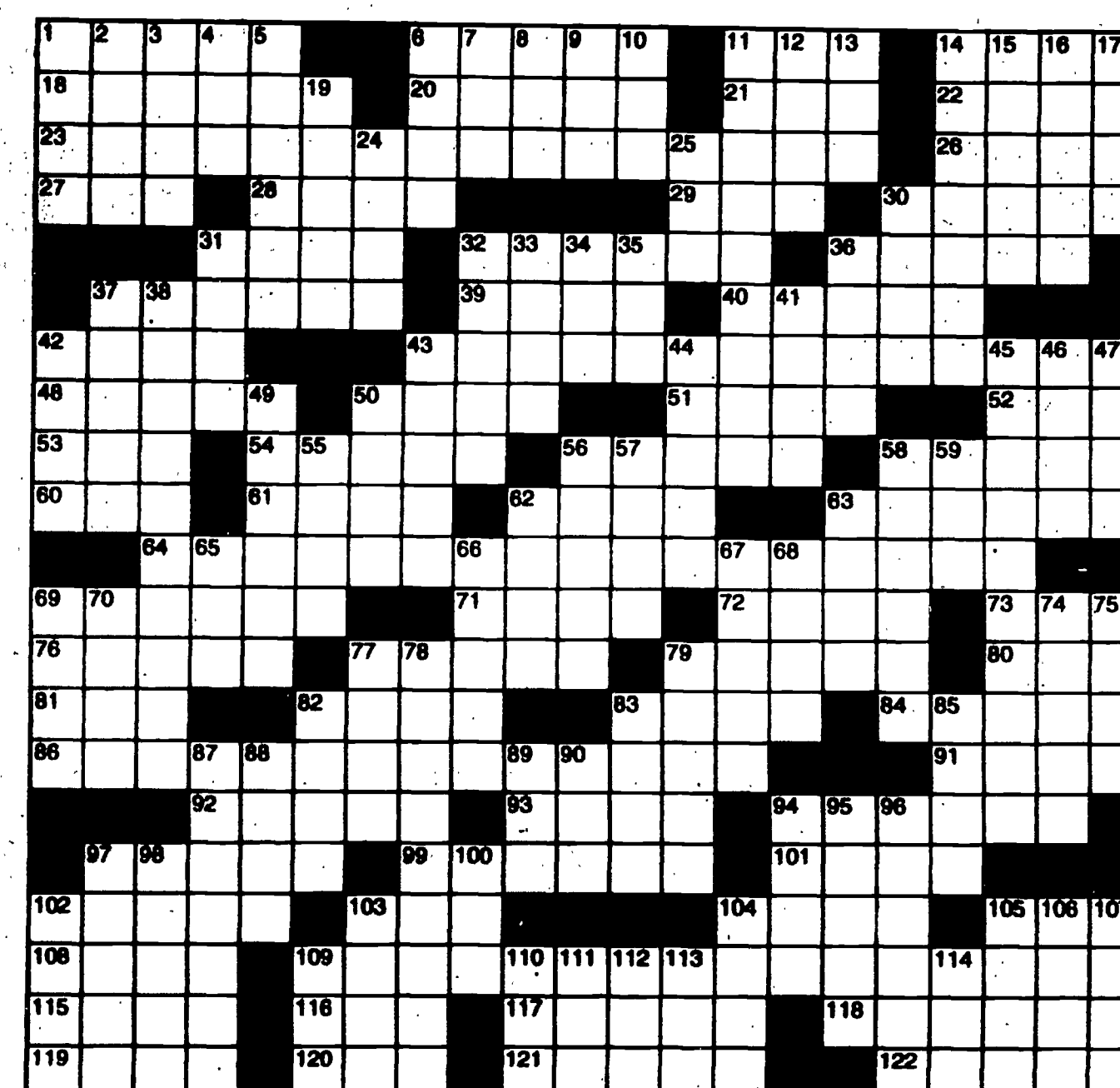
Whatever arguments you may hear, remind your candidates that Social Security started as, and should continue to be, a covenant between the people and their government. It should be protected, not "fixed."

In the meantime, those projections made in 1999 showing that Social Security and Medicare will be healthy well through the first quarter of this century — thanks to the then-big surplus we had — are fading fast as the deficit continues to rise.

Reader Mail: To Edna: I don't know the success rate for those who seek refunds from funeral directors. However, I'm sure there have been instances where things didn't go as planned, and people have sought and received adjustments. I would suggest you list your complaints, send them to the funeral establishment and see if you and they can reach a satisfactory agreement. If that doesn't happen, you might consider arbitration, which doesn't require a lawyer. Good luck.

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.

SUPER CROSSWORD



Crossword solutions on page 8.

WHEREABOUTS

ACROSS

- 1 Winning
- 6 In the know
- 11 Ingot
- 14 Nursery furniture
- 18 Hook's mate
- 20 Corday's prey
- 21 Flamenco dancer's shout
- 22 Mandlikova of tennis
- 23 "Sunrise Sunset" musical
- 26 Writer Hunter
- 27 Southern constellation
- 28 New Mexico resort
- 29 Med. test
- 30 Statistical focus
- 31 Unruffle
- 32 Reposes
- 36 Michael of "Little Voice"
- 37 Noxious atmosphere
- 39 Dock
- 40 Unburdens oneself
- 42 Ostentation
- 43 Alistair MacLean bestseller
- 48 On the - (defenseless)
- 50 Soft cheese
- 51 Schoenberg's "Moses und -"

- 52 —Magnon
- 53 Benjamin of The Cars
- 54 "Salome" character
- 56 Elbows
- 58 Implied
- 60 Like a bairn
- 61 Persia, today
- 62 Augur
- 63 Stratas or Stich-Randall
- 64 Hitchcock opus
- 69 Newspaper circular
- 71 Deride
- 72 Starting at
- 73 Gumshoe
- 76 Dirties
- 77 Impose Prohibition, e.g.
- 79 Propeller part
- 80 Actress Thurman
- 81 Part of USNA
- 82 Small businessman?
- 83 Fluctuate
- 84 Dais covering
- 86 Kiddie-lit classic
- 91 Envelope abbr.
- 92 - apso

- 93 Neighbor of Saudi Arabia
- 94 Rubble or Fife
- 97 Bobbin
- 99 Kyoto companion
- 101 Jai -
- 102 Thought-provoking
- 103 Our omega
- 104 Sacred image
- 105 Air-quality org.
- 108 Hasty
- 109 Old folk song
- 115 Kitchen addition?
- 116 Clay, later
- 117 Pale purple
- 118 Combat mission
- 119 Carries out
- 120 Regret
- 121 Grind one's teeth
- 122 Mike of "Austin Powers"

DOWN

- 1 - Romeo
- 2 It grows on you
- 3 Snorri's stories
- 4 Count up
- 5 Corinthian consonants
- 6 " - & Andrew"
- 7 Pallid
- 8 Cunning
- 9 Stadium shout
- 10 Nice season
- 11 Where to find romance
- 12 Easy as falling off -
- 13 Part pugilists
- 14 '66 Association hit
- 15 Glossy black
- 16 Pointless
- 17 Simple ring
- 19 Domain
- 24 Downey of "Touched by an Angel"
- 25 Agt.
- 30 Launder powder
- 31 Promontory
- 32 Cuttlefish kin
- 33 Velez of "Mexican Spitfire"
- 34 "Annabel Lee" monogram
- 35 Pupil's place
- 36 Tribe
- 37 Opera's Grace
- 38 Striking
- 41 Cain's nephew
- 42 Freightier front
- 43 Pitchfork part
- 44 Spoken for
- 45 Stress
- 46 Author Murdoch
- 47 " - creature was stirring..."
- 49 Prepares eggs
- 50 Grain husk
- 55 Part of Q.E.D.
- 56 Emulated Elle
- 57 Scent
- 58 - up (united)
- 59 "Exodus" protagonist
- 62 Submachine gun
- 63 Walked
- 65 - Aviv
- 66 VCR button
- 67 Black piano key
- 68 Hors d'oeuvre holder
- 69 "It - Right" ('56 song)
- 70 First zookeeper?
- 74 TV's " - Nest"
- 75 Columnist Herb
- 77 Geometry term
- 78 Williams' was glass
- 79 Botswana bigwig
- 82 List ender
- 83 Asian title
- 85 Asian title
- 87 Duds
- 88 Crow's-nest cry
- 89 - polloi
- 90 Printer's measures
- 94 Cantata composer
- 95 Fugard's "A Lesson from -"
- 96 Liberation
- 97 Cold-war assn.
- 98 Ersatz emerald
- 100 Cartoon cry
- 102 Hoarse horse?
- 103 South African native
- 104 Craving
- 105 "Harper's Bazaar" artist
- 106 Brace
- 107 Blows away
- 109 Gob
- 110 Actress Taina
- 111 Chinese principle
- 112 Stevedores' grp.
- 113 Advisory org.
- 114 Go for it

In-Home Care Do You Know What To Ask?

There are many important issues to consider when choosing a caregiver; among them what kind of agency to work with. There are different types of agencies and you will want to know about their differences before you make the decision of whom to employ. The three main types of non-skilled home care agencies you can access are as follows:

1. Hiring an independent caregiver who directly negotiates his/her fees and working schedule with you the client/employer. It initially may appear less costly, but do remember that in this situation you become responsible for the risks associated with being an employer.

2. Using an employment agency/registry where you pay a finder's fee to the agency and they find you a care giver. Again, you become responsible for certain risks associated with using a registry because often once you have paid the initial finder's fee, you the client may be responsible for the employee's social security, insuring and bonding the employee, covering the employee under worker's compensation and managing the employee, particularly if they need a day off.

3. Using an agency where the caregiver is their employee and therefore the agency is responsible for managing, paying, insuring, bonding and covering the employee under worker's compensation. (Not all agencies choose to insure or bond their staff.) Again, it initially may appear more costly, but you have to take into consideration the risks that are being incurred by the company versus yourself.

Here are some important things to think about before you put yourself and/or a loved one in the position of being an employer instead of a client. By law, the employer is responsible for:

- Social security taxes
- Unemployment compensation
- Payroll taxes
- Worker's compensation should the caregiver be injured on the job
- Any and all penalties associated with the responsibilities of an employer

Managing all problems with the caregiver. Services Agency As Employer

Services	Yes	No
Independent Registry	Yes	No
References checked	Yes	No
Criminal background check	Yes	No
Bonded and insured	Yes	No
Liability insurance	Yes	No
Taxes paid by employer	Yes	No
Supervised home visits	Yes	No
24 hour emergency contact	Yes	No
Employment fee	Yes	No
Requires employee health screening	Yes	No
Access to network of resources	Yes	No

United Methodist Community Support Services is an employer of its caregiving staff and is also available to provide a more in depth discussion of home care and how to prepare you with the questions that you should be asking as a consumer. Please do not hesitate to call the director of the program, Tricia, at (773) 769-5270 for further information.

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Holiday Bazaar at Abington

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When: Friday, December 5, 2003.

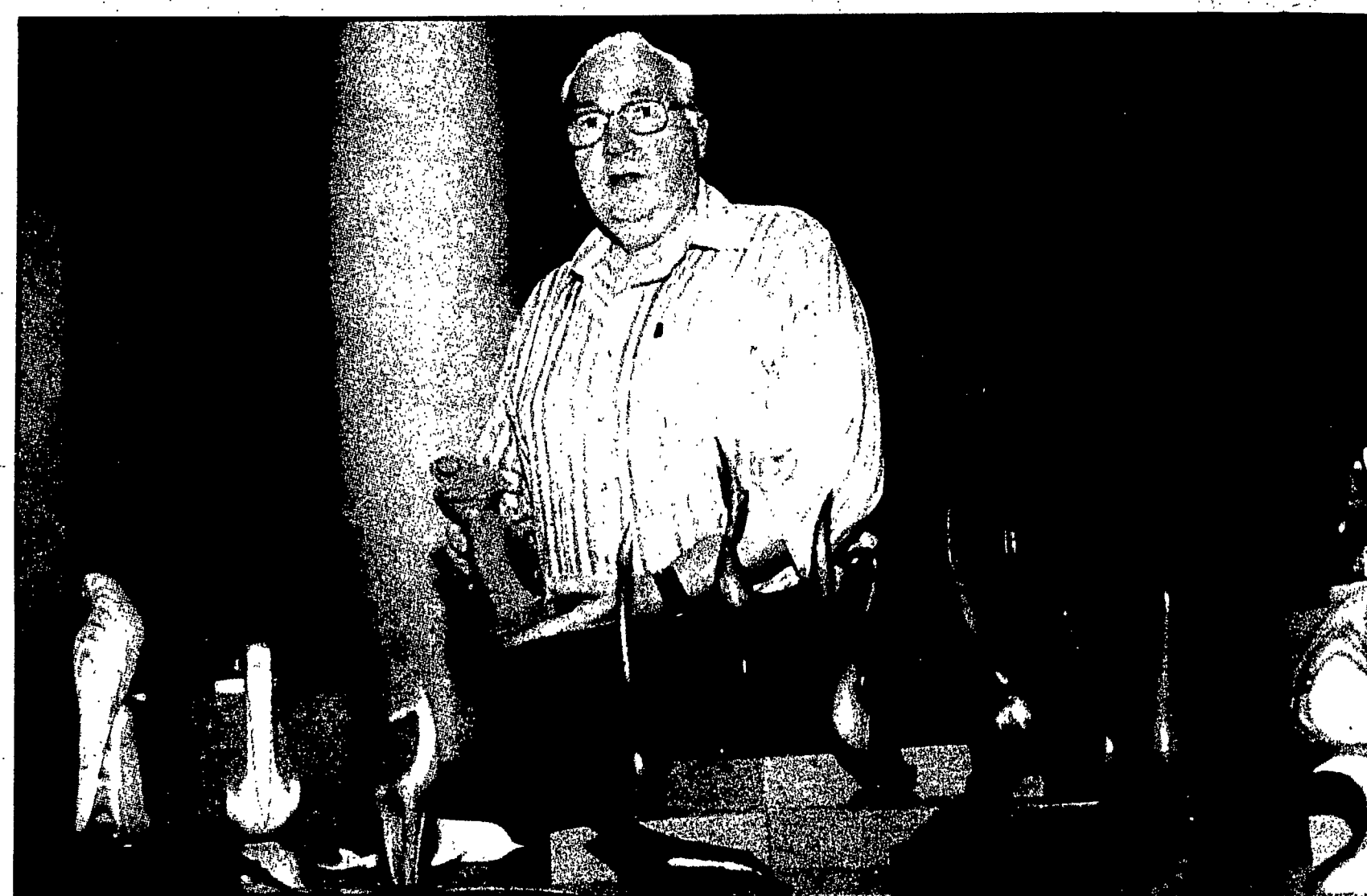
Time: 2:30 p.m.

Where: The Abington of Glenview, 3901 Glenview Road, Glenview, IL 60025.

Contact Olga Dominguez in Activities for more information at (847) 729-0000.

SENIORS

Niles seniors show off their crafts



(Above) Artist Bob Majerowski of Niles displays his carvings at the Niles Senior Center Craft Fair, Friday afternoon, Nov. 7.
(Left) Artist Russ McAndrew of Niles displays his water colors at the Niles Senior Center Craft Fair, Friday afternoon, Nov. 7.

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When God gave out heads, I thought He said beds, and I asked for a soft one.

When God gave out looks, I thought He said books, and I didn't want any.

When God gave out noses, I thought He said roses, and I asked for a red one.

When God gave out legs I, I thought He said Kegs, and I asked for two fat ones.

When God gave out ears I, I thought He said beers, and I asked for two long ones.

When God gave out chins I, I thought He said gins, and I asked for a double.

When God gave out brains I, I thought He said trains, and I missed mine.

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SENIORS

Holiday Bazaar livens Park Ridge Senior Center



(Above) Fran Futris slices up a banana nut cake at the Park Ridge Senior Center annual holiday bazaar Saturday morning, Nov. 8.
(Top left) Shirley Oscarson of Park Ridge looks over a handmade kitchen towel on sale at the Park Ridge Senior Center Holiday Bazaar.
(Bottom left) Terry Caldron of Park Ridge displays an antique chafing dish on sale at the Park Ridge Senior Center annual holiday bazaar.

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THE CHOPPING BLOCK

by Philomena
Corradeno

PANCAKES THAT ARE SURE TO PLEASE

Surprise the family with a weekend breakfast or brunch of pancakes. Not the usual, but an extraordinary plate of cakes studded with toasted walnuts, flavored with cinnamon and topped with a sparkling, warm syrup.

You can stir up your own batter. But why should you when you can use a convenient and reliable boxed pancake/waffle mix? In the interest of time, toast the walnuts a day or two ahead and store them in a covered container.

Want to tickle the smaller tots? Go a step further and, using gingerbread man and lady cookie cutters, cut out shapes for gingerbread people pancakes. For those, we have another spicy batter recipe. Don't waste the leftover pieces. Keep them warm and serve them to Dad!

WALNUT PANCAKES WITH CRANBERRY SYRUP

1 cup Aunt Jemima syrup
1/2 cup fresh or frozen cranberries*
2 cups Aunt Jemima Complete or Buttermilk Complete Pancake and Waffle mix
1/2 cup walnuts, finely chopped**
1/2 teaspoon ground cinnamon
1 1/2 cups water

Combine syrup and cranberries in small saucepan. Bring to boil over low heat. Cover and simmer 5 minutes or until cranberries burst. Keep warm.

Pour pancake mix into medium bowl. Add toasted walnuts and cinnamon; stir until well-combined. With wire whisk, stir in water. Mix just until large lumps disappear. Let stand 1 to 2 minutes to thicken. Pour slightly less than 1/4 cup batter for each pancake onto lightly greased hot skillet or griddle over moderate heat. Turn pancakes when bubbles form all over and some burst, and bottoms are golden brown. Serve with warm Cranberry Sauce. Makes 12 pancakes.

*Dried cranberries may be substituted. In that case, combine cranberries and syrup in small saucepan. Over medium heat bring to boil; reduce heat to low and simmer 8 to 10 minutes or until cranberries are softened.

**To toast walnuts, preheat oven to 350 F. Spread in single layer on baking sheet. Bake 7 to 9 minutes. Don't overbrown.

GINGERBREAD PEOPLE PANCAKES

3 1/2 cups Aunt Jemima Complete or Buttermilk Complete Pancake and Waffle Mix
2 teaspoons ground cinnamon
1 teaspoon ground ginger
2 1/4 cups milk
1/4 cup molasses

Combine mix, cinnamon and ginger in large bowl; set aside. In medium-size bowl, combine milk and molasses with wire whisk until well-blended. Add milk-molasses mixture to dry ingredients in large bowl. Blend until large lumps disappear. Pour slightly less than 1/4 cup batter for each pancake onto lightly greased hot skillet or griddle over moderate heat. Turn pancakes when bubbles form all over and some burst, and bottoms are golden brown. Use a 2-inch person-shaped cookie cutter to make cut-out gingerbread people. If desired, press 2 or 3 blueberries down center to make buttons. Makes about 19 pancakes.

CATALOG: If you don't already have a copy, you may request Stew Leonard's Gifts by Mail catalog by calling toll-free 1-800-SAY-STEW. The 20 or so pages contain distinctive food gifts for as low as \$20. Last-minute specials are always posted on its Web site: www.stewleonardsgifts.com. The e-mail address is giftcenter@stewleonards.com

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VETERANS ★ POST ★

by Freddy Groves

Most people know that the consequences of not scheduling regular follow-ups on patients who have undergone treatments for serious conditions can be tragic. Yet, according to a recent report by Mark Benjamin, a CNN correspondent, and a concurring account from veterans' advocate Steve Robinson, executive director of the National Gulf War Resource Center, this is what has been happening to wounded and injured military personnel at Fort Stewart, Ga.

These men and women have complained not only of difficulties in getting follow-ups and other treatments — sometimes waiting for months to see a doctor — but have also described living conditions as "substandard." (A spokesman for Fort Stewart says the description is inaccurate: "Spartan" or "austere" would be the terms he would use.) Robinson says he was so concerned by what he had seen that when he returned to his office, he called the House Veterans Committee about his findings. Robinson's actions, along with CNN's decision to go ahead with Benjamin's story, may well have prompted the Pentagon to form an investigative team and to report back with their conclusions. As I write this, there's no word yet on what the team found or what the Pentagon plans to do with whatever was uncovered. Meanwhile, the spotlight has been turned on this situation; let's hope no one tries to push it back into the dark.

Write to Freddy Groves
in care of King Features
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e-mail to
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SENIORS



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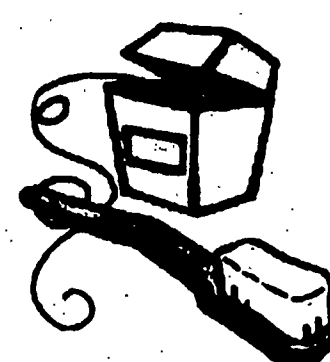
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SENIORS

MISTER BREGER By Dave Breger

CONTRACT BRIDGE: THE MERRIMAC COUP

BY STEVE BECKER

South dealer.
North-South vulnerable.
NORTH

South dealer.
North-South vulnerable.
NORTH
♦ A 3
♥ 7 6
♦ 8 2
♦ A K J 6 5 4 2
WEST
♦ 10 7 5 2
♥ J 10 4 3 2
♦ Q J 10
♠ 9
EAST
♦ K J 9 4
♥ A 9
♦ A 9 5
♠ 10 8 7 3

SOUTH
♦ Q 8 6
♥ K Q 8 5
♦ K 7 6 4 3
♠ Q

The bidding:
South West North East
Pass Pass 1 ♣ Pass
1 ♦ Pass 3 ♣ Pass
3 NT
Opening lead — three of hearts.

The bidding:
South West North East
Pass Pass 1 ♣ Pass
1 ♦ Pass 3 ♣ Pass
3 NT
Opening lead — three of hearts.

The Merrimac Coup is fea-

tured in many books on the play of the cards, but it seldom occurs in real life. However, the opportunity to use it arose on this deal from the 1979 world championship. The hand was played at six tables, and at four of them East proved equal to the task.

South was declarer in three notrump at all six tables. In the Brazil-United States match, the opening lead at the first table was a heart. East won with the ace and returned the king of spades! This was the Merrimac Coup, a defensive play aimed at killing a vital entry to dummy. In the actual case, South went down one after the king-of-spades play.

At the other table, West's lead was the queen of diamonds. East won with the ace and returned the king of spades, and declarer also went down one.

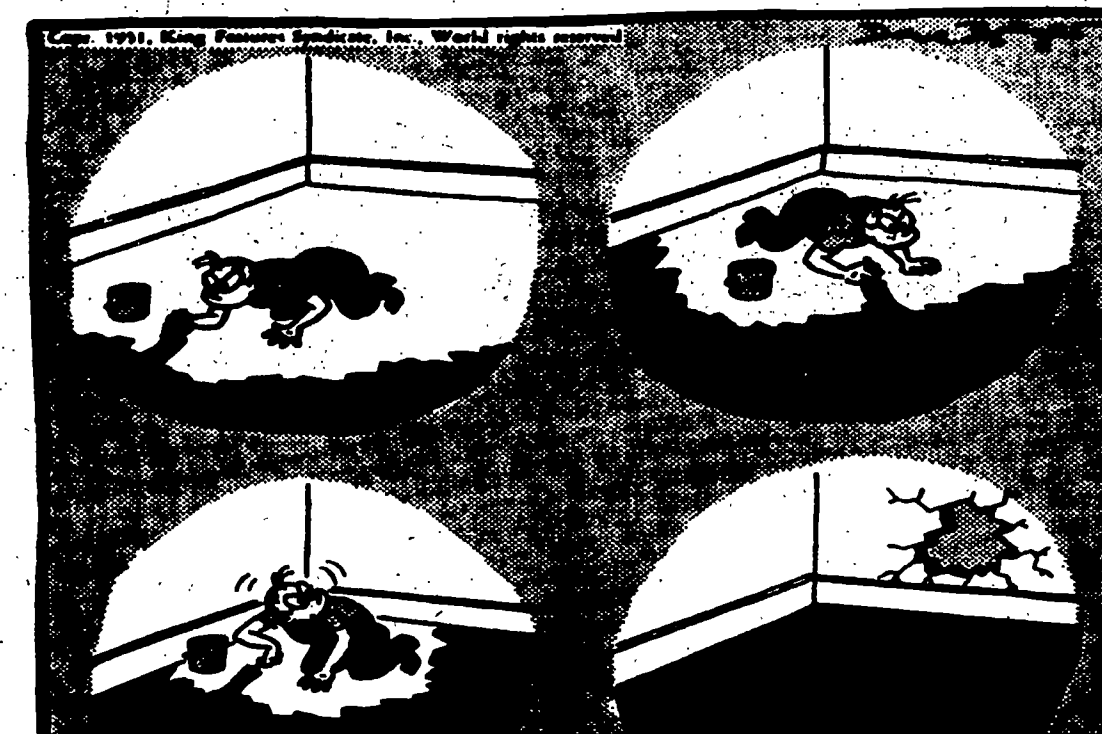
In the match between the Far East and Australia, the opening lead at both tables

was a heart. At one table, the Far East declarer made four notrump after East won the lead with the ace and mechanically returned the nine of hearts. At the other table, East took the heart lead with the ace and returned the king of spades to sink the contract.

In the match between Italy and a Caribbean team, both Souths made the contract. At the first table, West led the diamond queen, and instead of playing the ace, East signaled with the nine. This allowed the Italian declarer to score 10 tricks.

At the second table, West led a heart to his partner's ace, and East found the killing king-of-spades lead. However, West, for reasons unknown, later discarded two hearts when the A-K-J of clubs were played, and declarer wound up with nine tricks.

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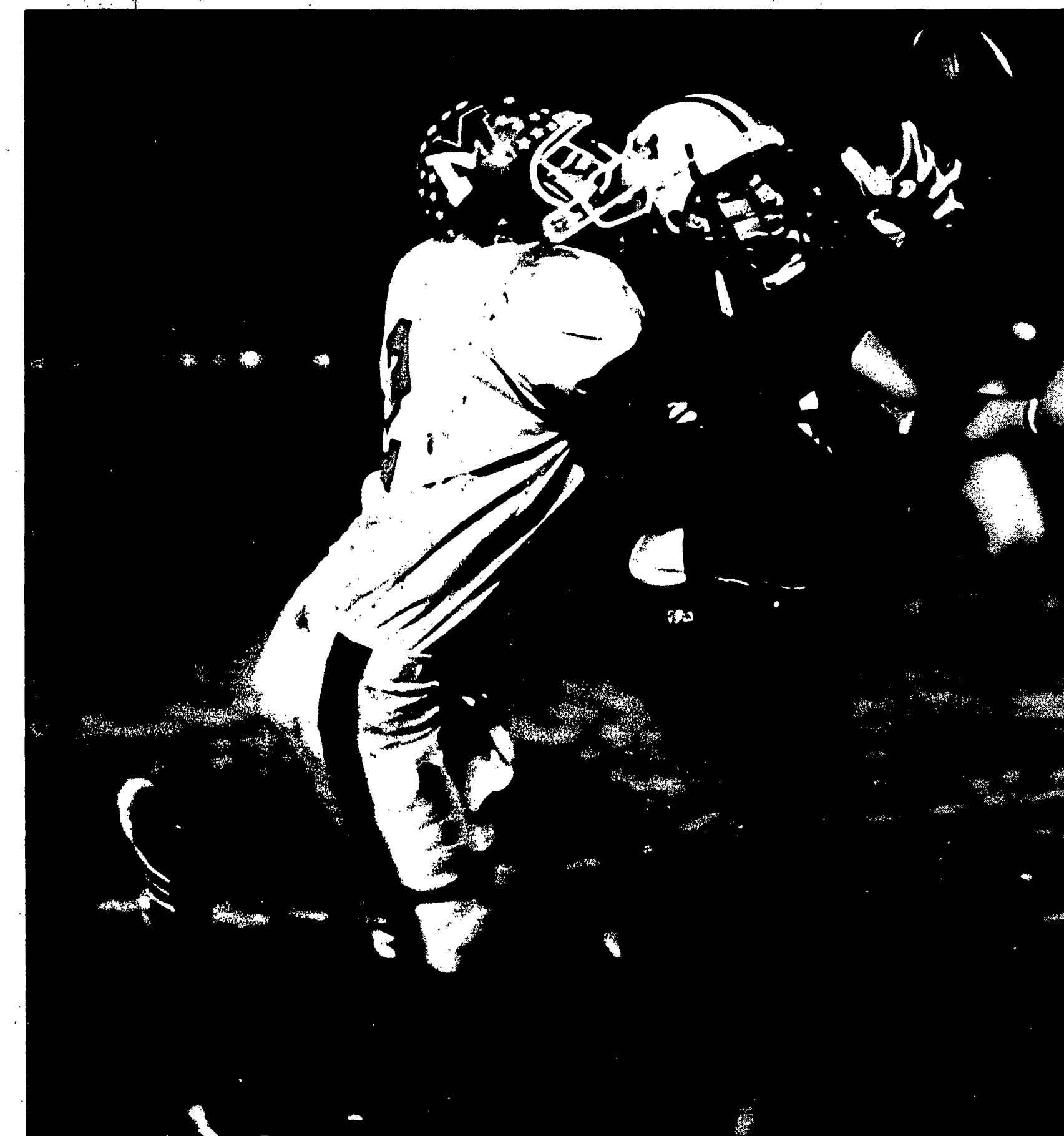
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The Bugle

SPORTS

THURSDAY NOVEMBER 13, 2003



Maine South's Mike Labus #2 knocks a pass away from Stevenson wide receiver Joseph Bonadonna late in the second half.

Maine South prevails in Stevenson match

BY RYAN BISHOP
rbishop@buglenewspapers.com

There is usually one opponent in a season that an undefeated team may underestimate or fall short of its

capabilities. For the Maine South Hawks, this team was the 7-3 Stevenson Patriots of the North Suburban Conference. The Hawks prevailed 38-20 on a frosty night in Lincolnshire, advancing in the 8A playoffs to play conference foe New Trier

Saturday at Wilson Field. "We're coming back home, bring on the Trevians," an elated Hawk player shouted after the team shook hands with a disappointed Patriot team. It was uncharacteristic per (See Maine South on page 19.)

WEEKEND WARFARE

THE MATCHES YOU CAN'T MISS!

Please note that these two teams are the only two in the circulation area of *The Bugle* that are still in the playoffs. As the winter sports season begins we will feature the teams of other schools as well.

Maine South Girl's Volleyball State Tournament

When: 11 a.m. Friday, November 14
Where: Red Bird Arena, Illinois State University, Normal, IL
Telling Quote: "Our goal has always been to get to the state tournament. We tried to focus on these past five games and not look ahead. If we continue to take it one game at a time, I think we can have some real success." Head Coach Patty Iverson
Outlook: After rolling through the first two rounds of play the Hawks faced much tougher opponents in Hersey and Lake Zurich. Each of these matches required three nail biting games to determine who would advance. Each time the Hawks kept their composure and finished the other team off. That composure will surely be tested in this state tournament, which is stacked with talented teams. Maine South's first test will come Friday when they face the New Trier Trevians.

Maine South Hawk Football Quarterfinal Round

When: 1 p.m. Saturday, November 15
Where: Maine South High School, 1111 South Dee Road Park Ridge, IL
Telling Quote: "We both know each other as well as anyone can know each other. They are well coached and they're clicking right now." Head Coach Dave Inserta on the New Trier Trevians.
Outlook: As the Maine South (11-0) machine continue to churn through opponents, New Trier (9-2) hopes to upset the undefeated Hawks. It was a similar situation a month ago. A confident New Trier team coming off close wins looked to put a loss in undefeated Maine South's record. Maine South responded well to the challenge, crushing the Trevians 42-14. Now the stakes are a bit higher as the Trevians head into Hawk territory this Saturday. Maine South's passing attack looked a little shaky last Saturday in a 39-20 win over Stevenson. This proves that Maine South can be defeated. Unfortunately for New Trier showing they can be beat and actually being beaten are two entirely different things. If the Maine South defense continues to play strong and the passing attack gets back into gear, the Trevians will find that stealing a win will be a difficult affair.

Does your team whether high school, grade school, or park district, have an exciting game coming up? We want to know about it. Email msantor@buglenewspapers.com with details and contact information and your team could be featured in next week's "Weekend Warfare!"

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SPORTS

Maine South Prevails

(Continued from page 17)

formance by the Hawks after the team had just come off a near flawless performance last Saturday against Warren. Several dropped passes and crucial penalties helped out the underdog Patriots. Coaches voiced their displeasure after the Patriots broke free for a blocked punt that turned the tide. The Hawks were unable to get their footing on the icy conditions on the field and the receivers struggle as a result.

"We got the job done and that's all that matters," said a relieved Sean Price of the victorious Hawks. Price finished the game 15-of-39 passing with 273 yards and 3 touchdowns against a Patriot defense that was up to the challenge. The secondary broke up an array of passes and had three sacks on the most prolific passing attack in the state. The Hawks lit the scoreboard first on an Andy Cupp 1-yard touchdown run culminating in a 8-play, 3 minute drive. Senior wide receiver/cornerback Alberto DeCicco had two catches for 11 yards in the drive and big target Brian Schlitter caught a laser from Price for a 16-yard gain. Tyler

Knight missed the extra point as the Hawks led 6-0.

The visitors benefited from a mishandled punt deep in Stevenson's territory and took advantage. Sean Durbin recovered the ball at the 1-yard after a flock of Hawks ran after the ball. Price used a push from the line to run it in and the Hawks had a two touchdown lead with 5:15 left in the first quarter.

Stevenson relied on the counter and trap plays of their grind-it-out offense. Jason Dickinson, Carl Johnson, and Mikhail Becker all took turns carrying the ball, punishing the Hawks with the and got them back in the game. The elusive Joe Bonadonna

It was Stevenson's special teams, however, that ignited them

burned the Hawks for a 91-yard kickoff return for a touchdown

that brought them to within 14 at 21-7 late in the first quarter. Two minutes later line-backer Kevin Courtois recovered a block punt that set up Becker's 1-yard run and a seven point deficit.

"The defense was stellar tonight. We only gave up one touchdown and they scored on one legitimate drive," said Inserra.

Mike Bello had two interceptions, one on a fake field goal and the other on a rollout pass where he jumped in front of the receiver and ran 10 yards.

Despite the drops and overthrown balls by Price, the Hawks came up with the big plays in the second half. After Price hooked up with Schlitter down the sidelines for a 54-yard pass play a mass exodus of Stevenson fans left the field and the Hawks led 35-20 with 5 minutes remaining.

Tyler Knight capped off the scoring with a 33-yard field goal. With the game well in hand, the student section chanted, "we want the sophomores." But the Hawks took a knee, knowing there would be more football to play.



Maine South head coach David Inserra watches his team run out the clock over Stevenson Saturday night Nov. 8.

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SPORTS

Maine South Volleyball Advances to State Tourney

BY MIKE SANTORO
msantoro@buglenewspapers.com

It was an exciting week in Maine South Girl's Volleyball when they defeated the Hersey Huskies and the Lake Zurich Bears to advance to the State Tournament. The Hawks had easily defeated their first two opponents in the play-offs, but matches against Hersey and Lake Zurich created dramatic volleyball when both matches took three hard fought games to determine a winner.

After taking the first game handily 25-18, Maine South got off to a rough start in the second game. The Huskies took an early 9-3 lead forcing Maine South to face an uphill battle. They fought hard and eventually were able to tie the game at 17-17 when Gina Heiderman spiked the ball to the open middle. The Hawks had climbed out of their deficit and with the score 24-21

looked to take the match in dramatic fashion. The Huskies, facing elimination, mustered their strength and with some huge spikes tied the game 24-24. As the crowd bit their nails, they watched the Hawks suffer from a series of miscues that allowed the Huskies to take the game 28-26.

Talking about this second game Head Coach Patty Iverson said, "I said to the girls, that one you didn't get beat, you just lost it. We got caught overplaying, some balls and I told them we just need to calm down a little bit and play." Going into that third game the situation was critical and the whole team knew it. "The seniors gathered around," Senior Adrianna Stasiuk said, "and we said 'There's no way this season is over.'"

Whether they calmed down and just played, or fired themselves up is a matter for debate, but whatever they did it worked. Led

by a strong play at the net by Heiderman the Hawks took a quick lead 8-0.

"I was amazed," Iverson said. "It was not in my wildest dreams that we would be up 8-0 in that game."

Most of those early points came on blocks or spikes from Heiderman who would finish the match with 9 kills, 9 blocks. Stasiuk finished with 19 kills, 13 digs, while Setter Meghan Polston had 35 assists.

Iverson complimented Hersey saying, "I thought Hersey played great. They responded to a lot of things we tried to do. We were able to keep up and shut down their main hitter. You've got to credit them. They fought; they scrapped all the way until the very end."

Two days later the team would travel to Gurnee to face the Lake Zurich Bears in another tight match. The Hawks focused on stopping one hitter in particular.

"We played them (Lake

Zurich) in the beginning of the year and they used 18 (Senior Kristie Berwanger) a lot more," Iverson said. "She's a very nice hitter and I thought we did a great job of shutting her down today."

The first game was full of tension as the two teams exchanged points back and forth and despite some sloppy play the Hawks managed to take the game 25-23. The second game was a little different though as the sloppiness that had hurt them in the first game caused them to lose the second 18-25. Despite a late charge near the end of the game the Hawks couldn't climb out of the hole they dug for themselves early.

"Unfortunately we had a very tough day," said Iverson. "We didn't have our usual strong performance and we just weren't playing our best. Our setter had problems as well as some of our hitters. The one bright thing was our block-

ing. They did a nice job of blocking today."

As the third game opened it was the blocking that helped spur the Hawks to victory. At one point Heiderman blocked three Lake Zurich attempts in a row. Maine South, though they did not look as stellar as in their performance against Hersey were able to take the third game solidly 25-14 and will now advance to the state tournament. Heiderman would finish the match with 5 kills and 10 blocks. Stasiuk had 11 kills, 4 digs and Katie Lipinski finished with 10 kills, 15 digs and 3 aces.

"We've had a goal," Iverson said. "We just wanted to focus on these five games and not look ahead to state. Now that we are there we can focus on winning those games."

Maine South will open the state tournament Friday, Nov 14, at 11 am against New Trier at Redbird Arena in Normal, IL.

LIFE

The Bugle

THURSDAY NOVEMBER 13, 2003

Niles-Morton Grove native delves into Chicago's Civil War history

BY WENDY ELLIS
wellis@buglenewspapers.com

He admits he was never a great student when he was in classes at the old Niles North Elementary school, but author Arnie Bernstein says he always liked to read and he has a passion for history. Bernstein, a 1978 graduate of Niles North High School, is the author of a new book about Chicago and its Civil War connections called "The Hoofs and Guns of the Storm." Borrowing a line from a poem by Carl Sandburg for his title, Bernstein says his book is intended to wake people up to the civil war moments that still exist today, but that few people notice.

"It's a hands on history," said Bernstein, "Where people could go out into the streets and see where history happened." In fact, the book has been called a guidebook for little known civil war sites in the city, like Camp Douglas, an

infamous prisoner of war camp use fiction techniques to pres- took about a year to write, although the author says he would have liked twice that much time. "My favorite thing is the research," said Bernstein. "You go through old documents, papers from the 1800s." Bernstein's research takes him often to the Chicago Historical Society, the Harold Washington Library, and even the Archives of the Grand Army of the Republic in Washington, DC. He is reading both public and personal documents that paint a fascinating picture of the time, and of the president, Abraham Lincoln. "He was fascinating," said Bernstein. "He became more of

a flesh and blood character for me than this iconic character we all get from school." Bernstein says Lincoln was far from universally loved, and he includes the story of how Lincoln got the presidential nomination, largely because of Chicago wheeler and dealer Joseph Medill. Bernstein thinks fondly of growing up in Niles. His old elementary school is now Culver Elementary, and the author says he would love to come visit it someday. "I'm old enough to know who Culver was," said Bernstein. Bernstein, who moved to Morton Grove when he was 17, did his undergraduate work in film studies at Southern Illinois University, then topped off his education with a creative writing degree at Columbia. He now lives with his wife in Beverly and works at Moraine Valley Community College when he's not putting pen to paper. For more information about him and his books visit www.arniebernstein.com.



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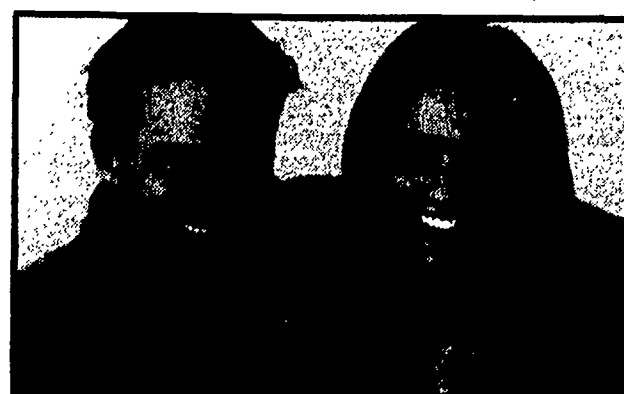
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HOME

THIS IS A HAMMER

By Samantha Mazzotta
Winter Storm Kit

Q: I just moved to ski country, and this will be my first winter outside the Deep South (Mississippi, to be exact). What items should I keep at home in case of cold-weather emergencies? — Tara J., Denver

A: If the power goes out or heavy snow keeps you indoors, preparation is essential to keep you and your family safe and warm. Put together a winter storm

kit before the snow sets in, and you'll always have it available for emergencies. Put these supplies together:

¥ Extra blankets (one for each family member)

¥ Water for three days

¥ Ready-to-eat food for three days

¥ First-aid kit

¥ Flashlight and extra batteries

¥ Emergency radio with extra batteries (or, a two-way radio with weather band, available at home-improvement stores for about \$35)

¥ Snow shovel

¥ Ice melt, sand or cat litter

This is a basic kit that you can assemble and store (except for the shovel) in a water-resistant plastic storage box in the garage. With only a few modifications, you can create a

miniature version of this kit and place it in the trunk of your car, along with snow chains, tire-repair supplies and an ice scraper. (Thanks to Lowe's Home Improvement for storm-kit tips.)

Keep in mind a few things when shoveling snow this winter, too. Start shoveling as soon as the snow stops falling, so it doesn't get packed in. Always do a few warm-up exercises indoors before starting to shovel; the work is harder than you think. Don't "shovel" in the way you would dig dirt in the garden. Instead, place the shovel against the snowdrift, push it forward to scoop the snow onto it (don't fill more than half the shovel), then lift the shovel just a couple of inches to deposit the snow along the edge of the

driveway. Bend your knees when lifting, and take frequent breaks. (Tough to do when you're trying to get to work, but important nonetheless.)

What if you're trapped in the house during a multi-day storm? Hunker down with your storm kit nearby. If the power goes out, turn on the battery-operated radio for short periods only (10 minutes or less) to get news updates. Limit your activities and bundle up to stay warm and conserve your strength.

Phone lines generally work even if the power is out, so it's a good idea to have at least one phone in the house that is not cordless. A two-way radio is also good to have, especially if you need to call for help. But in today's suburban environments,

even the fiercest storms have limited effect. Once the snow stops, you (and your neighbors) can start shoveling out.

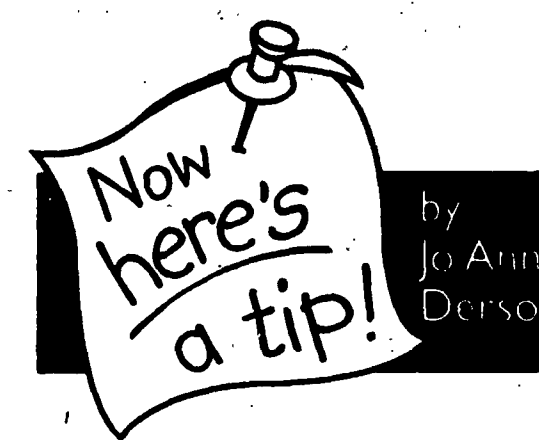
HOME TIP

Candles aren't recommended for storm kits, as they are a fire hazard. If you must have a light source that isn't battery-operated, keep a kerosene lantern or camping lantern in a safe but accessible place.

Send questions or home repair tips to homegur2000@hotmail.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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HOME



¥ Make sure that you load your dishwasher properly. A lot of the plastic storage containers (e.g., Gladware) say they are dishwasher-safe, but make sure you

put them on the top shelf, not the bottom, where they could be too close to the dishwasher's heating element. It could warp or melt them.

¥ "I use bar soap, and I always wondered what to do with the little bits when the bar gets worn down. I tried attaching them to a new bar, but eventually they fall off. They can really clog a drain, but I don't like to waste them, so I figured out a great use for them. I cut a knee-high stocking

in half and used the toe end to hold the bits. I keep it by the sink for hand-washing. The soap still lathers, but the pieces are kept safe in the little bag. As a bonus, the hosiery acts as a scrubber for grime, and it is easily rinsed." — James T. in Douglas, Ga.

¥ For straight, flawless lines when cutting cheesecake, try using dental floss.

¥ "I have found that baking soda and warm water is the best thing to use to clean inside the refrigerator. The baking soda helps to

scrub off stuck-on foods, and it leaves the refrigerator smelling clean." — Malinda R. in Hays, Kan.

¥ "My mom taught me this trick: When making hamburger patties or meatballs, wet your hands before you handle the ground beef. The fats don't cling to your hands as readily, and it makes shaping the patties easier for sure!" — Jenny D. in Jacksonville, Fla.

¥ "To keep fingerprints off the refrigerator door and kitchen

walls and cabinet fronts, I give them a wipe-down with furniture polish every so often. It seems to help." — LeMonte P. in Decatur, Ill.

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

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Overeating Could Point to Serious Illness

DEAR PAWS CORNER: I just read the column about "Lacy," the golden retriever who was overeating. I also had a golden retriever, "Sandy." Sandy began overeating, plus he drank water at an alarming rate. Being concerned about it, I took him to our vet for a checkup. We got the news that he had developed Cushing's disease, which I had never heard of.

Our vet said overeating and overdrinking are the first symptoms. She gave him an estimate of 18 months to two

years to live. As the disease progressed, Sandy's beautiful golden hair fell out in clumps, his muscles deteriorated to the point he couldn't walk, and in almost exactly 18 months we decided to have this "love of our life" euthanized.

Please make Georgia S. aware of this disease, as it is so rare but a distinct possibility. — Rick B., Davis, Okla.

DEAR RICK: Thank you for making readers aware of this rare condition, which affects more dogs than cats. In

Cushing's disease (or hyperadrenocorticism), the adrenal gland produces too much hormone (specifically, corticosteroids). Sometimes the only symptom is excessive thirst, but other symptoms are also associated with this illness.

The disease can be caused by a tumor or even microtumors in the gland, or by frequent use of cortisol (called iatrogenic Cushing's). Tumors can sometimes be removed and the condition eased through drug therapy, but not always. If the illness is incurable, treatment can

relieve a pet's symptoms to make its last months more comfortable.

Keep in mind that excessive thirst can be a result of many conditions, not just Cushing's. Pets that exhibit sudden behavioral changes — even subtle ones — should be taken to the veterinarian to be evaluated.

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

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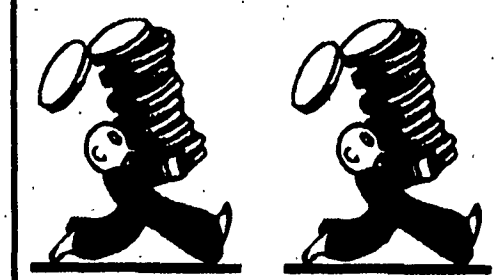
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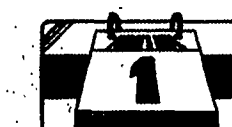
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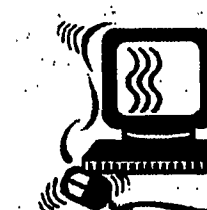
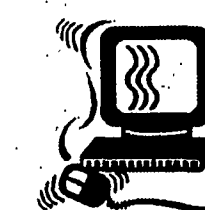
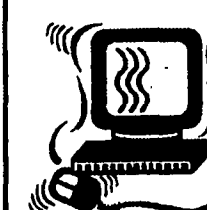
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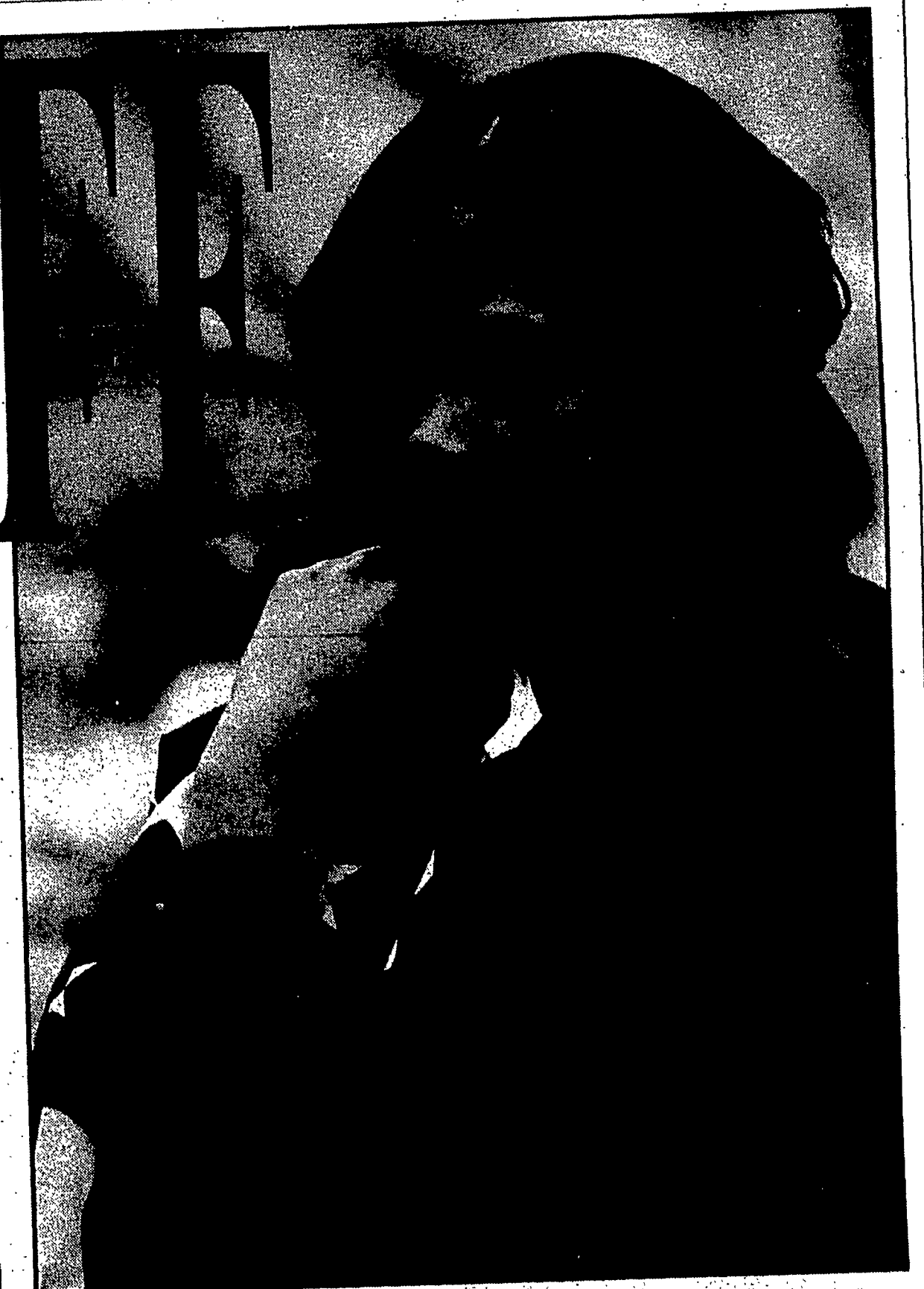
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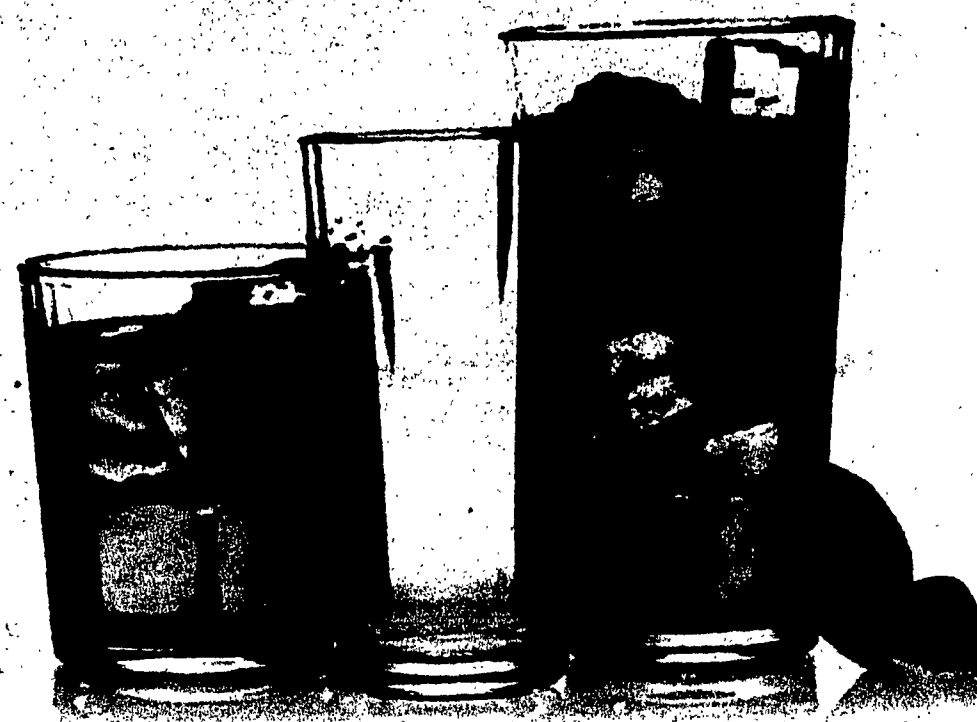
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