

THE BUGLE

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Inside



Industrious Growth

Niles and other towns are facing a real challenge with the retention of industrial businesses. For more on the story, turn to page 11.



Souvenirs

Niles coach Kevin Ridge holds baseballs signed by the Niles team Saturday afternoon July 31 to be presented to each of the players of the New York team as memento of their two games at Pioneer Park. For the story, see page 13.

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Strzelecki promoted to chief of police

29-year veteran loves Niles

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

Niles Deputy Police Chief Dean Strzelecki was chosen to fill the soon-to-be vacant job of police chief by the village board Tuesday, July 27.

The 29-year veteran will replace Gerry Sheehan who has held the post since 2000 and will be stepping down this September. Strzelecki has served as a patrolman, detective, sergeant, watch commander, and was promoted to deputy chief in 2000. He is currently in charge of the Police Department's Administration Division.

"I'm looking forward to the challenge," Strzelecki said. "I really love working with the staff."

The village made a commitment to choose an internal candidate because the transition would be easier. But it wasn't

just about choosing a local, Niles Mayor Nick Blase said that Strzelecki was a highly qualified candidate.

"In the 44 years I've been mayor we've always done it this way," said Blase. "If you have a quality candidate, you should go with them and Dean is a qualified candidate."

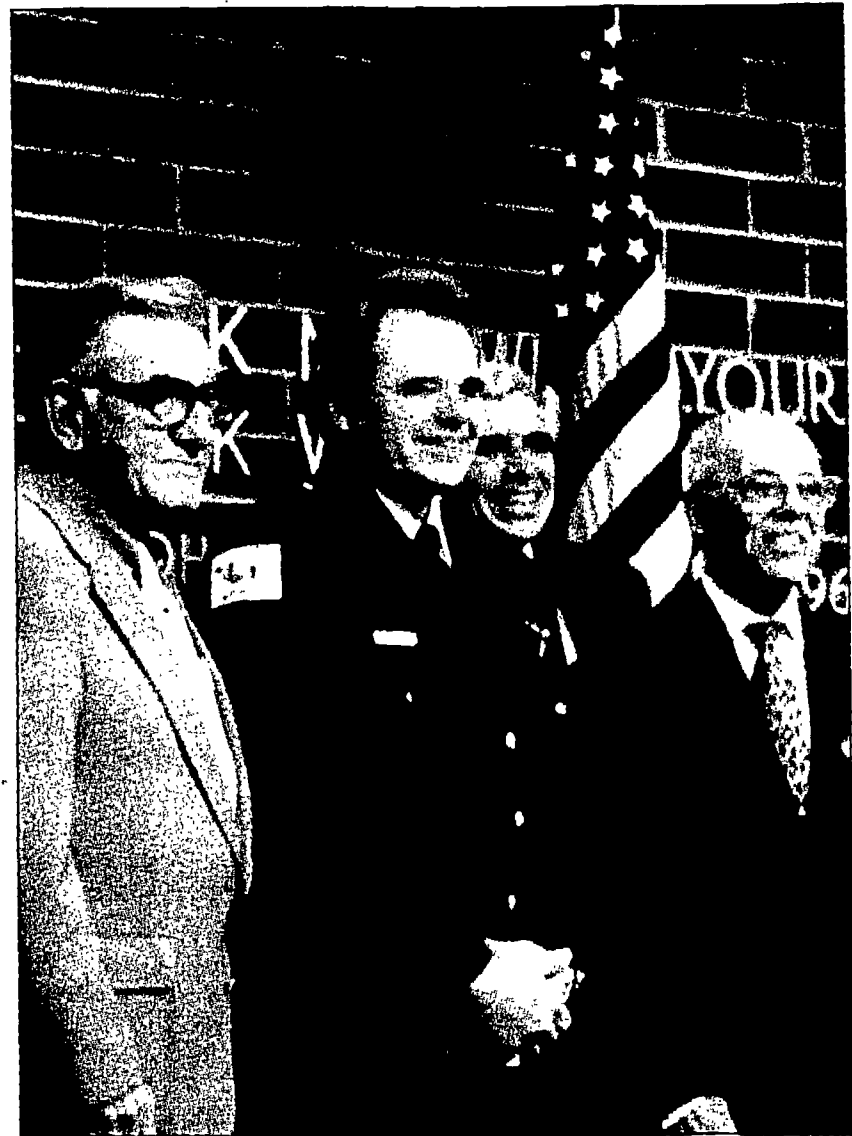
Strzelecki has been a Niles resident since age 16 and has coached baseball and football. Now, he'll be managing the department's budget as well as overseeing its three divisions that are managed by two deputy chiefs and a division commander.

"This is a great town to work for," Strzelecki said. "I'm not only looking forward to the challenge of managing the police department but also to giving back."

When Trustee Tom Bondi announced a motion to promote Strzelecki to the chief's position, a board room packed with police department personnel and residents applauded. Even the board

Continues...

STRZELECKI page 10.



Deputy Chief Dean Strzelecki was selected by the Niles village board at their Tuesday, July 26 meeting. Pictured above from left is Mayor Nick Blase, Dean Strzelecki, Trustee Bob Callero and Trustee Tom Bondi.

Maine Township Republican Officials Announce 2005 Slate

The current Maine Township Board has announced a full slate of candidates for the Township elections to be held in April, 2005. Supervisor Bob Dudycz (Niles) heads the ticket of incumbents to be known as Maine Township Republican Officials. The slate includes Trustees Walter Kazmierczak (Park Ridge), Carol Teschky (Glenview), Laura Morask (Park Ridge), and the current Collector Audrey Nankervis

(Unincorporated area) now running for the fourth Trustee position.

Incumbents Clerk Gary K. Warner (Park Ridge), Assessor Tom Rueckert (Glenview), and Highway Commissioner Robert Provenzano (Des Plaines), are seeking re-election to those posts.

In addition, newcomer Susan Flosi-Moylan (Des Plaines) is running for Collector.

"We are extremely proud of this slate for many reasons but

mainly because it represents proven, experienced leadership," Dudycz says. "During the past four years, we have accomplished many positive things to improve the lives of those living in Maine Township, especially the 30,000+ who live in the unincorporated areas and depend heavily on effective township government for services. We are proud of the way services were expanded during a time when our budget was limited by tax caps. We balanced the

budget without loans or new taxes while improving programs and adding services." All departments performed well, according to Dudycz. For example, the Highway Department dealt with a severe winter and area flooding while keeping on budget. The Clerk's office continues a wide variety of services and added new ones such as the wildly successful passport application-processing program.

Continues...

2005 SLATE page 12.

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A Field In Bloom

Wildflowers are blooming in a prairie north of Linne Woods in Morton Grove. They fill nearly the entire field and can be seen by drivers looking to the east of Lehigh across the Union Pacific Railroad tracks. Be careful crossing the tracks because there is a prairie preserve between them and the field.

NILES NEWS

Niles honors Notre Dame ball players with special road signs

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

The village of Niles has installed four signs at gateway intersections informing anyone driving by that this is the home of the 2004 Illinois State Championship

"Notre Dame is the only high school in the village. It seemed right that we give them some recognition."

-Steve Vinezeano,
Niles Assistant Village Manager

baseball team: the Notre Dame High School Dons.

"Notre Dame is the only high school in the village," said Assistant Village Manager Steve Vinezeano. "It seemed right that we give them some recognition."

The signs read: Village of Niles, Home of the 2004 IHSA State Boys Baseball Champions, Notre Dame High School 'Dons.' They have been installed at the intersections of Dempster and Greenwood, Golf and Milwaukee, Albion and Milwaukee, and on Oakton just west of Caldwell.

The Dons won their first-ever state championship on June 12. Team members and the community at large were ecstatic and the Dons were even honored with a space to march in the village's Fourth of July parade.

"They got a lot of cheers in the parade," said Vinezeano. "It was a really nice comeback story."

Vinezeano said that it was the community support that inspired village staff to erect the signs.

"When it happened there was community-wide support for the school and the team," he said. "Saying that we're the home of the Dons doesn't just say something about the school, it says something about the village."



The Notre Dame High School State Championship Baseball team was recognized by the Niles village board at their meeting Tuesday, July 27. Signs like the one being held in the photograph have been erected in four different gateway intersections to the village.

NILES NEWS

Parks begin installing Thor Guard



Oak Park and Grennan Heights received the first utility pole to support the Thor Guard Lightning System. Above, left to right, Supt. of Park Services Jim Majewski, Executive Director Joe LoVerde, Foreman Lupe Martinez and Assistant Supt. Carlos Patterson review the location plans at Oak Park.

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

The Niles Park District began installing the new Thor Guard Lightning Protection System last week. Executive Director Joe LoVerde hopes the system will be operational by September and will help alert patrons to the approach of inclement weather.

The Thor Guard equipment must be mounted on tall poles. The Park District decided to install the poles with its own employees, saving the District about \$56,000. The District

began installing the poles last week. As of Tuesday, poles had been erected at Iceland Ice Areana, Tam Golf Course, Pioneer Park, Kirk Lane Park, Nico Park, Oasis Water Park, Grennan Heights Park, the Howard Leisure Center, Golf Mill Park, Washington Park, Oak Park and Oakton Manor. They had not yet been installed at Greenwood Park, Jonquil Terrace Park and Cortland Park.

The District took delivery of the physical Thor Guard equipment Monday and is meeting with representatives of the company this upcoming Monday in

order to begin installation.

"We're hoping to have all the equipment installed and operational by mid-August," said LoVerde. "This new system will make our park patrons safer."

Each pole will have information mounted on it that tells patrons what its different alarms signify. When dangerous weather approaches the park, a siren sounds and strobe lights turn on. Those strobe lights will continue to flash until the weather has passed on to a safe distance and then the siren will sound three short blasts signifying all is clear and the strobe lights will turn off.

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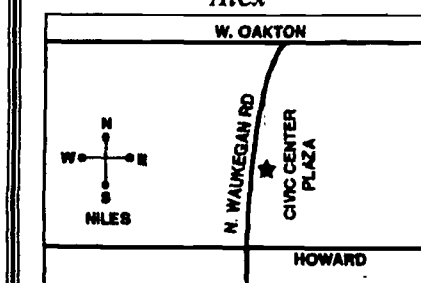
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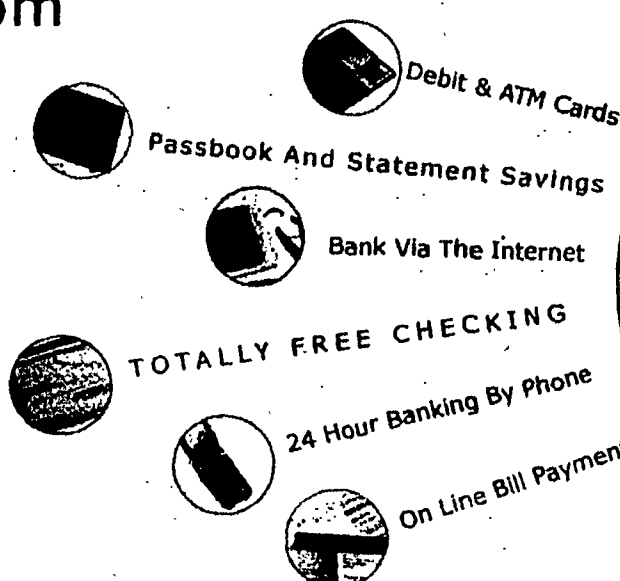
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NEWS

August concerts on tap from the Niles Park District

<p>Oak Park Summer Concert Series:</p> <p>Jim Gill Jim Gill's performance is filled with imaginative songs and energetic rhythms on his banjo. His contagious tunes are meant to be played for the enjoyment of parents and children.</p> <p>Where: Oak Park When: Fri, 08/06 Time: 6:30-7:15 p.m.</p> <p>Big Guitars From Memphis They perform a wide variety of</p>	<p>American music from rockability to surf and Chuck Berry to Elvis.</p> <p>Where: Oak Park When: Fri, 08/06 Time: 7:30-9:00 p.m.</p> <p>Cold Blooded Creatures Jim Nesci and his Cold Blooded Creatures will educate and entertain the whole family. Back by popular request.</p> <p>Where: Oak Park When: Fri, 08/13 Time: 6:30-7:15 p.m.</p> <p>215 West has an amazing repertoire</p>	<p>of all time favorites: Motown, Top 40, Latin Dance, 50's Rock, 70's Classic Rock, Disco and Chicago Style Blues.</p> <p>Where: Oak Park When: Fri, 08/13 Time: 7:30-9:00 p.m.</p> <p>Sandi Sylver Sandi Sylver is a charismatic storyteller, ventriloquist and songstress. Her sidekick "Toodles", a soft puppet will be sure to keep the entire family entertained.</p> <p>Where: Oak Park</p>	<p>When: Fri, 08/20 Time: 6:30-7:15 p.m.</p> <p>The New Invaders They will take you on a musical journey back in time when life was simple and British rock was invading. They will capture the very essence of the sixties with vintage instruments, costumes and sounds.</p> <p>Where: Oak Park When: Fri, 08/20 Time: 7:30-9:00 p.m.</p> <p>Pete Kovocovich He delights audiences of all ages</p>	<p>with his magic, illusion skills and juggling feats.</p> <p>Where: Oak Park When: Fri, 08/27 Time: 6:30-7:15 p.m.</p> <p>Mr. Myers Mr. Myers blends the tropical sounds of calypso and rock-n-roll with favorite classics. The unique, care-free and upbeat style gets audiences on their feet.</p> <p>Where: Oak Park When: Fri, 08/27 Time: 7:30-9:00 p.m.</p>
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'Citizens' Police Academy open for participants

The Niles Police Department is looking for involved citizens to participate in the Citizen's Police Academy. The 2004 class will meet on Tuesdays from 6:30 p.m. to 9:30 p.m. Sept. 7 through Nov. 3.

The Citizen's Police Academy is a twelve-week program designed to give the participants a working knowledge of the Niles Police Department. The program consists of a series of classes and discussions held once a week. The enrollment is limited for the class.

Among the course's curriculum will be: a department overview and tour, the organizational structure, animal control/canine unit, pride/dare/gate programs, juvenile law/gang awareness, criminal law/domestic violence, telecommunications/911 system, evidence collection procedures, human resources/senior services, community oriented policing, use of force laws/NIPAS team, criminal investigations and laws, traffic stops/patrol procedures, fire department EMS overview, ride along/area patrol car, gun range with range master and CPA alumni association.

For more information on the program or to register, contact Division Cmdr. John Fryksdale at (847) 588-6500.

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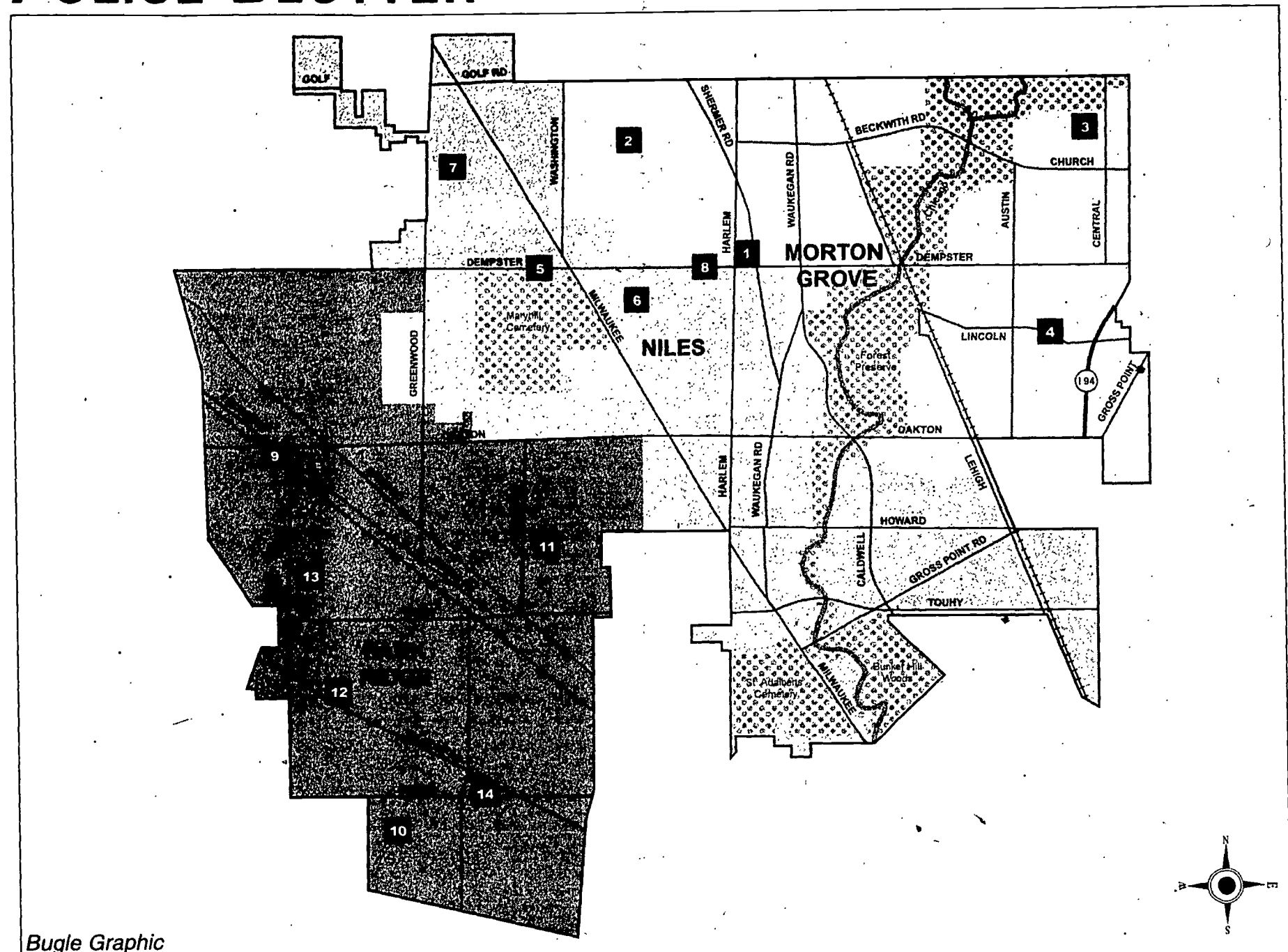
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POLICE BLOTTER



Bugle Graphic

MORTON GROVE

The following items were taken from official reports of the Morton Grove Police Department for the week ending July 30, 2004.

1 Retail Theft (7200 Dempster)

A 55-year-old Chicago man was charged with shoplifting Sunday afternoon July 25 after store security at the T.J. Maxx store in the 7200 block of Dempster watched the man on video surveillance place a jump suit into a carrying bag. Security told police the man then removed a plastic bag from his carrying bag

and filled it with eight bath towels. Security stopped the man after he left the store. The items had a value of approximately \$100.

2 Possession of Marijuana (7700 Maple)

A 47-year-old Morton Grove woman was charged with Possession of Marijuana after police found six marijuana plants in the woman's home in the 7700 block of Maple Friday night July 23.

Police said they entered the home to conduct a routine search after responding to an activated burglar alarm and that the six plants were discovered in third floor bedroom. After being taken into custody

the owner of the home told police the plants belonged to her former husband who visited the home only four times in the last 16 months. She told police it was during one of these times that her ex-husband started growing marijuana.

According to the report the owner told police she allowed her ex-husband to grow marijuana in her home. Police contacted the woman's ex-husband who told them he had removed all marijuana growing materials at the time of the divorce.

3 Resisting arrest (5600 Emerson)

A 34-year-old Morton Grove man was charged with resisting arrest

4 (Lincoln and Marmora)

A routine traffic stop for an expired registration resulted in the arrest of a 34-year-old Chicago man with a pocket full of fraudulent identification and a history of returning to the United States after being deported.

Police said after checking the registration sticker on the car they found out it belonged to another car. Police said the man told them he bought the registration sticker on the street for \$20. Police said while the man started signing an FBI card they noticed he used a different name than appeared on all the identification in his pocket. Further check with the Immigration and Naturalization office revealed the man had been deported a number of times.

NILES

The following items were taken from official reports of the Niles Police Department for the week ending August 2, 2004.

5 Worse than talking on cell phone (8200 Dempster)

A 40-year-old Skokie woman reported that a man exposed himself to her while she was driving in the 8200 block of Dempster Saturday morning July 31. In the report the woman told police a man driving a black convertible drove up next to her car and continued to keep pace with her as she drove westbound on Dempster. The woman told police she could see the man had his pants down and was performing a lewd act while smiling at her. The woman said the man then turned north. She described the man as in his thirties with dark hair.

6 Stolen car (8700 Ozanam)
A 1997 Ford Crown Victoria was stolen from the driveway of a home in the 8700 block of Ozanam Friday night July 30.

7 Retail theft (Golf Mill)
A 28-year-old Wisconsin man was arrested for shoplifting Sunday afternoon August 1 after store security at Sears in Golf Mill watched the man remove saw

blades from a package and walk out of the store. The blades were valued at \$12.99.

8 Security turns off the lights (7200 Dempster)
A 16-year-old Des Plaines youth was detained by an employee of a sporting goods store in the 7200 block of Dempster Friday night July 30 after the employee watched the juvenile take two lightsticks and two key ring lights off a display and place them in his pockets. The items were estimated at \$48.

PARK RIDGE

The following items were taken from official reports of the Park Ridge Police for the week ending July 23 - July 29, 2004.

9 Burglary (2400 Avondale)
A burglar kicked in the front door of a home in the 2400 block of Avondale Friday July 23.

10 Burglary (1400 S. Western)
A burglar entered a home in the 1400 block of S. Western Saturday night July 24 by forcing open a sliding door.

11 Car damaged (500 N. Ashland)
Someone rammed a flagpole through the window of a 2001 VW Jetta parked in the street in the 500 block of N. Ashland Thursday night

July 22.

12 Day camp theft (1500 Stewart)

A day camp bag with \$25 in cash and a Tin Yogh box was stolen from the swimming pool area of a school in the 1500 block of Stewart Friday July 23.

13 Motorcycle stolen (200 block of N. Redfield)
A Yamaha motorcycle was stolen from the driveway of a home in the 200 block of Redfield Saturday July 24.

14 Cadillac Stolen (800 W. Devon)

A 1988 Cadillac was stolen from a business parking lot Thursday morning July 29. The owner of the car left the engine running while he went into the business.

SUMMARY OF CRIME:

Morton Grove

Battery-1
DUI-2
Resisting arrest-1
Possession of marijuana-1
Retail theft-1

Niles

Theft-7
Indecent exposure-1
DUI-3

Park Ridge

Arrests-11
Burglary-2
Damage to vehicle-4
Theft-2

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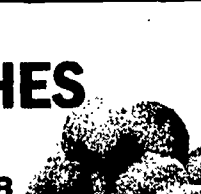
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If the general election were held today, for whom would you vote?

"I want to vote for Kerry. I liked what he said and I agree with him."
Marcela Moreno-Evanston

"I think I know who I'm going to vote for."
Brett Gouze - Chicago

"I'm predestined. I'm a conservative."
Tom Tomasie - Chicago

Letters

Park Ridge no longer Association Capital

Dear Editor,

Is Park Ridge losing its unofficial title as the "Association Capital of Chicagoland"? Park Ridge has been historically a very desirable location for associations. Associations like the location close to O'Hare Airport since association staff needs to fly a lot and their visiting members/officers come in often for short visits.

And, apparently the community welcomed associations because they represent a clean

industry that does not pollute. Association headquarters are well suited to a residential community such as Park Ridge that is dotted with nice looking office buildings.

However, these once-favored businesses are leaving town for greener and, in some cases, larger pastures. The most recent was The American College of Foot and Ankle Surgeons that left a location on Busse Highway to new space just south of the Kennedy Expressway (in Chicago). It is rumored that the

next could be the National Association of Boards of Pharmacy, another Busse Highway tenant.

In the past, Park Ridge lost the Emergency Nurses Association (to Des Plaines), the American College of Chest Physicians (to Northbrook), American Academy of Orthopaedic Surgeons (to Rosemont), and the American Farm Bureau (to Washington).

What is the loss to our community? The lost is both tangible and intangible. These tenants provide hundreds of jobs and

keep our office space filled. They also put hundreds of people each day into our businesses especially restaurants. Has anyone noticed the lack of foot traffic going to Uptown at lunchtime from the near-vacant Farm Bureau building?

In addition, many of these organizations are the worldwide leaders in their professions so having their headquarters in Park Ridge brings positive notoriety, prestige, and recognition to the community.

As we quest for economic

development with new building projects, new community master plans, and new leadership in the form of a new Mayor in 2005 and a new Director of the Chamber of Commerce in 2004, let's not forget that associations have been a part of our history and should be a part of our future.

We should make sure our community leaders pay attention to associations and the positive force they are. Let's not continue to ignore them and allow them to slip away.

Dick Barton, Park Ridge

The Humpty Dumpty of Village Trust

Dear Editor

The Humpty Dumpty of Village Trust in those elected to uphold it has fallen and broken. And in trying to piece it back together again all the King's horses have circled. All the King's men have assumed a defensive "spin" positions with local media. What better way to divert attention away from their own questionable practices than to kill the messenger while ignoring the message? And using a previous messenger to do it.

The message is simple. The village is fed up with the arrogance of the inner few, and the mountain of new taxes

heaped on residents who pay for their mistakes. The inner few who kept previous messengers like Dan Staackman out of Village trusteeship for years. Kept him out until he changed his tune and changed his tune he has. There was a time he would have delivered the very message he now attacks. That was then and this is now.

Our new taxes have a higher correlation with the village's TIF expenses than with ABT's long-repeated departure. Just add the \$8 million lost in Waukegan TIF 1 (without any plan for repayment, held by MB Bank); the \$800,000 this first TIF owes the vil-

lage; the \$1.7 million stuck in properties "land banked" for TIFs and presto, you get enough money to withstand ABT's departure for half a decade. Why the ABT masquerade?

Notice how last January's new taxes accompanied an almost \$2 million 2004 budget for TIF insider fees (lawyers, engineers and consultants). That's not counting the \$5 million or so the village still owes School Districts 70 and 67 for their TIF losses (paid for with general tax revenues) or the \$5 million given Elliot Builders for the senior living center they canceled, you see ABT's departure is not the problem.

But all the King's horses and men want you to continue believing it is.

The village got a surprise when last month two of the properties it wanted to redevelop in TIF III (South Waukegan Road) objected to any TIF money and promised to use their own funds to develop their properties. If the property beneficiary's in a TIF don't want TIF who does? And why? Someone must be making some money on the all this building. Who stands to gain?

This has been a burning question all year. Until the July 13 board meeting Mr. Staackman references. One resident pointed out our building boom is guided by village trustees who are overwhelmingly involved in real

estate, contractors, architects, real estate agents, etc. For a village trustee "outraged by McCarthyism" isn't it curious he omits the real estate context of these questions referring only to "private sector jobs"? So for the record of July 13: Mr. DiMaria's recent award of a \$140,000 Park District building contract (an intergovernmental unit with which he deals as trustee) appears to be a conflict of interest.

Terry Liston's outside legal practice located in the TIF (whose boundaries she helped develop) appears to be a conflict of interest, particularly when state law requires even indirect official interest in TIF to be disclosed to the

Continues...

HUMPTY DUMPTY page 9.

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Humpty Dumpty

(Continued from page 8)

municipality in writing and the village has refused to provide me any written disclosures.

And Mr. Staackman (who is a very fine mechanic by trade) reportedly holds a real estate license in our building boom town. He asks, "what's the problem?" The first problem is the way this looks, pure and simple. The second is the way it smells.

The third problem is the municipal code of this village forbids even the appearance of conflict of interest. Yet these appearances exist together with unexplainable taxes for TIF losses and attacking residents who notice them does not solve the problem. But while Mr. Staackman cries crocodile tears over "indiscriminate allegations...on the basis of unsubstantiated charges" Mr. Staackman not only does not deny them he won't even mention them.

Any benefit received by any village official or spouse (including any real estate commissions, building contracts, land improvements, or business opportunities), seemingly connected or arising from their fiduciary position of trust with this village is fair game for questioning. If any official or their family profits, directly or indirectly, in any way from any vote they cast, or influ-

ence they exert, that constitutes a prohibited conflict of interest. That includes any votes or influence exerted on new condo/townhomes or TIFs from which any official may directly or indirectly profit. Humpty Dumpty falls when our trustees don't read our own ordinances governing their behavior.

Because of this published interest in seeing "substantiated charges" brought, I have initiated research into this area, and have already identified several transactions I believe meet Mr. Staackman's criteria. I, for one, am interested in seeing the Humpty Dumpty of Village trust put back together again, and if, as you suggest, our municipal code of ethics ordinance forbidding such appearances are not enough, and substantiated charges are the only way to do so. So be it. Remember, this was your idea.

Just because you switched political allegiance to the problem (as its ship is sinking) rather than helping us solve it doesn't mean the "Dawn" will not rise. It always does. Too many have waited too long. It is indeed a Bold, Golden, New Dawn in Morton Grove, shining its brilliant radiance upon those with nothing to hide.

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Good, Fast, Cheap: Pick Two

When you get right down to it, life is pretty simple. We can all live happy, productive lives based on a few quick, small axioms or adages that are universal and, essentially, innate — but not inane.

Some are religious, some are scientific. Some are geared towards business. Some are everyday practical.

"Love thy neighbor as thyself." Water flows downhill (from a higher energy potential to a lower one). And, don't pee upwind. These are just a few.

In fact, I'd say that the more complex an idea or justification (or law) is, the more likely it is that it's wrong.

Take Park Ridge Uptown Redevelopment (UR).

UR, and its current embodiment, Target Area 2 (TA2), the development of the Uptown area anchored by Six Corners, Busse/Touhy, and Morris/NW Hwy, is very complex. And, it's

probably wrong; it's, at least, unworkable.

Oh, it sounds good. New condos for Park Ridge empty-nesters and any DINKs (Double-Income, No Kids types). New stores to create an exciting retail environment and retail "critical mass" for Uptown. New, change, excitement, revenue, ... [add your (positive) adjective here].

But the title axiom applies here. Good, Fast, Cheap: Pick Two.

Everyone wants all three: good, fast, and cheap. But the world doesn't work that way; we all know that. So, for UR TA2, we need to choose which of the two characteristics we want. If we want Good and Cheap, for instance, we can't have it done Fast: Good and Fast? OK, but not Cheap. Got the idea?

So, how are we doing TA2? Hard to say.

Everyone, of course, wants Good. So let's just say we've chosen that for sure. That leaves Fast or Cheap: pick one.

The Park Ridge City Council wants Fast. And the result of that is that it's not going to be

Cheap. A preliminary estimate of what TA2 will cost you, the taxpayer, is \$40-million over some 20 years. I don't call that Cheap. Do you?

If taxpayers want Cheap (lower taxes or more certain revenues to pay for UR and TA2), then they'll have to settle for the entire project taking longer; for instance, being performed in stages or only after more exhaustive and conclusive study.

But (Good,) Fast (and not Cheap) will be what you get if you let the Park Ridge City Council make the decision without your say-so. They're poised to go their own way under the Great Silent Majority Rule. (If you don't say No, you must mean Yes.)

You can get your say if you insist on the Council placing a referendum question (or questions) on the November, 2004 (Presidential) election ballot asking what you want to do, and maybe how much you're willing to pay.

But YOU need to insist that those questions be asked universally of Park Ridge residents. Otherwise it/they won't.

So, Good, Fast, Cheap: Pick two.

But YOU should be the ones to pick.

Chuck@ParkRidgeBugle.com



Strzelecki

(Continued from page 1)

joined in before the motion had even been voted upon.

"All I could think was, 'don't clap, it's not official yet,'" Strzelecki said. But once the applause died down, the board approved the appointment and the members left their chairs to shake hands with the newly minted chief.

"I think he's a great guy," said Blase. "He's going to make a great

chief."

But for Strzelecki, the recognition of his new post is less important than serving not only the citizens of Niles, but also the employees of the police department.

"The employees are the most important part of the department," Strzelecki said. "They're providing service to the people and my goal is to see that they're treated well."

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THE BUGLE

Dollars and sense

by David Uffington

Tips for Potential Homebuyers

Economists are predicting a new surge in home buying and mortgage refinancing to beat the expected rise in mortgage rates. If you plan to be among them, here are some tips that can help you avoid some of the pitfalls you might encounter:

1. Before you buy, learn: The U.S. Department of Housing and Urban Development can help you find approved non-profit counseling agencies that can remove much of the mystery in buying a home.

2. Before choosing a real estate agent, meet with several and ask for (and, of course, check out) references regarding their work with other clients.

3. Check the price range typical of homes such as the one you want to buy in the area in which you want to live. This will help you avoid buying overpriced property.

4. Hire a licensed home inspection expert to check out possible plumbing and structural problem, termite or

other pest infestations, electric and gas fixtures and installations, and heating and cooling systems. If problems are detected, find out who will pay for any repairs. If it's you, you may want to decide if you want this added expense or perhaps look elsewhere.

5. Interview several lenders to compare costs. Be wary of a lender who tells you you don't need to talk to anyone else.

6. Do not make any false statements on your loan application, no matter who says everyone does it. Do not overstate your income, or understate your debts. In short, tell the truth. To do otherwise is to invite a lot of unnecessary complications.

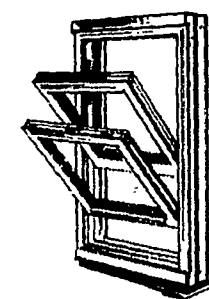
7. If you cannot afford to have a lawyer review all documents before signing, contact your local HUD office. It may be able to provide this service or refer you to a lawyer who will accommodate your budget. In any event, never sign a blank document. If a document contains blanks, cross them out or write in N/A (not applicable).

(NOTE: If you have suggestions based on your experiences in buying or selling a home, please send them on.)
Write to Mr. Uffington in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or send e-mail to letters.kfws@hearstsc.com.
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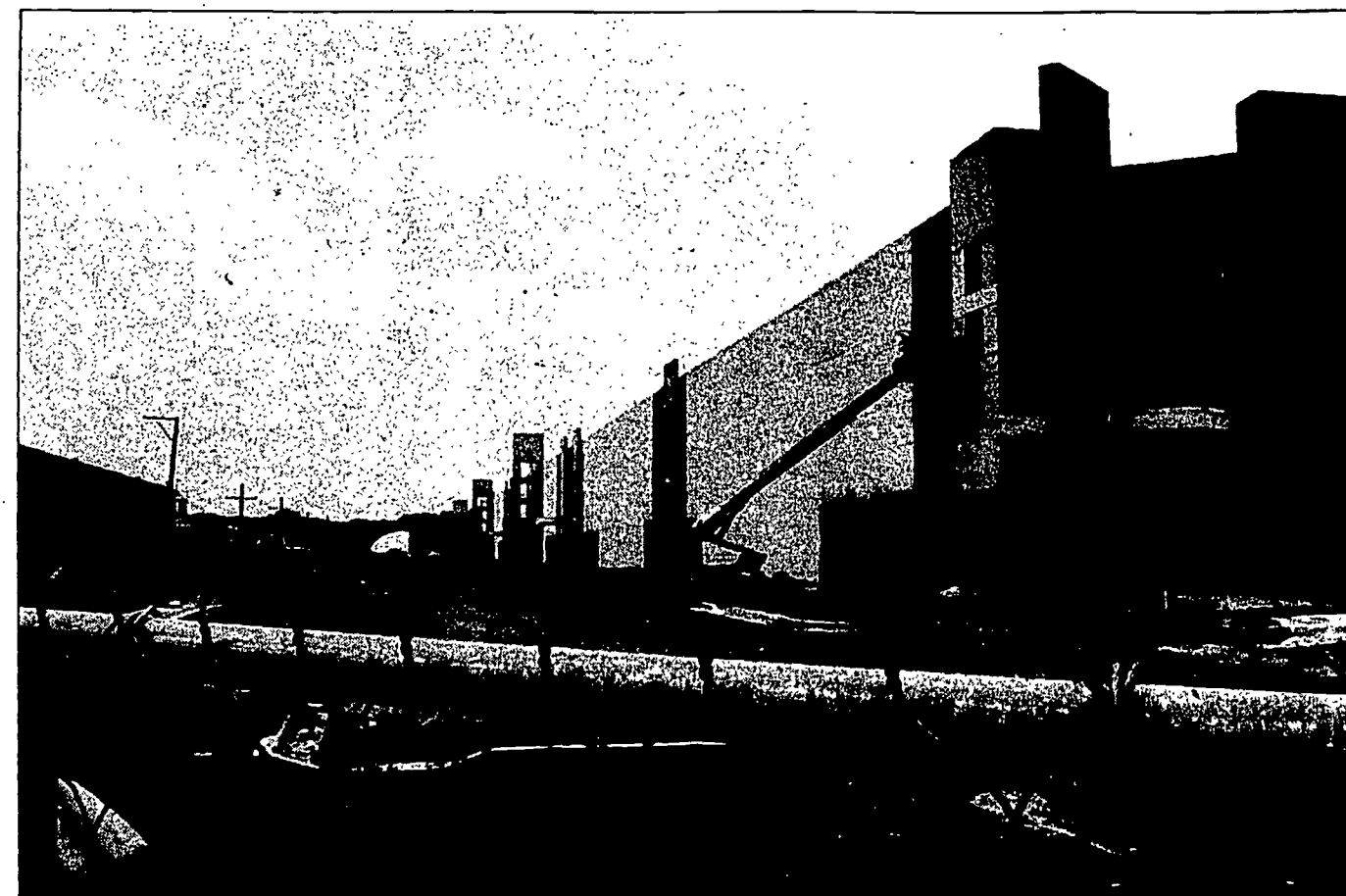
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BUSINESS

Thursday August 5, 2004

From Manufacturing to Warehousing:
The Future of Industrial Sites in Niles

The Niles Industrial Center, under construction at 6300 Howard St. is going to be the most up-to-date industrial facility in the Village of Niles.

Niles has the lowest tax rate for industrial property of all the neighboring suburbs, insuring their continued vitality according to the village's Business Development Director Dave Esposito.

The village has about 11.7 million square feet of industrial space. It is located in the village's southeast section and includes some strong industrial companies including: ABDick, Fort Dearborn Lithographers, Coca-Cola, Inc., W.W. Granger, Bradford Group Exchange and Nightingale-Conant.

"We're in the process of installing 50 acres of brand new, up-to-date industrial facilities," said Esposito. "It will include

everything that is needed in the market today."

The village just approved a 6B tax status for that new 50-acre project located at 6300 Howard St. 6B status means that the property tax rate will be frozen at 16 percent instead of the usual 33.3 percent. The village will still realize an increase in the property taxes over the previous site's owners though, from 76 cents a square foot to \$1.13 a square foot.

"Industrial taxes take a lot of the burden off of the residential property," said Esposito. "Look at Park Ridge for instance. They have no industry and look at how high they're being taxed."

Those big parcels of industrial

land in the southeast portion of Niles, such as the building now occupied by Shure, Inc., one of the world's largest microphone manufacturers, help defer the costs for residents in Niles but in spite of that low tax rate, \$6 for every \$100 of Equalized Assessed Valuation (EAV), Esposito said that manufacturing uses are going to become more and more rare, because of economic pressures of globalization.

"People in this country want to make their products in the United States," said Esposito, "but it's too expensive. So I think we're going to see increasing warehousing and distribution uses for industrial sites."

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2005 Slate

gram, he said. Among the accomplishments of the last administration, Dudyecz highlighted the following:

Single Hauler Program: "For 20 years, residents have complained about garbage pick-up," he said. "We placed a referendum on the ballot last March. This referendum received nearly 70% voter approval and gave us the authority to franchise one hauler to pick up garbage, thus, solving a wide range of serious problems."

General Assistance Workfare and Systems Modernization: General Assistance persons, who are physically able, are now assigned to work five hours each week to beautify the Township. They refinish furniture, do light clerical work or walk the neighborhoods to pick up refuse.

"General Assistance clients will also soon be receiving debit cards to reduce paperwork and give us better control of the distribution of benefits," he notes.

Emergency Management and Citizen Volunteerism: "We have created one of the area's finest Citizen Emergency

Response Teams (CERT) for first response initiatives in catastrophic situations," he claims. "Our staff now trains other communities and our Town Hall is a proven Emergency Command Center as seen in this year's flood threat."

Town Hall Renovation: In the last three years, renovations included replacing the roof and some large windows; reconfiguring the space for maximum efficiency; upgrading the HVAC system; adding counseling rooms and six new offices, a 10-seat conference room, a community room, two modern kitchenettes, ADA bathrooms, an employee lounge; and upgrading the community food pantry with more space, a fulltime coordinator, and refrigeration/freezer capability.

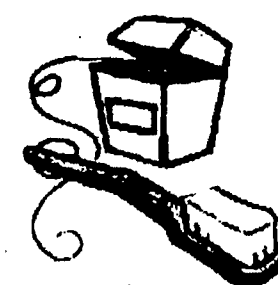
Township Planning Commission and a Comprehensive Plan: "We formed a planning commission that worked with outside consultants to form a comprehensive plan," he explained. "The results of this action are significant. If the Township objects to a specific construction proposal or development, this plan would

allow the Township to legally file an objection to the Cook County Board. The developer would then need a super majority vote of approval from the Board to proceed. We expect to file this plan with the Cook County Board in August."

Youth Services: The Township expanded its James O'Reilly Youth Scholarship fund, in partnership with local park districts, allowing more underprivileged children to go to summer activities. It is also currently testing a summer camp program in cooperation with the Cook County Sheriff.

Transportation issues: "We have recently started MaineTrans, a new program where the Township subsidizes taxi cab rides to senior disabled residents," Dudyecz says. "It has proven to be well used." All in all, Dudyecz said, the residents should be proud. "I believe our residents can be proud of their Township, this Board and other elected officials," he said. "They have demonstrated their commitment to dedicated service and deserve to remain in office."

(Continued from page 1)



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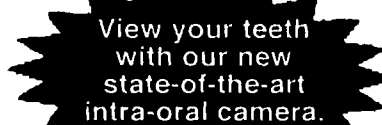
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BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones Start Studying College Savings Strategies

In about a month or so, students will be heading to college — and their parents, with varying degrees of gloom, will be reaching for their checkbooks. Higher education carries some high costs — so, if you have children or grandchildren, you'll want to prepare yourself.

Just how expensive is college? During the 2003-2004 academic year, the average total charges — tuition, fees, room and board — at a four-year public institution was \$10,636, while the comparable average cost for a four-year private school was \$26,854, according to the College Board. And college costs have been rising faster than the general rate of inflation; when your child is ready to move into the dorm, you could be looking at numbers considerably bigger than these.

To help pay these hefty bills, you may want to consider some college-funding vehicles:

Section 529 plan

Section 529 plans are available as pre-paid tuition programs or savings plans. In a pre-paid tuition account, you buy future tuition credits at an in-state, public school. In a savings plan, you put money in specific investments, which are managed by the plan administrator. Savings plan contribution limits are typically quite high, and all withdrawals are free from federal income taxes, as long as the money is used for qualified college or graduate school expenses. Withdrawals for expenses

other than qualified education expenditures may be subject to federal, state and penalty taxes. Contributions are state income tax deductible in certain states for residents who participate in their own state's 529 plan. On the issue of tax benefits, be aware that the tax benefits for 529 plans are effective through 2010 unless extended by Congress. These plans also could reduce a beneficiary's ability to qualify for financial aid. And because tax issues for 529 plans can be complicated, please consult your tax adviser.

Coverdell Education Savings Account

Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account. Your Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-education withdrawals from a Coverdell Account may be subject to a 10 percent penalty.) You can fund your Coverdell Education Savings Account with virtually any investment you choose.

Start saving soon

By investing in the savings vehicles described above, you can go a long way toward insulating yourself from the "sticker shock" you may feel when you send your kids off to college. As with virtually all investments, however, these work best when you put a lot of time in them — so start saving soon.

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

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THE BUGLE

Niles All-Star Team faces New York's Angels

BY RYAN BISHOP
rbishop@buglenewspapers.com

The Niles Park District 12 and under All-Stars took a little break from tournament competition to play two exhibition games against an All-Star team from Valley Stream in Long Island N.Y. The team plays in a league called the Blessed Sacrament of Angels. Niles won the first game 6-0 and defeated a weary New York team 7-3 in the second game. Brian Ridge started the first game for Niles, pitching three strong innings. Steve Machain followed him up with two innings of work and David Frey finished up with two innings to combine for the shutout. "Our pitching was outstanding in the first game and in the second game our bats really came alive," said coach Kevin Ridge. Corey Rybka toed the rubber in the second game for Niles, going three innings, giving up two runs and seven hits. He was replaced by Kevin Honeman in the fourth inning, as Honeman struck out five batters in his two innings of work. Hitting stars for Niles were Honeman, (3-3 with 3 singles and 3 RBI), Brian Ridge (3-4, 1 RBI), and



New York All-Stars pose for a team photo with the Niles team before their game Saturday afternoon July 31.

Nick Andreotis, who was 3-4 with a towering home run. "That was one of the longest home runs I have seen by a 12-year old in that park. It landed in the opposite field's infield," said Ridge.

It was a breath of fresh air for the in-house all-stars to face off against

a New York team that was thrilled to be in Chicago for some pre-game festivities as well as a doubleheader. The two teams took a trip to Wrigley Field earlier in the day before their game at night. Niles and Valley Stream exchanged

momentos before the game, as Niles received a little crystal paper-weight with the World Trade Center towers insignia and New York was awarded a Niles baseball t-shirt.

Niles boasts a record of 9-4 on the year, with 12 more games yet to play. The team placed 3rd in the

Westdale tournament, 4th in the Homer Glen tournament and went 3-2 in the Waycinden Des Plaines tournament. The Niles All-Stars host the Niles tournament this weekend. Their first game is against Norridge at 8 p.m. against Norridge at Pioneer Park

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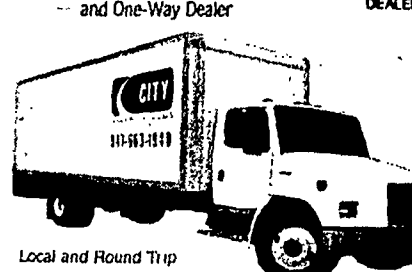
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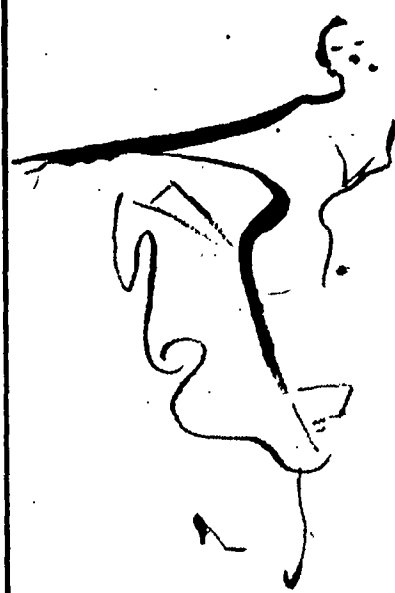
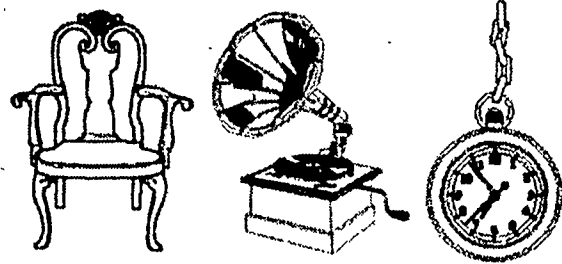
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SENIORS

Maine Township Seniors

Listed below are a few of the summer programs for all Maine Township seniors. All activities and programs are held at Maine Town Hall, 1700 Ballard Rd., Park Ridge unless otherwise indicated. For further information on these and all senior programs and activities call 847-297-2510 or visit www.maine-township.com.

RULES OF THE ROAD CLASS
Thursday, August 12
2 p.m. to 3:30 p.m.

Instructor: Stan London
No Charge - Registration Required
Getting your driver's license renewed? If so, plan on attending this Secretary of State refresher course that prepares you for the written exam. Next Class: October 14th.

55 ALIVE DEFENSIVE DRIVING COURSE
Mon., August 23 & Wed., August 25
9 a.m. to 1 p.m.

Instructor: Stanley Fukai, AARP
Cost: \$10* check made payable on the day to AARP

This two-part class helps you

update your knowledge of age-related changes and rules of the road. Upon completion, your automobile insurance company will offer a discount.

ETHNIC DINNER OUTING

Tuesday, August 10
5:30 p.m. to 8 p.m.

Dave's Bistro
623 N. Wolf Rd., Des Plaines
S.E. Corner of Wolf and Central
Cost: \$34 members/\$36 guests

American-French Cuisine "that not only looks like art but it tastes like heaven!" This evening you will have a choice of Encrusted Tilapia with Mango Puree, Filet Medallions with Wild Mushrooms or Encrusted Lamb Rack with Pecans/Pine Nuts. All entrees include your choice of Soup, Salad and Dessert! Transportation on your own. Newcomers are welcome.

Day Trips
The following Day Trips are currently on sale. In order to sign up for a Day Trip you must first sign up to be a member and then a reservation form will be sent to you. To become a member call the MaineStreamers at 1-847-297-2510 and ask for an application. All Day Trip departs

from the State of Illinois Building, 9511 Harrison St. in Des Plaines. "SOUTH PACIFIC" TRIP
Fireside Theatre at Ft. Atkinson, WI
Wednesday, September 15
8:00 a.m. to 6:30 p.m.
Trip Rate 1
Cost: \$68 members/\$73 guests
"South Pacific" is a story of love, heroism, courage, optimism and America. This epic tale is told with humor and passion and is one of Broadway's most impressive musical scores featuring songs such as "Some Enchanted Evening," "I'm Gonna Wash That Man Right Out of My Hair" and the beautifully haunting "Bali Hai."

Lunch will be enjoyed prior to the show with a Paradise Salad, Chicken Bali Hai- Breast of Chicken dipped in Egg Batter, rolled in Coconut and Panko Bread Crumbs, sautéed and glazed with Brandied Apricot Sauce and Shrimp Fried Rice, Snap Peas and Key Lime Pie for dessert.

Trip departs from the State of Illinois Building, 9511 Harrison St. in Des Plaines. Please include a self-addressed, stamped envelope for this trip. +

Niles Seniors

NILES SENIOR CENTER REGISTRATION

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

**AUGUST REGISTRATION
FOR SENIOR CENTER
MEMBERS**

Mail-in/Drop-off Registration with check or credit card number is due at the Senior Center no later than 5:00pm, Friday, August 6th. Fill out & sign the registration form in the August Program Guide - or pick up form at the Center. (Do not send cash by mail.) In-person registration begins 8:30am, Wednesday, August 11th. (Cash is accepted during in-person registration as well as check or credit card.) If special accommodations are needed, please let us know when you register. Call 588-8420 for more information. During August Registration, tickets are on sale - according to the schedule listed above this paragraph - for the following programs, events, and classes

**ANNUAL DINNER DANCE:
THE RENAISSANCE BALL**
Friday, October 1st, 5:00pm - 9:00pm

Join us for a very special evening as we celebrate the 30th Anniversary of the Niles Senior

Center at the Renaissance Ball. Dinner featuring Spinach Strawberry Salad, London Broil, Roasted Potatoes and Dessert will be served at 5:30pm. Following the meal, the Larry Bemben Band will take the stage for your listening and dancing pleasure. Cost: \$21.50.

**NEW - SPECIAL TIME SET
ASIDE TO
TALK WITH THE DIRECTOR**

August 5th, September 2nd, and October 14th - 10:00am - 11:00am
Light Refreshments Available. Free

For the next three months, specific times have been scheduled for members to talk together with the director. We set aside the first Thursday of the month in August and September, and the second Thursday of the month in October, from 10:00am to 11:00am. As the Senior Center celebrates its 30th Anniversary this year, it seems appropriate to both take a look back and gaze into the future: To evaluate what we are doing, what we want to change and what we want to add. This will be an open forum for us to exchange ideas - to "think out of the box" - and challenge ourselves as to how we see the Senior Center in the future. Hope to see you on August 5th, September 2nd, and/or October 14th.

Health & Wellness
August - Special Presentation
Dr. Janet Horton, Board Certified Chiropractic Physician, will speak on Osteoarthritis & related Musculoskeletal Disorders, Aug. 19th, Thurs., 1:00 - 2:30pm. Free, sign up/10 min.

Men's Club members are needed to work at the Steak Fry on Saturday or Sunday, September 25 and 26. Talk to Chester Rychlewski if you can volunteer a few hours to serve, cook steaks, bus tables or clean up. We need your help!

The Science Club continues to stimulate your mind during the summer with topics of current interest. Bob Pfandner is at the helm! Come on over every Wednesday afternoon at 1pm in the library. Coming programs will include: Universes; Stars; Plants; The Seas; Micro-photograph; Bugs, Big and Little; Rocks and Earth.

from the State of Illinois Building, 9511 Harrison St. in Des Plaines.

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Wednesday, September 15
8:00 a.m. to 6:30 p.m.

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Trip departs from the State of Illinois Building, 9511 Harrison St. in Des Plaines. Please include a self-addressed, stamped envelope for this trip. +

Park Ridge Seniors

Reminders of upcoming August activities: Monthly lunch is Monday, August 16. Doors open at 12 noon with lunch served at 12:30. Menu is BBQ ribs and chicken. Entertainment by Arkady Bodner. Tickets are still available at \$12.00 person.

Last chance to place a brick order for the August installation. You can pick up a form at the office. The cost is \$50 for a 4x8 brick; \$100 for an 8x8 brick. What a perfect way to honor a relative or friend.

The regular meeting of the Men's Club is Tuesday, August 10. Come early - for a Continental breakfast. The meeting opens at 9:30am with a short business meeting, a sing-along, and announcement of birthdays. The speaker will be Joe Pecoraro, son of our Tony Pecoraro. He will speak about the book he has written about his experiences in charge of Chicago's lakefront and lifeguards.

Men's Club members are needed to work at the Steak Fry on Saturday or Sunday, September 25 and 26. Talk to Chester Rychlewski if you can volunteer a few hours to serve, cook steaks, bus tables or clean up. We need your help!

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Continues...

PARK RIDGE SENIORS page

SENIORS

Park Ridge Seniors

The Power of Your Plate is a very educational 7 part series given by John Pierre on August 11, 18, 25, 31 and September 1, 2, and 8. This class is designed to give the participants a thorough understanding of nutrition and how food affects the body. Topics covered will include: Proteins, fats and carbohydrates; bone building (what to put in your diet and what to take out); feeding the brain the natural way; enhancing circulation; vitamins, minerals and herbs; arthritis and osteoporosis; better sleep and

power foods. Various food samples will be given out throughout the classes. The cost is \$35 for the 7 weeks. These are very popular classes so sign up soon.

September trips: The Sunshine Boys on Thursday, September 9 At Drury Lane Oakbrook leaving the center at 10:45am with lunch at Drury Lane with the show starting at 2pm/ Cost is \$49 for lunch, show, and motor coach transportation.

Cubs vs. Pittsburgh Pirates on Wednesday, September 15. This is

(Continued from page 1)

the Center's last trip to Wrigley Field this year. We'll leave at 10:45. There will be time for lunch at the ball park before the game. Seats are reserved grandstand. There is a \$26 charge for game ticket and motor coach transportation.

You are invited to join the Park Ridge Senior Center and come to the new member welcome on Monday, August 30 at 1:30pm to hear all about Center programs, meet other members and volunteers and enjoy refreshments.

Morton Grove Seniors

AARP MATURE DRIVING PROGRAM

AARP's "Mature Driving Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Senior Center will be held starting at 9 a.m. on Saturday, Aug. 14 and Saturday, Aug. 21. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

"TEA WITH MUSSOLINI" MOVIE

Florence, Italy on the brink of WWII. It was a time of social unrest and, of course afternoon tea. Join Oscar winner Cher and an incredible cast of leading ladies as they host this radiant and beautiful film that is worth savoring at 1:30 p.m. on Monday, Aug. 16 in the air-conditioned Morton Grove Senior Center. The cost is \$.50. Popcorn and pretzels will be served. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223.

DIABETES SCREENING

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Aug. 24. Screening is free for Senior Center members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

"REVERSE MORTGAGE" SEMINAR

What are they? How do they work? Who qualifies? Learn the answers to these and other questions about reverse mortgages in this informative and educational seminar presented by Rich Hughes of Financial Freedoms at 1:30 p.m. on Wednesday, Aug. 25 in the Morton Grove Senior Center. Please register for this free program by calling the Morton Grove Senior Hot Line at 847/470-5223.

TIFFANY TOUR

Discover the beautiful work of Louis Comfort Tiffany during this tour of some of his most exquisite work in Chicago on Thursday, Aug. 26. Learn about the life of Tiffany and visit the Second Presbyterian Church to view their stunning collection of 19th Century Tiffany

Glass, including the magnificent Jeweled Window donated by Marshall Field.

Travel to Downtown Chicago and have a walking tour of Marshall Field's - including the Tiffany Dome composed of 1,600,000 pieces of iridescent gold and blue Favrite glass.

Lunch at the Walnut Room: salad, Field's chicken potpie, Frango mint ice cream pie, coffee and tea. Visit the Chicago Cultural Center in Downtown Chicago and be awed by the beauty of domes and hanging lamps which were inspired by nature. Also see the glittering, Tiffany-inspired mosaics in Preston Bradley Hall.

Depart from the Morton Grove Senior Center at 8:45 a.m. and return at approximately 3:15 p.m. The cost is \$64.50 for Senior Center Members and \$76 for non-members. Please register in person at the Senior Center.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Aug. 31 should call the Senior Hot Line at 847/470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center members and \$1 for all others.

SENIOR SAFARI

Explore the wilds of Brookfield Zoo in the convenience of a tram on Wednesday, Sept. 1st. Seniors from the Morton Grove Senior Center will have their own guide on board and learn about the animals, their conversation, their preservation, and habitat; then be treated to the spectacular dolphin show, followed by a short walk to the Oak Groves located in the Zoo for a nice box lunch consisting of a turkey sandwich on whole wheat bread, potato chips, fruit, assorted cookies, soda, and water. There will be some walking on this outing, so wear comfy shoes. "Heels" are not recommended.

Depart from the Senior Center at 8:45 a.m. and return at approximately 2:45 p.m. The cost is \$50 for Senior Center Members and \$59 for non-members. Please register in person at the Senior Center.

CHICAGO WHITE SOX VS.

OAKLAND A's

Enjoy a game between our Chicago White Sox and the Oakland A's on Thursday, Sept. 2nd. See what Ozzie Guillen can bring to the table when Morton Grove seniors step up for some great baseball action!! The seats will be in the Lower Reserve Section so bring a glove to catch those homers!! Lunch is "on-your-own" at US Cellular Field. Depart from the Senior Center at 11:15 a.m. and return at approximately 5:30 p.m. The cost is \$36.50 for Senior Center Members and \$42.50 for non-members. The registration deadline is Aug. 2nd, in person at the Senior Center.

THE BUGLE

EVENTS CALENDAR

CIVICS

Monday, August 9

-7 p.m. Village of Morton Grove Board of Trustees regular meeting.
-3 p.m. Village of Niles Fire & Police Commission Meeting
Monday, August 16
-7:30 p.m. Park Ridge City Council Meeting

COMMUNITY

Saturday, August 7

-A "Kid's Garage Sale" will be held this Saturday, August 7 at the Maine Park Leisure Center. Children in grades three through eight will sell various items in good condition such as albums, tapes, puzzles, toys, baseball cards, sports equipment clothes, games and skateboards. The Sale will be held from 9 a.m. to noon. In the event of rain, it will be held in the Maine Park Gym.

Wednesday, August 11

-Assisted Living accommodations at Norwood Park Home, 6016-20 N. Nina Ave., Chicago, will be showcased during a "Hawaiian Luau Open House," on Wed., Aug. 11, from 2:30 p.m.-4 p.m. Silvia Garcia, director of admissions, and Linda Kreger, director of marketing, along with other staff members will conduct the tours and answer questions. While here, representatives of the Norwood Park Seniors Network (NPSN), a community outreach program will be available to explain their many programs. For more information about the Luau Open House or Norwood Park Home, call Linda at (773) 577-5328.

Thursday, August 12

"Miracle" will be shown on Thursday, Aug. 12 at Centennial Park at dusk as a part of the Park Ridge Park District's "Movies in the Park" program. During the moving ice cream, and coffee will be available for purchase and the swimming pool will be open.

Monday, August 16

-A two-day "Safe Sitter" baby-sitter preparation program will take place on August 16 and 17 from 9 a.m. to 3 p.m. at Holy Family Medical Center, 100 North River Road, Des Plaines. Designed for young people ages 11 to 13, Safe Sitter is nationally recognized and teaches children how to handle medical emergencies, prevent injuries, deal with problem behavior, as well as business issues, how to have fun baby-sitting and more. Fee for the program is \$55. Registration is required. To register, call 877-RES-INFO (877-737-4636).

Sunday, August 22

-Join a representative of the JUF/TOV Volunteer Network to learn about the Jewish Federation/Jewish United Fund (JF/JUF) Cemetery Restoration Project during a brief tour of the Kehilath Jacob Anshe Drohiczyn Cemetery, Morton Grove's only known cemetery. Located between Waukegan and Shermer, this cemetery originally belonged to a Jewish congregation formed in 1890 by Russian immigrants. Two years ago the JF took responsibility for the 100-year-old cemetery and presently maintains the grounds. The tour will be held on Sunday, August 22 at 2 p.m. at the Cemetery. For more information, contact the Morton Grove Historical Society at (847) 965-0203.



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LIFE

Thursday August 5, 2004

From start to fitness

Exercise can lower heart disease risks

By Andrea Renee Wyatt
M.S.S., C.S.C.S.

Q: After reading about heart disease, I have identified three factors that could put me at risk: inactivity, high blood pressure and age. Exercise was recommended as a way to help lower my risk. After being inactive for 15 years, where do I start?

A: Identifying your risk for developing heart disease is a great first step. Risk factors for heart disease are categorized as controllable and uncontrollable. Fortunately for you, two of the risk factors you mentioned are controllable.

According to the American Heart Association, risk factors you have the ability to control include cholesterol, high blood pressure/hypertension, tobacco smoke, diabetes, overweight/obesity and physical inactivity. Increasing age, gender and heredity (family history) are risks that are out of your control. Physical activity is an excellent

tool in lowering most controllable risk factors. Exercise has been shown to help eliminate or lower high LDL cholesterol levels, reduce blood pressure and help control diabetes. Combined with a proper nutritional program, exercise can also reduce weight and body fat.

Begin by meeting with your physician for a regular check-up. He/she will advise you on the proper steps to take to lower your blood pressure, as well as offer recommendations for beginning an exercise program.

Once you have received clearance from your physician, begin developing a new lifestyle plan. This may involve changing several aspects of your current life, such as eating better and incorporating exercise into your schedule.

According to the Center for Disease Control and Prevention, 50 percent of American adults do not exercise enough. They recommend 30 minutes or more of moderate to vigorous physical activity at least three to four days a week.

Since you have not been physi-

cally active in many years, pace yourself when beginning to exercise. To achieve 30 minutes of exercise a day, you may start by breaking up that time into manageable chunks. For example, try walking for 10 minutes in the morning, afternoon and evening.

Find ways to become more active in everyday life. Try to take the stairs instead of the elevator. Move around while talking on the phone, or, better still, try meeting a friend to walk and talk in person instead of on the phone. The idea is to add movement throughout your day.

Also, it's a good idea to consult a fitness and nutritional professional to develop a personal exercise program/nutritional plan. They can be extremely valuable in helping you to lower your risk of heart disease.

If you have a fitness or training question, e-mail Andrea at letters.kfws@hearstsc.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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TO YOUR GOOD

Health Is

Just a Step Away

By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I have read and heard that walking 10,000 steps a day is enough exercise to get you in shape, lose weight and keep your heart healthy. Is this real? Can plain walking be sufficient to do all those things? And are you supposed to count all your steps every day? That would drive me crazy. — M.M.

ANSWER: Walking can be an adequate stimulus to lower blood pressure, strengthen the heart, keep arteries clog-free, lose weight and restore pep.

How much walking and how rigorous the pace are matters of dispute.

The 10,000-step-a-day goal is not realistic for everyone. Most of us are not terribly active. The average person takes only about 5,000 steps a day, and sedentary people take less than 3,000.

If people increase the number of steps taken daily by 2,000, real health gains can be realized. That number of steps translates into

about a mile and takes roughly 2.5 hours a week — a distance that almost everyone can reach. And this amount of exercise makes the blood unlikely to form clots in a heart or brain artery (heart attack and stroke preventions), lowers blood cholesterol and triglyceride levels, and pares weight off the body.

You don't have to drive yourself crazy by counting your steps. You can buy a pedometer at a sporting-goods store. The prices range from \$10 to hundreds of dollars, depending on the number of functions the pedometer has. Some not only count steps but give distance walked and calories burned. The pedometer is worn on a belt or clipped to the hip or waist.

The booklet on aerobics gives details on how to best go about exercise and how to devise a program that suits an individual's needs. Readers can obtain a copy by writing: Dr. Donohue — No. 1301W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.50 U.S./\$6.50 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: My daughter plays baseball, and the other day she came home with a

raspberry on her leg from sliding into a base. What is the correct way to treat something like this? — M.B.

ANSWER: Some people call a raspberry a strawberry, but most doctors call it an abrasion. It's a surface injury where the topmost layer of skin cells is scraped off to expose immature, raw skin. Small blood vessels are often broken, so there are spots of blood throughout the abrasion. Wash such an injury with mild soap and a light touch. An over-the-counter antibiotic ointment, such as bacitracin, would be a good idea. Doctors argue about whether the abrasion should be covered. If you want to use one, a dressing like DuoDerm affords protection and doesn't stick to the wound.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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REAL ESTATE

THE BUGLE

Thursday August 5, 2004

Is Radon Placing Your Family at Risk?

(NUI) - Radon - it's an odorless, colorless and radioactive gas. It's a carcinogen and detrimental to your health when found at elevated levels in your home. So how do you know if your family is at risk from radon gas?

Testing your home is the only way to determine the level of radon gas present. Radon is dispersed in outdoor air, but when trapped in buildings, it can pose serious long-term health effects.

Exposure to radon is the second leading cause of lung cancer in the United States. Radon can be inhaled into the lungs where it undergoes radioactive decay and can damage DNA. Radon is estimated to cause 15,000 to 22,000 U.S. lung cancer deaths annually. Smokers exposed to radon substantially increase their risk of lung cancer in comparison to exposed non-smokers.

The primary source for high radon levels in homes is the surrounding soil. Radon enters the home through cracks in the foundation floor or walls, basement floors, hollow-block walls, and openings around floor drains, pipes and sump pumps. The U.S. Environmental Protection Agency estimates that as many as one in 15 homes across the United States has elevated radon levels.

Testing for radon is easy and inexpensive with a do-it-yourself radon test kit, available at home improvement stores. Use home test kits labeled "meets EPA requirements." Most test kits cost less than \$25 - a small price to pay to ensure your family's health. You can also call 1-800-SOS-RADON for a reduced-cost test kit and further information on testing your home.

Moving Soon? Make the Move a Smooth One

(NUI) - From moving across town to moving across the country, moving season is here. Spring and summer are the most popular times of the year to make a move.

Just a small percentage of people making minor to major moves will employ the services of a professional moving company. The majority of moves are managed by individuals who must find solutions to the often complicated challenges of moving.

Here are some tips to make your move as smooth as possible:
* Be organized. Allow enough time to get the packing done right.

* Pack valuables like jewelry, important documents, irreplaceable photos and videos, and medicine separately and take them with you. Use boxes that are sturdy and not too large.

* Guard framed pictures and artwork using a protective glass tape and bubble wrap. Instead of newspaper, use bubble or foam wrap.

* Never pack flammable items and risk overheating and explosion.

* Have awkward, fragile or priceless items - such as antiques, collectibles, heirlooms, computers and oversized furniture - packed by a trained professional through a packaging and shipping center. This will give you peace of mind that they will arrive safely.

Whether using a moving company or going it alone, packing and shipping experts at retail centers can provide practical and efficient solutions to make moving much smoother all the way around. They carry a full line of packing materials and give expert advice about the best way to get something from one place to another.

There are more than 400 Pak Mail locations in North America that offer professional moving, packaging, crating, and shipping services and supplies.



Roof Maintenance Is a Necessary Pain

August is probably the best month of the year to take care of messy, hot, annoying exterior maintenance and repairs. Take roof repairs, for example. Is there anything less fun than replacing shingles and patching gutters under a boiling-hot sun? The trouble is, that hot, sunny weather is perfect for patches, glues and cements, which bond more securely in warm temperatures. It's also a fairly calm month, weather-wise, giving you the best opportunity to do rooftop inspection and repairs.

A quick safety tip: Always work with a partner who can hold the ladder as you climb, and secure yourself with a safety rope before starting a task.

This week, we'll cover a general inspection of your home's roof and describe the repairs you can do on your own. Next week, you'll get the skinny on flashing, its role in protecting your home, and how to repair it.

Now that you're on the roof, sweating buckets, do a visual inspection of its condition. Check the shingles closely, particularly along valleys (where gables meet) and ridges where falling debris does the most damage. Note the color of the shingles: green and black streaks mean that moss and mildew are accumulating; light-colored asphalt shingles are likely in an advanced stage of decay and will soon begin to curl (often requiring complete roof replacement). Broken or torn shingles can be found every year on most houses; that's the price of protection from rain and falling branches.

Walk carefully along the roof and feel for soft spots. These soft spots indicate decay of the sheathing beneath the shingles; if you tug at the shingles over the spot they may easily tear away. Damaged sheathing must be replaced as soon as possible. Finding just a few damaged or

Continues...

HAMMER page 23.

THE BUGLE

Thursday August 5, 2004

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REAL ESTATE

No Community Manager? There's Help

(NUI) - The current frenzy of real estate development in the United States means homeowners associations are being incorporated at record rates. Unfortunately, the field of professional community management isn't growing at the same pace.

Today, more than 50 million Americans live in about 250,000 homeowner-governed neighborhoods - from small homeowners associations and large, master-planned communities to condominiums and cooperatives. Thousands more are formed every year.

These communities often are managed by professional community managers. But when a professional can't be found, or the association can't afford one, the volunteer board has to manage, as well as govern, the association.

Managing these communities involves collecting assessments, maintaining architectural guidelines, enforcing rules, landscaping, facilities maintenance, snow removal, trash collection, even settling squabbles between residents -

and that's just for starters. Fortunately, there is help from Community Associations Institute, a nonprofit group that supports not only the professionals who manage associations, but also the elected volunteers who govern them.

Three features set community associations apart from other neighborhoods, according to CAI. First, you share ownership of common land and have access to facilities, such as swimming pools, that often are not affordable any other way. Second, you automatically become a member of a community association and must abide by covenants, conditions and restrictions. The third feature is that you will pay an "assessment," a regular fee, often monthly, that is used for upkeep of the common areas and other services and amenities such as pools and tennis courts.

In this type of community, you usually don't have direct responsibility for maintenance, so you won't have to clean the pool or fix the tennis nets. You may not even have to mow your lawn. But that

doesn't mean you'll never have to think about these things.

CAI emphasizes the importance of getting involved in your community so you have a voice in the association's decisions and the future of your neighborhood. You can get involved by attending board meetings, serving on a committee or even seeking a seat on the governing board.

Volunteer homeowners who have to govern and manage their community associations can get help from CAI's instruction manual for managing property, financial investments and residents: "Self-Management: A Guide for the Small Association."

Despite its title, the book applies to all sizes of condominium and homeowners associations and provides the kind of information that helps protect volunteers from common - and not-so-common - management problems.

For more information or to order the book, call 703-548-8600 or visit Community Associations Institute online at www.caionline.org.

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Build a Great Foundation For Your Lawn

By Lance Walheim

(NUI) - Proper fertilization helps provide the foundation for a thick, healthy turf that not only looks better but also is better able to resist insects, disease and weeds.

The key to an effective fertilizer is more than having the right balance of nutrients, such as nitrogen, phosphorus and potassium. It's also important that nutrients are provided in forms that nourish the soil and promote sustained growth.

The slow and continuous release of nitrogen is especially

important because it helps build stronger root systems and limits surge growth associated with some fertilizers.

Bayer Advanced Lawn Triple Action fertilizers feed at all levels to promote better soil, stronger roots and a deep-down green lawn that lasts. Here's how:

Soil: Triple Action fertilizers continuously release additional nutrients into the soil over time. This process helps make the soil rich and fertile, establishes the foundation for strong roots and replenishes vital primary nutrients.

* Roots: Roots are stronger and deeper, which means water and nutrients are transported more

efficiently from the soil. Lawns with stronger root systems are better able to withstand heat and drought.

* Grass: The visible result is greener, thicker grass, which enhances the appearance and durability of your lawn.

To apply, set your spreader according to the setting instructions on the back of the fertilizer bag. To be sure you cover the entire area uniformly, first treat the border of the lawn and then fill in the center.

Make parallel passes, walking at a steady pace to ensure even distribution of the granules. For best results, water thoroughly after fertilizing.

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Hammer

torn asphalt shingles is great, because these can be replaced easily in just a couple of hours. Bring these supplies up to the roof: a hammer and pry bar, caulk gun, utility knife, roofing cement, roofing nails and of course the replacement shingles. Starting with the uppermost shingle,

in the repair spot, pull out the damaged shingles as well as the old roofing nails. Patch the damaged building paper underneath with roofing cement. Install the new shingles, starting at the bottommost part and tapping in the roofing nails above the shingles' tab slots. When you reach the last

shingle, apply roofing cement to its underside and carefully slip it into place under the overlapping shingle. Then, carefully lift the overlapping shingle to tap nails into place. Finally, clean the roof as well as possible: Clear away debris from the roof and gutters, prune over-

hanging tree limbs and rent a pressure washer once a year to zap away moss and small debris. **HOME TIP:** During your next scheduled roof maintenance, nail a zinc strip down the center ridge of your shingled roof; rainwater will wash the zinc downward, killing moss and mildew.

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

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(Continued from page 21)

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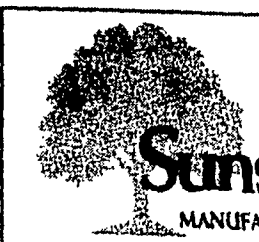
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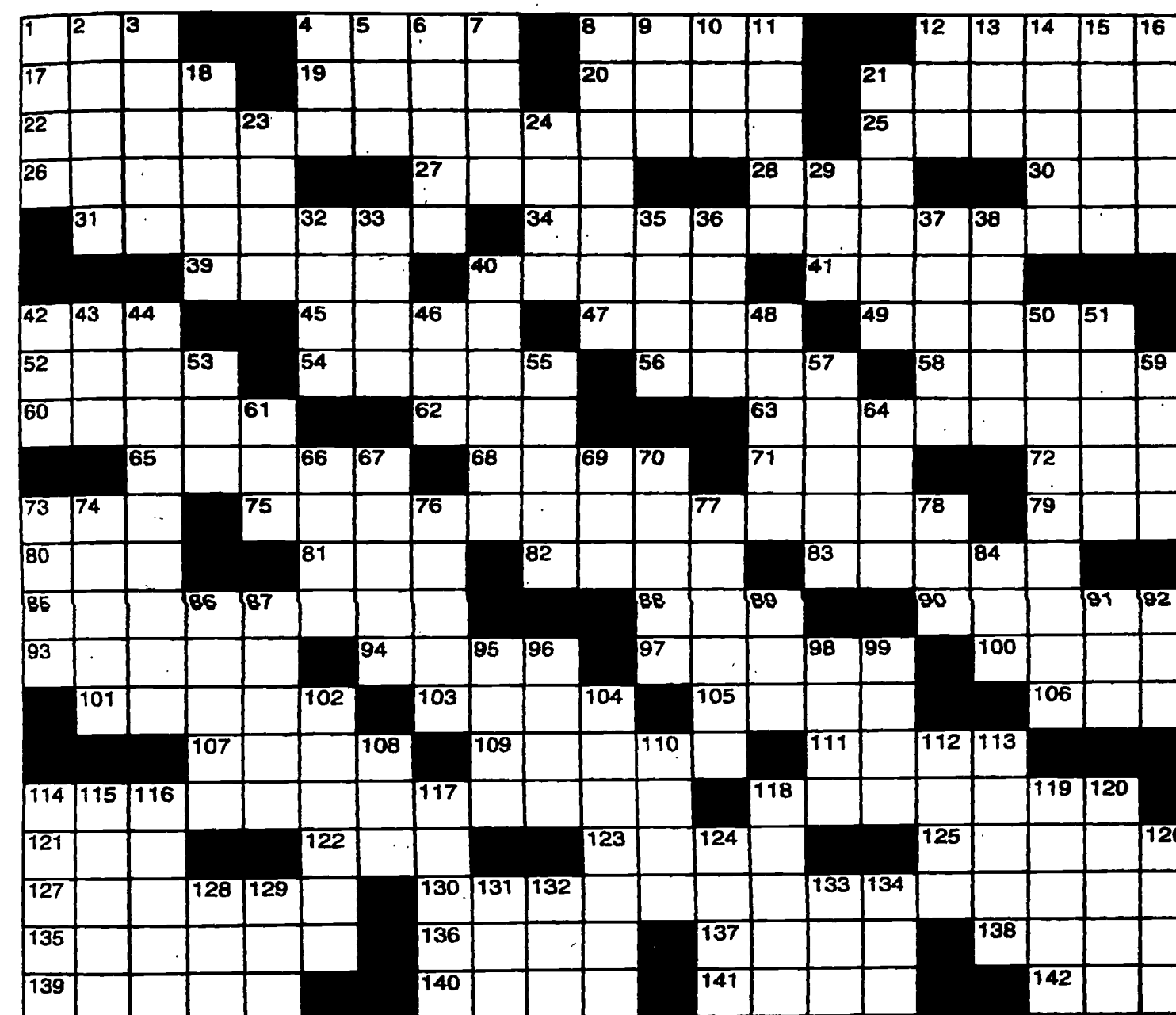
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SUPER CROSSWORD

A PLUS

1. Buddy
4. Vorse hero
8. Canasta composer
12. Gun
17. "o" copy as

ACROSS

DOWN

1

1. On my pillow
2. "o" copy as
3. Get on
4. Rocky-Tom
5. Early roof
6. "Saving Private Ryan" extras
7. Ponderosa, for one
8. Mrs. Zeus
9. Offer an apple
10. Mineral suffix
11. Sp. egg
12. Down, in Dunne
13. Gamble
14. Course flour

58

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individual:
79. Kamen's comment
80. Sharpson and Vankovic
81. Hockey great
82. A sweeping success?
83. Callie's sister
84. New Deal agency
85. 166 Tennyson Rose tune
86. Marine male
87. Shiva worshiper
88. Throw carefully
89. "The Runaways" heroine
90. Across Savannah
91. Jury member
92. Excursion
93. Calligraphy supply
94. Land in the sea
95. Longing
96. Joss, Mera, or Ness
97. Release
98. Hidesway
99. Discovered anchorman?
100. New Jersey's Pine
101. Pure abbe
102. Dime-store Lupo
103. "Dies"
104. Be of use
105. Being to light
106. Corrupt college official?
107. Acks's opposite
108. Brownie heroine
109. Ice-cream thickener
110. Writer Hunter
111. June birdhouse
112. Paper quantity
113. Sink
114. Prior to, to Prior

DOWN
1. BB-gun sound
2. "Tang" (53 tune)
3. Paint ingredient
4. Lines of laughter
5. Part of NATO
6. Hayek's western
7. Craftsman's tool
8. Publisher Corf
9. Ginger
10. Security grp.
11. Cockle's stand
12. Concentric Mile
13. King's "Salem"
14. Moonless
15. "Man" (78 song)
16. Singer John
17. Farm sight
18. Directionless
19. Naive Peruvian
20. Yarn
21. Singer Chris
22. Solo streetcar
23. Canon's successor
24. Particle
25. AMEX rival
26. Sausage of "The Player"

38. Sausage primer
39. Giant's chair
40. Pin
41. The Capades
42. (Einstein's) chair?
43. New Deal agency
44. Current wear
45. Dorian's feet
46. Vase
47. Geographic division
48. Cook's veggie
49. Make chair legs
50. Chilly powder?
51. Social worker?
52. Saver
53. Word with peak
54. Lame
55. Team start
56. Disney abbe
57. TV's "Hawaii"
58. Big party
59. Care of "The Princess Bride"
60. Bit of a beach?
61. Lullaby, to Lullaby
62. Team scream
63. Palm oil
64. Lloyd Webber musical
65. Principle
66. Booker T's group
67. Billy Williams
68. Enery planter
69. Skape
70. Can't victim
71. Beave
72. Bring up
73. Gaudin setting
74. Feminist Gloria
75. Pie ingredient?
76. Greek sandwich
77. Neighbor of Turkey
78. Variety show
79. Title
80. Actress Berry
81. Szelek or Alexander
82. Consumer advocate
83. Ralph
84. Sockling shade
85. Gradual
86. Indian instrument
87. Way over yonder
88. Director Aldrin
89. Roller-coaster unit
90. Under the weather
91. Hawk's mate
92. Southern constellation
93. Scottish refusal
94. Annoy

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Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, FILE NO. 004092720 on July 27, 2004. Under the Assumed Name of Lisa Joseph Imaging with the business located at 723 Belinder Lane, #2213, Schaumburg, IL 60173. The true name(s) and residence address of the owner(s) is: Lisa J. Scalomonti and Sandra Shelton, 723 Belinder Lane, #2213, Schaumburg, IL 60173

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LEGAL NOTICE

Notice of Public Hearing Concerning the Intent of the Board of Park Commissioners of the Niles Park District, Cook County, Illinois to Sell \$360,000 General Obligation Limited Tax Park Bonds.
PUBLIC NOTICE IS HEREBY GIVEN that the Niles Park District, Cook County, Illinois (the "District"), will hold a public hearing on the 17th day of August, 2004, at 6:00 o'clock P.M. The hearing will be held at 6676 West Howard Street, Niles, Illinois. The purpose of the hearing will be to receive public comments on the proposal to sell bonds of the District in the amount of \$360,000 for the payment of land condemned or purchased for parks, for the building, maintaining, improving and protecting of the same and the existing land and facilities of the District and for the payment of the expenses incurred therefor.
By the order of the president of the Board of Park Commissioners of the Niles Park District, Cook County, Illinois, DATED the 2nd day of August, 2004.

Joseph V. LoVerde
Secretary Board of Park Commissioners, Niles Park District, Cook County, Illinois.



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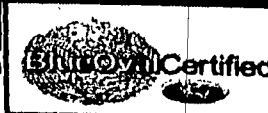
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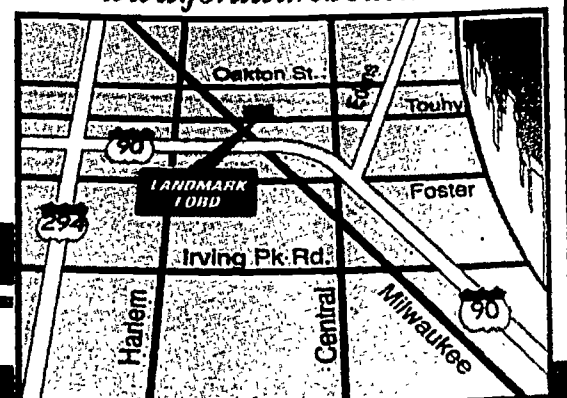
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