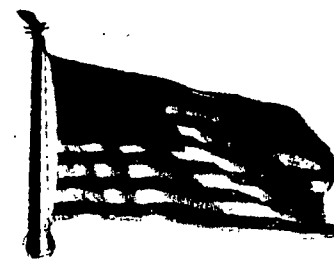


THE BUGLE



Since 1957

Thursday, September 23, 2004

Vol. 48 No. 17

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

Inside this edition...



Party at Hynes

Eric Musielski (top), Bartosz Kannndula(center) and Steve Yoon get in a game of Tic-Tac-Toe on the schoolyard at Irene Hynes Elementary Back-To-School Block Party Saturday afternoon. For more photos from the event, turn to page 14.



Carmel defeats Dons

Carmel's Darren Davis loses the ball in the second half of their game at Notre Dame Friday Night September 17. The Dons recovered the fumble but could not convert it. For the story, turn to page 15.

Index | Weekly Vol. 48 No. 17

Police Blotters.....	6
Commentary	8
Sports.....	15
Seniors.....	17
Life.....	19
Business	21
Real Estate.....	22
Classified	25

In the News

- Nick Blase, Niles trustees announce 2005 slate, pg. 2
- Park Ridge considers automated garbage collection, pg. 11

In Life

- N'Chicken shows its versatility in this week's 'Chopping Block,' pg. 19

Plane engine explodes, scatters wreckage over Niles

Police, residents recover myriad small pieces in Pioneer Park

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

The left engine of American Airlines Flight 1374 exploded last Thursday as it passed over Niles, scattering wreckage along Touhy Ave., throughout nearby Edison Park, in St. Adalbert's Cemetery and in Pioneer Park. The flight took off from O'Hare International Airport bound for Philadelphia. 107 people were aboard. About ten miles out from the airport something went wrong in the plane's left engine, which forced the plane to make an emergency landing at O'Hare. Evidence indicated that a bird may have struck the plane. No one was injured either in the plane, or on the ground.

Police swarmed the area surrounding the intersection of Harlem Ave. and Touhy. Most of the wreckage found was small in nature, ranging from pieces of engine cowling to twisted bits of metal.

"It was right over my head," said Connie Ball of Niles. She was in Pioneer Park with her son Carson and friend Tina Nielson when the explosion occurred. "We just heard an explosive sound and then we

could see that the plane's left engine was on fire."

Ball said that they were looking directly at the plane when it happened because her son likes airplanes.

"We could see smoke and fire coming from the plane and then it suddenly veered off back toward O'Hare," she said. "We couldn't see any smoke after it went out of sight."

Ball and her companions didn't see anything fall from the plane, but were shaken by the incident.

"It was really scary," she said. "I've never seen anything like that. I fly a lot and it makes me wonder whether I'll be scared to get on my next flight. I'm glad I wasn't on that plane."

Residents of Niles helped police comb Pioneer Park Thursday, looking for anything out of the ordinary. A variety of pieces were handed in to police from about three inches to six inches in size and of various materials.

"I heard a noise from one of the Renaissance Condos," said Connie Bethel. "But I just thought it was the garbage



Niles Police Division Commander Dennis McEnerney accepts a piece of composite material from Renaissance Resident Connie Bethel Thursday around 2:30 p.m. in Pioneer Park. The debris was from the engine of an American Airlines flight that exploded over the park. The flight landed safely at O'Hare.

Photo by Andrew Schneider/Bugle

Continues...

WRECKAGE page 2.



Joining the Ranks

Two new firefighter/paramedics joined the ranks of the Morton Grove Fire Department at the last village meeting Monday, Sept. 13. From left to right, Dennis Kennedy, Chief Tom Friel and Andrew Eason pose for a photograph after the swearing in ceremony.

Plan Commission hears Mosque proposal

Cross examination in next week's paper

The Morton Grove Plan Commission heard the Muslim Community Center's (MCC) proposal for a new mosque at their meeting Monday night. Some cross-examination was allowed at the end of the meeting, but most of the cross-examination was held on Tuesday night, after The Bugle's deadline. Coverage of the second night of the Plan Commission hearings on the MCC's proposal will appear in next week's edition.

MCC representatives presented

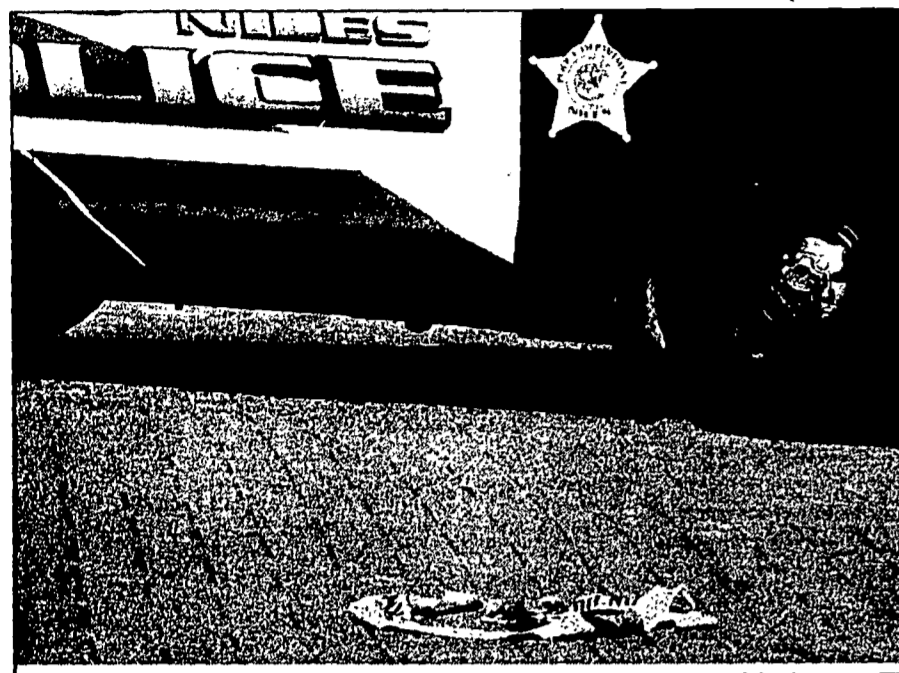
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MOSQUE page 11.

NEWS

Wreckage

(Continued from page 1)



(Above Left) A Niles Police car stands watch over a section of metal from a jet engine that landed near the Niles waterfalls Thursday afternoon September 16.

(Above) Jeanne O'Grady of Niles holds a section of metal from a jet engine that caught fire and exploded over Niles and Edison Park Thursday afternoon September 16. The engine of the American Airlines passenger jet caught fire after flying through a flock of birds shortly after take off from O'Hare. The plane safely returned to O'Hare with all 107 passengers and five crew members not injured.

men outside banging things around." She handed police a large piece of composite material that could have been from the plane's engine cowling. Edison Park Resident Jeanne O'Grady was also shaken by the incident. She was in her house when the explosion occurred and hurried over to check on her child at school. "I'm really scared about this kind of thing because the planes go right over our house,"

O'Grady said. One lane on eastbound Touhy was closed on Thursday but, otherwise, traffic was flowing normally. Niles Police Division Commander Dennis McEnerney said that, because the pieces of debris were so small, residents would probably continue to find them. "We've found screening, pieces of metal and plastic," he said. "They're scattered throughout Pioneer Park. People will probably keep finding them for some time."

MGO files response to village motion Village expected to reply by today

BY ANDREW SCHNEIDER editor@buglenewspapers.com

The Morton Grove Organization, LLC (MGO) filed a response to the village's motion to dismiss their lawsuit last Thursday. The MGO's suit alleges that the village trampled on their rights by arbitrarily enforcing zoning laws and asks for monetary damages.

"I think the motions to dismiss will succeed."

-Ted Hadley, representing the village

"We filed in a timely manner," said Patrick Kansoer, managing member of the MGO, "as required by the court." The judge for the case has also been changed, possibly pushing back the date for the final determination of the case. Paul Plunkett, formerly the case's judge, had set a date of Oct. 28 for a final ruling on the village's motions, but the new judge, James Holderman, has cancelled

that date. This case has been in the early stages since late last year. The village's motions to dismiss allege that the MGO has not stated a cause of action.

"My motions right now state they don't even have a cause of action," said Ted Hadley, the village's attorney for this case. "I think the motions to dismiss will succeed."

Should Holderman rule against the motions to dismiss, the next step in the case would be discovery, when both sides ask the other questions and are allowed to question witnesses under oath. Even after that, Hadley said, there's a stage where the village could move for a summary judgement that would end the case before trial.

"Again, I believe our motions to dismiss will succeed," he said. Because of the reassignment of the case, Hadley said that he expected that Holderman would take some time to familiarize himself with the case.

"We expect that he will issue an order to find out the current state of the case and meet with each side," he said.

NEWS

Shermer Park sale at court again

The proposed sale of the Niles Park District's Shermer Park will again be before a judge at the downtown Cook County Courthouse Oct. 4.

The judge and Park District attorney wanted a continuance for the case in order to consider some final documentation before the sale was officially approved. The last court date was Aug. 31.

The delay means that the myriad people calling the Park District to make offers on Shermer will have to wait a little longer.

"We receive several calls a week," said Park District Director Joe LoVerde. "We just tell them that they have to wait until the court approves the sale."

Most callers ask how much the District wants for Shermer, but LoVerde can't even tell them that.

"When the sale is approved, we'll send a certified appraiser out there," he said. "Then we'll have a public bidding process for the land."



Niles VFW plans ceremony for VFW Day, Sept. 29

Niles Mayor Nick Blase issued a proclamation at the last village board meeting, declaring Wednesday, Sept. 29 the Veterans of Foreign Wars (VFW) Day. Blase urged the community to show their dedication to the country and the

men and women in uniform through active participation in programs sponsored by the VFW. A ceremony will be held Sept. 29 at 10 a.m. at the Veteran's Memorial Waterfall located at the southeast corner of Touhy and Milwaukee. Residents wishing to

discard their torn or tattered flags may bring them to the ceremony and Niles Post 7712 will retire the flags in the proper way. The Post will also accept old flags at its 7419 Milwaukee location on Friday nights between 7 p.m. and 10 p.m.

Blase, trustees announce 2005 slate

Niles Mayor Nick Blase and Trustees Kim Biederman, Bob Callero, Louella Preston and Andrew Przybylo have announced that they will be running together for the position of Mayor and Trustees in the Apr. 5, 2005 election. If elected to a twelfth term, Blase would remain the longest-serving mayor in Illinois history. Blase and the trustees will run

under the party name of "Present Leaders for Financial Security." In announcing their candidacy they said that they "pledge to maintain the quality of services that have always excelled in the village of Niles and to do this at a minimal cost to our residents, while maintaining one of the lowest property tax rates of any municipality in the County of Cook."

Advertisement for a business listing with contact information for various services and locations.

Oil Express Fast Lube Systems advertisement featuring a \$8 OFF coupon and a list of services including oil changes, transmission service, and coolant flush.

Benjamin Moore Paints advertisement titled 'Perfect Start' and 'Perfect Finish', promoting interior painting services and a holiday dinner party.

Kappy's Restaurant & Pancake House advertisement for a weekend brunch special, featuring corn beef & cabbage or beef brisket for \$9.95, and a senior menu.

NEWS

South Park Church Hosts Blood Drive Oct. 4

The City of Park Ridge and LifeSource, Chicagoland's Blood Center, are teaming up to save lives. The community is invited to give the gift of life at the blood drive scheduled from 2 - 8 p.m. Oct. 4 at South Park Church, 1330 S. Courtland, Park Ridge.

chairperson. "We are proud to sponsor this blood drive with LifeSource which helps the members of our community." Every two seconds someone needs blood. Blood is needed daily for surgeries and medical procedures ... cancer treatments and emergencies. Your donation makes a big difference because every time you donate blood you save the lives of three people. It's easy to donate. The dona-

tion process takes about an hour and it's perfectly safe and comfortable. Donors have to be at least 17 years old, weigh at least 110 pounds and be in general good health. Most medications are accepted. Please bring photo identification such as a driver's license, state ID or passport. Walk-ins are welcome. To schedule an appointment, call (847) 803-7943.

Maine Township selects single waste hauler for unincorporated area

In what can be described as a precedent setting move, Maine Township's Board ended a nearly two-year quest to provide the 30,000+ residents of the unincorporated area with lower cost, higher quality waste removal service. Last night the Board approved ARC Disposal as the Township's designated hauler.

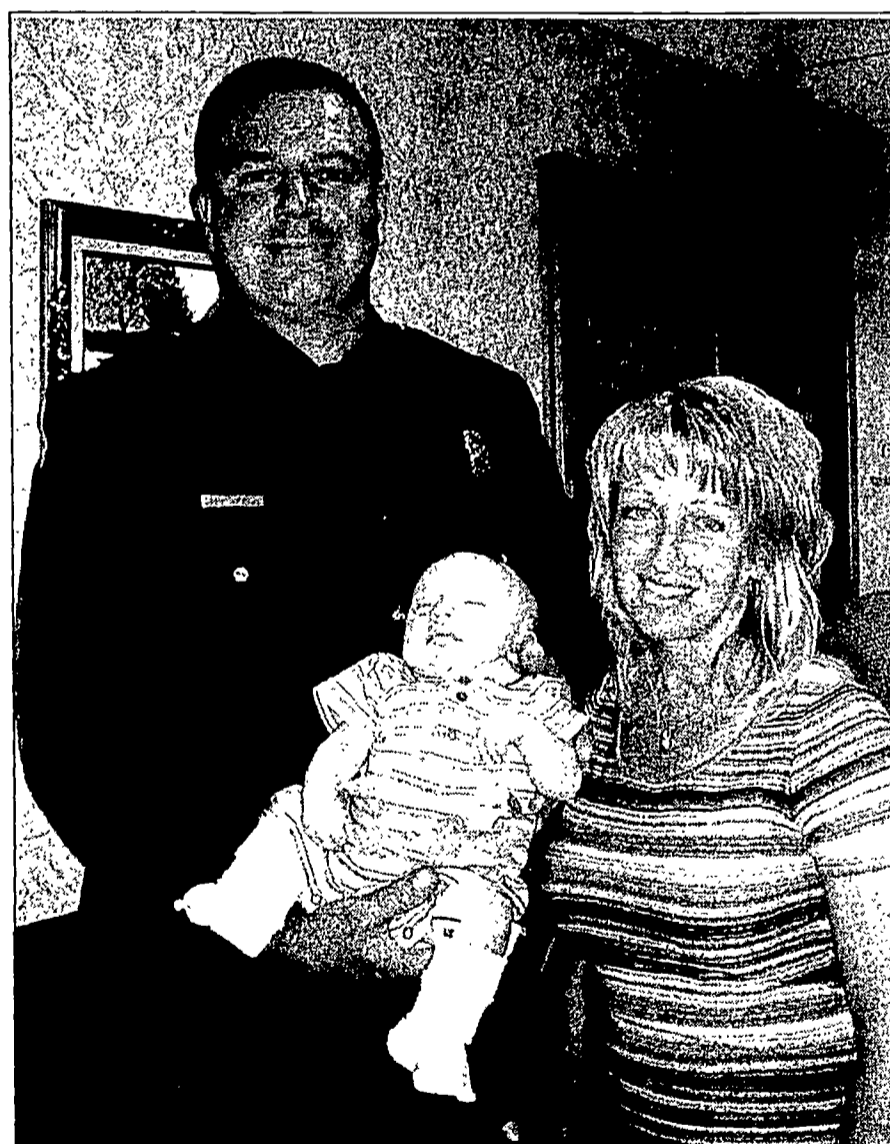
ARC was approved by the Board based on an unanimous recommendation of the Citizen's Garbage Committee which has been working on the matter since the successful referendum this spring gave the Township the public approval to pursue a single hauler and an eventual contract for services.

After reviewing responses to a Request for Proposal, the Committee and Supervisor Bob Dudycz did an analysis of all bids. The final four companies were interviewed to ensure that all the numbers were "apples to apples."

provide the more quality service at a substantial savings compared to what is being charged by several companies to our residents now," Dudycz said in making the recommendation of ARC. "Now that the Board has authorized selection of this waste hauler, we will pursue an ordinance and eventual contract in order to begin service on October 1, 2004."

Dudycz added that the full service to all residents will probably take as long as three months but should be fully functional by Jan. 1, 2005.

"I give credit to our state legislators who fought in Springfield for the legislation that laid the groundwork for our referendum and give "hats off" to our citizens' committee for a tremendous job on this entire process," Dudycz said. He later presented small trophies to each committee member and State Representative Elaine Nekritz for their work. The trophies had small garbage trucks on them.



Honored Again

Morton Grove Firefighter Sean Brink, left, was honored by the village of Morton Grove as the employee of the year. The recognition was a result of heroic actions Brink took while off-duty. He and an off-duty Niles Police officer saved a woman's life by pulling her from a burning vehicle. He posed with his wife, Julie and son, Sean, Jr. after he received the award.

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CELERY 69¢ EACH 	SWEET JUICY CANTALOUPE 99¢ EACH 
GOLDEN RIPE BANANAS 39¢ LB 	

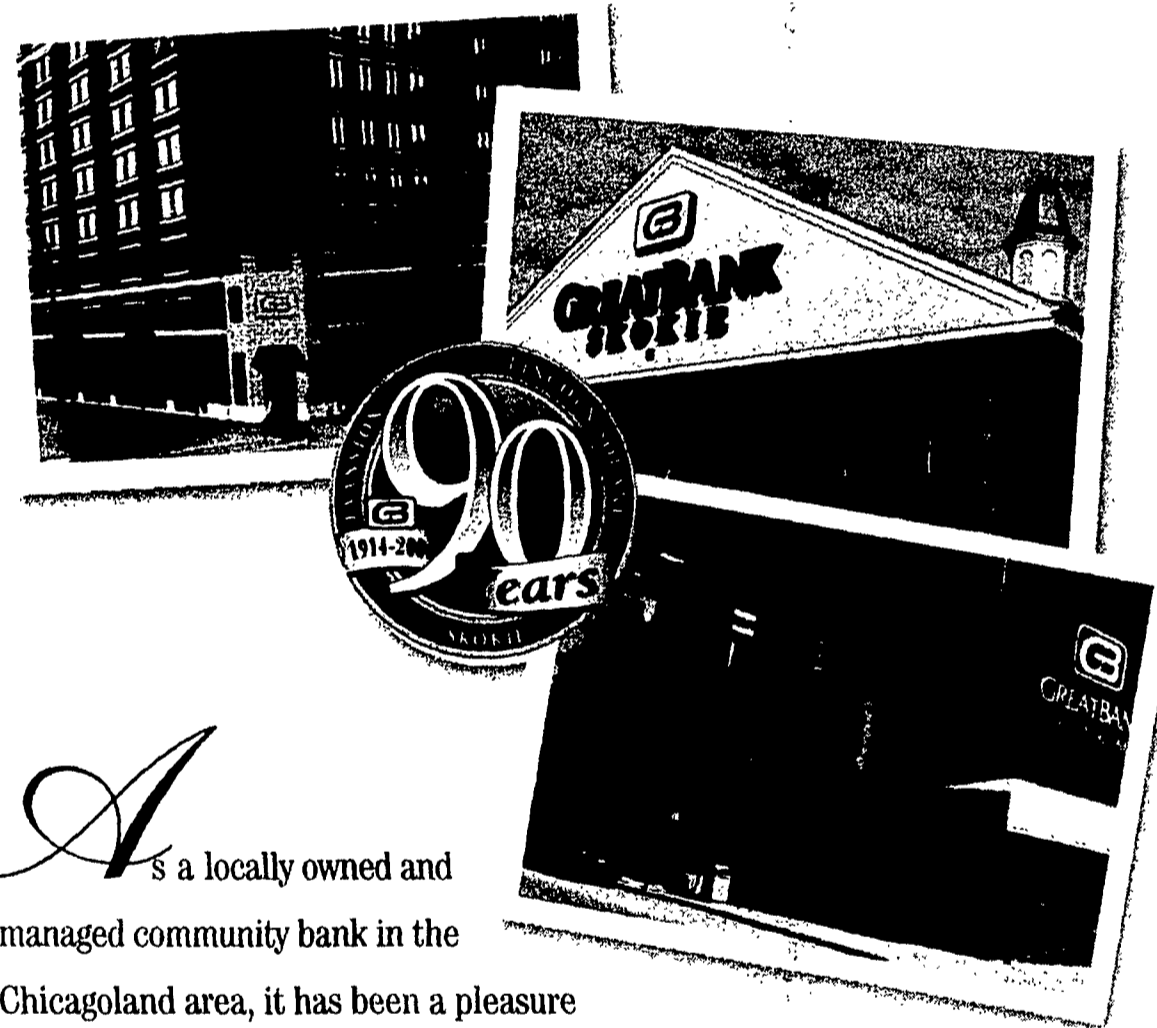
~GROCERY~

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BARILLA LASAGNA NOODLES 99¢ 9 OZ BOX	DEAN'S 100% PURE ORANGE JUICE 99¢ HALF GAL	CENTRELLA WHITE BREAD 99¢ 1 LB LOAF
SALERNO BUTTER COOKIES \$1 ²⁹ 8 OZ BOX	MRS GRASS EGG NOODLES \$1 ¹⁹ 1 LB BAG	MARCONI CANNELLINI BEANS 59¢ 15.5 OZ CAN

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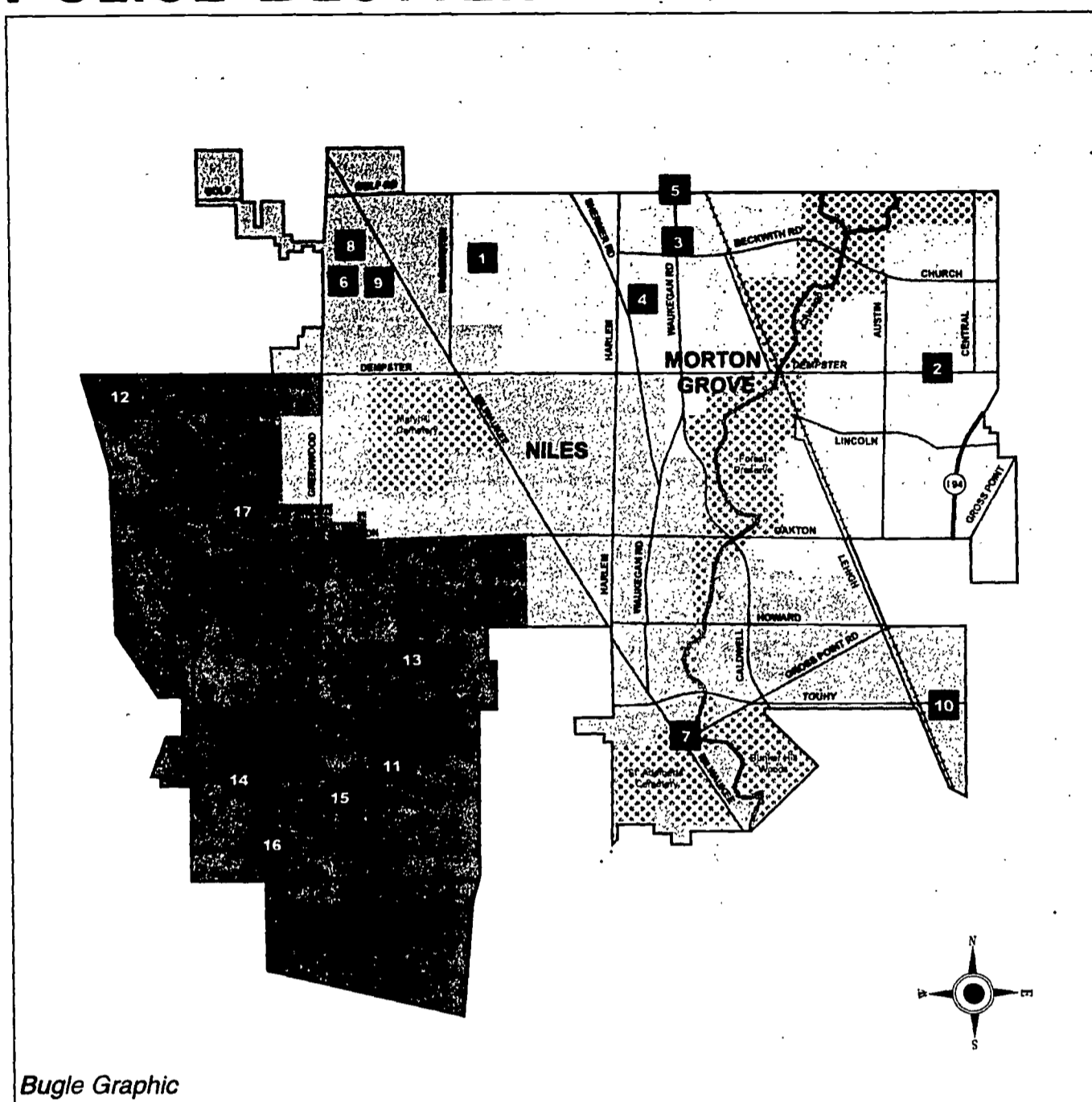
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POLICE BLOTTER



Bugle Graphic

MORTON GROVE

The following items were taken from official reports of the Morton Grove Police Department for the week ending September 17, 2004.

1 Car damaged with hammer (9300 Beckwith) Vandals damaged a 2002 Toyota Corolla parked in the 9300 block of Beckwith early Tuesday morning September 14. The owner of the car said someone used a hammer like object to break the driver's side rear window.

2 Retail Theft (5700 Dempster)

A 17-year-old Northbrook girl was banned from the Walgreen's store in the 5700 block of Dempster after she admitted to a retail theft of four boxes of Crest whitening strips from the store Friday night September 10. The girl told police she was picked up two other friends and they asked to stop at the Walgreen's store. The girl said while she was waiting in the lot one of the girls ran from the store and said "Move it." Police ran the plates of the car and traced them to a home in Northbrook. The girl's parents sent her back to the scene where she agreed to

pay Walgreen's \$120 in restitution. The other two offenders were not captured.

3 Durango stolen (9300 Waukegan)

A 2002 Dodge Durango was stolen from the parking lot at Seven Brothers restaurant in the 9300 block of Waukegan early Sunday morning September 12.

4 Attempted theft and battery (9100 Belleforte)

A 38-year-old Morton Grove man told police a scrap hauler removed an engine stand, coil springs, a hydraulic jack, and a trailer hitch from his garage in the 9100 block of Belleforte Wednesday morning September

15 while the overhead door was opened. The man told police he had seen a white Dodge pickup truck drive up and down his alley. As he went to investigate he saw the driver of the truck placing items from the man's garage into the back of the pickup. The man said he approached the driver and told him the items belonged to him and to put them back. The driver of the pickup returned the engine stand but then started to get back into his truck when the man told him he was going to call the police. The man said he stood near the door of the truck telling the driver not to leave, but when the driver closed the door he allegedly scratched the man's leg. The items stolen were valued at \$130.

5 Possible controlled substance found (6900 Golf) Morton Grove police are investigating whether a small plastic bag found in the lobby of a cosmetic company in the 6900 block of Golf Friday afternoon September 10 may contain drugs. Police said they were called on September 15 after a security guard turned the bag over to police for investigation. Security told police a 41-year-old employee of the company discovered the bag in the lobby and turned it over to security.

beginning on August 24, 2004 totaled \$373.90. The former employee has an October 1 court date in Skokie.

7 Scuffle in parking lot (6800 Milwaukee)

A 29-year-old Maywood man was charged with two counts of battery early Sunday morning September 19 after he got into a fight with a security guard at a pub in the 6800 block of Milwaukee. According to police the Maywood man got into an argument with a woman in the pub. Seeing the incident the pub's security guard asked the man to leave when the man refused the security guard grabbed him by the arm and escorted him out of pub. The security guard said the man made an attempt to return to the club but when he was stopped by the guard he struck the guard in the face with his fist. The guard told police a struggle ensued in the parking lot and he eventually handcuffed the man. The man has a court date of October 13 in Skokie.

8 Retail Theft (Golf Mill)

A 38-year-old self employed nurse from Chicago was arrested Friday September 17 after a security guard at the Sears store in Golf Mill watched the woman remove eight items of clothing off display racks and take them into the dressing room and came out with the items stuffed in a bag. She was stopped outside of the store. The items were valued at \$279.98. The woman was charged with retail theft.

9 Retail Theft (Golf Mill)

A 14-year-old DesPlaines girl was charged with shoplifting at the Sears store in Golf Mill Sunday afternoon September 19. Store security told police the girl placed two pairs of silver earring in her pocket and walked out of the store. Security stopped the girl outside of the store and police transported her to the Niles Police Department until her mother could pick her up. The girl was issued a citation and released to her mother. The earrings were valued at \$15.00.

10 Retail Theft (5600 Touhy)

A 54-year-old Chicago woman and her 75-year-old mother were issued citations for shoplifting after security guards at the Wal-Mart in the 5600 block of Touhy watched the 54-year-old woman switch her gym shoes for a new pair and walk out of the store Thursday night September 16. All this occurred while the woman's 75-year-old mother acted as a look out police said. The shoes were valued at \$18.00.

NILES

The following items were taken from official reports of the Niles Police Department for the week ending September 20, 2004.

6 Fake returns (Golf Mill)

A 21-year-old Park Ridge man was arrested for theft Thursday September 16 after the owner of a health food store near Golf Mill noticed an unusual amount of returns. The owner said the man, an employee of the store, would ring up false returns and pocket the money. The owner of the business told police the five returns

The following items were taken from official reports of the Park Ridge Police for the week ending August 27 - September 7, 2004.

11 \$100,000 Burglary (100 block Main)

A jewelry salesman lost \$100,000 worth of diamonds Monday afternoon September 13 after thieves smashed the back window of his Chrysler mini-van and removed cases of jewelry while it was parked in the 100 block of Main. Police said they are speaking to a number of witnesses who were in the area at the time. Police said the offenders escaped in another car.

12 Burglary (1700 Evergreen Lane)

A \$3,000 diamond ring was stolen from a home in the 1700 block of Evergreen Monday September 13.

13 Vandalism (100 Prospect)

Someone broke the passenger window of a 1994 Pontiac Firebird parked in the lot of a business in the 100 block of Prospect Tuesday September 14.

14 Vandalism (1800 Stewart)

Someone threw a brick through the tailgate window of 2002 Ford Expedition parked in the owner's driveway in the 1800 block of Stewart Wednesday night September 15.

Vandalism (600 Chester)

Vandals smashed the windshield of a 1989 motor home parked in the yard of a home in the 600 block of Chester sometime between September 5-10. Damage was estimated at \$300.

16 Vandalism (1000 Aldine)

Vandals broke the rear window of a 2002 Ford Windstar parked in the owner's driveway in the 1000 block of Aldine Tuesday night September 14.

17 Vandalism (1900 Greendale) Vandals caused at least \$500 in damage to a home in the 1900 block of Greendale when she threw a flower pot through the front window causing damage to at least three windows and their frames Monday night September 13.

SUMMARY OF CRIME: Morton Grove

Theft-8
Damage to property-3
Controlled substance-1
Niles

Theft-9
Recovered auto-1
Illegal dumping-1

Park Ridge

Burglary-4
Damage to property-8
Theft-5
Arrests-15

Breakfast in the Mall?

Enjoy Breakfast, Lunch or Dinner with us at Golf Mill Mall inside our cafe or outside under the skylight. We're located at Greenwood Rd side of the mall- at Entrance 6 next to Sears.

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DELICATESSEN

Table with delicatessen prices: Healthy Choice Chicken Breast \$2.99 LB, Porman's White American Cheese (Hot Sale) \$1.99 LB, Armour Honey Ham \$2.99 LB

MEATS

Table with meat prices: Grade A Fresh Pork Steaks \$1.29 LB FAMILY PACK ONLY, Lean & Tender Pork Tenderloin \$2.99 LB, Fresh & Lean Ground Chuck \$1.69 LB

DAIRY

Table with dairy prices: Prairie Farms Skim Milk \$2.09/ EACH GALLON, Nestle 'Original' Coffee Mate \$1.79 EACH 32 OZ, Dutch Farms Sour Cream 99c 16 OZ

GROCERY/FROZEN

Table with grocery/frozen prices: WOODRIDGE WHITE ZINFANDEL \$4.99 750 ML, DIET PEPSI \$4.99 EACH 24 PK, BRAVO GREEK COFFEE \$4.99 EA 1 LB, 'CUISENE DE FRANCE' PARISIAN LOAF \$1.59 EACH, PEI FRATELLI TOMATO SAUCE 4 FOR \$1.00 EACH 8 OZ, P1 GREGORIO EXTRA VIRGIN OLIVE OIL \$9.99 EACH 3 LTR, BABY OCTOPUS \$3.99 2 LB BAG, LARGE OCTOPUS \$2.79 LB

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PARK RIDGE

COMMENTARY

Thursday September 23, 2004

THE BUGLE

THE BUGLE

In Service to the Community

Editorial Board

Publisher
Richard Masterson
Editor
Andrew Schneider
Production Manager
Rory Scott

SOUND OFF!

Will the Cubs make the playoffs this year?



"I think so. I guess I'm a Cubs fan so my heart is there."
-Tom Ciucci, Morton Grove



"Yes, because I have world series tickets I'll send you a post card from Wrigley in October."
-Rick Lanners, Morton Grove



"No they won't, because they don't have timely clutch hitting or good pitching. If they do make it, they'll be out in the first round."
-Pete Joseph, Morton Grove

OUTSIDE IN INSIDE OUT

By Chuck Baldacchino

OK, Where is the \$650,000?

Back what seems eons ago now, the Park Ridge City Council (a "previous" City Council, if you'd listen to current Mayor MaRous' explanation of what happened; as if he weren't on that Council as well) approved a \$650,000 "investment"

in the new airport proposed for Peotone by the Suburban O'Hare Commission (SOC) when Park Ridge was a charter member of that organization.

Never mind that it's flat illegal for Park Ridge to "invest" in any such enterprise. (Would you feel better if Park Ridge had invested instead in Krispy Kreme? Or Enron?) Never mind that the \$650,000 was dispersed at a time

the City budget was in enough of a crunch to suspend aldermanic salaries and deny some funding to local community organizations. Never mind that it was wrong from the start for us to be selfishly inserting ourselves into the affairs of a sister community 60 miles away without them even asking us to.

The question on the table now is: OK, where is the \$650,000?

Can we get it back? Can we "cash out" of our "investment" at even something like our initial investment level? More importantly, what's going on here?

Let's just postulate that our former Mayor and his former Council were just misled in this "investment". (Misled? Misled? Were

they crazy? Dupes? Does the end justify the means? Are the current Mayor and Council similarly misled? Do they know where the \$650,000 is? Do they (continue) to think that it was a good investment and should be left to ride? (And if they do, I have this bridge in Brooklyn I'd love to have Park Ridge citizens, through the City Council, invest in.)

Park Ridge also has an elected City Treasurer and a hired (expensive) City Manager and Director of Finance. Do you think they know where the \$650,000 is? They, who were elected or appointed to manage the money of Park Ridge taxpayers, should be right on top of this, right? OK, you ask them:

Where is the \$650,000?

This, folks, is indicative of what can happen if you don't pay attention to what's going on with your tax dollars. No fewer than 18 City officials should be knowledgeable about the disposition of that money. Are they? Not a chance.

OK, where is that \$650,000? No one knows, or is saying. Maybe it's time for you to ask the Mayor, the City Council, the Chairman of the City's Finance Committee, the City Treasurer, the City Attorney (especially the City Attorney?), the City Manager, and the City Director of Finance the \$650,000 question: OK, where is the \$650,000?

Chuck@ParkRidgeBugle.com

Letters

Niles residents object to building variation

Dear Editor,

On Sept. 13 approximately 25 residents of the Bunker Hill subdivision of Niles attended a Planning and Zoning Board meeting objecting to the granting of a Zoning variation at 6848 Concord. The current owner wants a permit to construct an additional 1000 sq. ft. second and third floor addition which would reduce the required 40-foot rear yard requirement to the existing 17 feet and would allow the owner to exceed the maximum floor area ratio of 60 percent. The new second and third floor addition would raise the roof level from approximately 15 feet above the ground level to 32 feet above the ground level.

Many of the residents feel by allowing these variations, it would ruin the character and aesthetic value of the entire subdivision. Although some of the residents spoke at the meeting and had signed petitions of approximately 30 additional residents, the board completely ignored their pleas and recommended approval. The board went so far as to remove one resident from the meeting who is against the granting of the variation.

The Niles village board of trustees, who have the final say in these matters, has scheduled a review of this matter on Tuesday, Sept. 28 at 7:15 p.m. at 1000 Civic Center Dr. All residents of Niles and other municipalities that are experiencing similar problems are invited to attend.

Louis Warchol, Niles

Point Counterpoint

Point Counterpoint will return next week

THE BUGLE

COMMENTARY

Thursday September 23, 2004

Letters

D63 referendum about 'solid education'

Dear Editor,

I have three children enrolled at Nelson School. I have regularly attended the District 63 Board of Education (BOE) meetings for the last seven years. I am writing in regard to Ken Buttery's letter of Thursday, August 16, 2004. I attended the meeting about which Mr. Buttery wrote.

Mr. Buttery indicated that District employees received a 19.5% increase for the years 2000-2004. The increase is spread out over the time period he indicates with many factors affecting his calculated lump increase. Some employees show larger increases as they take on extra duties (e.g., running a sport program or Student Council). Some employees work part of a year and the next year come back full time (e.g., maternity leave which includes unpaid family leave). Years of experience and advanced educational degrees also affect salary increases. A check of Illinois School District Report Cards, shows that District 63 ranks last among neighboring districts in average teacher and administrator salaries.

Mr. Breihan asked about the expenditures for the health equipment at Gemini School. The response to Mr. Breihan was that the Board was still trying to determine the impact. The Board is working toward a positive outcome and does not want to prematurely release information. I would also like to add that Mr. Breihan, by his own admission at a previous BOE meeting, is not a resident of District 63. Why is he so interested in District 63 management?

A few years ago, the BOE started limiting individuals and

groups to no more than 3 minutes for public participation. They also stated that public participation is "not a time for extended dialogue." These changes were made to manage public participation from abuses. Legally, the BOE does not have to allow public participation during open board meetings. Mr. Buttery has been invited several times, both publicly and privately, to meet with District administrators to discuss his concerns and issues. He was publicly invited once again at this meeting. He has not accepted these invitations, as of this writing.

Stacey Mallek has said that passing a referendum would only be a short term solution. Based on her calculations and educated assumptions, she stated it would get us out to 2010. The long term financial dilemma is a result of governmental funding that has dropped Illinois schools from 25th out of 50, in nearly all areas of education including funding, to 49th out of 50 in the last 26 years.

This referendum is about ensuring our children the solid educational foundation they need to succeed in life. Whether the referendum passes or not, staff will be paid because of their contracts. Our children will continue to suffer the consequences if the referendum does not pass. We need to protect our children. They are the future engineers, medical professionals, educators, scientists, and leaders of our community. Please vote yes for the District 63 referendum this November 2. Thank you.

Janet Kaczkowski
District 63 Referendum Committee

Sorry Bugle is moving to subscriptions

Dear Editor

It was with great disappointment that I learned the Bugle was moving to a subscription-based circulation in Morton Grove. I have enjoyed the updated and refreshingly professional product that the Bugle has produced in the past year.

I especially appreciate the local news coverage with its emphasis geared specifically to each of its target markets (Morton Grove, Niles, Park Ridge). Of particular note are Chuck's column, point/counter point and local coverage of Morton Grove's issues.

The reason for the move to a subscription-based circulation in Morton Grove is particularly disturbing because of the reasons cited by the publisher Rich Masterson, namely "the lack of support from the Village of Morton Grove". One must ask, why doesn't the Village (read Action Party) want the largest distribution of information to its residences? (the Bugle has 5 times the circulation of the Life in Morton Grove). Why doesn't the Village (Action Party) want its meetings, fiscal reports, bids, notice of zoning hearings and other items of interest to the Morton Grove residences published in the most widely distributed medium? Why doesn't the Village (Action Party) want an independently owned and managed newspaper to report on the goings on of its elected officials? Inquiring minds want to know. To the readers of this page, the answers are obvious.

It's too bad the Bugle couldn't have waited until next April to make this change. Perhaps it would be unnecessary.

Another suggestion, could you offer a discount to our senior residences?

In the mean time, keep up the good work. We look forward to your continued excellent reporting.

Roy Kogstad, Morton Grove

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SCHOOLS

District 63 Schools Host Open Houses

Open houses for East Maine School Dist. 63 continue this month. Activities at all schools will include voter registration and information tables for the PTO, local park district, and others. The dates and locations are:
 Wednesday, Sept. 22
 Stevenson School
 9000 Capitol Drive
 Des Plaines

Starts at 7 p.m. with a general meeting in the gymnasium. Parents will later visit their children's classrooms until 8:30 p.m. For more information, call 847-298-1622.
 Washington School
 2710 Golf Rd.
 Glenview

Starts at 6:30 p.m. in the gymnasium with opening comments from the school administration. At 6:50 p.m., classroom sessions begin. From 7:15 to 7:35, classroom sessions continue with a Meet & Greet. For more information, call 847-965-4780.

Thursday, Sept. 23
 (Note: these events were originally scheduled for Oct. 13)
 Mark Twain School
 9401 N. Hanlin Ave.
 Niles

Begins at 7:05 with the introduction of school staff in the gymnasium. The Principal, Superintendent, and a PTO representative will address parents at 7:25 p.m. Parents will visit classrooms from 7:40 - 8:30 p.m. For more information, call 847-296-5341.
 Melzer School
 9400 N. Oriole Ave.
 Morton Grove

The Family Open House will be held from 6:30 - 8 p.m. and include classroom visits and an ice cream social. For more information, call 847-965-7474.

Wednesday, Sept. 29
 Gemini Junior High School
 8955 Greenwood Ave.
 Niles

Starts at 7 p.m. with parents going to their child's first period class. Parents will proceed to other classes in order. The evening will end with the ninth period class just before 9 p.m. For more information, call 847-827-1181

Apollo and Nelson schools held their open houses on September 1.

District 63's Gemini Students Benefit from College Mentors

Due to decreased budgets and staff reductions in East Maine School District 63, it is a time for creative thinking in order to provide the highest quality education. Such is the case at Gemini Junior High School.

The 7th graders in Kristen Ulery's class are getting the advantage of having not only a good teacher in the classroom but individual mentors via the Internet. The class makes use of www.gaggle.net, a website-based service, as a way to facilitate a regular interchange between 32 Gemini students and members of the Kappa Delta Pi, an educational honor society of DePauw University in Indiana.

"We see this partnership between our junior high school and the university as a win-win situation," says Gemini Principal Scott Herrmann. "Our students not only become better writers, but also receive reinforcement as readers through book discussions. This project is one of the countless examples of how Gemini teachers strive to provide quality experiences for our students."

Created by educators and publishers, the website service is currently used by over 7,000 schools nationwide. Everything can be accessed from any computer that has Internet access either in the classroom or at home. This innovative use of the Internet in the classroom meets all school and state guidelines and standards.

The term gaggle was used by the founder of this website program because the process helps a teacher manage his/her 'gaggle' of students in an efficient way that facilitates learning," Ulery explains. "It

works really well since each student has a college mentor for the entire school year to help him or her work through reading and writing assignments."

Even though the online communication is directly between student and mentor, the teacher has controls in place and the ability to access all messages, files, and postings. The website automatically scans all communications for blocked words. Any questionable material is directed to the teacher's electronic mailbox for review. "The university students provide individual responses to student essays and schedule real-time chats," Ulery points out. "The advantages to this type of learning experience are numerous. There is more complete, faster individual feedback along with reinforcement by an adult other than the teacher."

What do the university students get out of this arrangement? They get required education credits. It's a win-win for all involved.

The learning isn't restricted to writing essays. There are also online book discussions on an average of one per month. With this student-directed independent learning, the students choose from a list of books provided by the teacher then discuss what they read with one another as well as the teacher.

One of the effective techniques used in this program is "modeling". For example, if a student writes a poem, his/her mentor might discuss that poem but also share a poem the mentor has written. Ulery notes that such techniques and the overall experience impact her students in tangible and intangible ways through positive and supportive interaction.

Culver offers preschool screenings

Culver School will offer preschool screening for 3, 4 and 5 year old children living in Niles Township who are not yet attending kindergarten. This screening is available by appointment on Thursday, October 7th from 8:15am to 1:45pm.

This free program is designed to screen children in the areas of language, readiness, motor skills, vision, hearing and speech. This screening is conducted to identify

possible educational difficulties or delays before a child begins kindergarten. If the screening identifies educational needs, services are available in the township.

Appointments can be scheduled or questions answered by contacting Mrs. Panke or Mrs. Knysch at 966-9280, ext. 1101, Monday through Friday between 8:30am and 3:30pm. This service is offered to all families residing in Niles Township.

District 207 to host college night

Maine Township High School District 207 will again be hosting one of the largest college nights in the state of Illinois on Monday, September 20 from 7:00 to 9:00 p.m. at Maine West High School, 1755 South Wolf Road in Des Plaines. Juniors

and seniors and their parents are encouraged to attend.

Nearly 200 colleges and universities will be represented by either alumni or admissions officers. School personnel will answer questions about curriculum, admission, tuition, housing and campus life.

Applications and mailing lists will also be available. Carolyn Lindley, Director of Financial Aid at Northwestern University in Evanston, Illinois will present two Financial Aid Information sessions—one at 7:20 p.m. and another at 8:20 p.m.



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NEWS



Monkeying Around

(Left) Second grade student Elizabeth Phillips, 7, bounces down the Fun Slide at the Hynes School Back-To-School funfair Saturday afternoon September 18. (Above) Ryan Fucik, 4, of Morton Grove works out on the monkey bars at the Irene Hynes Elementary School Back-To-School fun fair Saturday afternoon September 18. (Bottom right) Niles Police Department canine unit "Max" meets with third grade student Colin Austria, 9, at the Hynes School Back-To-School funfair Saturday afternoon September 18. (Photo by Allen Kaleta) (Above Right) Ali Musielski, 9, works on glitter art at the Hynes School Back-To-School funfair Saturday afternoon September 18.

SPORTS

Notre Dame homecoming crowd supportive despite loss

BY RYAN BISHOP
rbishop@buglenewspapers.com

A huge homecoming crowd left the field disappointed Friday night in a 35-8 loss to the defending 6A champion Carmel Corsairs. Dons quarterback Kevin Mitchell and the offense were out-of-sync all night against the punishing and quick defense of Carmel (4-0). The victory was the 17th in a row for coach Andy Bitto and the varsity team.

The Dons knew this game would not be just another easy homecoming victory. They wanted to schedule a top-ranked team to try and avenge last year's two losses, the last coming in the first round of the playoffs. Despite the fact Carmel has graduated more than half of the record setting offense and defense of last year's state champion team, they set out to prove that they are still a team to be reckoned with.

Any thoughts of an upset were vanished at the end of the second quarter when running back Steve Hironimus received a pitch from quarterback #7 four yards out to put Carmel 28-0 going into the half. Linebacker Colin Frey laid out #7 just after the toss to Hironimus, but nobody picked up the speedy tailback. The six-play, 44-yard drive took only 2:30 minutes off the clock. Hironimus ran for 26 yards on the ground on the possession. Moreover, the offensive line wore down the smaller Dons, mixing in misdirection plays and the option.

The Dons started out in the no-huddle, shotgun passing offense

but Carmel was ready for the spread formation, forcing two consecutive three and outs on five yards rushing and four incompletions due to fierce pressure of the defensive line. Carmel struck first on a 30-yard Hironimus run with 2:19 to go in the first quarter. The senior combined with fullback Daren Davis and #28 for 295 yards rushing on the night. Davis finished the game with 124 yards and 2 touchdowns on 10 carries, Ankney 44 yards on 10 carries and Hironimus just missed 100, running for 95 yards on 10 carries.

Mitchell found some holes in the Carmel secondary in the second half, but it was too little too late. Although he completed his first 3 passes for 28 yards, he was 10-25 for 28 yards and two interceptions after that.

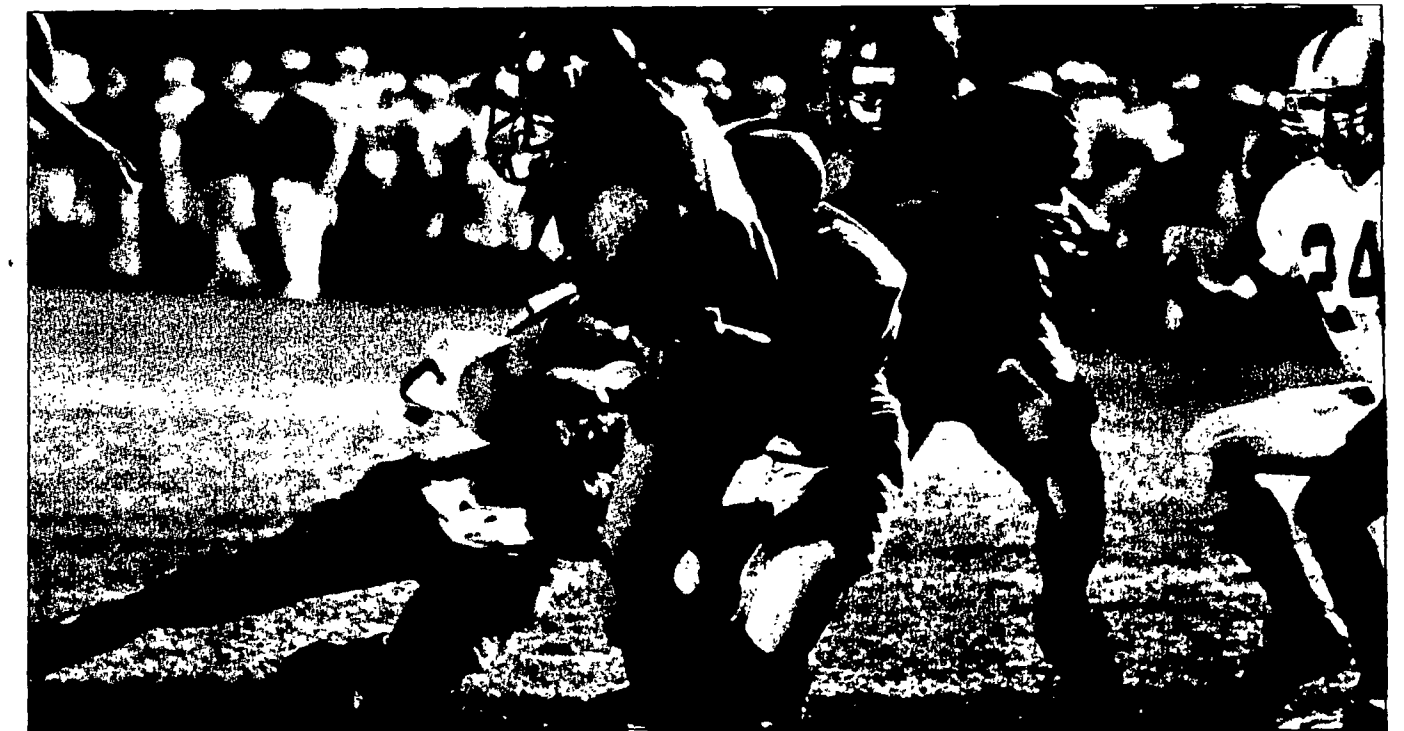
Two keys turnovers hurt their chances of a comeback in the third quarter. #87 ND recovered a Davis fumble on the option, but a play later Mitchell overthrew receiver Jovaughn Mixon and #4 was there for the interception at the Corsair 38-yard line. A tipped pass led to another interception by Carmel cornerback Louis Cairo at the Don 12-yard line.

The Dons first score came with 4:07 left in the fourth quarter as running back Kevin Coleman rumbled in from 8 yards out to give the sullen homecoming crowd something to cheer about. A safety by the Notre Dame defense accounted for the final margin with a minute to go in the game.

Notre Dame travels to St. Viator next week as they seek to go 3-2 on the year.



(Left) Notre Dame quarterback Kevin Mitchell #3 spent most of the night on the run from Carmel's speedy defense in the Dons loss to Carmel Friday night September 17. (Above) Carmel's Daren Davis loses the football in the third quarter in their game against Notre Dame Friday night September 17. The Dons Rick Podkova recovered the ball, but the Dons could not convert. (Bottom) Notre Dame's Kevin Coleman #8 fights off two Carmel tacklers as he crosses the goal line for the Dons only touchdown in their loss to Carmel Friday night September 17 at Notre Dame.



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SENIORS

SPORTS

Morton Grove Park District

Halloween Family Festival - October 29th from 5:00pm-8:00pm. Get dressed up and join the Morton Grove Park District at the annual Festival held at Prairie View Community Center, 6834 Dempster Street and sign up today. Spaces are limited.

GAP Holiday Program - On October 11th the Morton Grove Park District will be running a special Columbus Day Off Program for students in grades K-6 who attend a Morton Grove School or reside in Morton Grove. The program will run from 7am - 6pm at a cost of \$38. This fee includes snack and a field trip. If interested stop by the Prairie View Community Center, 6834 Dempster Street and sign up today.

Winter Youth Basketball Program - The Morton Grove Park District is offering an action packed basketball program this winter at Niles West High School. Separate girls and boy's leagues will be forming as long as enrollment permits. This program is for youths in Grades 3-8. For more information, call Brian Glure at 847-965-1200 or check out our website at www.mortongrovetoparks.com.

Indoor Football Clinic - The Morton Grove Park District is offering a football class on Monday

dren. If interested stop by the Prairie View Community Center, 6834 Dempster Street and sign up today. Spaces are limited.

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Indoor Football Clinic - The Morton Grove Park District is offering a football class on Monday

evenings from 5:30pm - 6:30pm beginning October 25. Developed by Chris Martin, former Chicago Bear and Northwestern Rose Bowl participant, this class offers the chance to develop skills and learn the exciting game of football. Passing, receiving and defensive techniques are all taught in a non-contact environment. The program is open to boys and girls in grades 1-6. For more information, call Brian Glure at 847-965-1200 or check out our website at www.mortongrovetoparks.com.

Track Clinic - Ready to maximize your speed and improve your speed and fitness in a FUN atmosphere? This clinic features instruction from a former world-class speed track star and will focus on skill-enhancing drills for maximizing speed, performance and cardiovascular endurance. This program is open to boys and girls in grades 4-8 and will take place on Monday evenings from 6:30pm - 7:30pm. The next session begins Monday, October 25. For more information, call Brian Glure at 965-1200 or check out our website at www.mortongrovetoparks.com.

Park Ridge Park District announces fall events

Sign up for Fall Fun at the Park Ridge Recreation and Park District. Registration for classes, programs, events, and more is underway at the Maine Park Leisure Center, 2701 Sibley, Park Ridge. Check out the Park District's brochure for more information, or the website, www.parkridgeparkdistrict.com. There are hundreds of fun ways to spend your leisure time. For more information, call (847) 692-5127

Touch a Truck
Give your child the opportunity to touch, climb on, in, and around some of the exciting vehicles that will be on display. Your child could find a Dump Truck, Bob Cat, Street Sweeper, Riding Lawn Mower and many other pieces of equipment and vehicles. This

event will take place Saturday, October 2, from 10:00-11:30 a.m. at Maine Park Leisure Center, 2701 Sibley. The fee is free.

Paws Park Halloween Party
Looking for a way to show off your dog? Dress your dog in his/her scariest costume and participate in the Paws Park Halloween Party. Dogs will be able to parade around Paws Park and those with the best costume will receive a prize. This event will take place at Paws Park on Saturday, October 30 from 1:00 p.m. - 3:00 p.m.

Halloween Carnival
Calling all ghosts and goblins. Join us for carnival-type games, candy, prizes, a costume party and a fortuneteller to celebrate

Halloween. Please pre-register for this event by October 27. The Halloween Carnival will take place on Friday, October 29 from 4:30 p.m. - 6:00 p.m. at the Maine Park Leisure Center, 2701 Sibley. Sign up for class number 6473. This event is for Kindergartners-3rd grade.

Pre-Teen Halloween Party
For 4th and 5th graders. Put on your costume and join us for a great time. We'll have pizza, pop, and a fantastic D.J. to play your favorite hits. Don't miss out. Pre-register by October 25. The Pre-Teen Halloween Party will take place on Friday, October 29 from 7:00 p.m. - 8:30 p.m. at the Maine Park Leisure Center, 2701 Sibley. Sign up for class number 6474.

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THE BUGLE

Niles Seniors

Annual Dinner Dance: The Renaissance Ball
Friday, October 1st, 5:00pm - 9:00pm
A truly special evening as we celebrate our 30th year. Always a much anticipated event, register now so you won't be left out. Dinner will feature Spinach Strawberry Salad, London Broil, Roasted Potatoes, & Dessert served at 5:30pm. Following the meal, the Larry Bemben Band will take the stage for your listening & dancing pleasure. \$21.50.

The moonlighters
We are excited to announce our new group, The Moonlighters. We will offer one event each month. This event will be open to all Club 55/62 members and Senior Center Members. First come, first registered!

Defending the Caveman - Thursday, October 14th, 5:00pm - approx. 10:00pm. \$35 This will be the first event we are offering. Join us for an evening of Laughter & Fun as we travel to the Metropolis Performing Arts Centre in Arlington Heights to see Rob Becker's Hilarious, one-man comedy. This is the longest running solo

show in Broadway history! Becker provides humorous insights on contemporary feminism and masculine sensitivity. Before the performance, we will dine at Lou Malnati's. Dinner includes a Dinner Salad, Lou Malnati's Famous Deep Dish Pizza, Mostaccioli, and Dessert. Check-in: 4:30pm, Thurs., Oct. 14th at Senior Center. Departure: 5:00pm.

Niles Senior Men's and Women's Clubs hold monthly meeting luncheons. New members are always welcome. Call the Senior Center to find out how you can become a member 847/588-8420.

Volunteers needed meals on wheels
Drivers needed to deliver meals to Niles Homebound, weekdays between 11:00am - 12:30pm. Please contact Kelly at 847/588-8420

Tax counselors needed
Volunteer Tax Counselors (with or without previous experience) are greatly needed to help local seniors with their Tax and Circuit Breaker preparations. Volunteers will receive free training at the Niles Senior Center in January. Tax appointments will run Feb., 2005 - April 14, 2005. For more information, call MaryAnn at 588-8420.

Park Ridge Seniors

SCARECROW FESTIVAL
On Friday, October 8 the Park Ridge Senior Center has planned a trip to the Scarecrow Festival in St. Charles. The trip leaves the Center at 9:45 for lunch at the Inglebrook Pantry in Geneva. The menu includes 2 soups, a salad bar, a hot buffet including 3 entrees, sides, a dessert and beverage.

On to St. Charles after lunch to the Scarecrow Festival where more than 100 cornfield sentinels gather for a contest. All are hand-crafted effigies and winners in each of the five categories are chosen by the popular vote of festival guests. There will be plenty of time to roam around to vote for your favorite and visit the art and craft fair. Last event of the day will be an hour ride on a paddle boat on the Fox River. Return is about 5:30. Charge is \$40.00.

WISCONSIN CRANBERRY HARVEST
Last call for the trip to cranberry marshes in Warrens, The Cranberry Expo, Ocean Spray Plant, Arish area of Cashon, The International Crane Foundation, LaCrosse Queen Cruise on the Mississippi River, Leidel's Apple Orchard and more. Tour price is \$429 double occupancy. Call the Senior Center, 847-692-3597, for further information.

LATE NIGHT CATECHISM
Late Night Catechism is the show the Center is planning to see on Wednesday, October 20. Beginning with lunch at Marcello's which will be family style including mixed green salad, country broasted chicken, penne pasta with marinara homemade Italian bread and a selection of desserts.

From there the trip goes to Royal George for the show which is a hilarious comedy returning to Park Ridge at

approximately 5pm. The charge for the day is \$60.00.

ROBERTA RANDALL PRESENTS BEVERLY SILLS
Roberta Randall Presents Beverly Sills on Wednesday, October 13 starting with a luncheon at 12:30...doors open at 12 noon. Lunch includes chicken salad with croissant, fresh fruit, chips, dessert and coffee. Program begins at 1:30pm. Roberta is a dramatist who has performed this program around the country. Charge is \$8.50.

Are you wondering if you'll be on a specific trip??? Wait at least 6 working days from the mail-in date before you call. It takes time to process all of the requests, so please be patient and give the staff the time they need to do their work in processing reservations.

VARIETY SHOW
October 3 is the last chance this year to see the yearly variety show, "A Musical Trip Across the United States." This is a "show only" date. The curtain rises at 2pm. Doors open at 1:30pm. There is a \$6.00 charge for a ticket and can be purchased according to our current registration policy. Call to see ticket availability.

FALL DINNER DANCE
Coming attraction is a fall dinner dance on Tuesday, October 26 at The Fountain Blue with music by Ed Knaack. Further information coming in the October issue of the "Spectator."

OCTOBER LUNCHEON
The October luncheon is Monday, October 18 with lunch beginning at 12:30, doors open at noon. There will be 4 kinds of pizza plus salad and dessert.

Entertainment will be Center members using the new Karaoke machine. Even if you don't care to sing, come and watch those who do. Reservations required...charge is \$6.50

Questions??? Call 847-692-3597 or visit the Park Ridge Senior Center at 100 S. Western.

R Regency Senior Day Care
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Maine Township

MaineStreamers announce Fall senior activities and classes

Listed below are a few of the fall programs for all Maine Township seniors. For further information on these and all senior programs and activities call 1-847-297-2510 or visit www.mainetownship.com.

Looking for employment...Don't miss this Award Winning Event!
5 TOWNSHIP JOB FAIR for people 50 and older

Friday, September 24th 10 a.m. to 1:30 p.m.
The Cottillion, 360 Creekside Drive, Palatine (Rt. 53 and Northwest Hwy)
*Meet potential employers
*Bring plenty of resumes
For more information call 1-847-884-0030 #2018 or www.5senior-townshipjobfair.com

WATERCOLOR CLASS
Wednesdays, Oct. 13 to Dec. 15 to 7 p.m.
Instructor: Beverly Ellstrand
Cost: \$30 for 8 classes
Beverly Ellstrand's Class will begin with the basics! We will work together on sketching, laying on washes and layering color using still life and landscape as subject matter. Her curriculum also includes wet on wet, pen and ink and more. Beginners are welcome and encouraged. Bring sketch pad, pencils and watercolors (if you have them) to the first class!

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.

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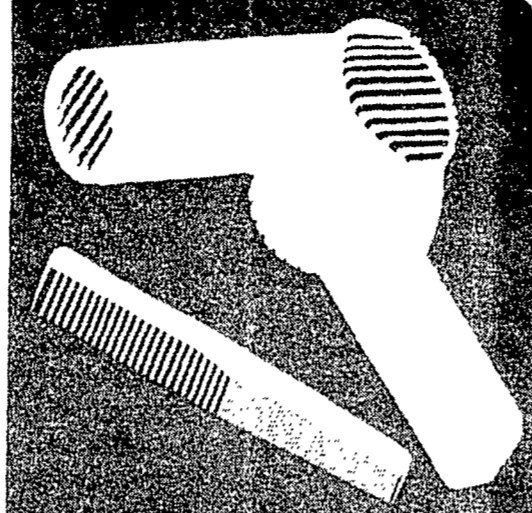
Muffler & Exhaust Special
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Up to 5 quarts of 5W30 or 10W30 motor oil, lube and new filter.
Includes disposal fee.
Expires 10/31/04
\$16.95

Brake Special Lifetime Warranty on Pads & Shoes
Most cars, light trucks and vans. Price includes installation, lube, warranty on pads or shoes. Excludes big drums or rotors. Excludes 25 car transferable warranty available on pads & shoes. Expires 10/31/04
\$50 Off Wheel Service 12/22/04-2/28/05

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Beauty foods:
What you eat affects how you look

BY JENNIFER GROSSMAN
For News USA

(NUI) - We've all heard the old adage, "You are what you eat." But what about the connection between your food and your face? Most articles about nutrition focus on the role of your diet in maintaining optimum internal health and warding off disease. For example, many articles talk about how the antioxidants found in fruits and vegetables can fight free radical damage to your immune cells, your organs and your DNA. Well guess what? The same phyto-

chemicals, vitamins, nutrients and minerals that keep your insides in the pink are equally essential for clear skin, bright smiles, strong nails and clear eyes. If you want to look your absolute gorgeous best, keep these diet guidelines in mind:

- * Antioxidants: Found in abundance in colorful fruits and vegetables, these nutrients help combat signs of aging caused by the oxidation - the rust, if you will, of our cells. beauty foods that are potent sources of antioxidants include: pomegranates, prunes, concord grape juice, blueberries, blackberries, purple cabbage, kale, brussels sprouts, dried plums, kiwis, raspberries, strawberries, raw spinach, oranges, apples and watercress.
- * Essential fatty acids: Certain polyunsaturated oils are called "essential" because they must be included in our diet. EFAs, like omega-3 and omega-6, may reduce inflammation that can clog skin and lead to wrinkles. Sources include seafood - such as salmon, sardines, trout and flounder - as well as almonds, walnuts and flaxseed.
- * Avoid simple carbs: Some research suggests the insulin spike caused by simple carbohydrates, such as bread, pasta and sweets, may trigger a series of metabolic reactions that can lead to breakouts.
- * Maximize water, moderate alcohol: Water, and lots of it, will help keep your skin hydrated, while alcohol in excess of one 4-ounce drink a day can dry it out. Also, some dermatologists say alcohol's dilation of fragile facial capillaries can cause and exacerbate rosacea.
- * Healthy fat: While it's always important to minimize artery-clogging saturated fat, don't shy away from healthy monounsaturated fats, like olive oil and other liquid, plant-based oils that keep skin emulsified.
- * Vitamin C: Make sure to also feed your face with vitamin C to help maintain collagen, the most important component of connective tissue contributing to the underlying foundation of your skin. The best sources of vitamin C includes citrus fruits and juices, broccoli, cauliflower, cantaloupe, strawberries, tomatoes, red peppers and green peas.
- * Weight-loss bonus: Pound for pound, fruits and vegetables have fewer calories than other food groups. Plus, they have plenty of fiber, so they'll help you feel full. Such a fruit-and-vegetable-rich diet helps ward off cravings by ensuring the body gets the full spectrum of nutrients, minerals, vitamins and phytochemicals it needs to function.

Data from the National Weight Control Registry, which maintains records on more than 3,000 individuals who have had success keeping off a minimum of 30 pounds, suggests that the winning diet for long-term weight loss is a low-fat, complex-carb diet rich in fruits and vegetables.

This data was recently reinforced by an international study, conducted by Northwestern University, assessing the diets of more than 4,000 people in the United States, United Kingdom, Japan and China. The study found that, without exception, a diet high in complex carbohydrates, fiber and vegetable protein was associated with low body-mass index.

The bottom line is that there's nothing more beautiful than vibrant good health, and there's nothing healthier than a regime that includes plenty of exercise, rest, water, lean proteins, and an abundance of fruits and vegetables.

LIFE

EVENTS CALENDAR

CIVICS

Thursday, September 27th
Mayor Daniel D. Scanlon, the Board of Trustees the Community Relations Commission, and staff cordially invite new residents of Morton Grove to the New Resident Reception 6PM -7PM at the American Legion Memorial Civic Center 6140 Dempster Street, Morton Grove, Illinois. See your local government in action. Meet Village, Park District, Library and Chamber of Commerce officials. Voter Registration will be available. Village Board meeting to follow at 7PM. For more information call the Village Administrator's Office at 847.470.5220.

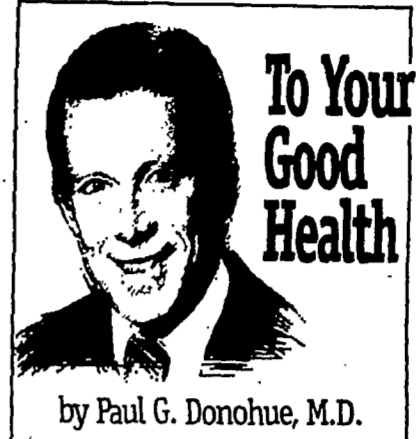
COMMUNITY

Friday, September 24th
Saint Andrew Life Center Offer community Blood Pressure Screenings St. Andrew Life Center, 7000 N. Newark, Niles will be conducting monthly blood pressure screenings for the community. Hypertension, or high blood pressure, is known as the Silent Killer, because very often it causes no signs or symptoms to warn the individual of its presence. Periodic blood pressure tests can be a quick way to detect a serious health problem and prevent a stroke.

The screenings will take place every fourth Friday of the month from 9AM until 11AM at the Life Center. This month, the blood pressure screening will take on Friday. Future screenings are scheduled for October 22, November 26 and December 17, 2004. To ask any questions or for directions, please feel free to call 847-647-8332.

Wednesday, September 27th
Saint Andrew Life Center 7000 N. Newark in Niles will be hosting the 2nd Annual Spaghetti Dinner Fundraiser on Friday, October 1, 2004. The menu will include antipasto platter, garlic bread, spaghetti with marinara sauce or meatballs in sauce, grilled Italian sausage and assorted desserts. Entertainment performed by Mark Valenti. Tickets on sale for \$10.00. Seats are limited, for reservations please contact Domenica Turner or Michael Ciccio by September 27th at (847) 647-8332.

Wednesday, September 29th
Medicare & Medicaid Fraud; Who Pays? You Pay!
United Methodist Homes & Services welcomes Mike Byrnes from the Chicago Department on Aging for an informative seminar on Medicare & Medicaid Fraud. Mr. Byrnes will explore the many aspects of Medicare & Medicaid fraud, provide an understanding of how much fraud may cost if it is not detected and share tips on how to protect your benefits. Please join us at 2p.m. at Hartwell House Assisted Living, 5520 N. Pauline, Chicago. Seats are limited, please RSVP to 773.275.2400. Refreshments will be served.



Headaches can come in clusters

DEAR DR. DONOHUE: Please help. My husband has had cluster headaches for 20 years. They come infrequently, but they last as long as two months. They are very painful. The doctors have had no answers or cure. Any information you provide is greatly appreciated. — H.C.

ANSWER: Few conditions approach cluster headache in magnitude of pain. Often the headache wakens a person from sleep. He jumps out of bed and paces back and forth in a frenzy. I say "he" deliberately. Men victims outnumber women victims 6-to-1. The headache stays localized to one side and often is centered

around the eye. The eye on the painful side of the head might water and the nostril on that side drip.

A headache lasts anywhere from 15 minutes to three hours. They get their name "cluster" because they can recur eight or more times in one 24-hour period, and they can come back daily for weeks or months.

Breathing pure oxygen can end a cluster headache. Lidocaine nose drops have helped some people abort cluster headaches. Lidocaine is a numbing agent. Migraine medicines, such as sumatriptan and zolmitriptan, have been effective cures for many. For headaches that will not stop and are ruining a person's life, the cortisone drug prednisone almost always turns the battle in favor of the patient.

Headache sufferers can get a comprehensive discussion of all headache types in the headache report. Write to: Dr. Donohue — No. 15, Box 536475, Orlando, FL 32853-6475. Enclose a self-addressed, stamped (55 cents), No. 10 envelope and \$3. Please allow six weeks for delivery.

DEAR DR. DONOHUE: Please clarify the enclosed newspaper item that says cervical cancer is a sexually transmitted disease. As a retired R.N., I was not aware of this. — L.B.

ANSWER: Cancer of the cervix can be thought of as an infectious disease and one that is sexually transmitted because papillomavirus can be found in 90 percent of those cancers. In the other 10 percent, the cause is not known. Papillomaviruses cause warts. They are a huge family of viruses, numbering more than 100 different strains. Some papillomaviruses infect only the genitals. Of those viruses, only a handful are associated with cervical cancer. Don't jump to unwarranted conclusions. Women who have or who had cervical cancer are not sexually promiscuous. Papillomavirus can infect a man or a woman without producing a single symptom, and that symptomless person can transmit the virus.

Although most cervical cancers contain the virus, how that virus was transmitted is often a conundrum.



Chicken shows its versatility

You can never go wrong when you add chicken to the shopping list. It's never boring, because you can serve it several times a week and cook it differently each time. Here are a couple of dishes to introduce. The first calls for herbed thighs (my favorite part) cooked in a skillet for 10 minutes or less and then removed from the skillet, which is then used to cook rice with tomatoes, broth, rosemary and olives. The chicken is returned to the skillet to cook through and drink in the flavors. (Just one pan to clean.)

The second is a little more exotic, using Smucker's new Low-Sugar Sweet Orange Marmalade. It has 50 percent less carbohydrates, sugar and calories than regular preserves.

Rosemary chicken and olive rice
1 1/2 teaspoons dried rosemary, crushed, divided
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 large or 8 small bone-in chicken thighs (about 2 pounds), skin removed

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 cup long-grain white rice, preferably jasmine
- 1 (14 1/2-ounce) can diced tomatoes, undrained
- 1 cup reduced-sodium chicken broth
- 3/4 cup halved Lindsay manzanilla pimiento-stuffed olives
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 to 3 1/2 pound chicken, cut in 8 to 10 pieces
- 1/4 cup low-sugar orange marmalade or apricot preserves
- Moroccan Marmalade Sauce*
- Rinse chicken and dry on paper towels. Mix together cinnamon, salt and black pepper. Rub mixture all over chicken pieces, pressing mixture in. Arrange chicken, skin side down, on broiler rack. Cook 15 minutes. Turn chicken over and cook additional 15 minutes, until skin is crisp and juices run clear. Brush chicken with 1/4 cup marmalade or preserves. Broil 2 minutes longer. Arrange chicken on serving plate. While chicken is cooking, prepare Moroccan Marmalade Sauce (recipe follows), to serve at room temperature, with chicken. Makes 6 servings.
- Moroccan Marmalade sauce**
1/4 cup low-sugar orange marmalade or apricot preserves
1 cup sour cream
1 teaspoon dry mustard
1/2 teaspoon cumin
1/4 teaspoon celery seeds, optional
2 tablespoons minced scallions, optional
- Mix together marmalade, sour cream, dry mustard and cumin until well combined. If desired, mix in celery seeds and scallions. Serve at room temperature.



Moroccan broiled chicken
1/4 teaspoon cinnamon

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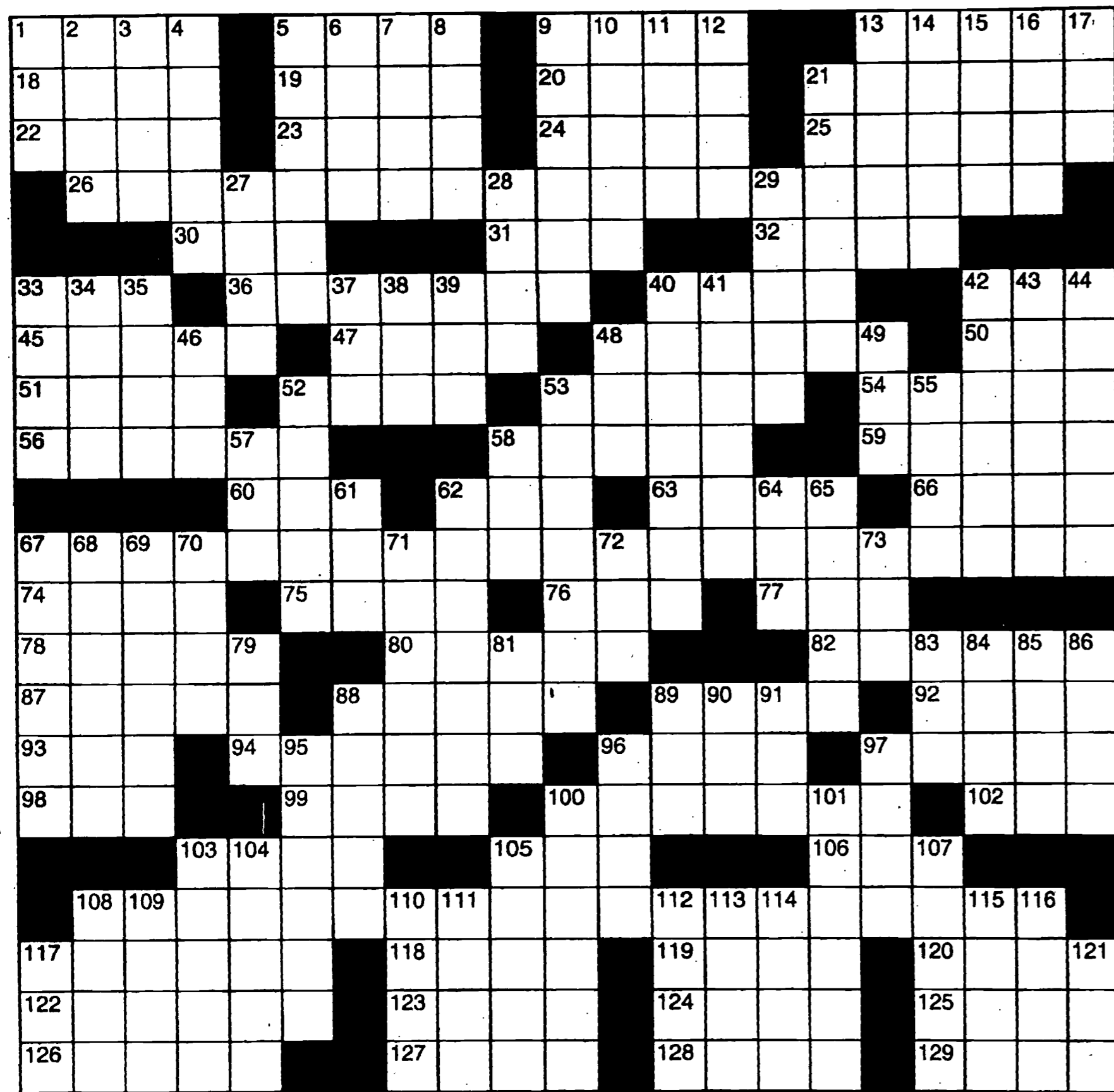
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SUPER CROSSWORD

STICKY PROBLEM ACROSS

- 1 Caesar's suit?
- 5 Fiber source
- 9 "Breaky Heart" ('92 hit)
- 13 Haberdashery items
- 18 Left open
- 19 Comfort
- 20 Hint
- 21 Southwestern native
- 22 Java joint
- 23 About
- 24 Deep unconsciousness
- 25 Set's sibling
- 26 Start of a question
- 30 Tucked into the tortellini
- 31 Gibbon or gorilla
- 32 Orient
- 33 Chew the fat
- 36 Occupy

- 40 "Git, Garfield!"
- 42 Commercials
- 45 Rap-sheet datum
- 47 Landed
- 48 Runnymede's river
- 50 See
- 56 Across
- 51 "Chain -" ('60 hit)
- 52 Tribe
- 53 On guard
- 54 Ignominy
- 56 With 50 Across, fluffy feline
- 58 Munch (on)
- 59 Summarize
- 60 Pound sound
- 62 Wine and dine
- 63 Saucy
- 66 Speech problem
- 67 Middle of question
- 74 Jack of "Rio Lobo"
- 75 Word with rug or code
- 76 Couple
- 77 Pindaric poem

- 78 Annoys
- 80 Norwegian composer
- 82 Distressed one?
- 87 Turn inside out
- 88 Ulan -
- 89 Torso
- 92 Nurse's helper
- 93 DC figure
- 94 Jonathan Winters' birthplace
- 96 Odense denizen
- 97 Ladd role
- 98 Humorist Buchwald
- 99 Submachine gun
- 100 Barber opera
- 102 Deface
- 103 Repeat
- 105 Fraternist sticker
- 106 Palm Sunday beast
- 108 End of question
- 117 King's thing
- 118 Add color
- 119 Circle dance
- 120 Orthodox image

- 122 Evaluate
- 123 Voice type
- 124 Fruit-tree spray
- 125 Metric measure
- 126 Subject
- 127 See 65 Down
- 128 Oenophile's mecca
- 129 Dutch export
- DOWN**
- 1 Tic - -toe
- 2 Ventura County city
- 3 Fish hook
- 4 Amphitheater feature
- 5 Defeated
- 6 Prickly heat, e.g.
- 7 - Spumante
- 8 Light material
- 9 Take
- 10 Garlic segment
- 11 Actor Cronyn
- 12 "My Favorite -" ('82 film)
- 13 Foundation

- 14 Put on the street
- 15 Songbird
- 16 "So - is the thanks I get!"
- 17 Sea plea
- 21 Record music, in a way
- 27 Singer Redding
- 28 Trot or gallop
- 29 Sordid
- 33 Enthusiastic
- 34 Parsons or Paton
- 35 Impresario Rudolf

Be The First to Fax In Your Completed Crossword and Get Your Name In The Paper!

Fax in your answers to: Attention Mr. Schneider Fax # 847-588-1911 **This Week's Winner!** Ralph Stepinski

- 37 Producer Prince
- 38 Menu phrase
- 39 Coal container
- 40 Salon supply
- 41 It may be magic
- 42 Small shrub
- 43 Patterned fabric
- 44 Plain
- 46 Give it - (try)
- 48 Even if, informally
- 49 Ukr., formerly
- 52 Hills or Thomas
- 53 Shore soup
- 55 Hamilton detective
- 57 Hurricane fliers
- 58 Pigeon English?
- 61 In honor of
- 62 Pulitzer winner
- 64 Sweater letter
- 65 With 127 Across, toyshop buy
- 67 Brewer or Graves
- 68 "Jean" singer
- 69 Aptitude
- 70 Part of EMT
- 71 Void
- 72 Excavated
- 73 Archaic assent
- 79 Part of EST
- 81 Noun suffix
- 83 -jongg
- 84 "The King and I" setting
- 85 Author Ferber
- 86 Wolfish expression
- 88 English Romantic
- 89 Outlaw
- 90 Quindlen's "True Thing"
- 91 - Peres, MO
- 95 Definitely dislikes
- 96 Like some cellars
- 97 Manuscript enc.
- 100 Herbert or Hugo
- 101 North African feature
- 103 Violinist Zimbalist
- 104 Intimate
- 105 1492 vessel
- 107 Director Lee
- 108 Marley's colleague
- 109 Celtic
- 110 Pierce
- 111 Mosaic bit
- 112 Comparative word
- 113 Alley's angel
- 114 "The Parent -" ('61 film)
- 115 Biting
- 116 Vincent Lopez's theme song
- 117 Beaver, for one
- 121 - de plume

BUSINESS

THE BUGLE

Dollars and sense

by David Uffington

Buy-and-hold investing is still a great idea

If you're a buy-and-hold investor, these days may be proving very difficult for you. A lot of stocks have been hard-hit by recent developments, making the proven, long-range investment strategy of hanging tough with your stocks an especially fretful one.

If you've picked your stocks well, buy-and-hold is still the best way to go. Even though the technology sector has been hardest hit of late, tech stocks like Cisco Systems, Texas Instruments and Oracle are sure to recover and are worth holding onto for the long run.

But should the buy-and-hold strategy be an inflexible one? I think not. Rather, you should see it as an extremely conservative approach to making your investment choices, while allowing yourself the room to make adjustments when it's rational to do so.

When the markets are volatile, they are also emotional. When the Nasdaq headed up the roller coaster last year with an 88 percent gain, buy-and-hold

investors found it difficult to abstain from those wildly speculative stocks that could jump 1000 percent. But if you got into those stocks, you probably bought them just before they began to fall. The lesson: If you're going to step out of your buy-and-hold approach, don't do it when the market is running at a fever pitch. That's probably too late to get in on the action.

Now we're on the downside of the rollercoaster, and buy-and-hold investors are watching a severe erosion in stocks they have long held on to. When you consider that these stocks may have further to fall before hitting bottom, you can see the buy-and-holders biting their nails considering whether to bail out. Again, wrong move. Selling toward the bottom of an emotional cycle will have the adverse effect of getting out too late and watching formerly-held stocks start to rebound.

Instead, buy-and-holders should consider keeping a core portion of their portfolios (80 percent of their best stocks) unchanged, while retaining the latitude to sell the remaining part when the market tops, or buy when the market taps out.

This way, you can intelligently take advantage of the market's swings while still keeping the long-term strategy that will pay the greatest benefits to you over time.

(c) King Features Synd., Inc.



Shure provides free hearing screening to all associates

Microphone manufacturer puts its money where its ears are

Last month, Shure Incorporated offered free hearing screenings to all of the Company's associates at its Niles and Wheeling, IL locations. More than 300 Shure Associates participated in the program.

"A few years ago we made hearing conservation our corporate cause," said Sandy LaMantia, Shure's President and CEO. "Because so many of our people are avid music fans and musicians, good hearing health is critical to their personal enjoyment of sound, but the bottom line is that we are all audio professionals. Since we're in the business of sound, it makes perfect sense for us to offer this benefit to all of our Associates."

The Shure Bid for Hearing program is dedicated to educating musicians, audio professionals, and consumers on how to enjoy sound responsibly. The program also raises money for hearing conservation charities to underwrite the cost of funding hearing research studies, creating educational publications and films, and providing free hearing screenings. For more information about the Shure's hearing conservation efforts, please visit www.shure.com/hearing.

MORTGAGE RATES

Program	Rate	Points	A.P.R
30 Year Fixed	5.375%	0	5.482%
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3 Year ARM	4.000%	0	4.122%

Rates are current at time of publication and are subject to change. Sponsored by North Shore Financial Services Corp. 847.205.1003

Morton Grove hotel joins international chain



Best Western International recently announced the opening of the Best Western Morton Grove Inn located at 9424 Waukegan.

The recently renovated hotel is comprised of 51 rooms and two suites.

"Best Western extends a warm welcome to the Morton Grove Inn," said Mark Williams, vice president, North American Development for Best Western International. "We are excited to add this property to our growing portfolio of hotels in suburban Chicago."

Niles Family Fitness Center offers massage therapy

The Niles Family Fitness Center now has two massage therapists on staff to provide one-hour massages.

Deana Strzelecki, a long time resident of Niles is a recent graduate from the Chicago School of Massage Therapy. She is a licensed, full-time Physical Therapist Assistant working with patients at the Abington in Glenview. She has also had training in a clinical setting and working with cancer patients.

Deana is skilled in Swedish massage, Sports Massage, muscle therapy, trigger point therapy, thermal therapy, and body mobilization techniques. Deana is available for appointments on evenings and weekends.

Angela Sanchez is a graduate of The Sonoma Institute National School of Clinical Massage Therapy. She has experience at Kindred Hospital treating patients with Swedish massage, clinical massage, sports injuries and relaxation. Angela is available for appointments on weekdays from 9:00am-3:00pm. Massages are one hour in length. The fee for a one hour massage is \$50 for Members / \$60 for Guests. Appointments can be arranged by calling the Niles Family Fitness Center Membership Service Desk at 847-588-8400.



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REAL ESTATE

THE BUGLE

Thursday September 23, 2004

Eliminate the woes of surprise home repairs

(NUI) - Few things are more disruptive and frustrating than unexpected home repairs. And when they occur, they can be budget-busters.

From water heaters to air conditioners to dishwashers, homeowners spend hundreds of dollars annually to maintain and repair their home's systems and appliances. When major systems fail, expenses are even greater, averaging more than \$1,000 in repairs, according to experts.

The good news is, there's a practical and affordable solution to the surprise costs and hassles when

home systems and appliances break: a home warranty. Home warranties cover these major breakdowns, and often for less than \$500 per year.

More and more homeowners are discovering home warranties. According to recent findings, nearly 72 percent of real estate professionals nationally recommend home warranties to their clients and 90 percent of California real estate transactions close with one.

But cost isn't the only factor driving their popularity; questionable contractors are playing a role, too. When heating systems go

awry or the refrigerator loses its cool, most homeowners prefer to have someone else do the work. Trouble is, finding qualified technicians quickly is no easy task, compounding many homeowners' frustrations.

Poor quality of work, reputable contractors and work not complying with local codes are growing concerns among homeowners searching for contractors.

Fortunately, home warranties can ensure help from a qualified technician in a timely manner. In fact, American Home Shield works with a network of 11,000 authorized contractors who prom-

ise to visit homeowners within two business days.

To ensure that homeowners receive the best possible service, American Home Shield continually evaluates its contractors on quality, cost and professionalism by surveying homeowners. Contractors with the highest survey rankings receive more work, while those with poor performances are removed from its network.

In the past year, American Home Shield covered more than 1.2 million homes' systems and appliances with its warranties and performed more than 2.3 million service calls nationwide.



by Samantha Mazzotta

You can paint over wallpaper, but...

Q: Is it possible to paint over wallpaper that is on very well? If so, what is the best procedure? — A reader via e-mail

A: It's possible, though not advisable. Paint doesn't always adhere well to the paper, especially if it's glossy, and very colorful or highly textured paper will often show through the paint. I'm not saying you can't do it, though!

I painted over rose-stripped wallpaper in one of my first apartments, without any preparation, and never had a problem. So, test the paint color of your choice in a corner of the wall, let it dry and see how it looks.

If the wallpaper is not ripped or peeling away, you can paint over it without much trouble. I recommend lightly sanding the entire surface, wiping it clean with a damp cloth, and letting it dry for a day or so. Then, put a coat of sealing primer over the wallpaper. This will keep the paint from soaking into the paper (reducing the amount of paint needed for the job) and prevent old stains, moisture or air from bleeding through. Primer also provides an evenly colored surface to paint on. Once it's dry, paint away.

What if the wallpaper is ripped or the edges are peeling away? If removing all of it is a pain, patch the ripped area with a spare piece of wallpaper to ensure an even wall surface, and glue the edges back in place. Sand the ripped edges lightly, and if necessary, apply spackling compound over the edges, feathering the compound to cre-

Continues...
HAMMER page 24

Landscaping Can Provide Big Return on Investment

(NUI) - According to a Clemson University study, landscaping around your home can provide 100 percent or more return on investment. The Clemson study reports that the initial cost for landscaping is about 10 percent of the home's value, while a quality landscaped yard will provide a 13 percent to 17 percent increase in resale value.

However, a homeowner's ability to ensure this kind of return on investment depends heavily on selecting the right landscape contractor and using quality materials like interlocking concrete pavements or segmental retaining walls. Homeowners

should consider several factors when selecting their landscape contractor.

- * Determine the scope of the project. Work closely with the contractor to ensure your vision is understood and implemented. You can also ask the contractor to design landscaping. Many landscape contractors have in-house landscape design services.
- * Make sure your contractor is properly licensed, bonded and insured for the work proposed. Many regions require special licenses to conduct the earth-work and grading operations necessary for retaining wall construction or to perform the plumbing operations necessary for irrigation and water features.

The landscape contractor should also have proper insurance for both liability and worker's compensation and should provide proof upon request.

- * Research your landscape contractor. Follow up on all references provided. Make sure the contractor has sufficient experience on projects of similar size and scope. Make sure the contractor has experience with the products being installed. Ask if the contractor has been certified or trained by the product supplier and if the contractor has achieved recognition from a local or national trade association for demonstrating professionalism and quality. Such credentials are provided by the

Interlocking Concrete Pavement Institute for paver installation and by the National Concrete Masonry Association for segmental retaining wall installation.

- * Seek guarantees from the landscape contractor. Many landscape contractors or nurseries will guarantee plant materials for periods up to one year and will guarantee hardscape installations, like interlocking concrete pavements and segmental retaining walls, for periods up to or exceeding one year. It is also important to find out what is covered under the guarantee. For instance, it may not cover poor performance resulting from misuse or lack of basic maintenance.

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REAL ESTATE

Building Long-term energy savings into your home

(NUI) - While new homes are 100 percent more energy efficient today than those built three decades ago, most people are not familiar with how to actually design energy savings into the infrastructure of their home.

Here are a few ways to save energy in your home:

* Windows and doors: Today's architecture takes advantage of increased window space and elaborate entry systems. This style enhancement certainly adds to the appeal of a home,

but it increases the importance of having energy-efficient windows and doors.

On average, a household spends nearly 50 percent of its annual energy costs in heating and cooling. You can reduce this expense by up to 15 percent by using energy-efficient windows and doors, which help decrease the transfer of heat. Start by looking for products that have the Energy Star label. This label identifies products that meet the strict energy-efficiency guidelines set by the U.S. Environmental Protection Agency

and the U.S. Department of Energy. * Construction materials: Wood or vinyl (for windows) and steel (for doors) offer high energy efficiency. For windows, dual-pane insulating glass units and low-emissivity glass also increase the products' energy efficiency. For steel doors, look for a polystyrene core, which helps the door retain its energy-saving properties longer than steel doors with a polyurethane core.

Rest assured, however, that you will not have to forgo style and beauty when seeking energy efficiency.

Many manufacturers, such as Jeld-Wen Windows and Doors, offer a variety of Energy Star-qualified products that are attractive, durable and provide superior performance. In fact, upgrading windows and doors is a great way to build energy savings into your current home.

* Insulating your home: In addition to diminishing heat transfer through windows and doors, you can ensure even temperatures in the home by selecting proper insulation. Well-insulated homes can save up to 30 percent on heating and cooling costs.

Pay attention to the R-values used to rate the energy efficiency of insulation - a higher R-value indicates a better ability to resist heat flow, meaning that it is more energy efficient.

* Heating and cooling engines: Installing oversized heating or cooling equipment is a common practice to provide customers with immediate results. However, oversized equipment is not necessary if your home is designed to conserve energy; it will only add to the growth of your energy bill.

Feng Shui in the Bedroom?

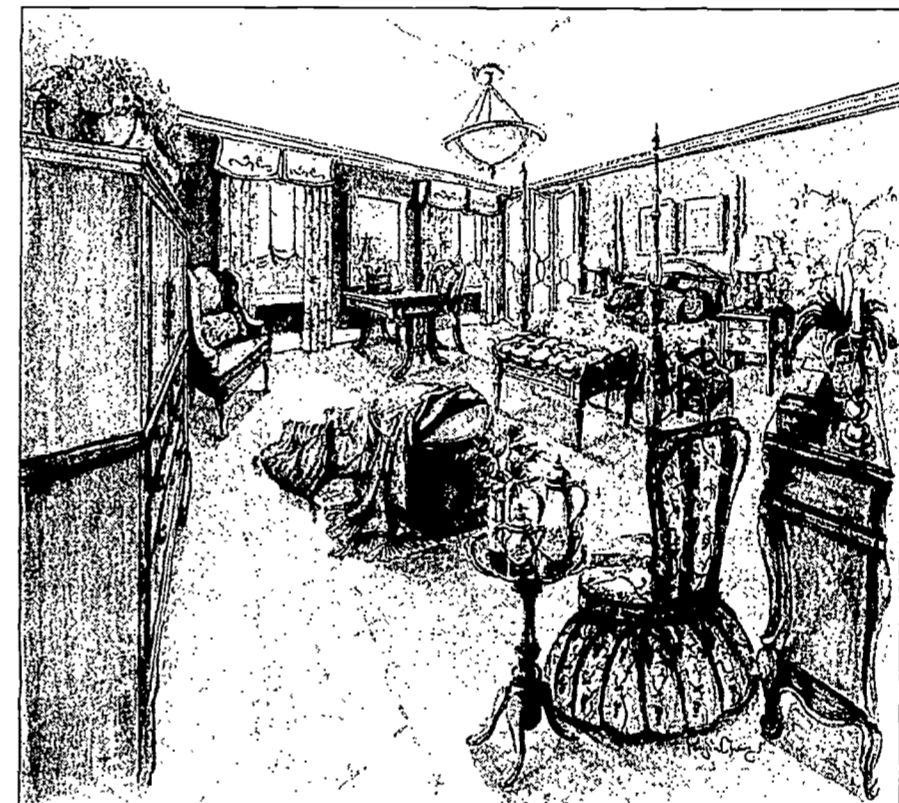
Even an English country master bedroom can be arranged for Feng Shui.

(NUI) - The ancient Chinese philosophy Feng Shui is a 3,000-year-old tradition of spatial design, creating harmony and balance between people and their environment. Literally translated, Feng Shui means "wind and water." It improves quality of life by mimicking life's natural order.

When creating Feng Shui in your bedroom, think of it as your place of rest, privacy, intimacy and refuge. It is for sleeping and lovemaking. If this room is not a place of harmony, the negative energy could harm your marriage, home life and physical well-being, according to Feng Shui professional and interior designer Robin Baron, founder and chief executive officer of Robin Baron Home Inc.

Place the bed in the position with the most commanding view of the bedroom door. We spend about one-third of our lives in bed in an open, vulnerable state. This area should be supportive to our being. Our relationship to the doorway into the bedroom is important because the door is the mouth of the chi (life force energy).

The five rules of bed placement are:
1. Avoid sleeping in a room located above or below the kitchen.
2. Avoid positioning your bed against the same wall the toilet.



3. Avoid sleeping with your feet pointed to the door. If there is little space to change anything, place a screen between your bed and the door to soften the blow of fast flowing "chi."

4. Avoid sleeping underneath an overhead beam.
5. Keep the toilet door in your room closed at all times.

It is not good to place mirrors in the bedroom. According to Feng Shui

practices, mirrors are an irritant to the bedroom area, contributing to poor sleep as they bounce energy currents back and forth.

Clean, gently flowing water can improve the sleeping environment in numerous ways. Lastly, fill your bedroom with love and light. Honor it with celebration. Love and embrace your environment as part of you and it will joyously give back to you love and universal peace.

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REAL ESTATE

Hammer

ate a smooth surface. Missing patches of paper and ripped edges will show up as clear imperfections on your newly painted wall. The toughest scenario is wallpaper that is more than half removed, albeit in strips, dribs

and drabs (because it is stuck so well to the wall that conventional removal is almost impossible). In this case, don't paint until every method of wallpaper removal has been tried, including steaming the glue away or using chemical solvents. (These

tools are available in the wallpaper and paint sections of your home-improvement store.) If there are globs of wallpaper left on the surface, they will be seen through the paint as odd bumps and lumps, no matter how much sanding and priming you do.

HOME TIP: Clean paint from your hands by placing a teaspoon of table sugar into your wet palms and rubbing your hands together; then rinse the sugar and paint away.

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.

Send questions or home repair (c) 2004 King Features Synd., Inc.

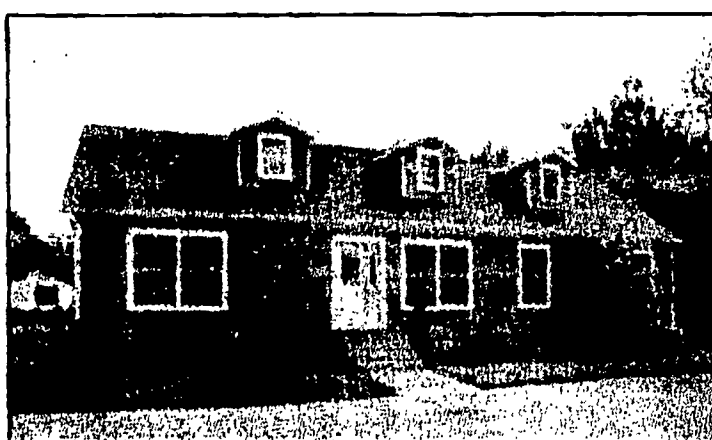
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(Continued from page 22)

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IN THE CIRCUIT COURT OF Cook County, Illinois County Department - Chancery Division. Bank of America, N.A., assignee of GN Mortgage Corporation. Plaintiff, vs. Dennis B. Cachola, et al., Defendants. No. 04Ch-15.

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on June 15, 2004, Intercounty Judicial Sales Corporation will on Friday, October 15, 2004, at the hour of 11 a.m. in their office at 120 W. Madison St., Suite 718A, Chicago, IL, sell at public auction to the highest bidder for cash, as set forth below, the following described mortgaged real estate: Commonly known as: 8501 W. Clara Dr., Niles, IL 60714.

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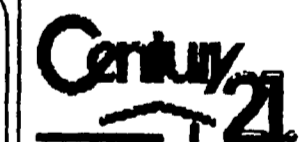
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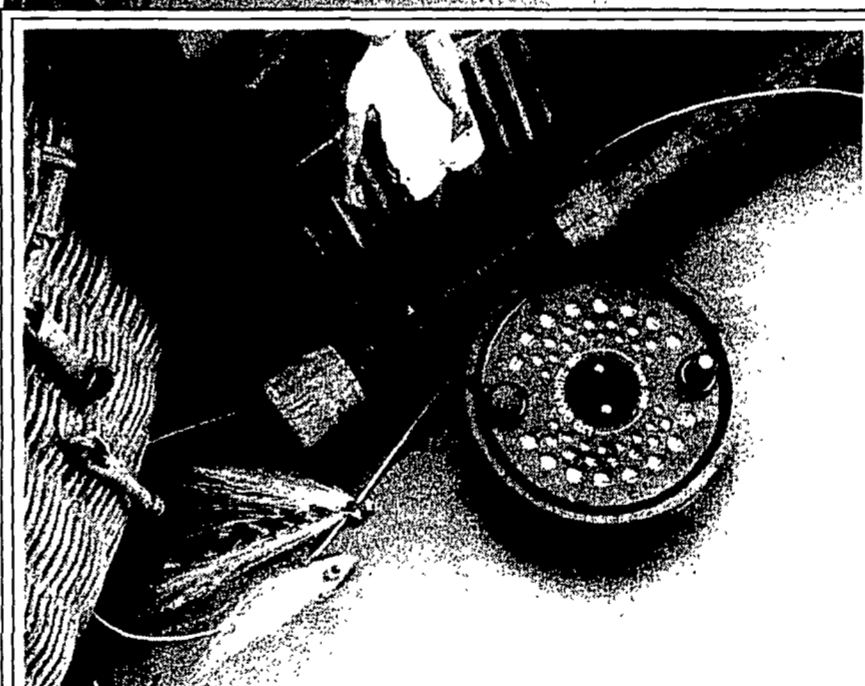


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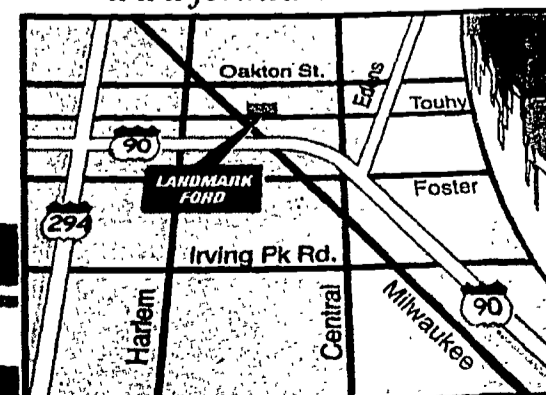
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