

FEB 03 2005

# THE BUGLE

Since 1957

February 3, 2005

Vol. 48 No. 37

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

## Inside this edition...



### Fatal collision in Niles

A Niles senior was killed in an accident last Wednesday, Jan. 26 when her car was struck by an SUV on Oakton. For the story, turn to page 14.



### Hawks Win

Maine South's Phil Mix (32) lines up his free throws in the second half of their game against Glenbrook South Friday night Jan. 28, 2005. For the story, turn to page 15.

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## In the News

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- ☐ Notre Dame's DeVience honored, pg. 7

## Have you Heard?

- ☐ The Bugle's newest section, 'Have You Heard' will provide readers with additional community announcements and news, pg. 9

## Electoral Board tosses out OTB referendum

### Signatures over 100 short of required number

BY ANDREW SCHNEIDER  
editor@buglenewspapers.com

Voters won't see a question on the ballot this April asking them if they approve or disapprove of a proposed off-track betting facility (OTB) in Morton Grove because, the Electoral Board concluded Monday afternoon, the signatures were over 100 short of the required eight percent of the last gubernatorial vote totals.

The members of the Electoral Board were Trustee Jim Karp, Clerk Marilyn Sneider and Mayor Dan Scanlon. They held their

Continues...

OTB page 14.



Photo by Allen Kaleta/Bugle

## Niles Board to hear Bunker Hill zoning Feb. 22

After an informal meeting that was scheduled to be held with residents of the Bunker Hill subdivision, Niles Community Development Director Chuck Ostman will complete work on a proposed zoning overlay. It could be presented to the village board as early as

Tuesday, Feb. 22.

The proposed zoning overlay has been in the works since late last year when a resident of Bunker Hill wanting to expand his home came under opposition from some of his neighbors and was unable to gain village approval of the addition since his home wasn't in com-

pliance with existing zoning laws.

The problem, Ostman concluded, wasn't that this individual's plan was bad, but was that about 70 percent of homes in the subdivision were not in compliance with zoning laws. The proposed overlay would create a subset of Niles zoning code just for Bunker

Hill.

If the informal meeting with residents goes as expected, then the overlay would be heard by the Niles Zoning Board on Monday, Feb. 7. If the Plan Commission votes in favor of the recommendation, it will go to the Village Board on Feb. 22.

## Rev. Robert McLaughlin

1940-2005

Mary, Seat of Wisdom pastor was an out-spoken leader in the Chicago Archdiocese

Rev. Robert McLaughlin, 64, former pastor of Holy Name Cathedral in Chicago passed away Monday Jan. 24, in Naples, Fla., of a heart attack.

McLaughlin was beloved by Chicago Catholics. The red-head often dressed as a leprechaun in the St. Patrick's Day Parade downtown. He was the former pastor of Holy Name Cathedral for 12 years and was a native of the city's west side and was currently the pastor of Park Ridge's Mary, Seat of Wisdom Parish.

Beyond his popularity with parishioners, McLaughlin was an outspoken leader in the Chicago archdiocese, even criticizing Cardinal Francis George for his management style, his command to refuse communion to homosexuals and his preference for individual confessions over general abso-

lution, a tradition in the Roman Catholic Church which allows members of a congregation to receive penance through their communal mass.

McLaughlin attended St. Frances of Rome Catholic School in Cicero, Quigley Seminary North and St. Mary of the Lake Seminary in Mundelein. He was ordained in 1966. He received a master's degree in speech and communications from Evanston Northwestern University in 1971 and another master's from Loyola University in 1987 for organizational development.

Cardinal George said that a "great void" would be left in the archdiocese with McLaughlin's death.

Funeral services were held Saturday at Mary, Seat of Wisdom where friends and parishioners thronged to pay their last respects.

McLaughlin is survived by his brothers, Ed and Jack as well as 14 nieces and nephews.

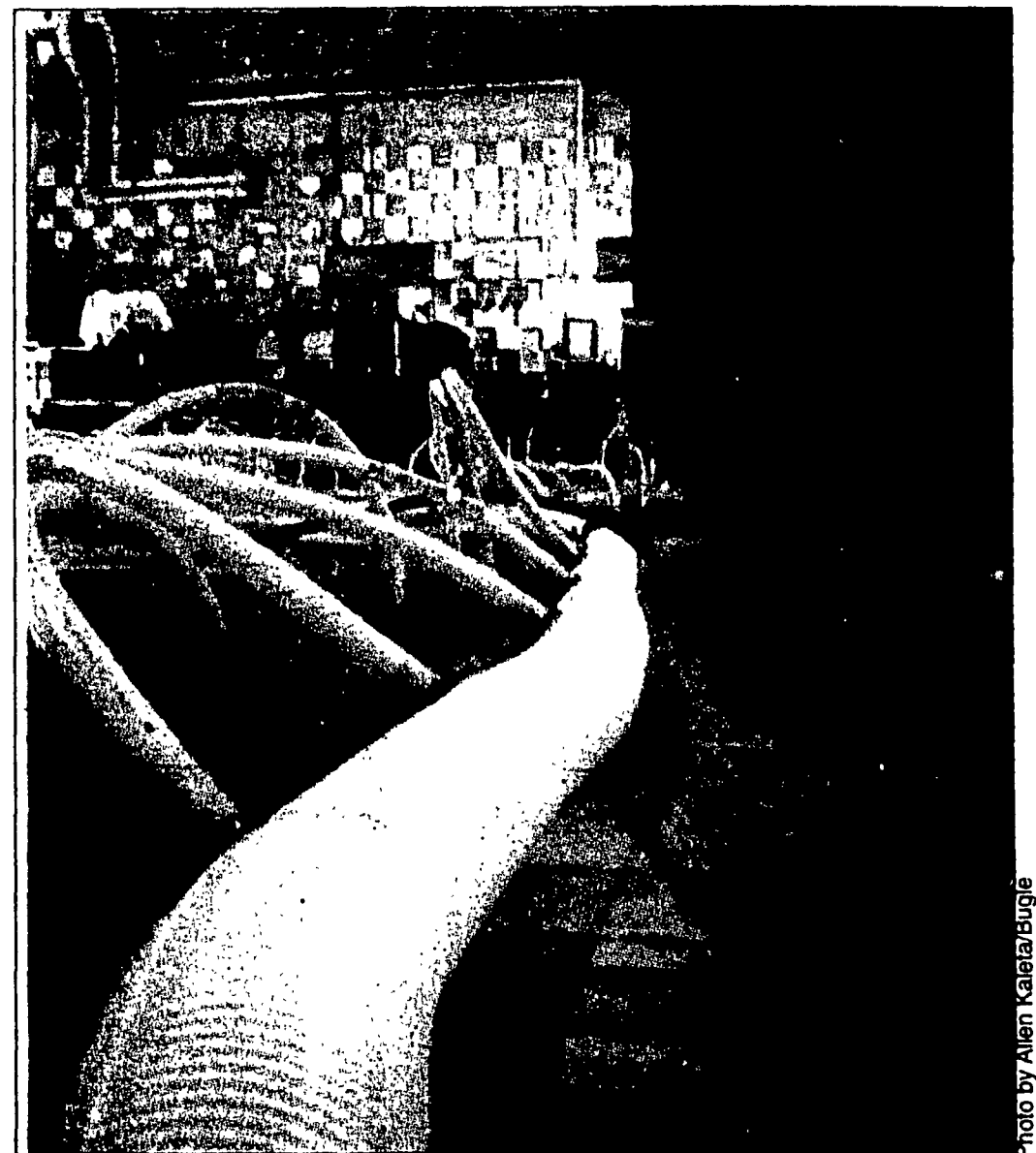


Photo by Allen Kaleta/Bugle

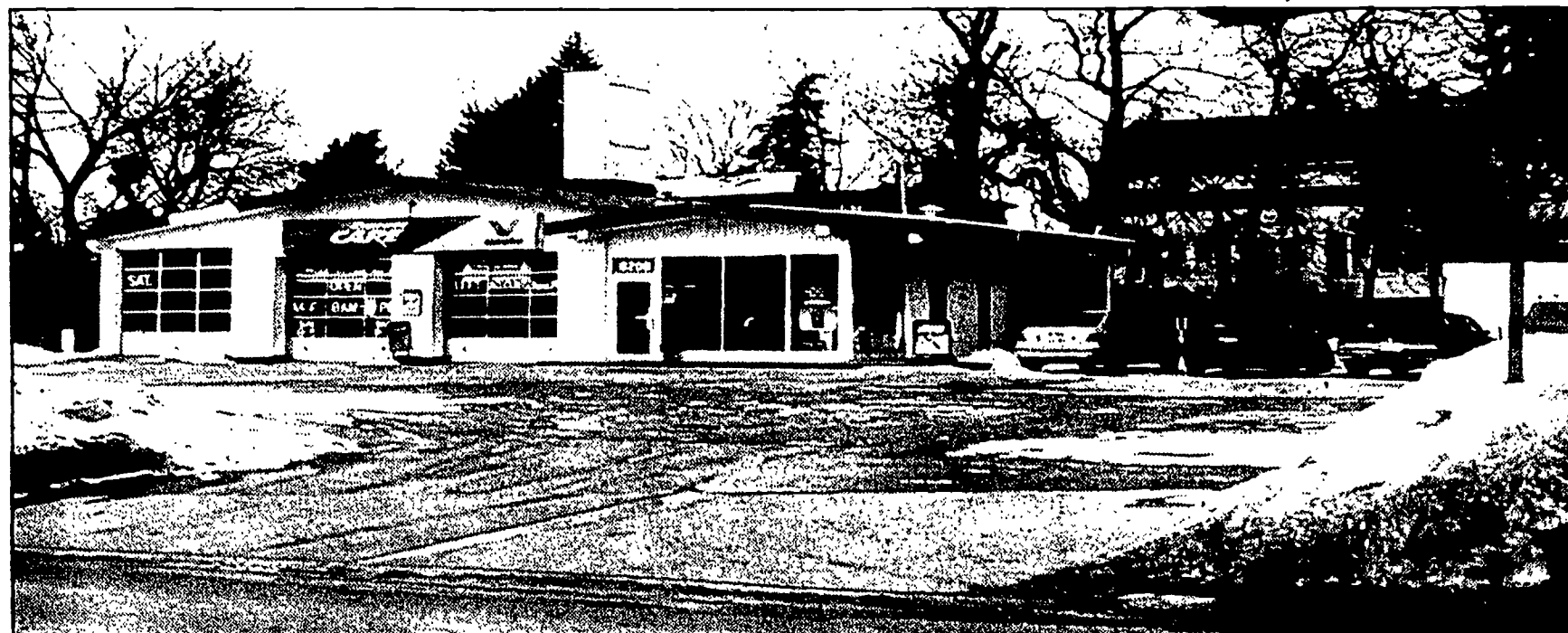
## Drying Out

The apron at the Maine South High School stage underwent a drying process last weekend after a fire that caused about \$100,000 in damage. For the story, turn to page 3.



## NEWS

## 'Hallowiener' restaurant goes back to Plan Commission



An Express Care oil change business currently exists on the site at corner of Prospect and Oakton in Niles. A Halloween-themed restaurant, "Hallowiener" is currently under consideration for the parcel.

The special use permit for "Hallowiener" restaurant, planned for the northwest corner of the Oakton/Prospect intersection in Niles was referred back to the Niles Plan Commission by the village board at their last meeting, Tuesday Jan. 25 because of what Community Development Director Chuck Ostman called, "appearance issues."

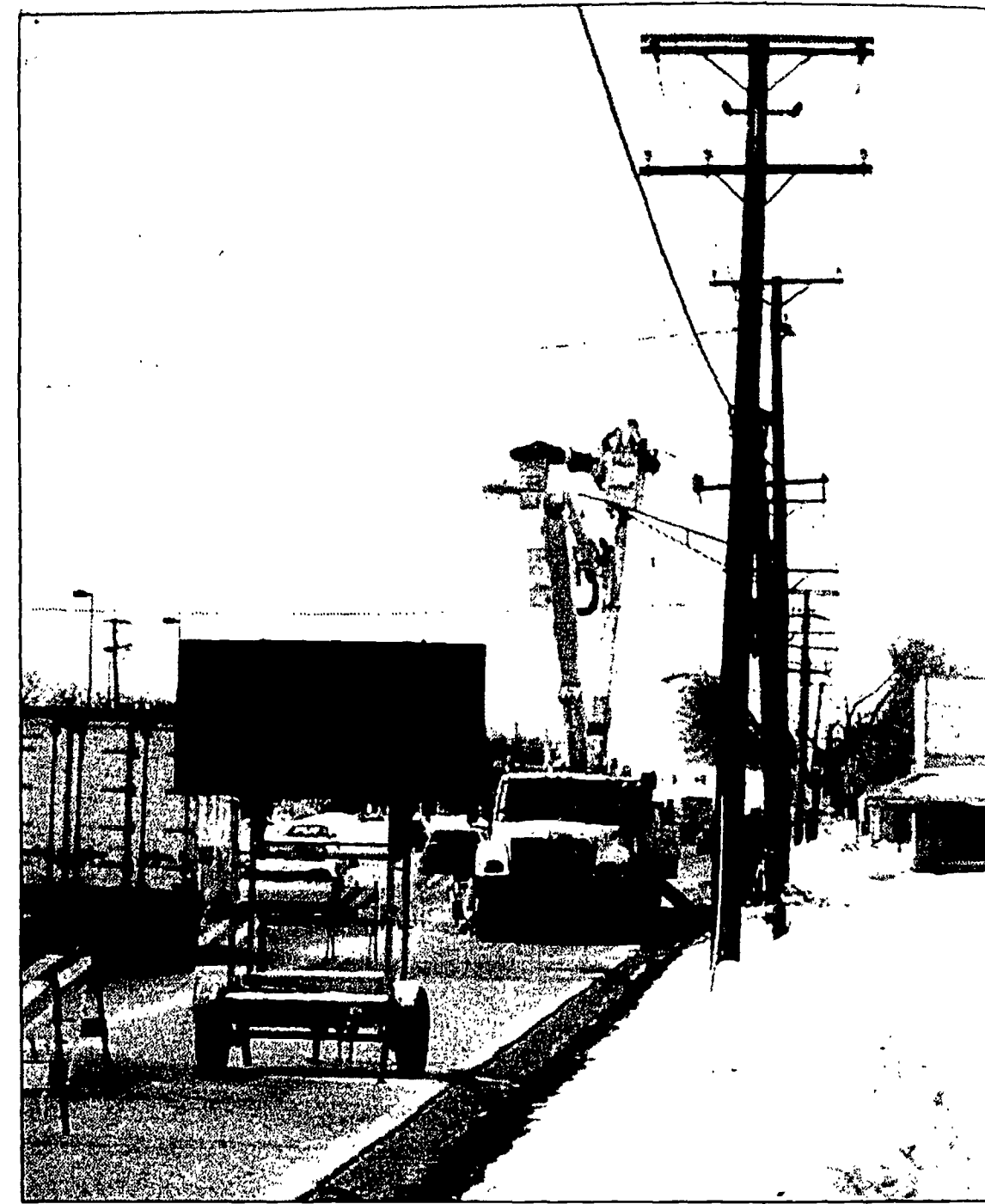
The restaurant came under opposition from Park Ridge resi-

dents who live across the street and down the block from the proposed restaurant, currently the site of an Express Care oil change business. The last Niles Plan Commission meeting also drew both mayoral candidates for Park Ridge. Even some Niles residents wrote to the village concerned that the business was ill suited to the parcel, which is about a block from District 64's Emerson Middle School.

But petitioners for the

Halloween-themed restaurant made a variety of concessions including decreased parking and seating and a relocation of the driveway entrance, further from the intersection.

The vote for referral was unanimous except for Trustee Bob Callero who abstained because his Niles-based accounting firm has a business interest in the proposed restaurant. The next Plan Commission hearing on the topic will be as early as Feb. 7.



Still Working

Employees of power utility Commonwealth Edison were still working on utility poles near the intersection of Dempster and Waukegan last Friday. One pole was broken and another was splintered Monday, Jan. 24 when a car drove into them. The driver was reportedly uninjured.

## NEWS

## 'It was a fluke'

### Fire on Maine South's stage last week puts cramp in production

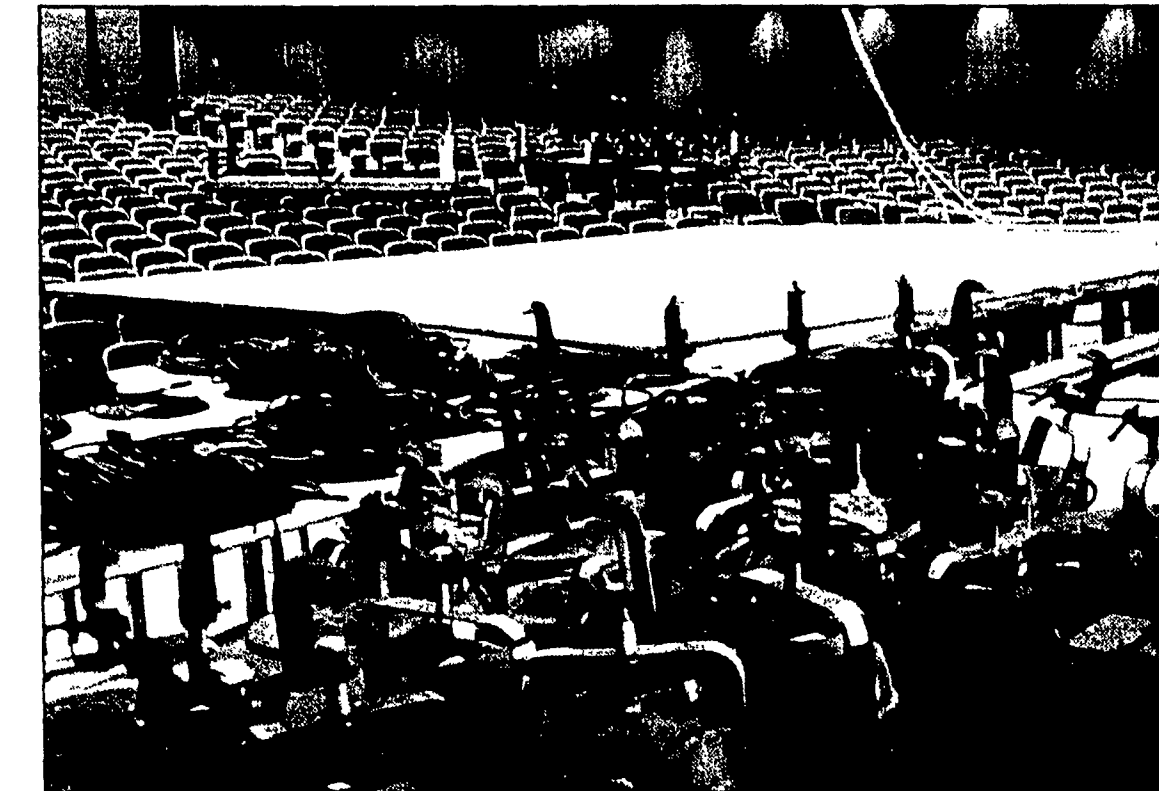
BY ANDREW SCHNEIDER  
editor@buglenewspapers.com

A fire that wrecked the main curtain and forced Maine South to throw out all the other curtains will also put a cramp in the production schedule for this year's musical, "Little Shop of Horrors," scheduled to go up the weekend of Feb. 17. Will instead be performed at Maine West High School in Des Plaines.

Pat Sanchez, technical director for Maine South's theatre program said that the fire last week, apparently caused by a lighting fixture that was too close to the main curtain, was a freak accident.

"It was a fluke," he said. "Those curtains are supposed to be fireproof."

The fire didn't injure anyone, but it came at the most inopportune time. With only three weeks left until the production is scheduled to be performed, Maine South doesn't have a workable stage or production area. Sanchez's crew hadn't really begun work on the set for the show and now with the cleanup efforts they're delayed still fur-



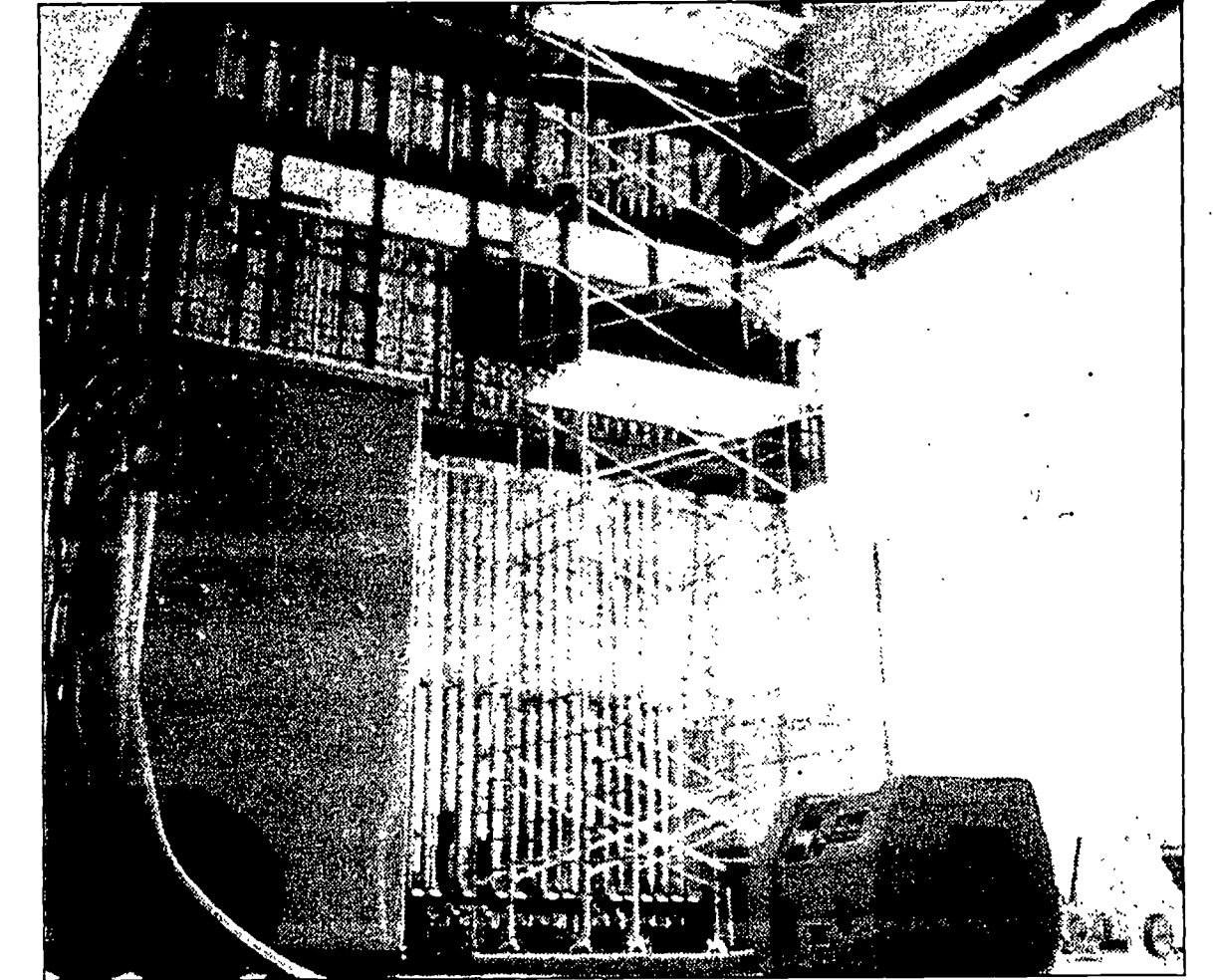
(Above) Stage lights stand on the left side of the Maine South stage last Friday. Workers were cleaning up from a fire last Monday that destroyed or damaged all of the curtains and may force an upcoming performance to be held at another of District 207's schools.

(Right) There are no curtains left above the Maine South stage after a fire last Monday burned half of the main curtain and damaged all of the other curtains. A performance scheduled to be held in about three weeks may have to be moved to another of District 207's high schools.

ther. "We're going to have to construct a set that we can build here and then move to one of the other schools," Sanchez said.

The fire caused about \$100,000 in damage to the curtains and the

stage floor itself. Workers were using equipment to dry out the hardwood apron last week and were also cleaning the space of smoke and ash. All of the costs are being covered by the Maine Township High School District



207's insurance policy.

If the hardwood apron cannot be dried, it may have to be replaced and there's still water from firefighters efforts last week under the stage floor itself. Over the weekend, workers determined that the floor was going to have to be pulled up entirely. Which would increase the overall cost of the damage beyond the \$100,000

originally estimated for the curtains and clean-up.

Because Maine West's Musical ends the weekend before, Maine South will have to set up and strike their own production in just one week. The performance begins at 8pm rather than 7:30pm to allow anyone who is confused about the location, more time.

## THE BUGLE

## Staff

## Publisher

Richard Henderson

Managing Editor

Andrew Schneider

Advertising Manager

Barbara Karawacki

Production Manager

Rory Scott

Webmaster

Gregg Taylor

Editorial (847) 556-1900 ext. 7

Production (847) 556-1900 ext. 5

Display Advertising (847) 556-1900 ext. 6

Classified Advertising (847) 556-1900 ext. 8

Subscription Services (847) 556-1900 ext. 9

Office Hours

8:00 a.m. to 5:00 p.m. Monday through Friday

The Bugle office is located at

7400 N. Milwaukee Ave. in Niles, IL 60714

Telephone: (847) 556-1900

Fax: (847) 556-1901

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# Health and Fitness Guide



THE BUGLE

Thursday February 3, 2005



## Club Fitness at the Morton Grove Park District

With so many fitness clubs popping up all over the North Shore, why Club Fitness?

BY SUE COTTINGHAM-HAUP  
MGPD Facility Manager

There are many reasons to join our fitness family.

Our customer service is number one. Our members and patrons are our first priority and you know that as soon as you walk through the door. Our club is full of state of the art exercise equipment, totting Cybex, Life Fitness, Pre Core, Hammer Strength, Stairmaster, and many more great fitness brands. Not only do we have a full selection of strength and cardio equipment, we also offer a large free weight area complete with Smith Machine, and Cable

Crossover for those who prefer working with heavier weights.

We pride ourselves on the cleanliness of Club Fitness. The locker rooms and facility itself are always clean. Yet another reason Club Fitness is the best choice for membership, are our rates. The lowest around! An annual membership costs as little



as \$178 annually, and we do not have initiation fees. We also allow our members to pay monthly, quarterly, or bi-annually for all annual memberships. Families are welcome too, with

great discounts for multiple family members.

Adult fitness classes are offered at a 50% discount and a free open gymnasium membership come with all annual fitness memberships. We offer spinning, yoga, kickboxing, toning, exersball classes and more. It is definitely worth a visit don't you think?

So many great reasons to be a part of Club Fitness, come in and visit us, you won't be disappointed. Club fitness at the Morton Grove Park District is located inside the Prairie View Community Center 6834 Dempster Street. Call (847) 965-1200 for more information on how you can become a part of our fitness family.

Advertorial

## Niles Family Fitness

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Cathy Fay: Has a Master of Science Degree in Cardiac Rehabilitation and Exercise Physiology.  
Anna Basile: Certified Personal Trainer (ACE)  
Pattie Picinini: Certified Personal Trainer (ACE)

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**Assessment/Evaluation:**  
This service allows our staff to assist you in setting up a conditioning/training program that enables you to work towards attaining your goals. Medical history, flexibility testing, range of motion, and personal goals are part of this service.

**Assistance:**  
For those who do not want to take advantage of the assessment evaluation we offer to assist you in learning the proper use of equipment

and make recommendations to improve your training and conditioning programs.

**Rehabilitation:**  
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2/18  
FEES: \$12 Member / \$16 Non-Member  
(add't child in same family \$8 Member / \$10 Non-Member)

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AGES: 6-12  
TIME: 8:00 AM-3:00 PM  
Fee: \$30 Member / \$39 Non-Member

# Start walking your way to good health

(NUI) - A thousand dollars for a treadmill. Fifty dollars a month for a gym membership. Is there a way to lose weight without losing your money, too?

The answer lies right at your feet: walking.

"Walking is just about the best health bargain around - fun, easy and absolutely free," said Dr. Lloyd Smith, president of the American Podiatric Medical Association.

Walking for exercise is safe,

easy and inexpensive and requires little athletic skill. Physicians say walking can help you strengthen your heart and lungs, improve circulation, boost your metabolism, improve muscle tone and reduce stress and tension. A brisk walk can burn up to 100 calories per mile, and if you walk at a brisk pace for a half-hour three or four times a week, you can lose about 10 pounds a year.

Walking is not strenuous and has few health risks. However, you should consult a physician if

you are over 60 years old, have a disease or disability or are taking medication.

A checkup also is recommended if you are substantially overweight, easily fatigued, an excessive smoker or have been physically inactive for a long period of time.

Ready to get started? A podiatrist can help you plan a walking regimen. Here are some tips from the APMA on how to get the most out of your walking routine.  
\* Stretch. Stretching before and after your walk helps you

improve circulation and decrease buildup of lactic acid, a chemical byproduct that causes muscles to ache.

\* Start off slowly. Gradually increase the distance, time and pace of your walking workout. You run the risk of injury if you walk too far or too fast too soon. If you are just starting a regular walking regimen, stay on flat surfaces, avoiding excessively big hills and embanked roadways.

\* Move at a steady pace. Walk fast enough to speed up your

heartbeat and breathe deeply. Make sure to walk with your head up, your back straight and your abdomen flat. As you walk, land on the heel of your foot and roll forward to push off on the ball of your foot.

\* Stay hydrated. Drink plenty of water before and after your walk.  
\* Wear the proper footwear. Podiatrists recommend lightweight walking shoes with breathable materials and adequate support and flexibility. Wear thick, absorbent socks made of acrylic fiber.

The Bugle

February 3, 2005

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## HEALTH & FITNESS

### Lifestyle changes key to lowering blood pressure

(NUI) - With few early symptoms, high blood pressure can easily go undetected. When it is not properly controlled, high blood pressure often is a precursor to the No. 1 killer in the United States - heart disease.

The heart must work overtime when the blood vessels become clogged due to a plaque buildup of cholesterol and fat. This is what causes blood pressure to rise.

To stay healthy, you must adopt a healthy lifestyle. The following tips will help you prevent or even lower high blood pressure, also known as hypertension.

\* Maintain a healthy weight. Blood pressure rises as body weight increases. Therefore, obesity can increase your risk of developing high blood pressure. If you are overweight, losing just 10 pounds can make a difference.

\* Reduce salt in your diet. Your body needs salt to function properly. Most Americans, however, consume more salt than they need. You should consume about 1 tablespoon of table salt a day. Also, read nutrition labels on packaged foods to see how much sodium is in one serving.

\* Increase potassium in your diet. Though most Americans eat too much salt, many don't get enough potassium in their diets. Since potassium helps balance the amount of sodium in cell fluids, not consuming enough of this mineral can lead to excess sodium. Eating foods such as fruits and vegetables is the best way to increase your potassium intake.

\* Limit alcohol consumption. Alcohol has been shown to raise blood pressure by interfering with the flow of blood to and from the heart. It also can harm the liver and brain. If you drink alcoholic beverages, have only a moderate amount.

\* Take a natural antioxidant. A recent study of individuals taking medication to control high blood pressure found that they were able to cut their dosages nearly in half by adding a natural antioxidant alternative. One such antioxidant that has proven effective in lowering high blood pressure is Pycnogenol, which is derived from the bark of the French maritime pine tree.

In a study conducted by researchers at the University of Arizona's College of Public Health, subjects with moderate hypertension showed significant decreases in their systolic blood pressure after taking Pycnogenol.

The most impressive results were found in patients with the highest blood pressure, at around 150 mmHg. (Experts recommend that you maintain a blood pressure lower than 140 mmHg.) The patients using Pycnogenol were able to reduce their blood pressure to 135 mmHg, right on target.

### Fight cancer with these 10 foods

BY JENNIFER GROSSMAN  
For NewsUSA

(NUI) - More than a third of all cancers could be prevented by changes in diet and exercise. One of the most important things you can do to reduce your risk is lose excess weight - and one of the best ways to lose weight is through a filling, fiber-rich diet including plenty of fruits and vegetables.

But that's not the reason why the National Cancer Institute recently approved the dietary guidance: "Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases." These foods are packed with antioxidants and other compounds that protect your DNA and fight free radical damage.

Since these substances work synergistically, it's best to eat a variety of fruits and vegetables rather than relying on one particular produce item to serve as a magic bullet against disease. That said, recent studies have uncovered specific benefits in the following foods that would recommend making them a part of any healthy diet.

1. Tomatoes: Lycopene, also found in watermelon and pink grapefruit, has been linked to lower risk of prostate, ovarian and cervical cancer. It also targets the free radical that is implicated in lung and digestive cancers.

2. Broccoli sprouts: One forkful triggers a cascade of antioxidant activity that lasts for days.

3. Berries: Blueberries, cranberries,

cherries, raspberries, strawberries, grapes - all rich in anthocyanins that repair and protect DNA.

4. Soybeans: Isoflavones such as genistein may help prevent and treat prostate cancer and may reduce breast cancer risk.

5. Tea: Both black and green contain powerful compounds shown in countless studies to lower the risk of several types of cancer.

6. Pumpkin: This unsung superfood is a super-rich source of both beta-carotene and alpha-carotene, two hard-working carotenoids that combat lung and ovarian cancer.

7. Spinach: Popeye's favorite may help ward off cancers of the liver, ovaries, colon and prostate. The active antioxidant lutein is also found in kale and other leafy greens.

8. Garlic: Allium veggies (which also include onions and scallions) work to get your body's own antioxidant defense systems in gear. This process provides protective benefits against stomach, esophageal and breast cancers.

9. Pineapple: The enzyme bromelain may inhibit the growth of malignant cells in both lung and breast cancer, while the phenolic compounds also provide a protective benefit.

10. Apples: Can one a day help keep cancer at bay? Studies show quercetin may reduce the risk of lung cancer and impede growth of prostate cancer cells. Other antioxidants together with pectin help halt colon and liver cancer cell replication.

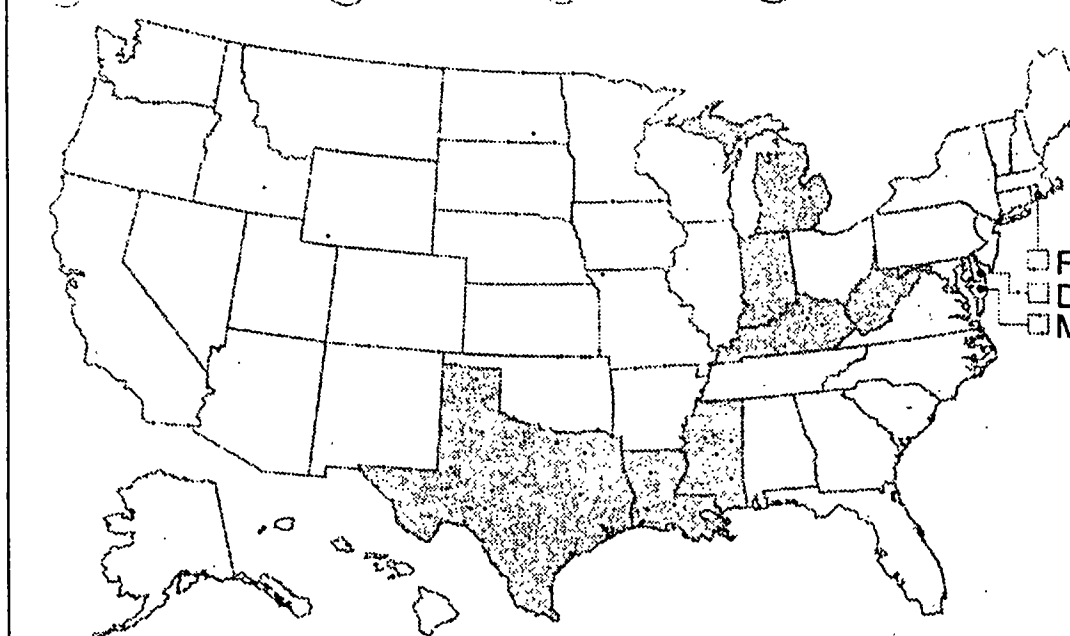
To learn more about produce with anti-cancer prowess, go to [www.dolenutrition.com](http://www.dolenutrition.com).

## DISCOVERY

### Girth of a nation

More than 60 percent of Americans are overweight, and reports say at least 30 percent are obese. Medicare figures show 37 percent of its clients are overweight and about 18 percent are obese.

Percentage of Americans who are obese:	1976-1980	14%
	1988-1994	23%
BY STATE	1999-2000	31%
<input type="radio"/> 17% or less <input type="radio"/> 18-20% <input type="radio"/> 21-23% <input checked="" type="radio"/> More than 23%		

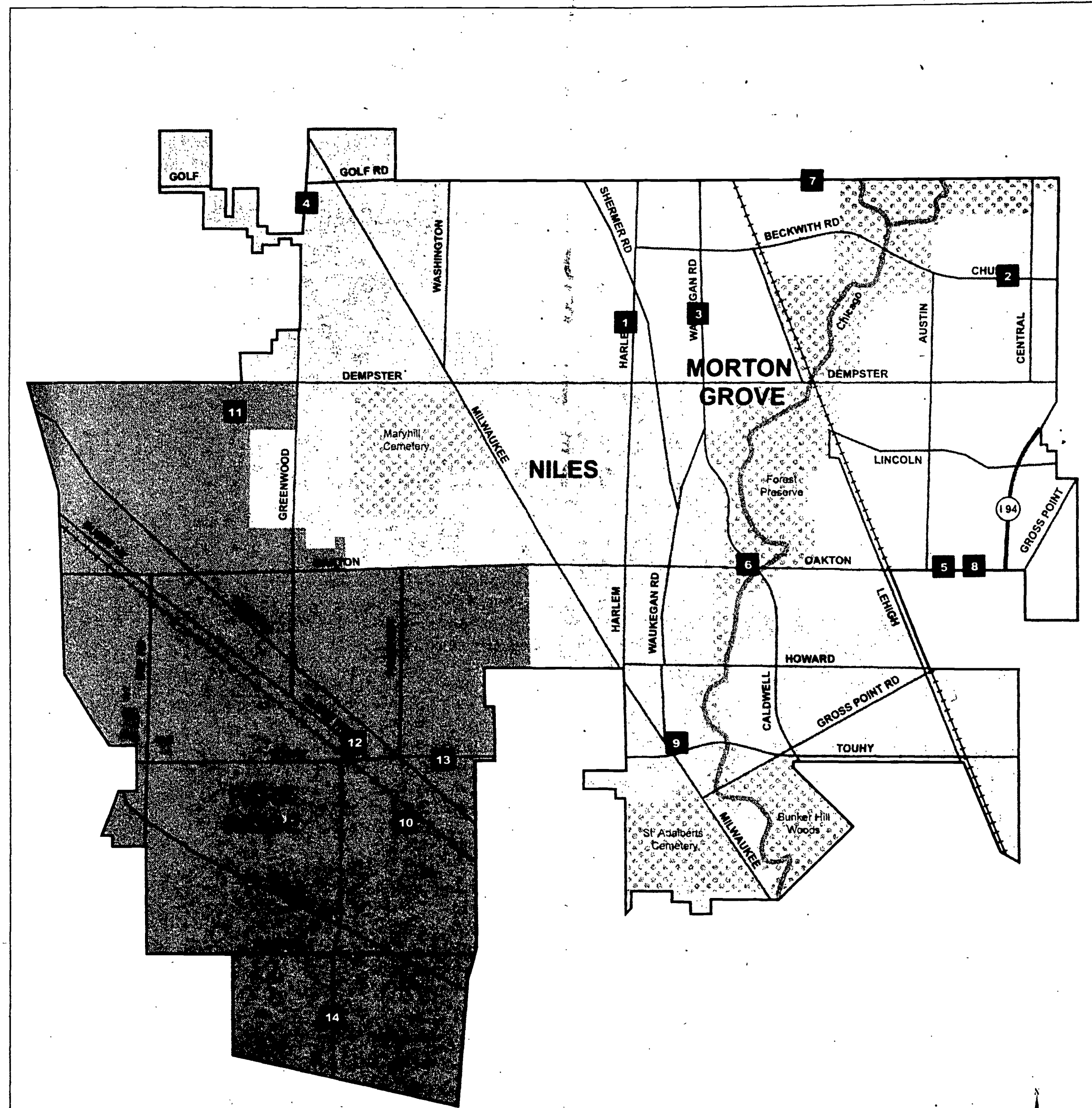


Source: American Obesity Association

Copley News Service / Pete Chenard



## POLICE BLOTTER



Bugle Graphic: Locations Approximate

## MORTON GROVE

The following items were taken from official reports of the Morton Grove Police Department for the week ending January 28, 2005.

- 1 Vandalism (8900 Harlem)**  
A 61-year-old barber returned home from work Tuesday night Jan. 25 to find someone smashed the three front window of his home in the 8900 block of Harlem. The homeowner told police the damage was estimated at \$900.
- 2 Gun retired by police (9200 Major)**  
A 84-year-old Morton Grove woman called police Thursday Jan. 20 to have police pick-up and destroy her late husband's service revolver. The woman

told police her husband was a Cook County Sheriff in the sixties. She told police he died last October.

- 3 Phone scam (9000 Waukegan)**  
A Morton Grove woman called police to report a phone scam Saturday Jan. 22 after receiving a call from a company that called itself International Sweepstakes and telling the woman she had won \$2.5 million dollars, but the woman had to send a \$300 check to the company before she would receive the money. The woman also told police the night before a man claiming to be from the same organization called and told her she won \$5 million. The woman called police to report the incident and to try to get the organization to stop calling her.

## NILES

The following items were taken from official reports of the Niles Police Department for the week ending January 31, 2005.

- 4 Hot pants (Golf Mill)**  
A manager of the Victoria Secrets store in Golf Mill reported that someone removed \$500 of ladies panties from a display Thursday night Jan. 20.
- 5 Jewel Thief (5600 Touhy)**  
The manager of the Jewel store at 5667 Touhy reported two flat screen computer monitors, a bar code scanner, and a bar code printer were stolen from an employees lounge located on the second floor of the store early Saturday morning Jan. 29. The monitors were valued at \$500 each.
- 6 Landlord and tenant work together**

## (Oakton and Waukegan)

A Home Depot employee was charged with two counts of retail theft after store security observed the man under \$661.93 worth of merchandise Saturday Dec. 18, 2004 for a man that turned out to be the employee's landlord. At that time the employee under a television set and a set of tools. The employee also told police he allegedly committed the same type of theft on Nov. 6, 2004. At that time the landlord allegedly walked away with a door and window blinds valued at \$428.00. The man has a court date of March 3, 2005 in Skokie.

- 7 Overpayment (229 Golf Mill)**  
An employee of the Shop and Save store in Golf Mill got quite a surprise Friday afternoon Jan. 7 when he opened his paycheck envelope to find out he was issued a paycheck for

\$3,834.73 instead of the \$703.50 he was entitled to get. Rather than alert the management of the error the man cashed the check. Meanwhile the booking office for the company discovered the error and alerted management and the employee. Management and the employee were able to reach an agreement for the man to return the amount of the overpayment during the course of his employment. No charges were filed.

- 8 Belly Up (5600 Touhy)**  
A 23-year-old Chicago woman was arrested by store security at the Wal-Mart store in the 5600 block of Touhy Sunday night Jan. 30 after security watched the woman remove 10 naval rings from a store display and place them in her pocket. The rings were valued at \$49.70.

- 9 Kennel fire (7000 W. Touhy)**  
Several animals being housed at the Niles Police Department kennel died Saturday afternoon Jan. 29 when a fire erupted in the kennel at 7000 W. Touhy. Fire officials are still investigating the cause of the fire.

## PARK RIDGE

The following items were taken from official reports of the Park Ridge Police for the week ending January 27, 2005.

- 10 Burglary (600 S. Washington)**  
A residence in the 600 block of S. Washington was burglarized Thursday afternoon Jan. 27. Police said there was no sign of forced entry.
- 11 Vandalism (Crain and Western)**  
A 2003 Nissan 350Z suffered extensive damage Tuesday night Jan. 25 when after someone scratched the paint on the car, broke all the windows, and then poured a liquid over the interior while the car was parked in the street.
- 12 Vandalism (400 N. Northwest Hwy.)**  
Someone punctured all four tires of a 1999 Chevy Blazer that was parked in a business parking lot in the 400 block of N. Northwest Highway Saturday night Jan. 22.
- 13 Wallet stolen (300 W. Touhy)**  
A wallet was reported stolen from a purse at a business in the 300 block of Touhy Monday morning Jan. 24.

- 14 Pocket picked (1900 Cumberland)**  
A woman reported her wallet missing after someone bumped into her while she was shopping in a supermarket in the 1900 block of Cumberland Tuesday afternoon Jan. 25. The woman said one person bumped into her while another was distracting her. She noticed the wallet missing when she went to pay.

## SUMMARY OF CRIME:

Morton Grove	
Theft-3	
Vandalism-1	
Niles	
Theft-6	
Deceptive practice-2	
Park Ridge	
Arrests	
Residents-4	
Non-residents-19	



## Notre Dame's DeVience honored

Notre Dame senior Stephen DeVience has been selected as a finalist in the national Intel Science Talent Search for his project, "The Photoelectric Effect Spectrophotometer." One of just 40 finalists honored from across the country, DeVience will now travel to Washington, D.C. from Mar. 10-15 for Intel's elite Science Talent Institute. There, he will participate in a final judging of his project and share in \$530,000 in scholarships. The Institute's top scholarship prize of \$100,000 will be announced at a banquet on Mar. 15.

DeVience was one of four students from Illinois selected to participate in the finals. As a semifinalist, he was one of 13 and the lone representative from the schools of the Archdiocese of Chicago.

"I'm very proud," the Chicago resident (60646) and St. Tarcissus parish member said. "I've worked for a few years on this. It's not something everyone gets to achieve."

"Notre Dame is extremely proud of Stephen with this national recognition," President Fr. Mike DeLaney, CSC added. "He is an example of a student who uses his God-given talents for the betterment of science and, through all of his interactions at Notre Dame, our school community."

Over three years ago, DeVience began working on a project in the fields of Chemistry and Electronics, hoping to change the dynamic of the spectrophotome-

ter, an instrument that measures how much light an object absorbs. The spectrophotometer is often used to identify an unknown chemical or measure the concentration of a certain chemical.

Through his work at home and at school in the state-of-the-art George Holley Science & Technology Center, DeVience built a spectrophotometer that uses an electronic detector to measure light, rather than a standard prism. DeVience says this alternative measuring device is cheaper to make and less likely to break.

"Stephen is intrinsically motivated to find answers to his insatiable curiosity—a wonderful quality for me, as a teacher, to witness," Science Chair Fran Pelrine said. "Because of this curiosity and his many gifts, I firmly believe that he will become a very creative and successful scientist."

Earlier this month, DeVience learned he had been chosen as a Talent Search semifinalist from among 1600 entrants representing 508 high schools. The 300 semifinalists all demonstrated exceptional ability in the areas of science, math and engineering.

As a junior, DeVience began to receive recognition for his achievements in science. In the 2004 Worldwide Youth in Science and Engineering state competition, DeVience won the first-place award for Biology. He also garnered second-team all-state honors for his contributions to the Scholastic Bowl team.

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## THE BUGLE

In Service to the Community

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## Production Manager

Rory Scott

Niles residents  
thank Park  
District

Dear Editor,

I want to share this beautiful letter from Mr. & Mrs. Garby regarding the new flag pole at 7877 Milwaukee with the entire community. It reflects the feelings of so many.

Dear Niles Park District,

Thank you for the splendid American Flag that is so visible throughout Niles. How proud it makes us feel when we see it at night, lit up like a beacon to proclaim our love of country. May all who see it reflect on the blessings the Almighty has showered on America.

My sincere thanks to Mr. & Mrs. Garby, at a time when world peace is constantly threatened, it seems so appropriate.

Mr. and Mrs. Garby

Thank you for your sentiments. We hope it's an asset to the community.

Joe LoVerde  
Executive Director, Niles Park District

## OTB a 'bad bet' for Morton Grove

Dear Editor;

On Monday, February 14, 2005 the Morton Grove Village Board will consider approving a special use permit for the construction and operation of an off-track wagering facility on the east Menards outlot. Full discussion of the relevant facts were short-circuited by Plan Commission Chairman Ronald Farkas at the hearing on Monday, January 17, 2005. At the Village Board meeting of Monday, January 24, 2005, a resolution proposed by Trustee Rick Krier to place the question as a referendum on the ballot of April 5, 2005 was defeated 4-2 (Trustees Blonz, DiMaria, Gomborg and Karp voting against) once again preventing the people from having their say on this important issue.

What follows are the facts that were not allowed to be discussed, yet need to be addressed: the proposed OTB will be good for the Morton Grove economy. It will provide new jobs and additional tax revenue to

the Village. It will plug a large part of the Village budget gap by returning \$400,000.00 per year to the Village. The proposed OTB is harmless adult entertainment. The proposed OTB should be allowed since there is already illegal gambling in Morton Grove. The implication was that somehow by allowing the Off-Track betting facility it would lessen or eliminate this illegal gambling.


Inter-Track Partners and other OTB operators have consistently fallen short from their projected returns to their host municipalities. For example, in 2003, the latest year figures are available; Romeoville OTB - Estimated return-\$200,000 to \$300,000 Actual return (2003) \$120,441. Mokena OTB- Estimated return \$130,000 - \$140,000 Actual return (2003) \$65,581. Crestwood OTB-Estimated return \$1,000,000.00 Actual return (2003) \$644,532. Alton OTB-Estimated return \$150,000 Actual return (2003) \$77,971. Peoria OTB-Estimated return \$294,000 Actual return \$75,148

In order to return the estimated \$400,000 to Morton Groves treasury, Inter-Track Partners OTB would have to suck \$40,000,000 out of the local economy. That's money that would not go to other local businesses, support other local merchants who pay sales tax, employee taxes and property taxes.

There is no such thing as a free lunch. If you look at the facts, (something Chairman Farkas of the Planning Commission refused to allow), it becomes apparent, especially considering Chairman Farkas' "NO" vote on the question, the proposed OTB is not in compliance with The Seven Standards for a Special Use and is a bad bet for Morton Grove.

It is up to each of us as residents, either for or against this proposal, to attend the Village Board meeting on Monday, February 14, 2005 and let your elected officials know that you want to be heard.

Pat Kansoer, Morton Grove



# SOUND OFF

## at THE BUGLE

To submit your opinion for our Sound Off section, e-mail us at: [soundoff@nilesbugle.com](mailto:soundoff@nilesbugle.com) or write us at Bugle Sound Off, 7400 N. Waukegan Road Niles, IL 60714

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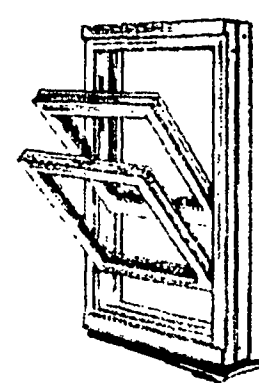
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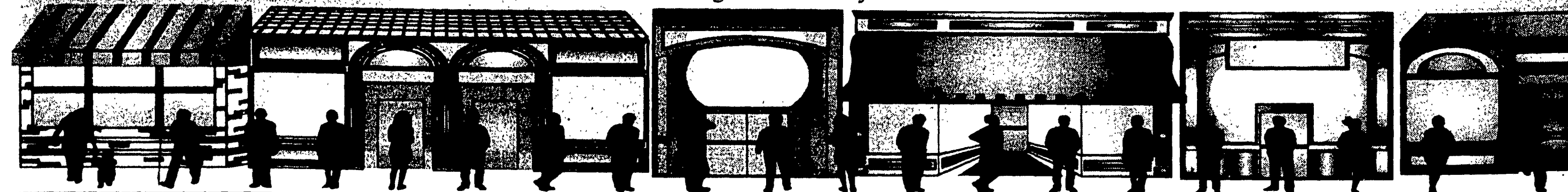
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## Have You Heard?

The Bugle Community Events



THE BUGLE

Thursday February 17, 2005



## Health

Go red for  
women

Promoting Heart Health at St. Matthew Center for Health

St. Matthew Center for Health will join organizations and businesses across the country in participating in Wear Red Day on Friday, February 4, 2005. Employees will wear red as part of the American Heart Association's multi-year campaign, Go Red For Women. SMCH residents will participate in activities centering around heart health.

The initiative, which is nationally sponsored by Macy's and Pfizer, encourages women to take charge of their heart health by making it a top priority so they can live stronger, longer lives. To build awareness of heart disease, which claims nearly a half million women's lives every year, the American Heart Association will officially launch Go Red For Women at Macy's Herald Square on February 4, 2005 with actress Daryl Hannah as national spokesperson and a fashion show featuring Swarovski Crystal's Little Red Dress Collection. Ten of America's top fashion designers created the Little Red Dress Collection as a creative vehicle to draw attention to the cause of women and heart disease.

"Heart disease, stroke and other cardiovascular diseases claim more women's lives each year than the next five causes of death combined, and nearly twice as many as all forms of cancer, including breast cancer," said Alice Jacobs, M.D., president-elect of the American Heart Association. "We believe Go Red For Women will raise women's awareness of this

major health problem."

St. Matthew Center for Health promotes heart health through daily exercise programs and healthy menu choices. Menus are chosen following American Dietetic Association guidelines, and each resident's diet is doctor-recommended. A selection of fresh fruits and vegetables are available to residents each day, and many other items, such as soups, are prepared low in sodium. More information on heart health is available through the American Heart Association's website, [www.americanheart.org](http://www.americanheart.org).

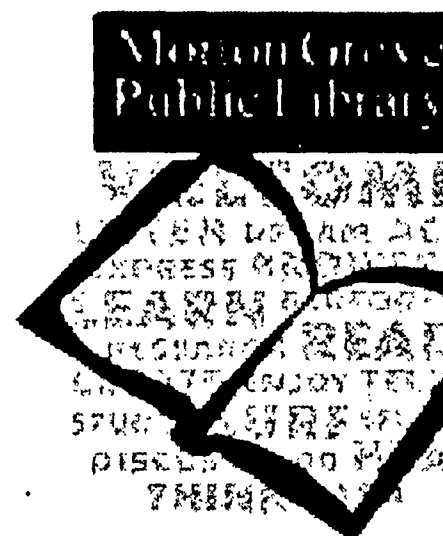
New Director  
of Nursing  
announced

St. Matthew Center for Health (SMCH), a nursing care and rehabilitation program of Lutheran Social Services of Illinois (LSSI), has named Anne Parks its Director of Nursing. Parks is a nurse practitioner and has a master's degree in nursing from Loyola University. She has been a nurse for 30 years, with over 10 years in geriatrics.

As Director of Nursing, Parks supervises the nursing and medical records staff. "She is a hands-on manager, who works closely with doctors and social services to manage patient care," says Gerrienne Dathe, administrator at St. Matthew Center for Health. "We are very pleased to have Anne on our care team at St. Matthew and know she'll bring much to our residents and staff."

St. Matthew Center for Health is a skilled nursing facility offering intermediate long-term care, rehabilitation services, respite care, hospice care and a specialized Alzheimer's and dementia unit. Located in Park Ridge at 1601 N. Western Avenue, St. Matthew is two blocks south of Lutheran General Hospital. For information on St. Matthew Center for Health, call 847/825-5531.

## Events at the Morton Grove Public Library



## Valentine Concert:

2/13, Sun., 2:00 pm: Valentine Concert by Nightclub in the Afternoon: Enjoy a concert of musical Valentines, romantic melodies and lovely lyrics sung by Mary Anne Riehl, accompanied by three very talented musicians: Jim Cox on bass, Rusty Jones on drums,

and Ben Lewis on piano. Mary Anne and her trio perform popular songs from the 30s, 40s, and 50s.

## Films:

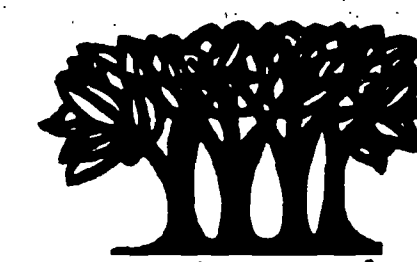
2/7, Mon., 7:00 pm: Club Banzai: Animé Film: Twelve Kingdoms, Chapter 3: Coup (ages 13 + up, 100 minutes), 2/11, Fri., 4 pm: Aladdin (G, 90 minutes), 2/17, Thur., 2 & 7 pm: Feature Film: Hidalgo (PG-13, 136 minutes), 2/26, Sat., 2 pm: Napoleon Dynamite (PG, 82 minutes)

## Classes:

2/8, Tues., 7:00 pm: Don't Weight: Eat Heart Healthy: Start 2005 on the right track; don't wait to lose weight! Kim Kirchherr, a Registered Dietitian and Certified Diabetes Educator for Jewel Food Stores, will present nutrition facts for healthy weight management. Bring your nutrition questions.

Healthy snacks will be served and recipe packets, grocery lists, coupons and other items will be distributed. Registration is required; call 847-965-4220 or sign up at the Reference Services Desk.

-2/12, Sat., 10:00 am: Using Genealogical Resources at MGPL and Other Chicago Area Libraries, Archives and Repositories: There is a wealth of genealogical information close at hand if you know where and how to look for it. Colleen Ringel, MGPL Reference Librarian and an expert on genealogical research, will present tips on where to search at the Morton Grove Public Library, as well as at other area libraries and archival collections. Registration is required; please call 847-965-4220, or stop by the Reference Services Desk.

Morton Grove Park Districts  
February Calendar of events

- 4-5 Teen All-Night Ski trip to Chestnut Mountain
- 5 Daddy/Daughter Luau
- 5 AYSO Spring Registration
- 7 Spring Brochure delivered to residents
- 12 MGBA Boys Baseball/Girls Softball Registration
- 16 MGBA Boys Baseball/Girls Softball Registration
- 17 Park Board Meeting
- 19 Teen Sport Night
- 21 Teen Snow Tubing Trip
- Resident Preschool Registration begins
- 26 Family Fun Night

For more information on any of the events, please contact the Morton Grove Park District at 847-965-1200 or go to our website at [www.mortongrovetparks.com](http://www.mortongrovetparks.com)



Niles Park District  
6676 W. Howard Street, Niles IL 60714 (847) 967-6633  
Annual Cinderella Ball at Niles Park District  
It's time again for Niles Park

District's Annual Cinderella Ball on Friday, February 11. Girls are invited to ask the favorite man in their life (dad, grandpa, uncle or family friend) for an evening of lots of fun. Girls in grades Kindergarten through 6th grade will enjoy an evening of dancing to a live DJ, games, prizes and refreshments. A flower and instant picture are included.

Event is held at the Niles Park District Howard Leisure Center Banquet Room from 7:00 to 9:00 p.m. Fee for this exciting event is \$35 per couple for residents and \$45 per couple for non-residents (\$10 for each additional daughter.) To register, come to the Howard Leisure Center, 6676 W. Howard St. or call for more details at (847) 967-6633.

Visit Niles Park District Bright Beginnings Preschool  
Parents interested in Niles Park District Bright Beginnings Preschool 2005-06 school year are invited to observe our preschool classes in action.

An Open House is scheduled for the week of February 7 during our scheduled preschool classes. An appointment is required to visit a classroom. Our evening Open House is Tuesday, February 8 from 7:00-8:00 p.m. at the Howard Leisure Center. Please call (847) 967-6633 to make an appointment or to have information mailed to you. We look forward to seeing you! Preschool Registration will take place on Wednesday, March 2 for residents and Wednesday, March 9 for non-residents.

Bugle's Barbara  
Karawacki  
promoted

Barbara Karawacki

The Bugle's own Barbara Karawacki was recently promoted to Display Advertising Manager. She will be responsible for display advertising for the newspaper.

"I am pleased to announce that Barbara has been promoted," said The Bugle's Publisher Rich Masterson. "She will be a great addition to our management team."

Karawacki has over 25 years of experience in both the hotel sales and marketing and cable programming industries. She worked for the cable industry as a network executive. She was flattered by the promotion and looks forward to continuing her work in the area.

"As a local resident it has been wonderful to have the chance to work in this great community," said Karawacki. "I'm looking forward to the new challenges of my position with the hope of providing value for our readers and advertisers."





Maine East students in the Pre-school class update the giant thermometer posted in the cafeteria to reflect the latest donations to the all-school tsunami relief fundraising effort. Students are (front row from left) senior Agnes Pondo of Morton Grove, junior Cynthia Lopez of Des Plaines, and junior Monica Valencia of Niles; (back row from left) junior Tanja Dabizljovic of Des Plaines, senior Sarah Harford of Morton Grove, and senior Rachael Boblett of Des Plaines.

## Maine East contributes \$3,300 to Tsunami relief

School working to raise more money

Maine East High School has developed a school-wide fund-raising plan to involve school clubs, sports teams, and the student body and staff of the school to aid tsunami victims. Coaches and sponsors met with students to determine how their team or club could raise money for the cause.

Teachers Toni Armstrong, Helen Gallagher, and Tony Montesano and several clubs are spearheading the effort and see it continuing through the remainder of the school year. Donations have been received from clubs

and individuals totaling more than \$3300 thus far. Students have made a giant tsunami thermometer on display in the student cafeteria to record contributions in \$500 increments. Students are also hoping for a community matching program and invite community individuals, institutions and businesses to match funds raised by the school. If you are interested in participating in the fund-matching program, please contact Toni Armstrong at: tarmstrong@maine207.k12.il.us or (847) 692-8490.

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### THE BUGLE



Pros are not the only ones who can build great portfolios

The last time you visited a museum, do you remember your reaction to the modern art hanging in the galleries? Perhaps you saw a canvas that looked like a monster truck had spun its tires over it after spilling its coolant and car-

buretor fluid. Maybe you muttered the same line that millions of us uncultured yahoos have uttered: "Man, even I could do that." You should hold that thought the next time you take a look at your investment portfolio. Without using the derision you may reserve for contemporary artwork, repeat after me, "I can do better than that."

Yes, you probably can. And that's because assembling a mighty fine portfolio is only slightly harder than manufacturing a semiconductor chip that's the size of a piece of lint. Oh, wait a minute. That's what some professionals in the financial industry would like you to believe.

Actually, constructing a model portfolio doesn't have to be all that tough. If you can follow the cooking directions on a box of Kraft Macaroni & Cheese, you, my friend, can own a diversified portfolio that could engender such feelings of goodwill that you'll be tempted to mount the account statements in the family photo album. I'm devoting this week's column and next week's to explaining why a diversified investment portfolio is so important and how you can undertake, if necessary, your own extreme makeover.

The process you must follow to assemble a model portfolio is alien to many, which is why so many investment accounts look as home-

ly as the inmates at an animal shelter. The strategy that lots of people rely on is the same one you instinctively use when the hors d'oeuvres are passed around at a cocktail party. Grab what looks good. Peer inside a random investor's portfolio today and you might see some emaciated tech stocks that resulted from the investor overdosing on CNBC or TheStreet.com in 1999. He added a junk-bond fund after reading a Money magazine article that hyped the fund. The clutch of growth funds were tossed into the mix during the heady days when the Janus mutual fund family appeared to be blessed with genuine mojo.

Perhaps the best way to visualize what Markowitz, who shared a Nobel Prize in economics in 1990, was getting at is to imagine how you might behave if you're sitting alone in your living room. Now let's suppose your husband sits down on the couch. And then your kids burst into the room and the neighborhood busybody stops by. Obviously, the dynamics of the room are going to change with each person's arrival.

It's the same with investments. A portfolio that bets all the marbles on small-cap value stocks, which is an aggressive asset class, is going to act differently from one that also contains short-term government bonds. That's easy enough to under-

stand, but here's what will seem counterintuitive. A portfolio that strictly contains bonds, for instance, can be riskier than a portfolio that also holds such volatile high-wire acts as small-cap domestic stocks and large and small foreign stocks. This is a reality that investors who are terrified of anything riskier than a U.S. Treasury bill need to absorb. At Thanksgiving dinner, harmony is valued. But in the investment world, the prize for the optimal portfolios go to those who assemble a bunch of assets that have little if anything in common. Think of them as quarrelsome little cusses. Disparate assets, such as five-year Treasury notes and large-cap foreign stocks, tend to react differently to changing market conditions, which should dampen a portfolio's volatility, while increasing the owner's chances of pocketing greater profits. The ultimate goal is to assemble a portfolio along the efficient frontier, a term Markowitz first defined, that provides the biggest expected return for the level of risk you're willing to assume.

So what should you do with this economics lesson? Your first step in developing your own portfolio is to ditch any macho thoughts about striking it rich with brilliant stock picks or whatever today's most celebrated funds are. If you start by focusing on individual stocks or

funds, you'll be diverting your attention from what you now know is important: selecting among assets with low correlation. On your list could be such asset classes as large-cap stocks, small-cap stocks, foreign stocks, short-term bonds and Treasury Inflation-Protection Securities, which are better known as TIPS.

Once you narrow the choices to the indispensable asset classes for your particular situation, you then must figure out what the percentages should be. The very last step, and the one people think is the most fun, is picking the specific investments - preferably mutual funds - to fit inside those asset cubbyholes. Ironically, this final step is the one investors typically devote the most time on, but trust me folks, it's truly the least important. Getting the asset mix right is vastly more critical.

Next week, you'll read some nuts-and-bolts advice about putting together a portfolio, along with some sample portfolios to get you inspired.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at

LynnOShaughnessy@cox.net.  
Visit Copley News Service at  
www.copleynews.com.

## What you should know before buying annuities

(NUI) -

Americans hear a lot about the shaky outlook for Social Security. In the future, the federal program likely will play a smaller overall role in Americans' retirement plans.

One way to fill in the gaps of a savings portfolio is to put money in annuities. With an annuity, you pay a premium in exchange for guaranteed income payments at regular intervals. It is most often used for retirement purposes.

The basic types of annuities are equity indexed, fixed rate and variable. The major advantage of annuities is that they all guarantee benefits such as tax-free growth, the ability to pass money directly to heirs or charities and an income stream for life.

Over the past few years, equity-indexed annuities have gained a great deal of popularity. They offer interest or benefits that are linked to an external equity reference - a

stock index like the S&P 500, for example. But you get a guaranteed minimum return in exchange for a limited maximum return; that is, you get less upside, but also less downside, to your stock-market investing. Your principal is never at risk.

Fixed-rate annuities, on the other hand, guarantee an interest rate and a declared minimum. They have traditionally been the most popular annuities.

Variable annuities provide more options. They enable you to invest in stock, bonds, mutual funds and money-market instruments.

Reputable financial companies, like TrueYield Financial, want to make sure investors are comfortable when purchasing annuities. Here are some tips for the potential investor.

\* Be sure the firm you work with is not limited to offering just one company's annuities. There are many options avail-

able, so work with an agent that can get the one that best fits your needs.

\* Understand what you are buying. Talk to your financial adviser or agent about which annuity may be right for your retirement portfolio. Fully understand the annuity contract you are considering.

\* Define your goals. Annuities can be used to accomplish a number of financial goals. For example, they can supplement your monthly income or provide emergency funds. Decide which purpose your annuity will serve.

\* Ask your agent if you have a "free look" period to review your annuity contract and make sure you have made the right decision.

\* Investigate whether or not a bonus annuity is right for you. Bonus annuities credit premium bonuses to allow a retirement saver to make up for stock market loss or to provide an immediate boost to the account value.



## Bavaro celebrates 20th

Northwest Community Credit Union President Nick Bavaro, pictured above with his wife, Diana, celebrated 20 years at the Credit Union last Friday, Jan. 28. When Bavaro joined the bank 20 years ago it had \$4 million in assets. It has since grown to over \$41 million. Congrats from everyone at The Bugle.



# Antiques and Collectibles

THE BUGLE

Thursday February 3, 2005

## Antique or Junque

### Victorian chairs are hot seats Anne McCollam

BY ANNE MCCOLLAM  
Copley News Service

**Q:** I have enclosed a photo of one of two antique chairs that originally belonged to my grandparents. They are in very good condition. I don't know anything about their vintage or value so anything you can tell me will be appreciated.

**A:** The carved top rail, demi-arms, turned front legs with castors, upholstered round seat and back are characteristics of the Victorian Renaissance Revival period. The demi-arms were designed to accommodate a woman's bustle or hoopskirt.

Your side chairs were made around 1870 and each would probably be worth \$450 to \$550.

**Q:** A friend gave me a pottery jardiniere and pedestal that are in perfect condition. She said she purchased it years ago in an antiques shop. Both pieces are decorated with a gray-green glaze with dark pink trim. The inside of the jardiniere is finished with a pink glaze. I have drawn the mark that is on both pieces.

My friend and I would like to know more about the maker, Julius Dressler, and of course, the estimated value.

**A:** The Julius Dressler Factory was established in Biela,

Bohemia, in 1883. His work was inspired by both the Art Nouveau and Vienna Secessionist movements. There were many pottery and porcelain factories in the same region, including Massier, Amphora and Zsolnay. They all produced exceptional pieces reflecting the styles popular in the late 1800s and early 1900s. The number "3848" is a design number. Dressler's factory closed in 1944.

Your jardiniere and pedestal were made around 1910 and both pieces together would probably be worth \$2,500 to \$3,500.

**Q:** I have my grandmother's clear pressed-glass table set. It includes a covered butter dish, covered sugar bowl, spoon holder and cream pitcher. She and Grandpa were married in 1893 and took the set with them when they moved to Oklahoma in 1898. It has to be over 100 years old.

What can you tell me about my table set?

**A:** Pattern glass table sets were popular from the 1800s to the early 1900s. Most patterns were produced in a number of pieces from banana bowls to spoon holders. Collectors often select a pattern and become dedicated to searching for every piece they can find.

Your late 19th century set would probably be worth \$250 to \$325.

**Q:** I would appreciate it if you

could tell me the value of my antique sewing machine. It is a

ments. The cabinet is oak and has scrolled carvings on the front

before I was born.

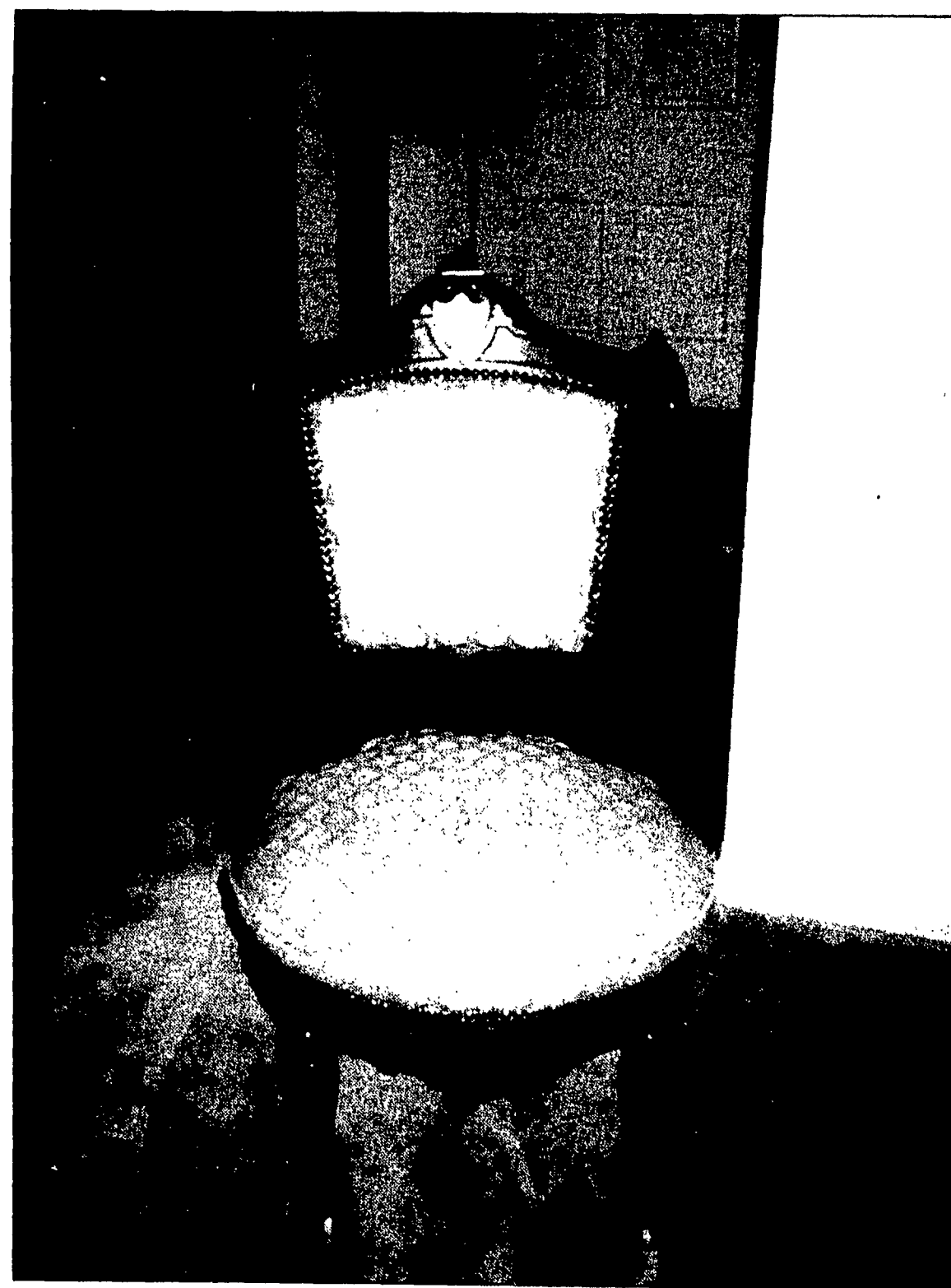
**A:** Davis Sewing Machine Co. made your sewing machine around 1900. They made several Minnesota models, the model A was the top of the line. Your sewing machine and cabinet was made in Dayton, Ohio, and sold through Sears, Roebuck and Co. Its value would probably be \$275 to \$325.

**Q:** I want to know something about a pearlized compact case that I have. It has the words "Century of Progress 1833-1933 - Chicago" along with a picture of Fort Dearborn on the front. It flips open to reveal a compartment for powder (empty), one for rouge (some still there) and a mirror. At the top there is a pull-out lipstick tube (not some you would want to use now). What can you tell me?

**A:** A Century of Progress was a world's fair that was held in Chicago in 1933. World's fair memorabilia are collectible. Your compact would probably be worth \$25 to \$50.

Address your questions to Anne McCollam, P.O. Box 490, Notre Dame, IN 46556. For a personal response, include picture(s), a detailed description, a stamped, self-addressed envelope and \$15 per item (one item at a time).

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"Minnesota Model A," still works, and has all the attachments. It belonged to my grandmother who had it long

The Bugle

February 3, 2005

13

## ANTIQUES

### Knit one, purl two, collect three

**O**ne of the classic, old-timey, pre-collectibles boom categories of collecting was - and for some still is - thimbles. I can remember a time when it wasn't unusual to enter a room and find a series of shelves displaying an army of those little finger protectors lined up.

These days, collectors of needlework tools are likely to look beyond the thimble to a greater range of objects, as reflected in a new book

called "Needlework Tools and Accessories: A Dutch Tradition" by Kay Sullivan (Antique Collectors Club; \$59.50).

Although its specific focus is on needlework accessories made in Holland between 1400 and the 20th century, the book provides a template for looking at such objects globally. For example, the current rage for knitting - there is now a Web site on celebrity knitters, which includes names from Julia Roberts to Madeleine Albright to Russell Crowe - has produced a parallel interest in the vintage accoutrements of the craft.

Beginning in the 18th century, there were more representational forms, such as human and various animals, and novelty shapes, such as hearts, fish and urns. One interesting sub-category identified by the author is kerfsneewerk, or chip carving, which was widely used in the late 18th and 19th centuries. In these sheaths, the surfaces were completely covered with intricate designs composed of incised triangles formed in circles or straight lines with great skill and ingenuity.

Another collectible knitting accessory is the point protector or guard. Where the ordinary knitter might use

corks to prevent stabbing incidents and secure the unfinished piece, more upscale needle workers had the option of employing pairs of much more decorative ones. Most were made of gold or silver - there were others of mother-of-pearl and ivory - and joined by colorful and flexible bands of ribbon, or a chain or cord. During periods of mourning, it was the custom to use a black ribbon needle guard. In the 19th century, these devices became more fanciful, with the metal guards taking the forms of shoes, keys, dogs, acorns and gargoyles, lined with silver chains. To contain the entire needle, and not just the points, there were also elongated needle storage cases, many of finely ribbed silver, some with a slit down the middle through which the piece in progress could be hung. And, finally, there were knitters' chate-laines. Before there were pockets, important personal items were held on chains - there could be anywhere from three to nine - emanating from an ornate medallion that clipped to the waistband. The knitters' chate-laine held hooks for hanging a ball of wool, holes to use as needle sheaths and the capacity to store the knitting itself. www.copleynews.com.

## Fish-shaped vase a good catch

BY ANNE MCCOLLAM  
Copley News Service

**Q:** Enclosed is a photo of my Chinese vase that stands about 12 inches tall. It was given to my great-uncle around 100 years ago and has been handed down through the generations. It is decorated with pastel flowers and trimmed with cobalt blue at the top and base along with gold.

What can you tell me about my vase?

**A:** Based on your photo and the style of your vase, it is an example of

Satsuma ware that was made around 1900 in Japan. The flared top, handles on each side, the moriage (small gold dots), and the use of cobalt and gold trim are all typical of Satsuma. In the late 1500s, Japan attacked Korea. After battling the Koreans for six years, the Japanese armies returned to Japan, taking with them Korean potters. As a large group of potters settled in Satsuma Province and began producing their craft, the Japanese armies struck out attempting to conquer the Chinese Empire. Turn your vase sideways and take a look at it. It is shaped like a fish! Your vase was made around 1900,

during the Meiji period, and would probably be worth \$350 to \$450.

**Q:** I inherited a set of dishes from my sister. Each dish is decorated with the blue-and-white willow pattern and there are 46 pieces in the set. I have enclosed a drawing of the mark seen on the dishes. The only information I have found about this set is that this pattern was in production around 1912. I do hope you can tell me something about my dishes.

**A:** Sampson Hancock and Sons used the mark you provided from 1912 to 1937. They made earthenware in Stoke, Staffordshire, England, from 1858 to 1937. Your blue-and-white

pattern showing scenes of Asian buildings, birds, trees, a bridge and a boat is a variation of the classical willow pattern.

The value of your set would probably be \$400 to \$600.

**Q:** We have an Empire chest of drawers that was given to my mother around 1934. It has six drawers, pressed-glass pulls, columns on either side of the drawers and paw feet. The overall measurements are 58 inches tall and 42 inches wide. The finish is not good and it needs to be redone. It just sits in a storeroom and my children are not interested in it, so I'm thinking of selling it.

I would appreciate your opinion on the value of my chest.

**A:** Empire or Classical furniture was large and impressive. The style was influenced by ancient classical Greek, Roman and Egyptian designs. Empire furniture was first seen in France during the time of Napoleon and became popular in America around 1820. Collector interest in Empire furniture is modest because so many pieces are bulky and ponderous.

Your chest of drawers was made around 1840. Completely restored it would probably be worth \$1,200 to \$1,800.



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## NEWS

## Niles senior dies in collision



(Above) Niles Police Officers work to document the consequences of an accident that killed an 81-year-old Niles resident last Wednesday.

(Right) Police investigations into an accident on Oakton last Wednesday in Niles concluded that it was probably the result of driver error.



An 81-year-old Niles senior died in a fatal collision on Oakton last Wednesday, Jan. 26 while apparently attempting to turn left into the eastbound lanes.

Florence Nawiesniak was evidently driving from her home in the 6800 block of W. Oakton Ct. driving southbound on New England when she arrived at its intersection with Oakton. She attempted to turn left into the eastbound lanes of Oakton around noon when she was struck in the driver's side by an SUV driving westbound in the curb lane of Oakton.

"It was a real shame," said Niles Deputy Police Chief Charlie Giovannelli. "She'd probably made that maneuver thousands of times."

Nawiesniak was transported to Lutheran General Hospital where she was pronounced dead. No charges were filed against the driver of the SUV.

"It looks like the cause of the accident was driver error," Giovannelli said.

## OTB

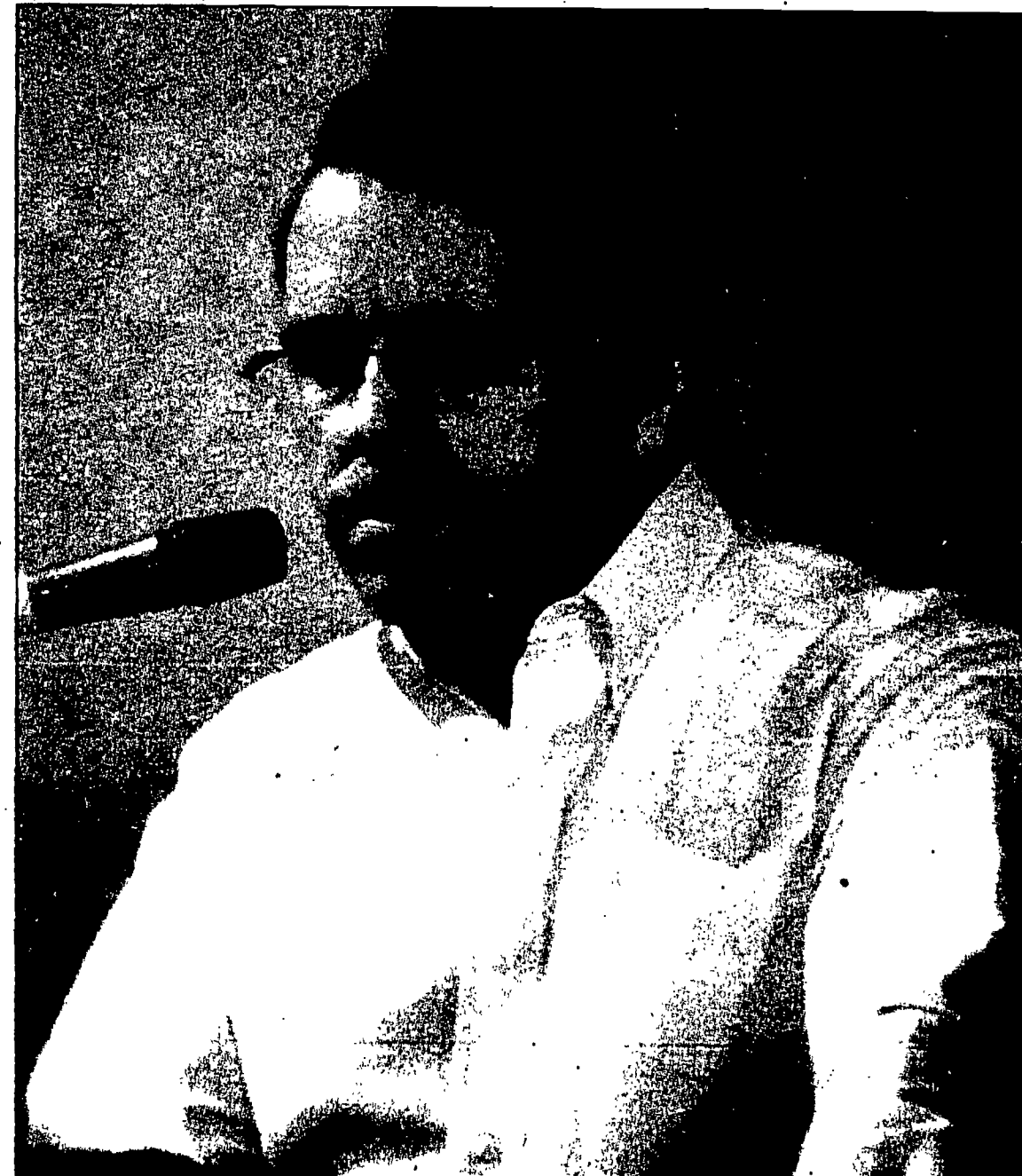
meeting on the topic Monday with about 10 people in attendance.

Among those present were Doug Cannon, serving as Morton Grove Resident Pat Kansoer's representative and Chris Arns who filed a motion to intervene and stop the proceeding.

Both Cannon and Arns argued that the Electoral Board did not have jurisdiction over the referendum because they had failed to give proper notice of their meeting. They wanted the hearing postponed. Arns asked for no fewer than 21 days by which time all parties interested in the future of the referendum could decide whether or not to attend. The Bugle did not receive notice of the meeting until Friday.

But Village Attorney Terry Liston said the meeting did not have to give notice or post an agenda like normal village meetings because it was a meeting to conduct state business and was not, therefore subject to the specific requirements of the Open Meetings Act.

Andrew Raucci, an attorney representing Morton Grove Resident Jeff Gartner, who filed the objection to the petitions, presented evidence at the meeting, showing that eight percent of the vote totals in Morton Grove in the last gubernatorial election would have been 528. Referendum organizers would, then, have had to obtain at least that many signatures in order to put the question



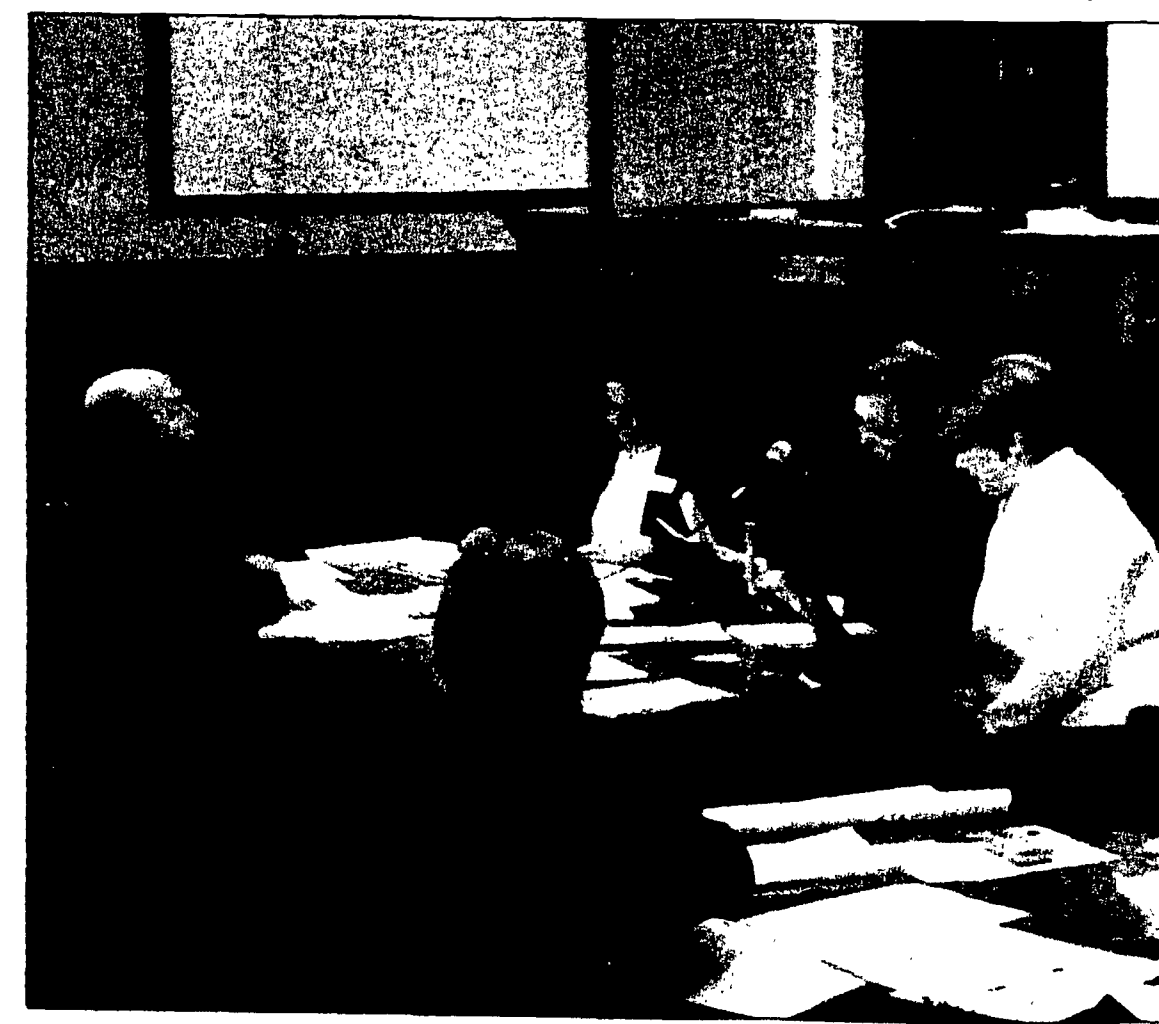
to the voters and only 396 signatures had been filed.

After about two hours, the Electoral Board agreed with Raucci and voted that they would not forward the signatures to the County Clerk and, therefore, no question on the OTB proposed for the eastern Menards outlot on the corner of Lehigh and Oakton would be forwarded to the county clerk.

About 50 residents showed up to the Morton Grove Town Hall meeting that night to express their displeasure with the Electoral Board's decision.

"I'm not sure I want to live in a town that needs OTB," said Resident Jim Quinn to the board. "Your hearts are in the right place, but you have got to use your heads."

Resident Bill Luksha cited a



(Above) Members of the Morton Grove Electoral Board met Monday afternoon to listen to a challenge to a referendum asking whether voters supported an off-track betting facility in the village. The board disqualified the referendum for insufficient signatures.

(Left) "It was a secret meeting," said Chris Arns. Arns claimed the meeting violated the Illinois Open Meetings Act. Arns said the electoral board was not sure just how many signatures were necessary for the referendum.

number of sources regarding OTBs claiming to bring in more money than they actually do, saying that he was also opposed to the OTB.

Chris Arns also showed up at the meeting to again criticize the village on lack of notice for the meeting of the electoral board.

"It was a secret meeting," he said.

But Trustee Dan DiMaria said that the OTB was not approved yet and even criticized the referendum drive.

"It's not a done deal. People keep saying it's done deal and it isn't," said DiMaria adding, "government should not rule by referendum."

Freelancer Allen Kaleta Contributed to this report.

(Continued from page 1)

## SPORTS

Thursday February 3, 2005

## High-flying Hawks win 42-35

RYAN BISHOP  
rbishop@buglenewspapers.com

In a complete reversal to the start of last Friday's home game against New Trier, the Hawk basketball team came out flying to start their match against the first place Glenbrook South Spartans.

But as has been the case this season, the Hawks could not hold up against the taller frontline and defensive intensity they faced in the second half. The Titans survived 42-35 in a hotly contested conference game, keeping their hold on first place and running their record to 16-3, and 5-1 in conference play. The tough-luck Hawks fell to 0-6 in the conference and 5-15 overall.

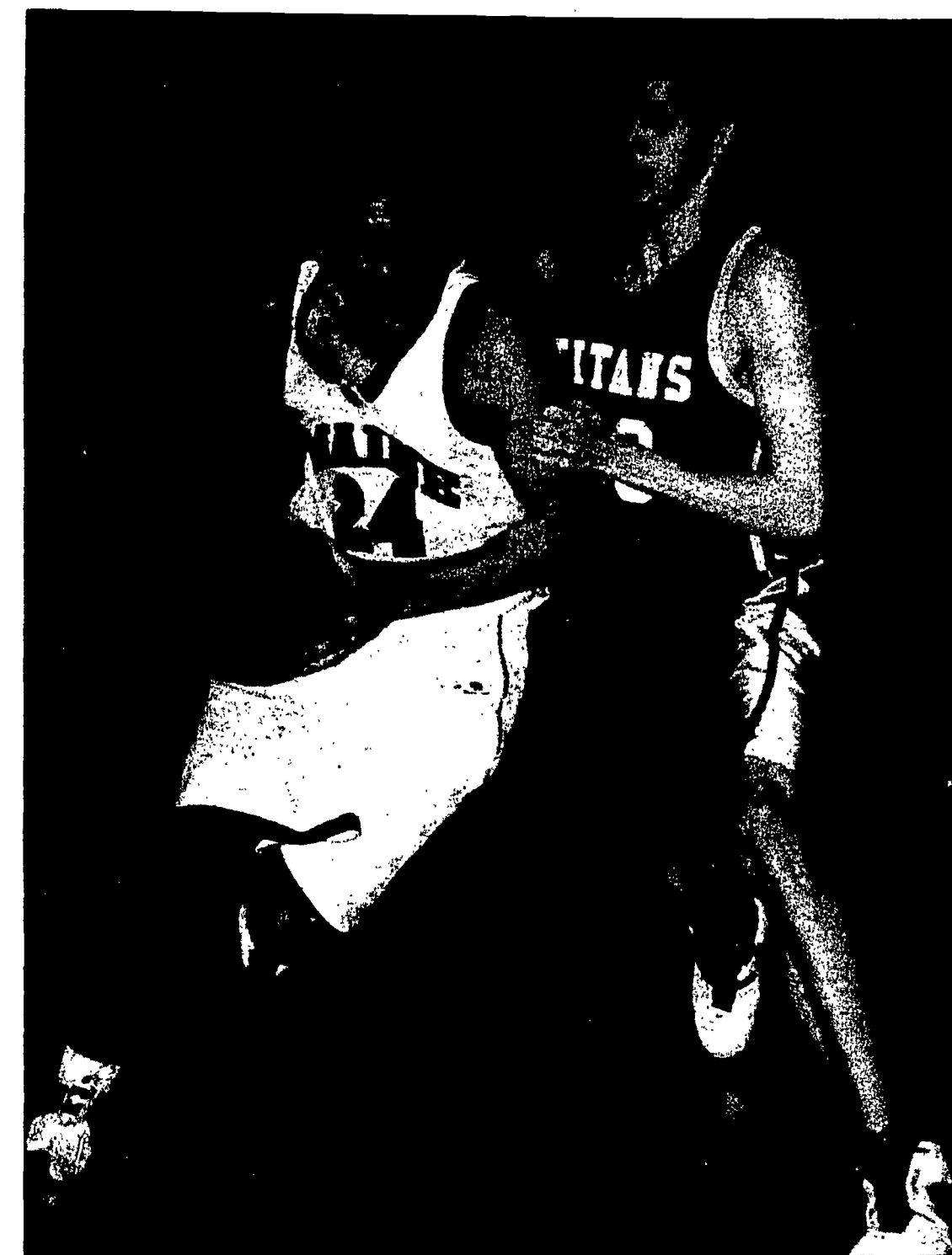
The Hawks held the Titans to 16 points at the half while leading 20-16. After a spirited half-time speech by coach John Meyer, the Titans played like a first-place team and shut down the Hawk offense. Junior guard Kevin Bulger (12 points) and power forward Luke Holthaus (13 points) led the surge in the second half in scoring 16 of the teams' second half points.

The Hawks took the Titans out of their game in the first quarter, forcing them to shoot from the outside. With 6'5", 250 lb center Mike Nabolotny absent from the game due to a college visit at the University of Illinois, the Titans were shorthanded. Consequently, the offense sputtered to an 0-5 start behind the three-point line. The Hawks held a 6-2 advantage at the 3:29 as they found the open shooters.

Crashing the boards early were Anthony Cruz and Adam Fee as both had second chance baskets in the quarter. The lead had dwindled to 8-6 at the end of

Continues...

HAWKS WIN page 16.



(Above) Maine South's Mark Duric (24) drives for the basket in the second half of their game against Glenbrook South Friday night Jan. 28, 2005 at Maine South.

(Lower Right) Maine South's Sean Price (33) drives for the basket in the closing minutes of their game against Glenbrook.

(Upper Right) Glenbrook South's Danny Monckton (20) pulls down a defensive rebound with Maine South's Sean Price (33) on his back in the closing minutes of their game.

(Left) Maine South's Mark Duric (24) looks for the open man in the closing minutes of their game against Glenbrook South.

Photos by Allen Kaleta/Bugle



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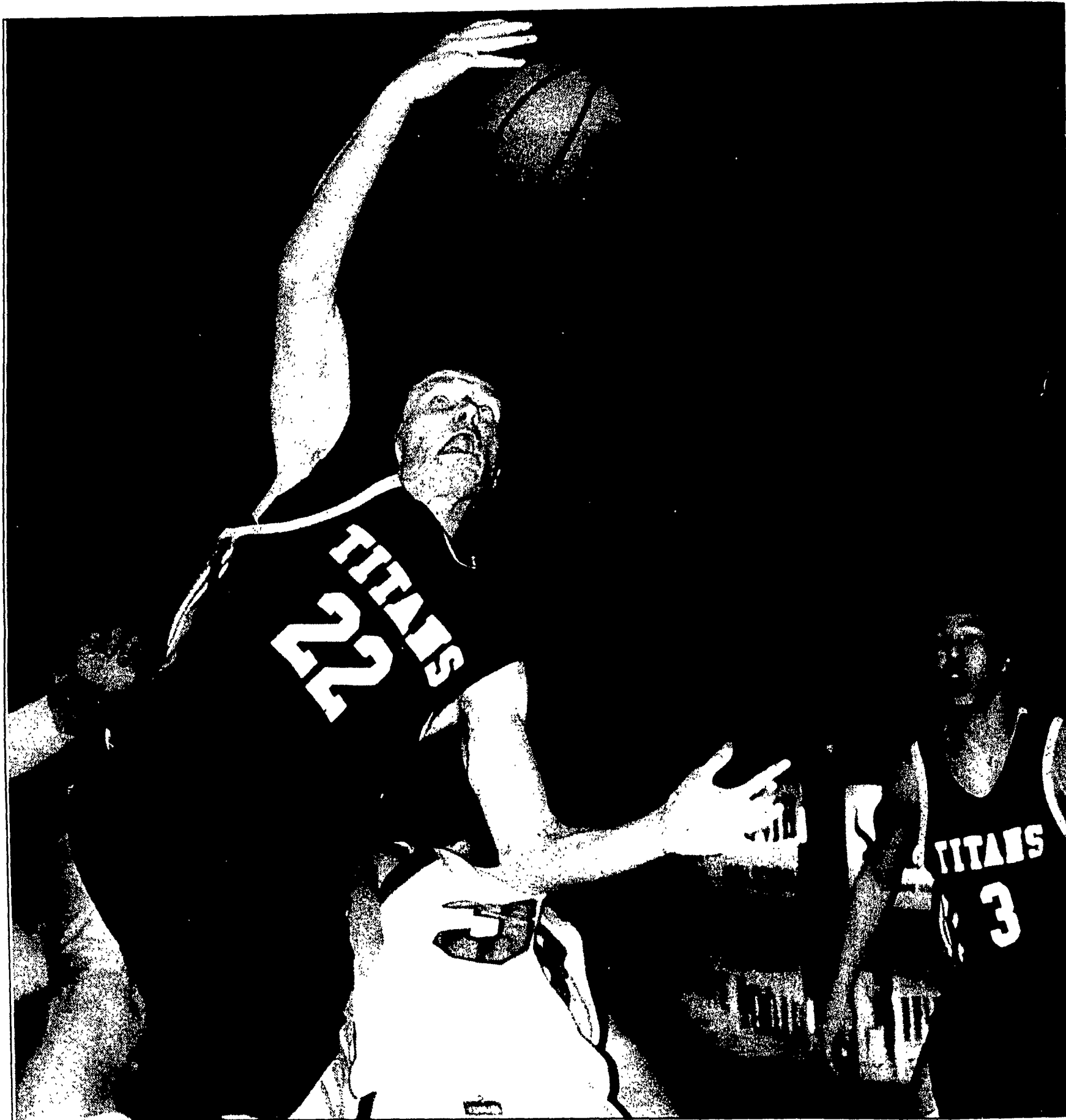
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## SPORTS

### Hawks win

(Continued from page 15)



Glenbrook South's Kevin Bulger (22) pulls down a crucial defensive rebound in the closing minutes of their game against Maine South Friday night Jan. 28, 2005.

ond half, and forced more turnovers. "Even though we struggled tonight, good teams find a way to get the win, our leaders really stepped up in the fourth quarter," said coach Meyer.

The Hawks were outscored

10-4 to close out the game and were down due to the size of the Titans. Holthaus' three pointer turned the momentum around at 38-31 with 2:30 remaining. "We did what we had to do in the third quarter. We had some great looks in the last 4:30 minutes,

but couldn't knock down our shots. I feel terrible for our kids in the great effort we showed tonight. We have seven games left to salvage our season," said Lavorato.

Phil Mix came off the bench to score 9 points for the Hawks.

## A Letter of Congrats to the Culver Bulldogs

Dear Editor,

Once upon a time (2003-2004 season) the Culver Bulldogs ladies seventh grade basketball team had an undefeated league season as well as winning the seventh grade tournament finals. When the season was over, the girls continued their academic studies and were promoted to eighth grade.

The Culver Bulldog eighth grade ladies began their basketball season for 2004-2005 with a new coach, five returning veteran girls and three new girls. The new coach is Mrs. M. Mueller, a teacher at Culver. The five returning girls were, Jessica Ang, Nicole Melfi, Jessica Nieves, Kelly Plach and Samantha Parlich. The three new members of the squad were Danika Meheux, Jaclyn Peterson and Marina Youkhanis. The girls closed out the season with nine wins and zero losses in league play. The also played in an eighth grad tournament at Niles West High School on Jan. 10-12.

The Bulldogs swept the tournament with three straight wins, defeating Lincoln Hall Junior High School for the championship game on the final night of play to close out the season. All this was done with only eight girls on the team.

Congratulations are in order for the Culver Bulldogs for two great, undefeated years of basketball and nail-biting games with a record of 22 wins to zero losses. The parents and grandparents of all the young ladies are very proud of them. We wish them all the luck in their future endeavors.

A Very Happy and Proud Culver Grandparent

## Bowling Scores

### CATHOLIC WOMEN'S BOWLING LEAGUE

January 26, 2005

	Points	Point Won	Lost
Niles Dairy	17	4	
Queen			
Candlelight	12	9	
Jewelers			
Classic Bowl	11	10	
Bielinski and	11	10	
Bono Dental			

NorthSide	7	14
Community Bank		
Skaja Terrace	5	16
Funeral Home		

### High Games

Gertie Schultz	170
Mary Wasilewski	169
Angie Strazzante	168
Sandy Panuce	167
Kim O'Keefe	161

### Niles Senior Men Bowling League

1-26-05

TEAM STANDING	W	L
#1 Seasons Hospice	18	3
#3 Semko	14	7
#8 Dr. Bello	14	7
#9 Miners	14	7
#20 Northshore	13	8
#4 FDR Post	12	9
#15 Heatmasters	12	9
#16 Skaja #2	12	9
#6 Colonial #1	11	10
#16 Malec	11	10
#2 Callero + Catino	11	10
#10 Skaja #1	10	11
#5 Minelli	10	11
#17 Tram Car	9	12
#19 State Farm	9	12
#13 Alliance	9	12
#7 J.F. Barber	7	14
#12 Candle Light	5	16
#14 REMAX	5	16
#11 Colonial #2	4	17

### "HOT SHOTS"

Joe Sapienza	705
Ed Haney	612
Sy Thornhill	610
Al Steegmuller	609
Arnold Krebs	596
Larry Pasdiora	591
Dan Stojeck	585

## SMUCKER'S STARS on ICE

Sarah Hughes  
Olympic Gold Medalist

Alexei Yagudin  
Olympic Gold Medalist

Elena Berezhnaya & Anton Sikharulidze  
Olympic Gold Medalists

Jamie Sale & David Pelletier  
Olympic Gold Medalists

Todd Eldredge  
World Champion

Yuka Sato  
World Champion

Kyoko Ina & John Zimmerman  
World Bronze Medalists

Steven Cousins  
British Columbia

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### THE BUGLE

### Morton Grove Senior News

MORTON GROVE SENIOR CITIZENS NEWS RELEASE  
Contact: Bud Swanson, Family & Senior Services, 847/663-6110  
January 31, 2005

### INCOME TAX RETURNS

On Mondays, Wednesdays and Fridays at the Morton Grove Senior Center, income tax return assistance is available free of charge for Morton Grove residents age 60+ and who have low or moderate incomes that can be reported on basic IRS forms. Call the Senior Hot Line at 847/470-5223 for a personal appointment at the Senior Center. Bring in the W-2, Social Security (SSA-1099), 1098 and 1099 forms received in the mail along with a copy of the 2003 tax returns.

### "ACT IN TIME TO HEART ATTACK SIGNS" LECTURE

February is "American Heart Month" so this free lecture at 10:30 a.m. on Wednesday, Feb. 16 in the Morton Grove Senior Center should be very timely. Topics covered will be include the function of the heart, heart attack warning signs, risk factors for heart disease, and the importance of quick treatment when heart pain begins. Marianne Long, RN, Morton Grove Village Nurse, will be the featured speaker along with a representative from the Morton Grove Fire Department. Although there is no charge, those interested in attending should register by calling the Morton Grove Senior Hot Line at 847/470-5223.

### HIGH SCHOOL FINE ARTS

Maine East, Niles North and Niles West High Schools invite seniors to join in on numerous free school productions to be performed during the coming weeks. For details call the schools at 847/825-4484 (Maine East), 847/626-2000 (Niles North) or 847/626-2600 (Niles West). The events include:

Niles North Drama Showcase, "A Work in Progress" at 4 and 7 p.m. on Wednesday, Feb. 16.

Niles North Band Concert at 7:30 p.m. on Thursday, Feb. 17.

Niles West Festival of Orchestras at 7:30 p.m. on Thursday, March 3.

Niles West Spring Choir Concert at 7:30 p.m. on Tuesday, March 8.

Maine East Art Exhibit at 7 p.m. on Wednesday, March 9.

Niles North Musical, "Seussical" at 10 a.m. on Thursday, March 10.

Niles West Showcase of Bands at 7:30 p.m. on Thursday, March 10.

Maine East Musical Matinee, "Joseph and the Amazing Technicolor Dreamcoat" on Thursday, March 10.

### MOVIES AT THE MORTON GROVE SENIOR CENTER

"Full Moon in Blue Water" tells the story of down and out coastal Texas bar owner, Gene Hackman, as he gets moral and financial support from a good-hearted bus driver (Teri Garr) in this entertaining film, also starring Burgess Meredith, to be shown at 1:30 p.m. on Wednesday, Feb. 16. The cost for the show is only \$.50. Please register in person at the Center.

"Seven Brides for Seven Brothers" is based loosely on Stephen Vincent Benet's story Sobbin' Women and is one of the best MGM musicals of the 50's. Staged on an Oregon ranch, Adam Pontabee (Howard Keel) and his six brothers (it's no coincidence that five of the boys are played by professional dancers) are turned from unwashed louts into gentlemen by Adam's new bride Milly (Jane Powell). A happy ending is ultimately had in this delightful, if politically incorrect, concoction shown at 1:30 p.m. on Monday, Feb. 28. The cost for the show is only \$.50. Please register in person at the Center.

### 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, Feb. 19 and Saturday, Feb. 26. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

### 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, Feb. 22. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

### MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Feb. 22 should call the Senior Hot Line at 847/470-5223 to reserve a seat on the Seniortran. 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.

### Computer Seminars at the Morton Grove Senior Center

The "How to Buy a Computer" Seminar will help seniors get some clarity on making this investment from the Senior Center's computer instructor, R.J. Bruno. Hear it straight from someone who has been in the industry for 20+ years at 9 a.m. on Saturday, Feb. 26. Please register in person at the Center before Feb. 22.

The "Home Computer Maintenance" Seminar will help keep the home computer purring like a well-oiled machine. This seminar will also be held from 10:30 a.m. to 12:30 p.m. on Saturday, Feb. 26. The fee is \$8. Please register before Feb. 22 in person at the Senior Center.

### ITALIAN FEST 2005- AN AFTERNOON IN ROMA

There's a little bit of Italian in everyone!! Come and celebrate the tastes and sounds of Italy while enjoying the majestic and Romanesque beauty of the Alta Villa in Addison, IL on Tuesday, March 8. Dine on a fantastic four-course Italian meal and listen to live musical entertainment as the Italian classics come to life!! Included in this afternoon will be transportation, show, lunch of minestrone soup, Alta Villa's famous pizza bread, succulent chicken parmigiana, mostaccioli, tasty cannoli, and a complimentary glass of wine. The bus leaves the Morton Grove Senior Center at 10:30 a.m. and returns at 4 p.m. The cost for the entire trip is \$58 for Senior Center Members and \$66 for non-members. Please register in person at the Senior Center before the Feb. 9 deadline.

### BLOOMIN' CRUISE

Join seniors from the Morton Grove Senior Center as they head to Navy Pier for the 2005 Flower and Garden Show on Wednesday, March 16. The morning will start out aboard the Spirit of Chicago Cruise Ship. Enjoy a two-hour full lunch buffet and cruise on Lake Michigan. During the cruise there will be a Professional Garden Demonstration. Then, travelers will head inside Navy Pier for the beautiful Flower and Garden Show. Included in this trip: transportation, luncheon buffet, cabaret show, professional garden demonstration, and admission to the Navy Pier Flower and Garden Show. The bus leaves the Morton Grove Senior Center at 9 a.m. and returns at 4 p.m. The cost for the entire trip is \$72 for Senior Center Members and \$82 for non-members. Please register in person at the Senior Center before the Feb. 15 deadline.

### Park Ridge Senior News

### VACATION PLANS

Got cabin fever! Maybe planning a vacation can help get over it. The Park Ridge Senior Center Presents a seven day trip, May 15-21, 2005, to New Mexico: Land of Enchantment. Featured will be Santa Fe, Albuquerque, Carlsbad Caverns, White Sands and Bandelier National Monuments, Taos Pueblo and more. American Classic Tours, Inc. is the tour company, however, a \$200.00 deposit can be made to the Senior Center and final payment made to American Classic Tours, Inc. Interested???? Give the center a call at 847-692-3597.

### GOODBYE PARTY

Lorie Podrazik, the exercise teacher at the center since 1980 has decided to retire. A party for her is planned on Friday, February 11 at 10:00am. All Center members, whether you were in her classes or not, are invited to attend. Please RSVP no later than Tuesday, February 8.

### NEW MEMBER WELCOME

A new member welcome is planned for Thursday, February 24 at 1:30pm. Any new or prospective members are invited. The welcome includes a tour of the Senior Center, a brief orientation to programs and a chance to hear from

active Senior Center members and volunteers. If you plan to attend, please RSVP by calling the Center at 847-692-3597.

### BINGO PARTIES

Bingo parties for February include the regular Wednesday Bingo, February 9 at 1pm. Cost is only \$1.00. The evening bingo with dinner is on Friday, February 11. Bingo is played from 4-5:30pm. Dinner follows. The menu includes a 1/4lb hot dog with baked beans, dessert and coffee for a cost of \$5.00. Reservations must be made by Wednesday, February 9 at 5pm.

### SWING ON A STAR AT THE FIRESIDE

Swing on a Star at the Fireside, Friday, February 25, departing the center at 8:30am returning about 5:30pm. This show will take you back to a time of greatness, when stars like Sinatra, Crosby, the Andrews Sisters, the Marx Brothers, Abbott and Costello, Fred Astaire and Ginger Rogers, Jimmy Dorsey, Benny Goodman, Louis Armstrong, Tommy Dorsey and Glen Miller lit up the skies....swing was king....the sights, sounds, dancing and music....you'll have it all. Before the show will be a fantastic meal featuring cream of shitake mushroom soup, chicken Vienna (a skinless breast of chicken rubbed with seasoned fresh bread crumbs, sweet potato souffle, sugar snap peas and chocolate lava cake for dessert. Cost is \$70.00

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## Maine Township Senior News

The following are some of the new classes, events, trips, and activities available through MaineStreamers, the social senior organization of Maine Township. For further information on free membership or any of these events, call 1-847-297-2510.

## Rules of the Road Class

Thursday, February 17  
 1:30 p.m. to 3 p.m.  
 Instructor: Stan London  
 No Charge - Registration Required  
 Need to renew your drivers license? If so, plan on attending this Secretary of

## SENIORS

State refresher course that prepares you for the written exam. Next Class: April 14th.

## Income Tax Appointments Available

Any Maine Township resident 55 and older can receive free income tax assistance through the cooperative efforts of AARP Tax Aide Program and volunteers for the Township. To schedule an appointment call the MaineStreamers at 1-847-297-2510.

## MaineStreamers Seek Residents 90 Years and older

Are you 90 years old or older or know someone who is? We want you! A special event will be held during the month of May for any resident 90 years of age and older. In recent years, over

40 seniors aged 90 or older have been entertained, dined, and celebrated with Supervisor Bob Dudycz and other township officials.

If you meet these requirements please call the MaineStreamers at 1-847-297-2510 and register to receive a special invitation for this wonderful event.

## Day Trip Available

The following Day Trip is 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. All Day Trips depart from the State of Illinois Building, 9511 Harrison St. in Des Plaines.

**Discover historic Oak Park**  
 Oak Park Area Wednesday, March 30

9 a.m. to 4:30 p.m.

Cost: \$63 members/\$68 guests

Oak Park is home to the world's largest collection of Frank Lloyd Wright designed buildings and houses, with 25 structures built between 1889 and 1913. Let's start at the Frank Lloyd Wright Home and Studio which served as his private residence and studio for the first 20 years of his career. We will continue on to the Unity Temple — a Wright designed church.

Lunch will be at Winberie's Cafe. After lunch we visit Ernest Hemingway's Birthplace and Museum. Explore displays featuring rare photographs, a diary, letters and other memorabilia! This is the

qualified seniors. To make your appointment for the coming tax season, call the Niles Senior Center (847 588-8420) between the hours of 9:00AM and 3:00PM Monday through Friday. Appointments are required — sorry NO WALK-INS!

## RENEW YOUR CIRCUIT BREAKER!

If you are getting your prescription coverage through the Illinois Circuit Breaker or Senior Care, please remember it MUST BE RENEWED every year. To avoid a lapse in your coverage, renew before the end of March. The Illinois Circuit Breaker is open to Illinois Seniors, age 65 and older or persons with disabilities (restrictions

Continue...

NILES SENIORS page 19.

## Niles Senior News

## NSC Highlights

For a detailed description of programs & activities, or to ask about membership requirements, please check the Naturally Active Program Guides or call the Niles Senior Center at 588-8420

You can also visit us at the Village of Niles online at [www.vniles.com](http://www.vniles.com).

**FEBRUARY REGISTRATION**  
 In-Person Registration begins 8:30am, Wed., February 9, 2005 — Call for availability.

**MAKE YOUR TAX APPOINTMENT NOW**  
 Niles Senior Center is again offering FREE tax preparation assistance to



**Saint Andrew Life Center**  
 7000 North Newark Avenue  
 Niles 60714



Resurrection Health Care is committed to the healing, enrichment, and transformation of the human spirit. We are a not-for-profit organization, as recognized by the Federal Fair Housing Act.

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 Come spend the winter with us!  
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 Call (847) 647-8332 for Details

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## Niles Seniors

(Continued from page 18)

apply). Household income restrictions are as follows: A one-person household income cannot exceed \$21,218; A two-person household income is limited to \$28,480; A three or more household income cannot exceed \$35,740. Please call for more information about these programs.

## RENEW SENIOR FREEZE NOW!

Renewal applications have been mailed out to Senior Freeze participants. Renewal forms are due by February 23. Please remember that you MUST RENEW your Freeze application every year, and it must be notarized. To qualify, your 2003 income cannot exceed \$45,000. Please call for an appointment. NEW APPLICATIONS for the Freeze will be accepted at a later date. For more information, please contact the Niles Senior Center at 847 588-8420.

## NILES SENIOR CENTER FLEA MARKET

Saturday, May 7th  
 If you are interested in participating in this year's annual Flea Market, call Jaymi Ostman (847 588-8420) as soon as possible. There is limited space available so don't wait too long.  
**ANNUAL ST. JOE/ST. PAT'S DAY PARTY — FRIDAY, MARCH 11**  
 11:00 \$10 Make your reservations NOW! This annual event, sponsored

by the Niles Senior Men's Club, is a sell out every year! The 11:30AM lunch features something for everyone — Corned Beef and Cabbage and Mostaccioli and Meatballs! Entertainment will feature Enzo Incandela. Cost includes lunch, entertainment, and raffle.

## MOONLIGHTERS — ALL ABOUT JAZZ Thursday, February 24 5:00PM — 8:00PM

Join us at the Niles Senior Center where you will enjoy an evening filled with John Temmermans Classic Jazz Music. Sit back, relax, and slide into the "smooth groove". Prior to the performance a dinner featuring Salad, Grecian Chicken, Baked Potato, and Dessert will be served. Cost \$10.

## OUTING TO CENTRE EAST — CHINESE ACROBATS, Sunday, March 6 \$49.00 OPEN TO MOONLIGHTERS

We'll start with the fabulous Sunday Brunch at The Doubletree in Skokie. Right next to the Centre East Theater of the Performing Arts where we'll experience the thrills of tumblers, acrobats, jugglers, and more. Enjoy the spectacular costumes and graceful artistry. Check in is at the Niles Senior Center at 11:00AM. We should return approximately 5:00PM. Cost: \$49. Now open to your non-resident friends.

## SENIORS

## Aging Lifestyles

**Birthdays? He'll take as many as he can get**

Time's fine line wears inexorably thin. I turn 70 in a few weeks.

Born at the height of the worst economic crisis in American history — the Depression — I have lived to see a new century.

Of course, I know that no matter how great medical advances are in the next decades, I will not be around to welcome in the next century — 2100. By then, the thread of my life will have unraveled no matter how hard medical science works to keep repairing the cord.

Yet, the question I ask, these days, is not where has my life gone but what will the future bring?

I can expect another 20 to 25 years of life, if my parents are any example. My father died at the age of 92. My mother is still alive at 95. And my two uncles lived well into their 80s.

During most of those years, I will be a retiree. The Wall Street Journal reports that if I retired at 65, I could have expected to spend another fifth of my life retired.

But I anticipate doing better than that. After all, my father retired at 62 and spent the next 30 years, about half his life up to the day he quit work, retired. He was retired almost as long as he had worked. That sounds reasonable to me.

Maybe I will make it to 100. That would give me another 30 years. Centenarians are the fastest-growing portion of our population. There are about 100,000 alive now.

There are some of us who enjoy working, so there is no rush to retirement — particularly since we are healthier longer now.

But work, like everything in later years, takes on a different context. I work not for the money but for the joy. I do what I wish, like writing this column. I am no longer driven by some primordial force to climb up the ladder of achievement.

I have no desire, for example, to become editor of this paper, or any paper. I pity people shackled with the daily stress of "responsible" jobs.

There is a plethora of younger persons, though, who enjoy pitying older Americans, calling them "elderly" or "senior citizens" or just plain "Pop." But they are talking about us travelers in a distant land. They have not yet entered this world I live in — the Golden Years.

Now, there are cynics who contend that the Golden Years are fraught with sickness and loss of friends — and fear of death. It is not quite as golden as one would imagine, they say.

Then why, may I ask, do so many older people possess the serenity lack-

ing in their children? I am sure some harried professor, working overtime in an Ivy League university, has done a study on the topic. But, as for me, I ask the people who have traveled farther on the journey than I have — the centenarians.

They haven't spent too much time studying their serenity. They leave that to the scholars, like professor Tom Perls at Harvard. Perls says there is some indefinable characteristic of their lives. Somehow, they have the ability to let go, not to try to control the uncontrollable. They have, well, a serenity. The cauldron of anger and resentment does not bubble within them.

So, I am turning 70. I remember interviewing Maxine Andrews of the Andrews Sisters when she was in her 70s. She was still singing and she could not understand why women in their 50s were so reluctant to give their ages.

"Why, I am proud to have lived this long. It's nothing to be ashamed of," she told me.

I agree. E-mail Joe Volz at [jvolz2003@adelphia.net](mailto:jvolz2003@adelphia.net), or write to 2528 Five Shillings Road, Frederick, MD 21701. © Copley News Service Visit Copley News Service at [www.copleynews.com](http://www.copleynews.com).

## PUBLIC SERVICE ADVERTISEMENT



BY JEFFREY CARDELLA  
*Special to The Bugle*

Edward Jones  
This Valentine's Day, Give a Present With a Future

It's almost Valentine's Day. This year, in addition to giving traditional presents, why not add a gift that can last long after the flowers fade, the candy is eaten and the cards are recycled? Specifically, why not give something that can help someone's financial future?

Let's consider a few possibilities:  
 • **Stocks** — People enjoy receiving shares of stock in a company whose products they use. However, before rushing out to purchase some Company XYZ stock, make sure it's really a good fit for your intended recipient; if you know that he or she will lose sleep over temporary market downturns, don't give shares in a volatile stock.

If you're giving away some of your own shares, you'll need to know what you originally paid for the stock (its "tax basis"), how long you've held the stock and its fair market value at the date of the gift. You'll also need to determine if you have to file a gift tax return. (You can give up to \$11,000 per year, free of gift taxes, to as many people as you want.) Recipients of your gift will need this information to determine gains or losses if they decide to sell the stock.

• **Zero coupon bonds** — These types of bonds can make an excellent gift for someone who would like to achieve a specific financial goal — such as a new car, a dream vacation, etc. — in a given number of years. You buy a zero coupon bond at a deep discount; when the bond matures, you — or in this case, the recipient of your gift — collects the full face value. You can find zero coupon bonds issued by the U.S. Treasury (called STRIPS), corporations or a municipality.

Make sure you ask about the tax considerations, interest rate and default risks of the specific issuer when considering zero coupon bonds.

• **IRA contributions** — If you want to give a loved one a financial gift that can help ensure a comfortable retirement, consider contributing to his or her IRA. Individuals can contribute up to \$4,000 annually to either a traditional IRA, which offers tax-deferred earnings, or a Roth IRA, whose earnings grow tax-free, provided certain conditions are met. And IRA owners who are 50 or over can put in an extra \$500 per year as a "catch-up" contribution.

• **Life insurance** — At first glance, few things sound less suitable for a Valentine's Day gift than life insurance. Yet, if you're thinking of a gift for a spouse or your children, you can hardly do better than to make sure your life insurance is sufficient and up-to-date. Do you have enough life insurance — and the right type of insurance — to meet your family's needs should anything happen to you? Keep in mind that major life events, such as a new marriage, home, baby and retirement, can affect your insurance requirements. Think about using Valentine's Day as a launching pad from which you'll periodically review your life insurance needs. You may want to work with a financial professional who can help evaluate your situation and recommend appropriate solutions.

It's true that none of these ideas are exactly typical Valentine's Day gifts — but, in their way, each one has a lot of "heart." And your generosity will be appreciated for years to come.

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

**CHICAGOLAND Pops ORCHESTRA**

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**LINDA EDER** Broadway and Beyond  
 Saturday February 12, 2005 8pm

Treat your Valentine to an evening with the incomparable Linda Eder. Arrive Roth leads the Chicagoland Pops Orchestra in a magnificent evening of Broadway and Pops favorites. USA Today described Linda as "a captivating presence and a singing voice that elevates everything it touches."

**ART GARFUNKEL** Live at the Pops  
 Saturday April 2, 2005 8pm

Grammy Award winning artist Art Garfunkel shares his talent and amazing music in an evening of favorites. Imagine hearing Art Garfunkel singing Bridge Over Troubled Water and other great American classics with the CPO.

Call Ticketmaster at 312.559.1212 or visit the walk-up ticket window at Rosemont Theatre.

Special thanks to our Corporate Sponsors:

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**Terrace Suites**  
 THE PERFECT ALTERNATIVE

The privacy seniors cherish with the safety net of licensed nursing care available around the clock. A new program for older adults at Bethany Terrace Nursing Centre, the Suites are accessible through a separate entrance in the main lobby.

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*Varying Levels of Care*

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 8125 North Waukegan Road  
 Morton Grove, Illinois 60053  
 847-965-8100



## EVENTS CALENDAR

## GOVERNMENT

## Thursday, February 3

-7:30 p.m. Park Maine Park Board meeting  
-7:30 p.m. Golf Maine School District 67 Board meeting  
**Monday, February 7**  
-7 p.m. Maine Township High School District 207 Board meeting  
-7:30 p.m. Park Ridge City Council meeting

## COMMUNITY

## Tuesday, February 8

-On Tuesday, Feb. 8 Our Lady of Destiny Catholic School will be hosting a Mardi Gras celebration in the school gymnasium from 6:00 to 9:00 p.m. Mardi Gras is inexpensive fun for the whole family. There will be games and prizes for all ages, as well as refreshments, and a Split the Pot Raffle. Our Lady of Destiny is located at 1880 S. Ash St. in Des Plaines. For additional information please call 847-827-2900.

## Tuesday, February 8

The Park Ridge Community Blood Drive will be held this upcoming Tuesday, Feb. 8 from 2 p.m. to 8 p.m. at the First Presbyterian Church of Park Ridge, 1300 W. Crescent.

## Tuesday, Feb. 15

AMCORE Bank to hold Grand Opening. AMCORE Bank will be celebrating a grand opening in its new Morton Grove location at 8930 Waukegan on Tuesday, Feb. 15.

The function will be held from 4:30 p.m. to 6 p.m. and will feature hors d'oeuvres, cocktails and musical entertainment.

For more information, contact Maria Fredrickson at (847) 470-6715.

## Saturday, March 5

The Park Ridge Community Women will hold their 50th anniversary celebration at the Clarion Hotel 5615 N. Cumberland Ave. beginning at 7:00 p.m. on Saturday, March 5. Cocktail, hors d'oeuvres and desserts will be served. There will be a silent auction, a raffle, and live music by the Jazz Lizards. Ticket prices are \$65 per person. The majority of the proceeds raised will go to the Park Ridge Heritage Committee for the restoration of the historic Hodges Park fountain. Please call Linda Bruce at 847.692.3287 for tickets.

## Meetings for governmental bodies are held in the following locations:

**Niles**  
Village of Niles: Niles Civic Center  
1000 Civic Center Dr., Niles, IL  
Niles Park District: Howard Leisure Center  
6676 Howard St., Niles, IL  
**Park Ridge**  
City of Park Ridge: City Hall, 506 Butler Pl., Park Ridge, IL  
Park Ridge Park District: Prairie View Center  
2701 Sibley Ave., Park Ridge, IL  
**Morton Grove**  
Village of Morton Grove: Village Hall, 6101 Capulina  
Morton Grove, IL  
Morton Grove Park District: Prairie View Center  
6834 Dempster St., Morton Grove, IL  
Submit events to: Calendar@buglenews.com

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**\$200 OFF**  
\$2.00 off any food order \$10.00 or  
more not including tax.  
**Valentine**  
Heart Shaped Pizzas  
Available Feb. 13 & 14  
Not to be used with any other  
coupon. One coupon to be used for  
each order. Offer Good Now thru  
March 2, 2005.  
DINE IN OR CARRY OUT  
**7950 N. Caldwell, Niles (847) 967-8600**

## Chef Harry presents Warming up to winter salads

BY HARRY SCHWARTZ  
Copley News Service

Even though it's winter, entree salads still have a place at the table. In fact, winter salads are often more filling than what we typically consider summer salads. Changing the season of a salad can be as simple as adding meat, smoked fish or heavy carbohydrates. Cheese, of course, when added with a liberal hand, can turn a salad into a satisfying meal.

Sure, we love our soups, stews and slow-roasted meats on a winter's eve. But don't let winter put salads in the deep freeze. They could just be the right combination to thaw your appetite!

## CHINESE CHICKEN SALAD

1 pound ground chicken or lean ground pork

1 tablespoon fresh garlic, minced

1 tablespoon fresh ginger, minced

1 tablespoon sesame seeds

3/4 cup hoisin sauce

1 bunch scallions, trimmed and chopped

1 red bell pepper, cored and chopped

2 romaine lettuce hearts, shredded

1 tablespoon sesame oil

1/2 cup seasoned rice vinegar

1/8 cup fresh cilantro, minced

Crisp chow mein noodles, to taste

Yields 4 servings.

In wok or large, heavy, nonstick saute pan over high heat, scramble apart pork or chicken and stir-fry until browned. Reduce heat to medium and stir in garlic, ginger and sesame seeds and saute 3 minutes. Remove pan from heat and stir in hoisin, scallions and bell pepper.

Place lettuce in oversized mixing or serving bowl. Whisk together oil, vinegar and cilantro. Spoon meat mixture over lettuce and pour dressing on top. Toss to combine. Toss in chow mein noodles, if desired. Serve immediately.

## FALAFEL SALAD

1 (15-ounce) can garbanzo beans, drained

1 teaspoon seasoned salt

2 teaspoons dried Italian herb blend (divided use)

3 eggs, lightly beaten

1 teaspoon soy sauce

1 tablespoon sesame seeds

1/2 cup seasoned bread crumbs

Oil for frying

1 cucumber, seeded and

chopped

1 bunch scallions, trimmed and

chopped

1 cup sour cream

1/2 cup mayonnaise

1 cup crumbled feta cheese

4 cups lettuce, shredded

4 soft pita breads, warmed

Yields 4 servings.

In mixing bowl, mash garbanzo beans with back of fork. Mash in salt and 1 teaspoon of herb blend. Mix in eggs, soy sauce, sesame seeds and bread crumbs. Heat oil about 1/3 inch deep in large, heavy, saute pan over

Place lettuce in bowl.

Fry or bake popcorn shrimp following package directions. Toss lettuce with dressing to taste. Serve salad with hot popcorn shrimp and remaining 1/2 cup of cheese on top.

POTATO EGG

3 medium potatoes

1/3 cup cider vinegar

1 clove garlic, minced

2 teaspoons sugar

1/3 cup olive oil

2 tablespoons fresh basil, minced

1 tablespoon fresh parsley.



medium-high heat. Drop spoon-

fuls of garbanzo mixture into

hot oil, creating 12 small pucks.

Saute until brown on both sides,

about 5 minutes per side. Drain

on paper towel.

Mix together cucumber, scallions, sour cream, mayonnaise, feta and remaining 1 teaspoon herb blend. Arrange lettuce over

pitats and on it arrange warm garbanzo pucks. Spoon on cucumber sauce and serve immediately.

## POPCORN CAESAR

Juice from 2 fresh lemons

1 teaspoon fresh parsley, minced

4 cloves garlic, minced

1 teaspoon Worcestershire sauce

1/2 cup extra-virgin olive oil

1 teaspoon sugar

1 cup parmesan cheese, grated (divided use)

2 romaine lettuce hearts, chopped

1 pound breaded frozen popcorn shrimp

Yields 4 to 6 servings.

Whisk together lemon juice, parsley, garlic and Worcestershire. Whisking briskly, add oil in a stream and continue to whisk until thickened. Whisk in sugar and 1/2 cup cheese.

minced

Salt and pepper, to taste

3 hard-cooked eggs, chopped

1/2 purple onion, minced

1/3 cup chopped pimento

4 ounces fresh baby greens

Yields 4 to 6 servings.

Peel potatoes and cut into small chunks. Poach them in simmering salted water until tender. Drain well and run under cold water, 30 seconds. Drain again. Whisk together vinegar, garlic, sugar and oil until slightly thickened. Whisk in basil and parsley. Season with salt and pepper.

Arrange potatoes, eggs, onion and pimento over greens. Drizzle dressing over salad, as desired. Serve while potatoes are still warm.

Harry Schwartz is author of "Star Grazing," companion cookbook to his public television series. Visit his Web site at [www.chefharry.com](http://www.chefharry.com) or send questions and comments to him at Copley News Service, P.O. Box 120190, San Diego, CA 92112.

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# Inside people

Treatments need not be risky, arthritis experts say

BY R.J. Ignelzi  
Copley News Service

As if the pain of sore and swollen joints isn't bad enough, now arthritis sufferers have to endure the confusion and frustration of having some of their most effective pain relievers declared risky.

The arthritis medication Vioxx was pulled from the market Sept. 30 after studies indicated it increased the chance of heart attack and stroke. Less than two weeks ago, the other shoe fell. Celebrex, another arthritis drug in the same class of Cox-2 inhibitors, was linked to serious cardiovascular side effects. A short time later, similar problems were seen with the popular painkiller naproxen (sold over the counter as Aleve).

So, what's an arthritis sufferer or ailing weekend warrior to do?

Plenty, say arthritis experts.

People need to take control of their symptoms by trying various things and seeing what works for them, says Veronica Braun, president of the San Diego chapter of the Arthritis Foundation.

"We live in a culture where we just want to take a pill and feel better. But, that's not always possible," she said. "People should look at (the recent medical findings) as an opportunity to search out other things - everything from exercise to stress reduction, to acupuncture - to help relieve their pain."

Arthritis experts offer the following pain-management recommendations to prove there is life after Vioxx. Just be sure to consult your doctor before taking any medications or beginning any exercise, weight-loss or pain-relief treatments.

Some ways to manage your pain:

## ACUPUNCTURE

By helping to release pain-relieving chemical substances such as endorphins in the central nervous system, acupuncture shows promise for pain relief associated with osteoarthritis.

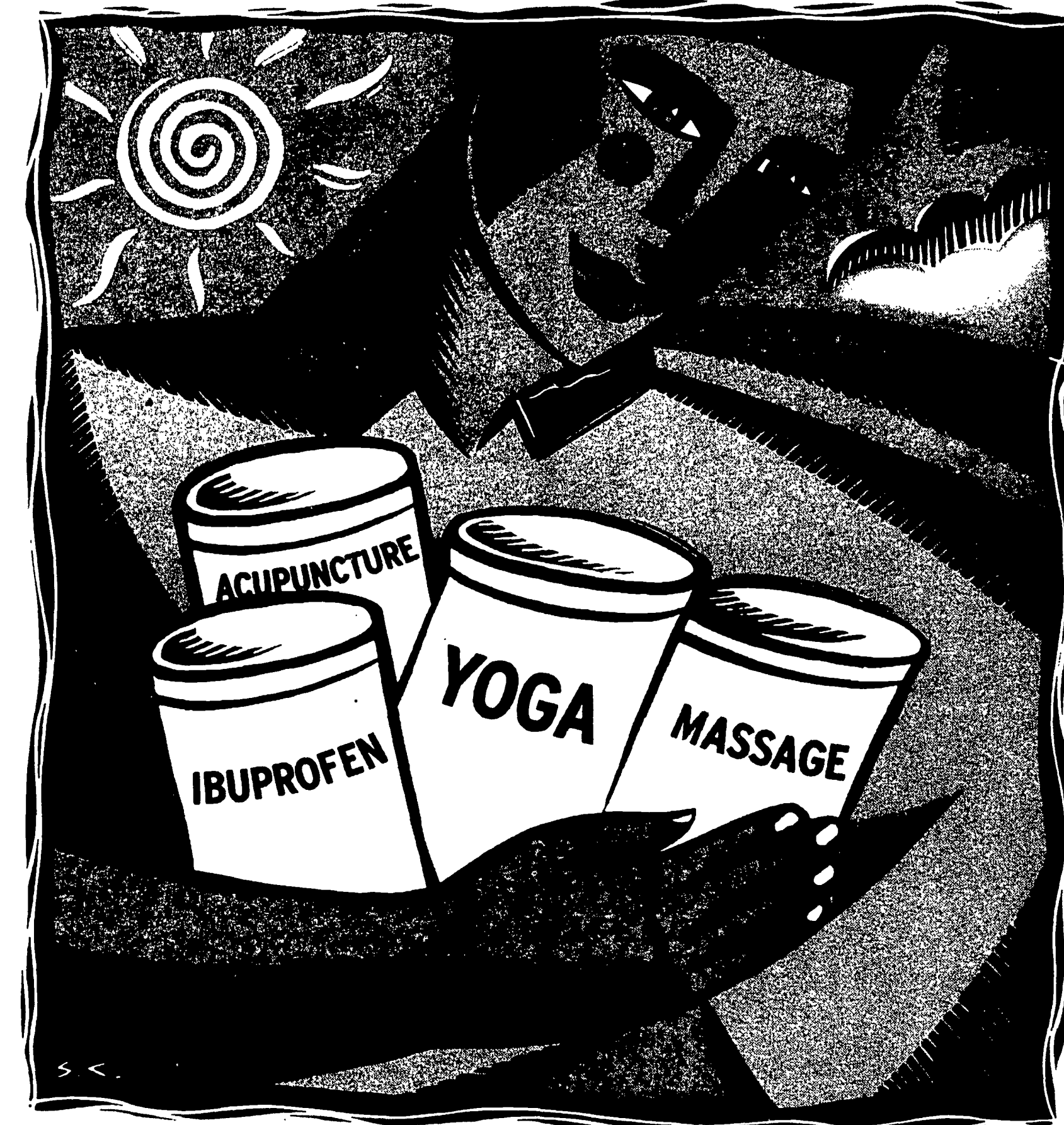
A recent study sponsored by the National Institutes of Health found that acupuncture treatment significantly reduced pain and eased movement for patients with arthritic knees who were taking pain medicine. The study involved 570 knee patients who experienced a 40 percent improvement in function with acupuncture after 14 weeks.

"Acupuncture seems to help some people, and it appears to be safe," said Dr. Gary Firestein, director of the University of California San Diego's division of rheumatology, allergy and immunology. "If you're uncomfortable and in pain and you don't want to take medication, acupuncture may be a reasonable approach."

## OVER-THE-COUNTER PAINKILLERS

Up until last week, non-steroidal anti-inflammatory drugs (NSAIDs), including naproxen (Naprosyn and Aleve) and ibuprofen (Advil and Motrin), were used quite successfully by people with joint and muscle pain.

However, after recent studies indicated that high doses and long-term use of



naproxen may cause cardiovascular problems, doctors are cautioning people to use the drug only as recommended - 220 milligrams twice a day and for not more than 10 days.

"We need to remember that this stuff isn't candy. Medicines, including over-the-counter medicines, are serious business and all have potential risks," Firestein says. "Occasional use of Aleve is probably OK if used for a couple of days for a sore ankle or something. But, for chronic pain, taking it day in and day out, month after month, you first need to discuss it with your doctor."

Ibuprofen hasn't been found to cause cardiac problems, but people still need to be cautious: Gastrointestinal bleeding and ulcers can occur with high doses and prolonged use of the painkiller. Additionally, when taken along with a low-dose aspirin regimen for cardiac protection, it's been found that ibuprofen interferes with aspirin's protective effect.

"If you take aspirin for your heart, it's important to talk to your doctor about what you should do (for arthritis pain)," said Dr. Gary Williams, a rheumatologist and chairman of

Scripps Clinic's department of medicine in San Diego. "And, if you're taking ibuprofen, be sure to follow the package directions."

Since most NSAIDs can cause stomach distress, it's important not to take these drugs on an empty stomach. Ask your doctor if an antacid or one of the new proton pump inhibitors (Prilosec, Nexium or Prevacid) would help protect the stomach lining.

Although acetaminophen (Tylenol) doesn't have any gastrointestinal side effects, it lacks the anti-inflammatory effects of an NSAID. It might help a bit with the pain, but it won't do anything for inflammation that causes arthritis pain.

## LOW-DOSE CELEBREX

If you've had good results with Celebrex, check with your doctor to see if you should continue its use. If you've had no history of cardiovascular problems or risks, ask if it's possible to safely lower the dosage and still get pain relief.

"If you've been taking 400 milligrams of Celebrex, you may want to reduce it to 100 or 200 milligrams since it's not been demonstrated to be a problem at lower dosage," Firestein said.

## EXERCISE

"The muscle-skeletal system is at its best when it moves. It's not designed to be immobile. In fact, you can induce arthritis by immobilizing some joints," Firestein says.

Stretching and non-weight-bearing exercise like swimming and cycling can increase the range of movement, reduce fatigue and generally make patients feel better.

"Becoming as fit as you can and strengthening the muscles around the joint can have a dramatic effect," Williams says.

## RELAXATION PRACTICES

People in pain experience both physical and emotional stress. Muscles tighten, breathing becomes fast and shallow, and your heart rate goes up. Relaxation techniques, meditation or gentle mind-body exercises can help reverse these effects.

"We encourage people (with arthritis) to do yoga and tai chi. Not only is the stretching and movement helpful, but so is the stress release," said Braun.

## CHIROPRACTIC CARE

"Chiropractors can be helpful for neck and back pain," Firestein says. "It's not been established (as a remedy) for

osteoarthritis because the damage is already there. But, for muscle spasms and inflammation, chiropractors can break that cycle with physical manipulation."

## HEAT/ICE

Using heat and cold treatments can reduce the pain and stiffness of arthritis and ailing joints. Ice packs numb the sore area and reduce inflammation and swelling when there's damage to a joint, such as a sprained ankle. Heat relaxes muscles and stimulates blood circulation and often works best for achy joints or a stiff back.

Drugstores carry a wide range of helpful products, including freezer gel packs and eight-hour heat wraps. Even a package of frozen peas can be used as an ice pack in a pinch.

## DIETARY SUPPLEMENTS

Although there's no substantive scientific evidence that nutritional supplements can ease arthritis and muscle/joint pain, some people swear by them.

One of the most popular is glucosamine-chondroitin, lauded by some for relieving achy joints and rebuilding cartilage. It's currently the focus of a large study by the National Institutes of Health.

"Although there's been no real proof, many people say it really helps them," said UCSD pharmacist specialist Gordon McGuire, who personally takes the supplement along with Motrin for a partially torn rotator cuff. Some studies on fish oil and other omega-3 fatty acids suggest that in high doses, they may have some anti-inflammatory and analgesic effects, Firestein said.

Other supplements such as methyl sulfonyl methane (MSM) and S-adenosylmethionine (SAM-e) are touted by some alternative-medicine practitioners as being helpful for joint pain sufferers, however there's insufficient data to prove their effectiveness.

## MASSAGE

Massage can bring warmth and relaxation to painful areas, according to the Arthritis Foundation, which recommends both self-massage and professional treatments.

"Massage never hurt anybody, and it feels awfully good," Firestein said.

Arthritis patients should make sure their massage therapist has experience working with people with joint inflammation. And, when performing self-massage, stop if you feel any pain and don't massage a joint that is swollen or painful.

## WEIGHT LOSS

People who are overweight have a greater risk of developing osteoarthritis in the joints. Every extra pound you carry around translates to added stress on your knees, back and hips.

"Drop 10 or 15 pounds and your hips and knees will say 'thank you,'" Firestein said.

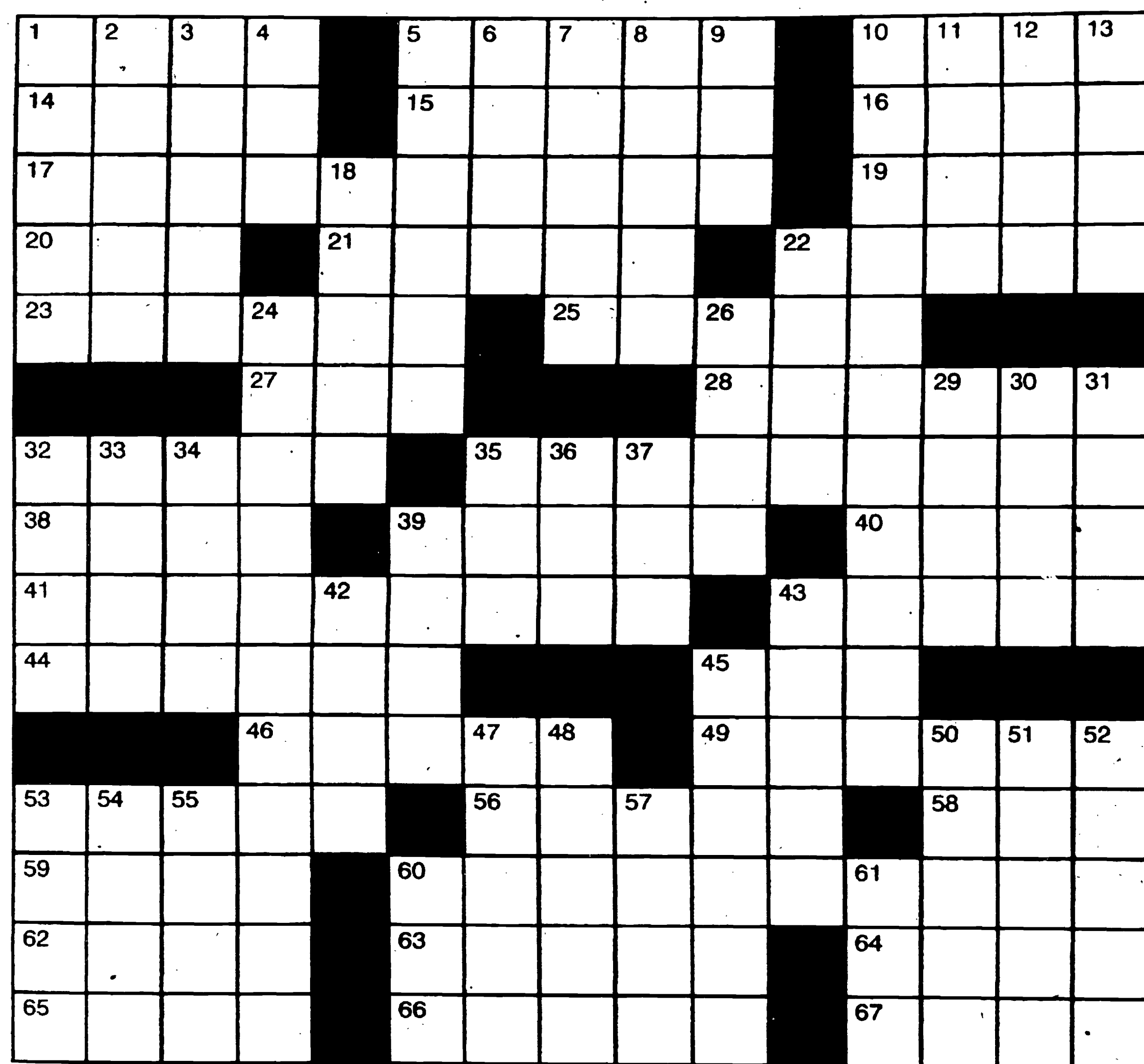
## SURGERY

Going under the knife for back, hip or knee pain should be a last resort and reserved "only for people who are unable to perform daily living activities or are waking in the middle of the night with pain," Firestein said.

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## CHIP SHOT



## ACROSS

1 Far-reaching  
5 Kin of a pelican  
10 Wampum unit  
14 Hip bones  
15 Provide  
16 Carry on  
17 Quibble  
19 Actress Moran  
20 Ah, so!

## DOWN

21 Gets an edge on  
22 Toss about  
23 Rogue  
25 Corn plant  
27 Free  
28 Woodworker's tools  
32 Burdened Titan  
35 Unpolished  
38 Tony  
39 Miraculous sustenance  
40 ".... saw Elba"

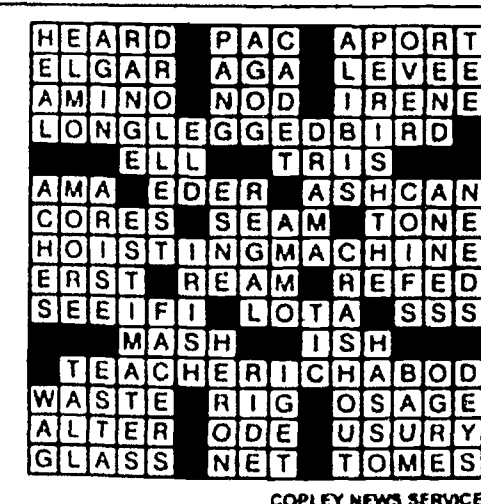
## ACROSS

41 Cut-and-dried  
43 Before the others  
44 Garbo's homeland  
45 Jiff  
46 the hills  
49 Wrinkle  
53 Stroke at the pool  
56 Use a cue well  
58 Mingle  
59 It can be French or English  
60 Show off to advantage

## DOWN

62 Fridge item  
63 Like some penalties  
64 Exploiter  
65 of attack  
66 Pup items?  
67 Cardinal's quarters

3 Missile holders  
4 chi ch'uan  
5 Observe  
6 Judah's son  
7 Namesake of Garfield's pal, et al.  
8 Fly to pieces  
9 OK word  
10 Get the ball rolling  
11 Make  
12 Keen  
13 Withhold  
18 Massenet opera  
22 Sans pizzazz  
24 Lower the boom  
26 Pond tidbit  
29 German gent  
30 Lambs' dams  
31 Pique performance?  
32 Ohs, in Ems  
33 Warm up  
34 Ugh bugs  
35 Glimmer  
36 for the money  
37 Freu's "Totem \_\_\_ Tabu"  
39 Patch  
42 Dickens' "Little \_\_\_"  
43 Noted U.S. physicist  
45 Pool-pools  
47 Critical  
48 Like Ellington's doll  
50 Divert  
51 Begets  
52 Put forth  
53 Kind of logic  
54 What to do with the punches  
55 Sphere  
57 Host  
60 It's 6 hrs. behind Greenwich  
61 Big \_\_\_ VIP



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## REAL ESTATE

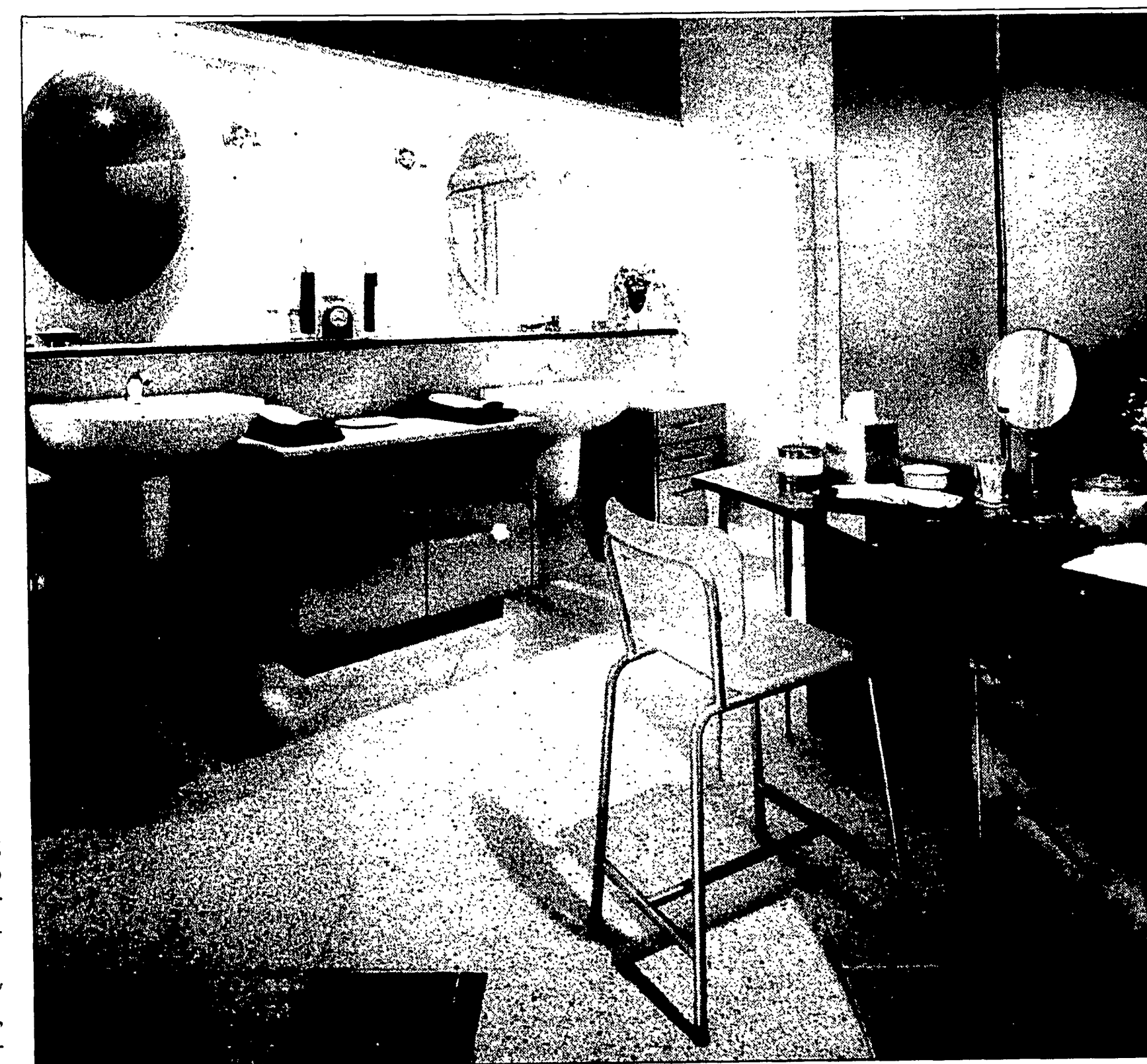
THE BUGLE

Thursday February 3, 2005

BY ROSE BENNETT GILBERT  
Copley News Service

## Decor Score

*Stainless steel: what's good for kitchen is good for bathroom*



right: stripping and refinishing an entire house is a lot of work. There are products to help - [www.minwax.com](http://www.minwax.com) should prove useful - and plenty of expert information: have a look at any of several how-to books by Bruce Johnson, organizer of the annual Arts and Crafts conference and antique show at the historic old Grove Park Inn in Asheville, N.C. (coming up Feb. 18-20; [www.arts-craftsconference.com](http://www.arts-craftsconference.com)). Among Johnson's books are "Knock on Wood" and "Tips for Refinishers."

On the other hand, there's expert advice against stripping off miles of paint, yourself. Old paint almost always contains lead, something you don't want to sand into dust that you can breathe. Unless you have the know-how to do big jobs, like stripping and sanding hardwood floors, we say turn the stripping over to hired pros.

Q: My 3 1/2-year-old daughter has allergies to things like dust, cat dander and molds. Our pediatrician gave me a list of remedies, like adopt the cat - we gave him to our neighbors - and take up the carpets - which I am slowly adjusting to the idea of. There's nothing but cement on the family room floor. Should we put down a laminate that looks like wood? Or is there something new and more interesting to consider?

A: Any slick, mop-able surface is kinder to people with allergies than carpet pile, which grabs and harbors dust and dander. Laminates fall into this category, and some of the newer versions do a good job of copying stone, metals and tiles, as well as wood. Another answer involves something old, but still newsworthy: Marmoleum, aka linoleum, a floor-covering material that's been around for pushing two cen-

## A greener view

One pear too many

BY JEFF RUGG  
Copley News Service

Q: We were one of the many unfortunate people that lost a beautiful Bradford pear as a result of a snow storm. We would like to replace it with another flowering pear tree and hear that the Cleveland pear is more resistant to storm damage than the Bradford. In addition, the Cleveland retains the disease-resistance and fast-growing traits of the Bradford. Would you agree, or are there other tree varieties we should consider? A fast-growing variety is very important to us. The Bradford we lost provided shade for a greenhouse that is attached to the east side of our home and therefore, kept the greenhouse temperatures at a bearable level. Your thoughts will be appreciated. Thanks.

A: As Bradford pear trees age, they are often becoming more of a liability. Unfortunately, in recent years they have been overplanted in most areas. If anyone has one with a trunk wider than 1 foot, they should have it looked at by a licensed arborist. The arborist may suggest pruning out many of the branches that grow upright or they may suggest that some of the trunks be cabled together for support. Without regular care, they may eventually split and fall apart. If they are near a car or house, that could cause major damage. Their growth pattern has the normally wide-growing side branches bending upward so that they form several upright trunks instead of a single trunk with horizontal side branches. Horizontal branches develop strength just by the fact that they must support themselves in the blowing wind all the time. Upright branches do not develop this strength and therefore, are too weak to support themselves if they are bent toward the horizontal. Even seemingly small amounts of snow and ice can cause the tree to split in half. This is even true for trees in warm climates that only get snow or ice on a rare basis. Sometimes, the tree splits under its own weight with the help of a little wind. The Cleveland pear is more storm-resistant than the Bradford.

Continues...

A GREENER VIEW page 24.

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## REAL ESTATE

## A greener view

(Continued from page 23)

Other varieties such as the Aristocrat pear are also better than the Bradford.

I would suggest that you consider other tree species, rather than replacing it with another pear. Pears tend to be shorter lived than some of the narrow-growing red and sugar maples and oaks that also have varieties that are skinny and upright growing. There are also narrow and upright varieties of flowering crabs, alders and serviceberry among the spring-blooming trees. Although it might be good to have sun in the greenhous in the winter and you may not want an evergreen, you could plant cedar, juniper or arborvitae. Check with your local nursery to see which ones they stock and which would grow best in your area.

Q: Two years ago, I planted two 10-foot Scotch Pine trees in my front yard. They appear to be growing well, but I noticed that one of them has a black spot about two feet wide, near the bottom of the tree. I noticed that it appears like a black powder that rubs off. At first I thought it was from dogs urinating on that spot, but on closer look, it appears to be some type of a fungus. What can I do to stop its spread?

A: Sooty mold is a black fungus that grows on many sap-covered surfaces, but is not usually a problem until it covers plant leaves and prevents them from photosynthesizing. If it is on the tree trunk, it shouldn't do any harm. However, it isn't normal for a pine tree trunk to have sap available for the mold to grow on. The sap coming from borer holes right there on the bark or is it dripping down from broken branches or higher up damage of some kind?

I am glad you noticed the black area. Most people are not so observant of their trees. You will need to dig a little deeper to determine the real source of the problem. You may need to have a licensed arborist help you do the diagnosis on this one. There are several kinds of beetles

that bore into Scotch pines and none are good. They might be the cause of insecticide ingredient in many different products, as can many other

## GARDEN TIP

## Bradford pear

**MATURE HEIGHT/SPREAD**  
The Bradford pear, which grows 30 to 50 feet wide, is a pyramid-shaped tree that blooms with white flowers in late April to early May. During the summer, it has glossy dark-green leaves that change to red or purple in fall (depending on variety). Because of its ability to tolerate pollution, the pear tree makes an excellent street tree and also works well in planters.

**GROWTH RATE**  
A rapid grower (12 to 15 feet increase in height over an 8- to 10-year period), it has a short to moderate life span (25 to 30 years). The Bradford pear grows best in full sun but will tolerate part shade. It tolerates most soil types and conditions, including occasional wet soils or drought.

**PHYSICAL FEATURES**  
■ Showy yet unpleasant white flowers appear in spring, usually before leafing.  
■ Small, round brown fruit are inedible and provide little landscape interest. In the fall, leaves turn mahogany red and sometimes bright orange-red in late autumn.

**PROBLEMS**  
Suffers from severe branch splitting, especially in trees at least 15 years old when subjected to ice and storm conditions. Prune to improve branch angle in winter or early spring, before growth begins.

Showy yet unpleasant white flowers appear in spring



Copley News Service / Pete Chenard

of the sap. On the other hand, wood peckers might be a more benign cause.

Q: I noticed that several of my bushes and one willow tree have scale insects. One Dogwood bush was already half dead, and I cut it to the ground and burned the branches. I found a natural insecticide made from Neem tree seeds from India, and treated the tree and remaining bushes. Is this a good treatment for scale?

A: Only if it says to do so on the label. Neem oil can be used as an

insecticidal ingredient. Before using an insecticide, you need to be sure that you have accurately diagnosed the problem, and know for sure what kind of plant you are treating. Then you need to select a product that says it will treat that problem on that kind of plant. Finally, you need to follow label directions to get good results in a safe manner. E-mail questions to Jeff Rugg at info@greenerview.com. © Copley News Service Visit Copley News Service at www.copleynews.com.

## HOME HOW-TO

## Re-laminate countertops

**It is possible to install new laminate over old, but the results will never be quite as good as if it were installed over substrate. Putting new laminate over old is feasible if the countertop has square laminate nosing rather than metal molding.**

## INSTALLING NEW LAMINATE OVER OLD

1. Lightly sand with 100-grit sandpaper to remove the slick factory-applied finish.
2. Clean the surface with a rag soaked in mineral spirits to remove dust and any other contaminants.
3. Scribe the new laminate to fit any variations in the wall before installation.
4. Proceed with installation of the new laminate using contact adhesive as if building from scratch.
5. Mark a cutting line on top of the laminate about 1/8 inch beyond the counter's edge.
6. Carefully cut off the excess using a rotary tool with a thin grinding wheel.
7. Finish the edge by using a smooth-cut file to remove the remaining lip and smooth out any rough spots.



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## REAL ESTATE

## Decorate from the floor up

Q: My husband loves old Oriental rugs ... which would be OK if we had inherited one. Yet at the price tags I'm seeing on antiques, I'd rather buy a new rug that's not trying to look like an Oriental. We have fairly traditional furniture - we need the rug in our great room, which has a leather sofa and chairs, in a dark red. What else, that we could afford, would work on the floor?

A: Actually, you have a wealth of choices ... or a bewilderment of riches, depending on how you look at shopping for a rug. The process can be intimidating, especially when you're adding a rug after the rest of the room is furnished and the color scheme set. The floor is the room's largest wall, remember, and has a lot to say about its attitude. In a perfect world, the rug would come first as the literal foundation upon which you subsequently build the rest of the room's decor.

Still, in the real world, there ARE ways to introduce new color and pattern that will work with furnishings already in place. One way would be to choose that Oriental or traditional Oriental-style rug your husband has a crush on. He has a point: as long as there's a cross-color reference between the rug and your other furnishings, an Oriental almost always works in any context, including country and contemporary. That's because so many authentic Orientals feature all-over patterns in softened, earth-related colors that the mind's eye easily integrates into the gestalt of a room.

It is possible to work the same chameleon magic underfoot with other carpeting, as long as the patterns are blended and the colors are gentled.

Convincing proof is the carpeting in the traditional setting we

show here. "Jakarta Decor,"

ing - not an area rug - but it is

The colors flow softly, forming a



from Karastan, is inspired by jacquard textiles reminiscent of Tibet. This is broadloom carpet-

woven to re-create some of the surface effects natural to area-rug-size handmade Orientals.

patchwork of patterns that makes itself very much at-home in this fairly formal sitting room ... and

would go equally well with more casual furnishings, say, the red leather furniture in your own great room.

Q: What's the coming color key for kitchen countertops?

A: Think dark thoughts, says the design maven for Wilsonart Laminate, one of the most-used countertop coverings in the country. After decades of lightening up in the kitchen, darker tones are hovering on the design horizon for 2005, reports Wilsonart's Gwenn Petter.

She credits the downturn of the color wheel to the popularity of darker hued natural stone countertops, such as granite, marble and soapstone. Manmade like concrete and engineered stone are also being dyed dark to create countertops "which are more dramatic than their lighter counterparts," she says.

Laminates offer the look at budget-loving price levels, but you have a wealth of other counter materials to choose among. That even includes metals, which can be left to oxidize and darken naturally.

Solid hardwood butcher block countertops, usually made of thick, sturdy maple or oak, take readily to darker shades than we've been seeing. You can also order more exotic, naturally dark woods, such as American cherry, teak and wenge. One source to check out is Craft-Art Wood Countertops at www.craft-art.com or call at (404) 352-5625.

Rose Bennett Gilbert is the co-author of "Hampton Style" and associate editor of Country Decorating Ideas. Please send your questions to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190, or online at copleysd@copleynews.com.

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## Customize your bathroom

(NUI) - Today, bathrooms are just as much about style as the rest of the house. It should also be a place that expresses your individuality and sense of style for increased comfort and enjoyment. Start small and coordinate smaller items or buy one luxury item that showcases your personal style. Depending upon your budget and creativity, you can easily impact the look and feel of your bathroom in one or two simple steps.

Unique faucetry: An inexpensive place to incorporate your signature style is through faucetry. Upgrading your sink and tub faucets is an easy

way to add drama. Faucets provide the exclamation point for the bathroom with styles ranging from traditional classic designs to contemporary high-arch spouts that really make a statement. Unlike traditional faucets with a small round nozzle, today's choices allow water to cascade into your sink and tub for a luxurious accent.

Single focal point: When too many objects compete for attention in a room, the design can become confused. Select one strong element as the room's focal point and arrange the rest of your bathroom, including lighting, to enhance its best advantage. Don't be afraid to make a bold statement about

your personality. For example, the Jacuzzi Morphosis tub will convey your love of European design. Its graceful arch and chromatherapy lighting create the perfect centerpiece for a room.

Artwork: Bathrooms are among the most important rooms in the house and can easily be personalized with artwork and color. When selecting artwork for your walls, keep in mind the room's color scheme. Select artwork that you will enjoy every day, especially while lingering in a nice bath. Frame pieces well to protect them against the light, water and steam present every day in a bathroom.

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## REAL ESTATE

## Escape the stresses of life with a backyard waterfall

(NUI) - Colorful fish gliding through clear water. Plants and flowers blowing in the wind. The sound of water cascading over rocks. What could be more relaxing than having a waterfall right in your own backyard?

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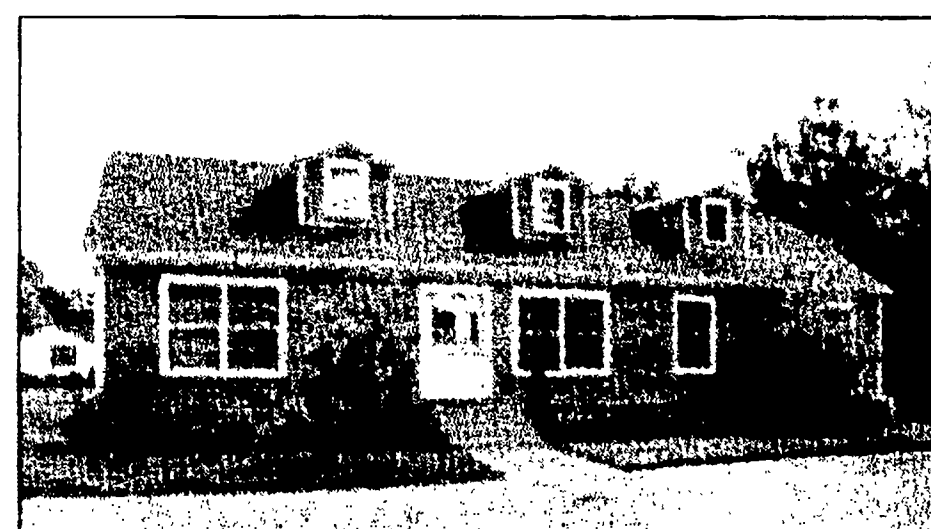
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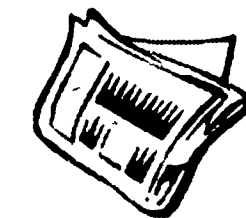
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