

Since 1957 February 24, 2005

Vol. 48 No. 40

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#### Inside this edition...



A Hazardous House
The Niles Fire Department's new "Hazard House" is a tool to teach young people about different fire hazards in the home. For the story, turn to page 5.



Hawks take a fall
Maine South's Sean Price drives the baseline
in the second half of their game against
Waukegan Friday night Feb. 18. For the story,
turn page 13.

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#### In Commentary

Check out our newest columnist, Kathryn Sjurseth, straight from Norway, pg. 8
In Next Week

An Illinois Watch-Dog group alleged in a report that MG Trustee Rick Krier's home was assessed at a lower level than comparable homes. Mr. Krier denies, saying he had it updated when he ran for office. Look for full coverage in next week's Bugle.

## Park Ridge Mayor MaRous Endorses Tinaglia

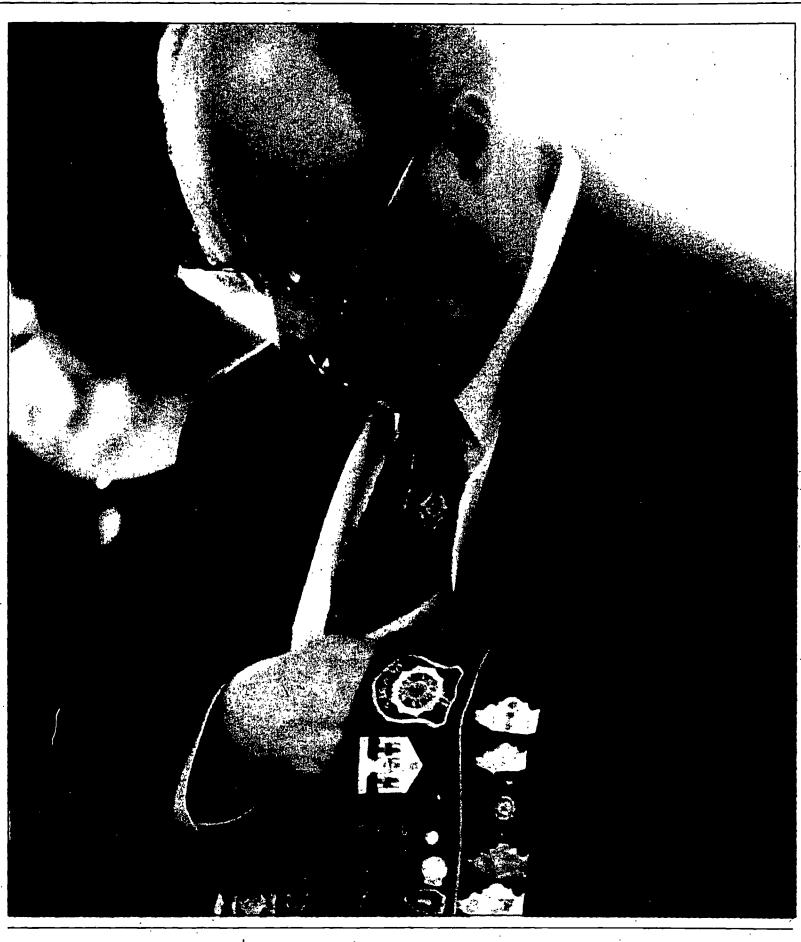
cting Mayor Michael MaRous announced Monday that he has endorsed First Ward Ald/ Mike Tinaglia's candidacy for Mayor of Park Ridge in the April 5 election.

MaRous was elected Acting Mayor in September 2003 following the sudden resignation of long-time mayor Ron Wietecha. At that time he said he would not run for reelection. MaRous said that Tinaglia earned his endorsement because of his positive vision and qualifications.

"Michael Tinaglia is the best choice because he has demonstrated a commitment to govern which includes all the citizens of Park Ridge," MaRous said. "His background and experience as a labor and employment attorney and arbitrator give him the tools to keep Park Ridge moving in the right direction and that is why I am very happy to make this endorsement."

MaRous also touted Tinaglia's two terms as an alderman and his status as a

Continues...
Tinaglia page 2.



Honoring a Sacrifice

American Legion Post 134 corporate board president Bill Smith bows his head in prayer during memorial services for the four chaplins who gave their lives on the U.S.A.T. Dorchester during WWII. (Photo by Allen Kaleta)

## Neighbors remember headstones in Shermer Park

Former MG Employee also recalls gravemarkers

BY ANDREW SCHNEIDER editor@buglenewspapers.com

Park and a former Morton Grove Public Works employee who wished to remain anonymous said that they remembered headstones in the park, calling into question the Niles Park District's efforts to sell the land to a developer.

Last year, the Niles Park Board voted to sell Shermer Park because it was too small to be used for any programming. Funds raised by the sale would have been used to fund improvements in other parks.

Before the sale could move for-



A stone with writing chiseled on it, evidently part of a tombstone rests on a pile of rubble in the Kehilath Jacob Anshe Drohiczen Cemetery in Morton Grove. Those who remember the area when it was being developed in the 1950s say that headstones were once in the neighboring Shermer Park as well.

ward, however, representatives of the Jewish Federation of Metropolitan Chicago approached Park District officials because they believed there might be graves in the Park, which neighbors the Kehilath Jacob Anshe Drohiczen Cemetery, itself straddling the border of Morton Grove and Niles. It originally belonged to Congregation Keheleth Jacob, formed in 1890 by Russian immigrants.

A former Morton Grove Public Works employee said that, when he used to cut grass in the Cemetery because of complaints by neighbors, he saw gravestones in the parcel, which later became Shermer Park

Continues...
SHERMER PARK page 3.

## Caucus Party holds meet and greet tonight

The Morton Grove Caucus Party will host a dinner party and fundraiser at 6:30 p.m. Thursday, Feb. 24 at the El Sol Restaurant, 6000 Dempster, Morton Grove. Guests will have an opportunity to meet the party candidates for the village board, Rick Krier, candidate for mayor, Carol Fritzhall, candidate for village clerk and Georgianne Brunner, Roy Kogstand and Rita Minx, candidates fro trustees.

There will also be music by a 10piece mariachi band.

long-time resident of the city.

said. "He raised his family here.

He was an active member of this

community before his involve-

ment in government. Michael

process because of his time on

the Council, but he also under-

stands what it means to be a ded-



Niles Bids finance employee Roger Seinitz, center, on a welldeserved retirement. Finance Director George Van Adieu Geem, right, also thanked Seinitz for his service.

## MG debates tentatively set for Mar.

epresentatives of the this week. Parties in Morton Grove stated this week that debates between their slates for the village elections Apr. 5 will debate on Mar. 16.

tively scheduled and may still be changed. Currently, plans are to hold them at 7 p.m. on Mar. 16 at the American Legion Civic Center. They will be moderated by Sue Kravitz of the League of Women

tations went out to candidates dents of Morton Grove.'

"Both parties seem to have agreed," he said.

"We're looking forward to it." said Joe Brunner, campaign manager for the Caucus Party. "Part of our campaign The debates are only tenta- strategy is to go door-to-door and meet people and this just gives us another opportunity to meet people."

DiMaria said that their slate was also looking forward to the debates.

"I'm certainly looking forward to it," he said, "I think Dan DiMaria, president of it's good for both parties and. the Action Party said that invi- more importantly, for the resi-

## Tinaglia

icated citizen."

Tinaglia thanks MaRous, say-"Michael grew up here," he ing that the two men share a

common vision for the city. "We share a common vision or uptown redevelopment, providing high quality and efficient understands the governing services to all of our residents, property owners and businesses and keeping the City financially sound," said Tinaglia.

(Continued from page 1)

"We're really just waiting on the that a final Appearance Commission ed assurance on."

his schedule is like."

John Mauk, has been working with them to develop a consent order that a

Tt's just a matter of time before the judge," Liston said. "I don't know what meeting would not add conditions that required them to lower the height of the According to a federally mediated mosque's dome or minaret.

agreement that cleared the way for the Two weeks ago, at an Appearance construction of a mosque on the MCC's Commission meeting, the MCC property at 8601 Menard, the lawsuit received that assurance when the commust be dismissed within 30 days of mission agreed that they would not ask 'Liston said that the MCC's attorney, both parties' acceptance of a Special that the minaret be lowered below 55-Use Permit for the site. However, after feet or the dome below 42.5-feet. receiving the village's OK, the MCC's

"They said that they will work with federal judge will sign and dismiss the board conditionally accepted the per- us on any other issues," said Liston. mit, saying that they wanted assurance "But those two are the things they want-

## Dismissal of MCC suit just waiting on the judge

\$5-million federal civil rights lawsuit filed by the Muslim Community Center (MCC) against Morton Grove in 2003 is dismissed, according to Village Attorney Terry

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The Bugle

NEWS

February 24, 2005

## Maine Township announces new CERT training class

Citizen Corps Council is offering a CERT (Community Emergency Response Team) class starting March 4, 2005.

CERT is a free training program to all area residents and youth groups such as Explorers, Girl Scouts and Boy Scouts that teaches individuals how to take care of themselves, their families and neighbors and the community during a disaster situation.

disaster, professional emergency responders such as police and fire could be delayed in reaching an affected area. CERT Trains individuals in preparedness, mass casualties, search and rescue and general safety, for when a disaster strikes.

start March 4, 2005 at 6 pm and run for approximately 5 weeks, culminating in a mock disaster drill. Each participant that completes all 5 weeks will be issued a personal equipment bag and be included on a database for possible assistance with the Township's EMA or local, county state or federal agencies.

Corps Council is the most visible council in the state," says Bob Dudycz, Township Supervisor. "Our EMA Director Bob Cohen and his staff have trained more citizens than any other community in the state. We are the only nationally recognized program in the state as well having been selected as the state's representative of Councils and EMA to last year's presidential visit."

Dudycz adds, our EMA also assisted the community of Utica, Experts agree that in a large-scale Illinois following a tornado disaster, the Village of Antioch on a flood mitigation project and were and an instrumental part of a national mobilization of CERT Teams for the Florida Hurricane outbreak last year.

The CERT program involves training in Disaster Preparedness, This is a 20-hour course that will Fire Safety/Suppression, Disaster Medical Operations (triage assessment, treatment and hygiene), Light Search and Rescue, Team Organization, Disaster Psychology, Terrorism, Debris Removal and Victim Extrication, Traffic/Crowd Control and Communications.

Classes involve 20+ hours of classroom and practical work, taught

"The Maine Township Citizen by professionals and State of Illinois certified instructors. This program is available to anyone lives or is employed in Maine Township, age 14 and above, or a member of a boy/girl scout troop. CERT welcomes and encourages senior citizens to come through the training as well.

> "Come join the excitement and the most successful program of its kind in Illinois by contacting us today for a class," says Cohen. "Don't wait too long though, classes fill very rapid-

CERT was first established in California to help prepare citizens for the effects of wildfires and earthquakes. It is a widely accepted fact that if a major disaster should occur, normal response by emergency workers such as police, fire and medical, may be delayed for as much as 3 days, depending on the severity of the disaster. Part of the reason for this delay is because surrounding areas may also be affected and personnel that would normally respond may be either directly affected or their families may be affected.

For more information, contact Cohen at 847/297-5911 or via email at rcohen551@sbcglobal.net.

#### Shermer Park

after the District purchased it in 1969. He said that he did not know if they marked any graves and could have just been deposited there.

"When I went out there they whole property was overgrown," he said. "There were tombstones all over the place. You had to have a guy walk in front of the mower so that you didn't tear up the blades on a hidden stone."

The property eventually came into the hands of the Jewish United Fund, whose TOV Volunteer Network meets off-and-on throughout the year to maintain the grounds. The youngest graves in the cemetery are from the

"The people in Niles used to scream about the condition," the former Public Works employee said. Since the TOV network took over, the cemetery has been well-maintained, though even now there is debris and even, in one corner, a piece of a tombstone on a pile

The former Public Works employee did say that the tombstones he saw on the Shermer Park property didn't go all the way to Shermer Road.

"I saw stones on the portion that was immediately adjacent to the ceme-

Niles Park District Director Joe the Park had also told him that they there are gravesites they said.

(Continued from page 1)

remembered seeing tombstones in the Park years ago.

"All we're looking for is some truth," LoVerde said. "We purchased this property with what was supposed to be a clear title from a former

Attorney Gabriel Berrafato, who represented the Park District at the time of the sale, said that the District was granted clear title to the property and that it was insured by Chicago Title and Trust

"I remember that there were rumors about graves on the parcel," said Berrafato. "But there was never any evidence."

Berrafato also said that the Park District purchased the property in order to appease neighbors who were upset about its condition and that they never intended to build on it.

LoVerde said that the Park District would continue to speak with the Jewish Federation on the possibility of selling the Park to them or of determining with certainty whether or not anyone was buried on the site.

Representatives of the Jewish Federation have said that they have some documentation that indicates there may have been graves in the Park. The land's current use, as a pub-LoVerde said that some neighbors of lic recreation area, is disrespectful if



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two-story home that is filled with

potential fire hazards and

Henricks takes it to schools to

demonstrate to children and help

raise their awareness of fire haz-

dozen times," Henricks said

"The kids love it."

"I'd say I've already used it a

And Henricks loves it too;

whenever one of the students

begins to lose interest, he can

"shock" them with the tool's spe-

cial affects which include electric

"Whenever a kid starts to doze

off," Henrick said, "we can wake

them up by doing this," and

pressing a button he caused a

bright flash of electricity, spark-

ing sounds of admiration from

"You'd be surprised how many

kids want to touch it," Henricks

said, referring to the electricity.

"I don't know why, but they do.

bathroom, bedroom, kitchen, liv-

ing room, and in the basement a

utility room and a family room.

There are hazards in each room

that, as Henricks works his way

The house has six rooms, a

shocks, smoke, and "fire."

the assembled Lions.

#### NEWS

#### **Niles Sister Cities** Committee hosts 'Friendship Games'

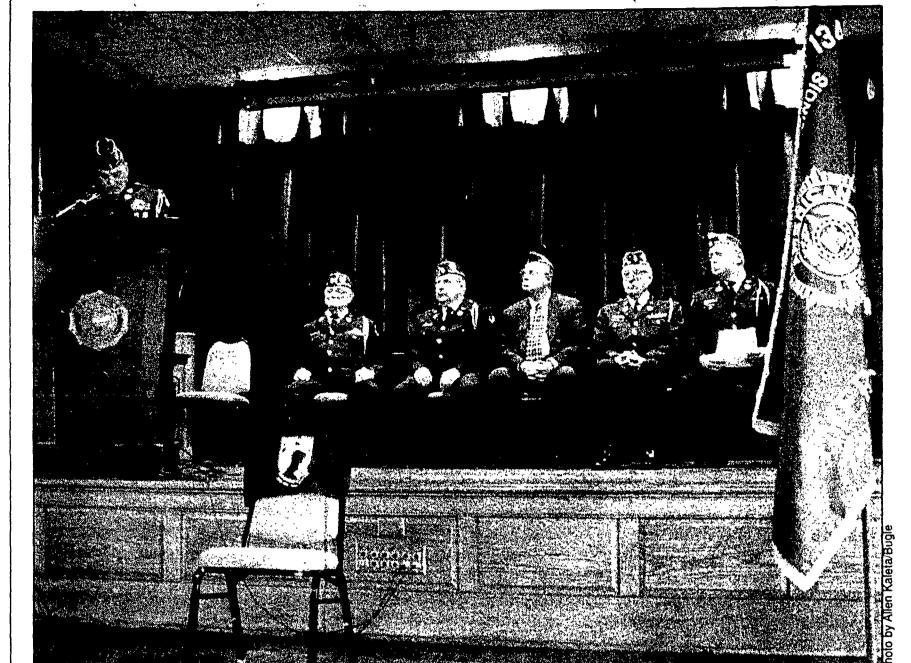
he village of Niles Sister Cities Association is cur-**\_** rently seeking local youths, male and female between the ages of 12 and 15 to represent the village of Niles in the "2005 Friendship Games" which will be held in Leixlip, Ireland.

The games, which will be held during the first week of July 2005, will have athletes from Niles competing against athletes from France and Ireland in a variety of events including Soccer, Basketball, Tennis and Track and Field events. Please note: the athletes will be responsible for their own airfare but all other expenses once they arrive in Ireland will be

Leixlip, Ireland is the Sister City of Niles and although many business and social exchanges have been made, this inaugural event is being held to bring our countries together, strengthening our bonds through the spirit of our youths and friendly games.

For more information or an application, parents may contact Denise Joseph at (847) 588-8005. Deadline for applications is Friday, Mar. 18.





## Honoring the Four Chaplains

Chaplains' of World War II.

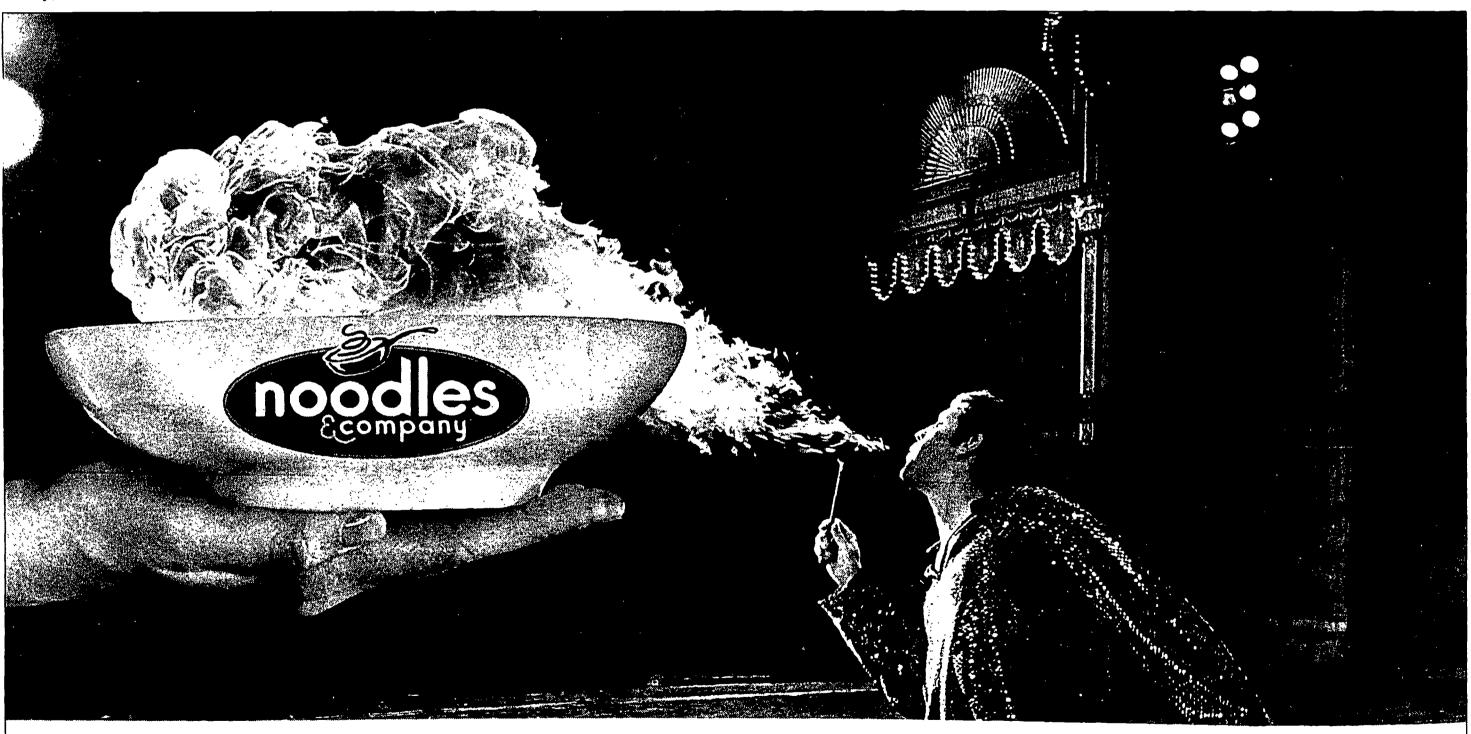
he Morton Grove American On February 3, 1943 a German Lieutenants Goode, Poling, Fox Legion Post #134 held a u-boat torpedoed the U.S.A.T. and Washington gave their lifejack-Memorial Service last Dorchester, and as it sank in the ets to others when they discovered Saturday honoring the 'Four freezing waters of the North there were not enough to go chaplains, around



(Above) Fred Crivlare of the American Legion Post 134 rifle team waits for his orders to fire during a memorial service for four chaplins who gave up their lives on the U.S.A.T. Dorchester during WWII. Post 134 held a memorial service at the Morton Grove Community Center Saturday afternoon Feb. 19,2005.

Vice Commander Alex Gonzalez(at podium) introduces members of the post (seated left to right) Tom Williams, Don Stotz, Bill Smith, Mel Baity, and namator Ron Daum before each of them tells the story of the chaptins that gave their lives on the U.S.A.T. Dorchester during WWII at a memorial ceremony at the Morton Grove Community Center Saturday afternoon Feb. 19,2005..

(Left) American Legion Post 134 Senior



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NEWS

#### Niles Fire Dept. thanks rn a presentation at the White Eagle Restaurant, Niles Fire Linspector Brian Henricks thanks the Niles Lions Club pur-Lions for 'Hazard House' chasing an expensive teaching aid known as a "hazard house." The house is a cutaway of a

Teaching tool used at five different area schools this year



(Above Left) Members of the Niles Lions Club pose with Niles Fire Inspector Brian Henricks with the "Hazard House," last week at the White Eagle Restaurant. The Hazard House was paid for by a generous donation from the Niles Lions and is used to teach students about fire safety.

(Above Right) The Niles Fire Department's new "Hazard House," was paid for by a generous donation from the Niles Lions Club. It is a teaching tool for students to learn about fire safety.

through a presentation, can be

"Every hazard you see in here can be corrected, either by the press of a button or by closing a

In one room, a compartment fills with smoke in order to teach students that smoke rises and help them remember to stay low in case of a fire.

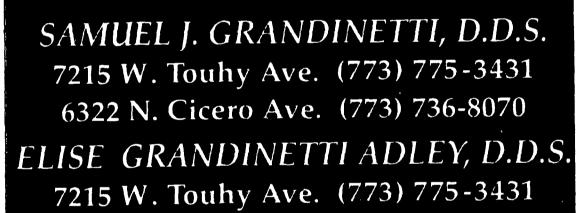
"We only have 45 minutes with the kids," Henricks said. "If we finish work with the house, then we review."

In addition to teaching students about the dangers of keeping an appliance near the bathtub or of playing with matches, the Hazard House also helps Henricks teach them about the dangers of carbon monoxide. He can use the house to identify its different potential sources in a typical home and how to prevent it.

"It's been a great tool," Henricks said. "I've used it at least 15 times already.

While the Lions didn't want to reveal how much they paid for the Niles Fire Department's "Hazard House," only the second in the area after Wilmette, they did say that they were glad to help kids learn about fire haz-

"We felt it was a benefit for the children of the community," said Lion Ginger Troiani



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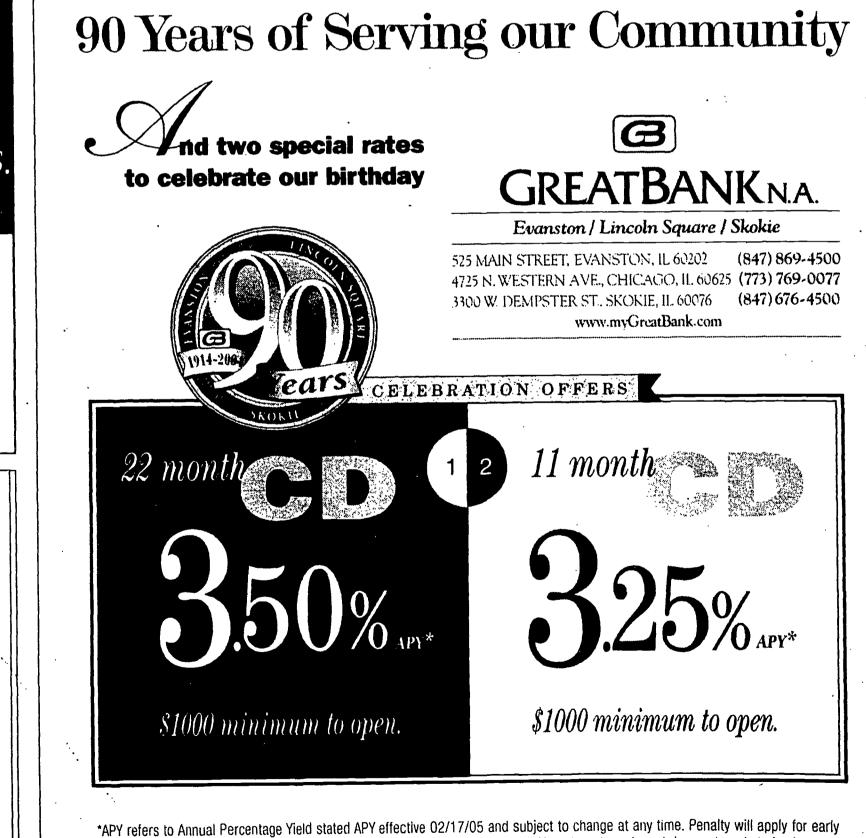


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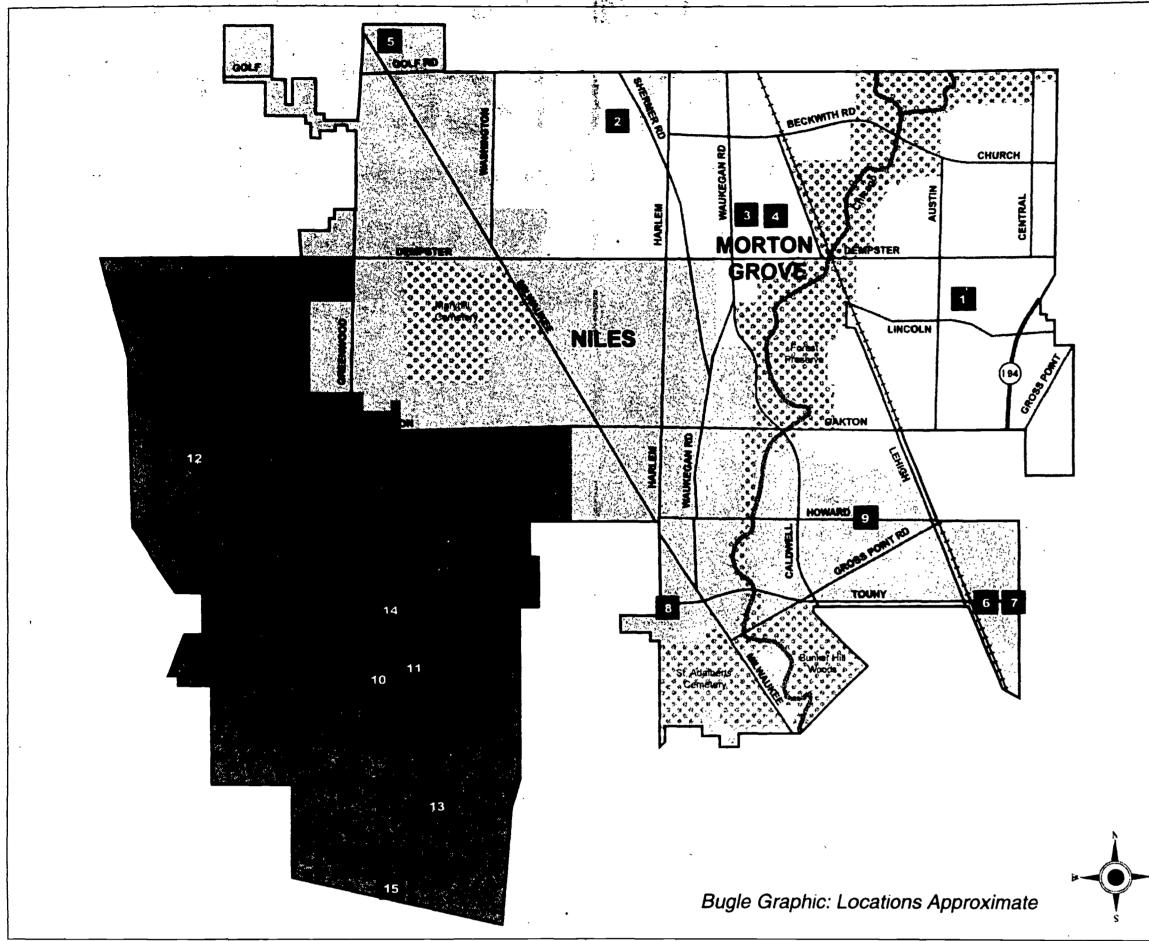
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## POLICE BLOTTER



#### MORTON GROVE

February 18, 2005.

## of MCC (8600 Menard)

A suitcase left outside of the east Community Center at 8601 Menard forced the principal to classes for the rest of the day told police nothing was stolen. Monday Feb. 14.

According to police the assistant principal noticed the black suitcase at the entrance when he attached and was locked.

principal of the school evacuated the center and called police. Classes were cancelled for the beside her credit card, the thief employee said about an hour later Jan. 23 and used a personal check to Theft-3 rest of the day.

County Sheriff's office determined the suitcase was harmless was folded between the cushions, and filled with clothing that was but she did not know anything probably a donation to the center.

#### Nintendo stolen ( 9400 Oriole)

A student from Melzer School

told police someone removed a Nintendo video game console from a backpack in his locker The following items were Thursday morning Feb. 10. The The following items were taken taken from official reports of the student told police he placed the console in his unlocked locker in Department for the week ending the morning and when he went back at recess it was gone. The console was valued at \$162.36.

#### Trespass to vehicle. Suitcase causes evacuation 3 (6839 Dempster)

A 24-year-old Evanston woman told police someone ransacked her glove compartment while her pickup truck was parked in a parking lot at 6839 W. Dempster evacuate the building and cancel Friday night Feb. 11. The woman

#### Burglary to vehicle (6821 Dempster)

A 29-year-old Chicago woman told police someone entered her came to school. Police said the car to remove the back seat in suitcase had no tags or notes order to get to her purse which. was in the trunk while her car was As a precautionary measure the parked in a lot at 6821 Dempster the display and then walked back occasions. The Cigarette Depot in Tuesday night Feb. 8.

also took \$22 in cash. The woman A bomb squad from the Cook told police she noticed the rear seat in her 1998 Pontiac Sunfire \$3,750. Since January 20, more reported the same man came in on DUI-10 was taken until her credit card company started calling her about charges that were made at stores in the south suburbs.

#### NILES

from official reports of the Park Ridge Police for the week ending February 22, 2005.

## Panty raids continue (Golf Mill)

For the third time in 32 days shoplifters have walked off with thousands of dollars worth of women's panties from the Victoria's Secret store in Golf Mill.

According to police the latest panty pilfering took place Monday afternoon Feb. 21 after an employee noticed a display table holding were valued at \$39.60. 300 pairs of panties was empty. The employee told police a woman been reported stolen.

rating theft (5600 Touhy) Three curtains, a toilet seat, and a

Chicago woman being arrested for shoplifting after she removed the items from displays in the Wal-Mart store in the 5600 block of Touhy and walked out of the store. Security stopped the woman after she passed the checkout area. The items were valued at \$35.62.

#### Shoplifting (5600 Touhy) 7 A 31-year-old Skokie woman was arrested for shoplifting at the

Wal-Mart store in the 5600 block of Touhy Monday afternoon Feb. 21 after store security watched the woman to a CD, a VHS tape and medication and leave the store. Police also said the woman had her 1-year-old child with her. The items

#### Deceptive practice (7200 Harlem)

in her twenties came into the store Police said a man used two checks about 3:20 p.m. and distracted her. for an account that was later discov-The employee said a man, who was ered closed to purchase \$479.46 with the woman, walked over to worth of cigarettes on two separate toward the woman and they both the 7200 block of Harlem told The woman told police that walked out of the store. The police a man came into the store on she noticed the table was empty. purchase \$190.05 worth of ciga-The store valued the panties at rettes. Another clerk at the store Theft 10 than \$6,500 worth of panties have Jan. 27 and purchased \$289.41 worth of cigarettes. The checks Arrests Security puts end to deco- later were returned, account closed.

9 K-9s search school for marijuana (6200 Howard) bathmat led to a 43-year-old Police were called to the New Hope

Academy in the 6200 Howard St. Wednesday morning Feb. 16 after the owner of the private school called them to search for illegal drugs. Police said a canine unit was brought in to sniff the backpacks and purses of each of the students after the students were instructed to exit the room and leave their backpacks and purses behind. No drugs were found and no further action was taken.

#### **PARK RIDGE**

The following items were taken from official reports of the Niles Police Department for the week ending February 24, 2005.

Burglary (1000 Cleveland)
A home in the 1000 Cleveland was burglarized Saturday night Feb. 12. Police said the burglar gained access by forcing open a rear door.

Burglary (1000 Cleveland)
Thieves returned to the Thieves returned to the 1000 block of Cleveland Wednesday morning Feb. 16 to enter an unlocked garage at the home and look through the owner's 2004 Honda that was parked in the garage unlocked. The owner told police nothing appeared to be taken.

## Sunglasses stolen (900 Goodwin)

Proving nothing is safe,- a thief entered a 2002 Toyota parked in the driveway of a home in the 900 block of Goodwin Thursday night Feb. 10 and took a pair of Revo sunglasses valued at \$225. The car

## Vandals flatten tires (1300 S. Crescent)

Vandals flattened the passenger side tires of a 2004 Lexus ES300 and scratched the passenger side panels while the car was parked in the driveway of a home in the 1300 block of S. Crescent Thursday night Feb. 17.

## Navigator missing (800 W. Touhy)

A 2005 Lincoln Navigator was reported stolen from a parking lot of a business in the 800 block of W. Touhy Friday morning Feb. 11.

#### Liquor stolen from Domincks (1900 S. Cumberland)

Two people filled two baskets with an undetermined amount of liquor and walked out of the Dominick's store in the 1900 block of S. Cumberland Friday night Feb.11. Witnesses said the two offenders left in a burgundy vehicle driven by an accomplice.

**SUMMARY OF CRIME: Morton Grove** 

Park Ridge

Residents-3 Non residents-27 Possession of marijuana-4

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In Service to the Community

#### **Editorial Board**

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Rory Scott

#### Voters: make your voices heard

Dear Editor.

I am in agreement with thousands of residents that it is time to return to democracy in Morton Grove. The way to do that is to go out on Apr. 5 and vote for Caucus Party candidates. In the last election we were able to elect Caucus Party Trustee Rick Krier to the board of trustees. He is the first trustee in 25 years who is not with the Action Party. Since his election, Rick Krier has proposed many excellent ideas, only to have them ignored y the

don't even have the understanding of democracy to second Rick Krier's motions and allow the to come up for discussion and or a vote.

> The last 25 years of Action Party rule have resulted in the current huge financial problems that face the village of MOrton Grove. When residents have gone to village board meetings to voice their concerns, the board has denied that there were any problems and treated those residents. including myself, disrespectfully. Now the board finally has acknowledged the financial problems and their solution has been to create new taxes, including the feeds for garbage

another \$500,000 from us to pay for the deficit which their type of leadership has created.

Trustee Rick Krier tried to present a budget plan that would cut \$900,000 in non-essential expendiplus, but the other trustees were not even interested in his plan, or in seconding his motion and allowing it to Carole Chepulis, Morton Grove come up for discussion and a vote. The current leadership would rather raise more of our taxes and cut more

Make your voices heard on Apr. 5 by voting for Rick Krier and the were proposed during the budget entire tame of Morton Grove Caucus

other five Action Party trustees who collection. They still plan to collect Party candidates. Morton Grove's future needs a mayor and trustees who will allow its citizens to exchange ideas and debate issues that will affect all of us. Rick Krier has already proven that those are his goals. Now we also need Caucus Party trustees who know how tures and provide a \$4000,000 sur- to second a motion and allow it to come up for discussion and a vote.

Editorial Note: There are no current plans to create new taxes in Morton Grove, though several different taxes or "revenue enhancements" hearings last year.

## Fire and Police Personnel put their lives on the line

Dear Editor,

I recently read the minutes of the Morton Grove Board meeting held on Dec. 13 that someone sent to me and then I read a letter to the editor written by Mayor Dan Scanlon regarding the cuts to the Police and Fire pension systems proposed by a Morton Grove Trustee named Krier. I am writing this letter to you because it is very troubling to me as a retired Chicago Fire Lieutenant and 6-year trustee of the Fireman's Annuity and Benefit Fund (Chicago Fire Pension Fund) that people will say anything to get elected to public office, even if they can't deliver what they prom-

It is obvious that Mr. Krier does not understand the state statues that govern the Morton Grove Police and Fire Pension funds because if he did he would not have made a proposal not to make the required contributions to those two funds. The only thing I can say about his proposal is you pay me now or pay me later regarding pension contributions. If, by accident, Mr. Krier gets elected and attempts to do what he proposes I am sure that the Department of Insurance will notify him that he cannot do it.

Also, I would hope that the trustee of the two pension funds in Morton Grove would sue Mr. Krier, for his actions and generally for stupidity. If I were an active or retired firefight or police officer in Morton Grove I would be out there working very hard to get Mr. Krier's opponent elected. Firefighters and Police Officers and their families deal with tremendous job-related stress, put their lives on the line every day and they sure don't need to have the additional worry that their pensions won't be adequately funded when they retire. I wonder when the last time Mr. Krier or his family had to worry about him putting his life on the line.

Michale A. Cohen, Chicago Fire Lt., retired

Editorial Note: Trustee Rick Krier proposed cutting the village? 2005 contribution to the Pension funds, not removing money from the funds themselves.

Resident wants 'simple answer'

At the Feb. 14 meeting of the Morton Grove Village Board, I asked a straight forward, simple question of the board members. Instead of getting an answer, all I got was continuous verbal artifice designed to discourage and mock my line of questioning. I have been in front of the village board before with questions. What I have learned is that getting an honest, straight answer is not an easy

no public hearings regarding the disposal of the Capulina Ave. right-of way." The answers I heard varied from, the village hasn't disposed of the Capulina ROW, to the village has already held that is irrelevant because there is no action on this agreement." Ms. Liston public meetings regarding the issue. I request to vacate." Mike tried to concluded that "This (the planning comrephrased the question in a few different. simple ways, yet no trustee would attempt to answer the question presented in any manner. As I pressed for a discussion. I began to feel attacked by the going to allow that question." I would trustees themselves. I guess their thought was that if you can't kill the being discussed in an open meeting, as message, then kill the messenger.

Ralph Czerwinski, the village manager, attempted to answer for the board that the land wasn't disposed of, rather that by a license agreement it was swapped. So be it, the question still stands; why was the publicly owned land swapped (meaning a change of possession) to a that resulted in the site plan that our private institution without public hearings? The public has a right to express evaluating. Again, Mr. Farkas would its opinion on such matters, especially not allow the line of questioning after David Conrad, Morton Grove

considering the various issues involved in this land swap. The village board authorized the land swap after it was negotiated in meetings that were closed to the public. The public was ignored. I wasn't the first person to ask this

particular question and to be refused an honest answer. During the Planning Commission meetings considering a special use permit for the expansion of the MEC, the question was asked several times. Marilyn Scheinpflug had asked the question to the village planner, Bonnie Jacobsen. Ms. Jacobsen refused The question was, "Why were there to answer the question by calling it "irrelevant." Mike Scheinpflug asked Ms. Jacobsen "What is normal procedure in vacating a piece of village property?" Ms. Jacobsen answered, "I think the village board has already taken rephrase his question by starting out "If there is a land swap going on-" but was cut off in mid sentence by Ron Farkas, saying "Don't ask that question. I'm not not call this an example of a question the question the residents were trying to ask was not even permitted. Mr. Farkas interrupted another resident questioning Bonnie Jacobsen on the same matter. That evening, Patrick Kansoer pointed out that public land and its disposal was involved in the mediation agreement planning commission was at that time done deal, and none of our business.

Ms. Jacobsen refused to answer any question regarding the mediation, citing its secret nature. Mr. Farkas stated at that time, "We are not concerned with what took place in mediation." He repeated this phrase several times in slightly different wording. It became crystal clear to all present that the question of why the public was not considered regarding the disposal of the Capulina ROW was taboo.

Patrick Kansoer pushed on that evening with his line of questioning, at which point our village attorney, Terry Liston, chimed in, "An agreement was already worked out to deal with the Capulina ROW." She explained that, "This is not something to be considered by the planning commission at this time because mission meeting taking place) is not the proper forum for that (question about the lack of public meetings regarding the land swap)." Plan Commission Chairman Farkas then put an end to any future mention of the mediation agreement in a planning commission hearing by stating, "The agreement is not germane to this hearing."

I want to know the answer to a simple question of the village board. The board does not want to answer the question, instead they choose to evade, misinform and attack others. I believe I already know the answer: it was just another

# Kathryn Sjurseth Columnist

### Norway my way

but my body is irrefutably on the west coast of Norway. Before that statement manages to conjure up any images of a corpse battered by rocks and draped in strands of sticky green seaweed, I

am pleased to report said body is currently lodged in a comfy red sofa complete with a cosy knitted afghan and snoozing puppy. I was not brought here by pirates or Viking raiders— or at least not any whom I

I have to admit Knut did look something like a pirate when we got married in May nearly two years ago. a person with someone else's hair Ty heart lies in Chicagoland, turne called a "bunad" which consisted of a black frock coat, breeches, gold brocade waistcoat, and a silk cravat. I ed a small silver handled dagger. They guests enjoyed a traditional from a psychiatric hospital and that uing saga!

gathered around him in their ordinary dark suits and took turns admiring his knife. He looked terribly handsome.

There is some dark news which I found out just a few days ago. Knut's mother thought he should top the outfit off with a clip-on ponytail. I really believe that no matter how much I love a man I simply could not say "I do" to He wore a traditional Norwegian cos-stuck to the back of his head. That is a deal breaker.

Fortunately, Knut absolutely refused the pony tail and the wedding have never seen so many sensible mid- went off without a hitch. We were guy's outfit, especially since it includ- Norwegian Independence Day so the that our apartment is across the street

"kransekake," a almond cake made no Norwegian I knew had ever seen a out of graduated circles, much like lentil or a butternut squash, but sudthose brightly colored toys toddlers denly it all hit home. Here I was, a love to play with. The cake is much Maine South graduate living in a nicer tasting than drool encrusted country where taking walks is the plastic, mind you. The male guests, national pastime, cod liver oil is a particularly those from Knut's side, way of life, white patent leather boots made all sorts of jokes about how

to lose his independence. We boarded a plane to Norway a mere week after the wedding and when I woke up for the first time as someone who actually lived in dred of "Troll X-ing" decals on the Norway, it was quite a shock. Okay, back? Will I forget the taste of Italian western men so jealous of another married on May 17th which is I was aware previously of things like beef? Will I even survive?

are the height of fashion, and where Knut waited until Independence Day many people didn't get indoor plumbing before 1965. Will I adapt? Will I learn to think of dried cod as a tasty snack? Will I consider buying a caravan with hun-

Tune in next month for the contin-

# Have You Heard?

THE BUGLE

Thursday February 24, 2005

## 'Advances in Pediatrics 2005' features medical experts from Advocate Lutheran General Children's Hospital

Hospital will be the featured speakers at a daylong 'Advances in Pediatrics 2005' conference focusing on the latest treatment approaches to common pediatric problems.

The conference will be held from 7:30 a.m. to 4 p.m. Wednesday, March 2, in Olson residents and nurses. Fees Auditorium at Advocate include program materials, Lutheran General Hospital, 1775 W. Dempster St., Park lunch Ridge. It is co-hosted by Lutheran General Children's Hospital's department of pediatrics and division of pediatric surgery, which offer subspecialty care for children with a broad range of medical and

surgical problems. Advocate Lutheran General 60068. Online registration Children's Hospital services; also is available at www.advomanagement of positional pla- catehealth.com/cme. giocephalgy (abnormal head receive a registration form or shape in children); preventive learn more about the seminar, dentistry and bite injuries; diagnosis and treatment of acute otitis media; vision screening and eye trauma in children; treatment of childhood obesity; thrombocytopenia in children; office evaluation of proteinuria and hematuria; and hydroceles, varicoceles and other scrotal abnor-

General Children's Hospital faculty will be: Henry Mangurten, M.D., chairman, department of pediatrics; Richard Kaplan, M.D., pediatric nephrology; Kenney, D.D.S., pediatric dentistry; Jong-Hyo-Kwon, M.D., director, pediatric hematol-Deena ogy/oncology; Leonard, M.D., pediatric ophthalmology; Bruce Lindgren, David Thoele, M.D., pediatric cardiology; Frank Vicari, and David Walner, M.D. pedi- referral center for a broad atric otolaryngology.

In addition to the presenta-

redical experts from tions, hospital tours will be Advocate Lutheran offered, several question-andanswer sessions will be held with the conference faculty. and exhibits will be on dis-

> The fee for the conference is \$85 for physicians, \$75 for Advocate Health Care physicians, \$75 for AAP Illinois chapter members; and \$45 for refreshment breaks and a box

The registration deadline is Friday, February 25. To sign up, mail a check payable to 'Advocate Lutheran General Children's Hospital' to Roberta Johnson, Advocate Lutheran General Children's Hospital - Pediatrics, 1775 W. include: Dempster S., Park Ridge, IL call 847-723-6973.

Advocate Health Care is accredited Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. Advocate Health Care designates this educational activity for up to five hours in Category 1 credit towards the AMA Physician's Speakers from Lutheran Recognition Award. The conference is supported by the American Academy of Pediatrics Illinois Chapter.

Advocate Lutheran General Children's Hospital, Park Ridge, Illinois, is one of the largest and most comprehensive children's hospitals in Illinois, treating more than 3,500 inpatients and 100,000 outpatients annually. It is the M.D., pediatric urology; only children's hospital in the greater north and northwest suburban region of Chicago, M.D. pediatric plastic surgery; and is a major Midwestern

> Continues... **PEDIATRICS** page 10.

## 'Heartsaver' CPR-AED community education program offered at Advocate Lutheran General Hospital

Tew research indicates that CPR often does not meet or The AED is attached to the victim.

The AED is a computerized me adhere to standard guidelines. Advocate Lutheran General Hospital in Park Ridge is offering a community education program to teach lay rescuers how to effectively perform CPR and how to operate an AED (Automated External Defibrillator).

The 'Heartsaver' CPR-AED course is available for first time learners and as a refresher course. Early CPR is a very important part of providing assistance to a person experiencing sudden cardiac arrest. The ventilation and compression skills learned in a CPR class circulate oxygen-rich blood to the brain. CPR is an essential component of rescue before

The AED is a computerized medical device that can check a person's heart rhythm. It can recognize a rhythm that requires a shock and delivers the shock when indicated. The AED uses voice prompts, lights, and text messages to guide the user step-by-step. AED's are accurate and easy to use. Lay rescuers can be trained to safely operate an AED with

a few hours of training. 'Heartsaver AED' is an American Heart Association course. Classes are taught in a relaxed atmosphere by nurses and exercise physiologists who are experienced in CPR training. Learning is fun and easy! Classes are offered from 9 a.m.-1 p.m. one

Saturday a month at the Center for Education and Development, located on the campus of Advocate Lutheran General Hospital in Park Ridge. Upcoming class dates include February 26, March 19, and April 30. The price of the class is \$55.00, which includes the 'Heartsaver AED' course book. Participants must be 18 years of age or older.

Advocate Lutheran General Hospital can also partner with your school or business to offer the 'Heartsaver AED' course to your For more information and to regis-

ter call Advocate's HealthAdvisor at 1-800-3ADVOCATE (1-800-323-8622).

#### **Edison Park** Chamber to Host Second Bridal Expo on Sunday, February 27

he Edison Park Chamber of Commerce will host its second Bridal Expo at Blackthorn Manor Banquets, 7280 W. Devon, Chicago on Sunday, February 27, 2005. The expo will start at 1:00 p.m. and run until 4:00 p.m.

"Edison Park is a great place to go to for your wedding needs" stated Chamber President, May O'Connor. Ms. O''Connor went on to give examples of the many businesses in Edison Park that fill the needs of brides, grooms and wedding parties such as flower shops, banquet halls, catering, travel agents, salons, printers, bakeries, restaurants, real estate and insurance & financial advisors, just to name a few.

A few vendor spaces are still available and include a chair, a table with linen tablecloth and skirting. The cost to chamber members will be \$100.00 The cost to non-chamber members will be \$125.00. For a \$50.00 fee, a business can place an ad in the guest

The public is invited to come and take advantage of great deals on wedding essentials. There will be door prizes, coupons, raffles prizes and give-a-ways. This is a great way to support your local business community and have your wedding needs met. For more information or a vendor application contact Rita McGovern at the Chamber office at (773) 631-0063.

Swing. The

your whole day. Join us for the annual concert of this very talented group of musicians under the direction of Ron Surace. You will hear A Nightingale Sang in Berkley Square, Glenn Miller's String of Pearls, Artie Shaw's Nightmare, and many more favorites. Refreshments will be served fol-

lowing the concert. Film showings

Sat.,. Feb. 26, 2:00 pm Napoleon Dynamite (PG, 82 min.) Napoleon Dynamite (Jon Heder) is a highschool outcast who befriends a new student, Pedro (Efren Ramirez) and becomes a hero helping Pedro in his campaign to be elected class

Fri., March 4, 4:00 pm: Ever After (PG, 100 min.) In this retelling of the classic fairy tale of Cinderella, a young woman of the 16th century, stands up to her scheming stepmother and works miracles on the lives of everyone around her,

CANCELLED: Mon., March 7, 7 pm : Club Banzai animé film Fri., March 11, 4:00 pm: Kidz Kartoonz: Cinderella (G, 76 min.) Walt Disney's classic animated film tells the story of Cinderella

and how, with the help of her Fairy

Godmother, she escapes the drudgery of endless chores done for her wicked stepmother and stepsisters and meets Prince Charming Thurs., March 17, 2:00 and 7:00

pm: The Notebook (PG-13, 124 sound of In min.) The Notebook is based on Swing Nicholas Sparks' romantic novel about the enduring love of a couple brighten up that were kept apart by the girl's wealthy parents and WWII. James Garner and Gena Rowland star as the couple in their later years; Ryan Gosling and Rachel McAdams are the appealing young costars.

**Computer Classes** 

Sat., March 12, 10 am: Using the Internet for Genealogical Research: Learn how to search the Internet for your family's genealogy when Colleen Ringel, MGPL Reference and Business Librarian and expert on genealogical searches, presents a lecture/demonstration on some of the most popular genealogy Web sites. Note: This is not a hands-on class. Registration is required; call 847-929-5101 or stop by the Reference Services Desk Wed., March 16 and 23, 7 pm:

Intermediate Word: a class in two parts: Jennifer Didier of Directions Training will present a lecture/demonstration on intermediate-to- advanced functions of Microsoft Word, such as: mail including the crown prince of merge, inserting graphics, setting up columns and tables, editing and formatting a variety of documents. Note: this is not a hands-on course. Registration applies to both sessions; no separate registration will be taken for the second session. Continues...

MG LIBRARY page 10.

Please note the content for this section has been provided by members of the community, and does not reflect the opinions of the Bugle nor is the information endorsed by The Bugle.

#### ed in all Funtastic class fees. Romp, stomp & ROLL 10-24 months

and from the Clubhouse. A half-

hour in the Clubhouse is includ-

This class is designed to give your active toddler an opportunity to climb, jump, and rol around in our carpeted Multi-Purpose Room. Mats, balls, tunnels, and more will highlight this active free play class. Parent/Child Class TUES: 9:30-10:15 AM

3/1-4/5

FEES: \$32 Member / \$41 Non-Member

**AQUA-ANTICS** 

1-5 years Children will participate in active songs, water games, and

circle fun while developing a comfort level and confidence in the water. This class is noninstructional and emphasis is on

One parent per child. Instructor: Jenny No Class March 25th FRI: 11:00-11:45 AM, 3/4-4/15

#### TUMBLE BEES

2-4 years Children will be introduced to

basic tumbling skills by participating in activities that teach gross motor skills and organized movement such as jumping skipping, hopping, and balance. Class includes basic introduction to the balance beam, floor and horizontal bar.

Parent/Child Class. No Class May 30th MON 9:15-10:00 AM 2/28-4/4

FEES:\$32 Member / \$41 Non-Member



## 'Starbound' Dance Company enjoys workshop

"The Morton Grove Park District Starbound Dance Company recently had the privilege of taking part in a workshop with Trae Turner, a professional dancer and teacher from Lou Collective Hip Hop, the only multi-cultural, professional, all official dance crew for the

Dancers who comprise the 2004-05 Starbound Dance Company include Lori Andel, Jamie Bonoris, Katie Foley, Valerie Grear, Caitlyn Hayes, Nicole Hoffman, Adrienne Conte Dance Studio. Trae is the Ordonez, Lynda Pisula and founder and choreographer for the Brenda Sekosan. The Company is preparing for the April 9th Dance Educators of America competition adult crew in Chicago and the in Arlington Heights. The dancers will be competing in Lyrical and Midwest chapter of the Ruff Tap categories. Lori Andel will also compete as a Jazz Soloist."

#### Pediatrics.

(Continued from page 9)

range of infant and pediatric center. Lutheran General services, especially for those Children's Hospital is home to with complex illnesses and one of the largest neonatal chronic conditions.

treatment options, the children's hospital has pediatric newborns each year. specialists in virtually every medical and surgical field. Hospital is one of the few pedithe highest level in the care hospital, Level I trauma

intensive care units (NICU) in Offering the most advanced the region, which cares for more than 800 critically ill

Lutheran General Children's Hospital is located on the cam-Lutheran General Children's pus of Advocate Lutheran General Hospital, a 617-bed atric trauma centers certified at teaching, research and tertiary Chicago area and also is desig- center and one of the largest nated as a Level III perinatal hospitals in the Chicago area.

## Himalayan Restaurant gets thumbs up

id you hear? Niles' own said the restaurant, which Golf Rd. and Milwaukee Ave., price was recently given a thumbs up by the Chicago Tribune.

Himalayan Restaurant, opened last year, was "one of located in the Four the best" in Chicagoland for a Flaggs Shopping Center at good meal at a reasonable

The Himalayan Restaurant features tradition Indian and In their review, the Tribune Nepali cuisine.

## MG Library

Call 847-929-5101

Morton Grove residents can learn cook's book, not a cookbook. Ms. how to use a computer with a one-on- Pocius will serve samples of some MGPL librarian. Call 847-929-5101 to schedule an appointment for one or by Thursday, March 10; call 847-965more of these sessions:

How to use a computer mouse (one Services Desk.

How to use the Internet (two sessions) How to set up a free email account Fascione: Juggling Funny Stories: (two sessions) How to use the Library's computer

catalog, iBistro (two sessions) NEW this spring: EBSCO Magazine Database (one session): find current information for your research projects, school assignments, or other

**BookTalk and Tasting** 

Sat., March 12, 2:00 pm: Marilyn Pocius is the author of A Cook's Guide to Chicago: Where to Find

Chicago area. Registration is required 4220 or stop by the Reference

**Children's Programs** 

Sun., March 13, 2:00 pm Chris Laughter abounds as Fascione brings stories to life with his comedic antics, 929-5102 to reserve a time. while motivating kids to read in this fun, high-spirited, participatory pro-

magic, but is actually the amazing

(Continued from page 9) Everything You Need and Lots of qualities of science at work using Things You Didn't Know You Did - a chemistry, light, magnetism, ontical Individual, Hands-on Tutorials: Things You Didn't Know You Did - a chemistry, light, magnetism, optical illusions and physics.

Read to Lucy – A Delta Society one, hands-on tutorial guided by an unusual treats from food shops in the Companion Dog: Wednesdays in March and April from 6:00 - 7:00 pm. Children in Grades 1-3 are invited to discover the joy of reading and improve their confidence by sharing stories with a trained therapy dog. Each reader will have 10 minutes of Lucy's attention. You may bring your own book or choose something from colorful characters from children's the Library. Call the YS Dept, at 847-

Awards Book Club - all year program - join anytime!

Children read books from lists of Sat., March 19, 2:00 pm The award winners and write a journal Magic of Science: This imaginative entry for each book read. They will program allows everyone in the audi- receive a brass MGPL apple bookence to become a magician. mark when they join and a notebook Everything in the program looks like with the first entry. After every five entries, a prize is given.

Kids 8 years & up are invited to Niles Park District presents our new Health Series, "Food & Fitness for the Family". Parents will learn how they can provide healthier meals and snacks, plus get suggestions of activities they can enjoy as a family. Bring the family for this fun and informational evening. Join us at the Howard Leisure Center, Thursday March 3 from 6:30-7:30 p.m. Registration required at the Howard

and other retirement assets today.

element within your retirement financial picture. Is it working in sync with your other savings and investments to help you achieve the retirement lifestyle you desire? A 401(k) review is a good way to help assure

 Knowledgeable about all your investment choices

thing your plan offers Aware of distribution options when you change

Taking tax credits to which you may be entitled

Call me today to schedule a complimentary 401(k)





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Edward Jones Serving Individual Investors Since 1871

# BUSINESS

Thursday February 24, 2005



THE BUGLE

#### Charitable fund makes you feel rich, lowers taxes

Tas your desire to help good causes outgrown buving Girl L Scout cookies and writing yearly checks to a handful of charities?

Maybe it's time you reject that scattershot approach to philanthropy and start thinking about creating your own foundation. You don't need anything approaching what Bill Gates or a Rockefeller might consider pocket change. I'm talking about launching a foundation that's as petite and fun as a Mini Cooper.

If you can afford to donate at least \$10,000 to worthy causes, you could create your own charitable fund that behaves a lot like a big-shot foundation. If you'd like, you may even name the fund after yourself or someone you love. (Wouldn't that be a lovely birthday gift?) An easy way to gain entree into the ranks of charitable benefactors is by establishing a donoradvised fund with one of the roughly 650 community foundations scattered around the country.

When you sink money or appreciated assets into a donor-advised fund, the community foundation acts as your ears and eyes in the world of awfully good causes. Nonprofit community foundations, which have been around since the 1930s, provide the training wheels for novice philanthro-

A community foundation lets donors know where the deserving charities are in their area. Foundation staffers can pinpoint what charities need, whether it's more books for a literacy program or blankets for a homeless shelter. They take donors on tours of various charities and suggest volunteer opportunities.

In San Diego, for instance, a woman who used to teach swimming in her back yard wanted to help poor kids who didn't have an opportunity to swim. She had no idea how to find these children until she established a donor-advised fund with the San Diego Foundation.

The foundation discovered that a Boys & Girls Club pool in nearby Logan Heights was closed for disrepair. After visiting the abandoned pool, the swim teacher donated \$50,000, which helped reopen it. She was at the pool when excited kids splashed in the water for the first time in two years. What fun!

One of the most active donor-advised funds is the Dr. Seuss Fund. Theodor Seuss Geisel's widow, Audrey, contributes to more than 90 charities through the fund. Plenty of others, among the rich and famous, have also

chosen to donate through donoradvised funds rather than establish private foundations, which can be expensive and time-consuming. Those who have created funds include the family of Dale Earnhardt Sr., the late race car driver; actor Paul Newman; the late cartoonist Charles Schulz; Hootie and the Blowfish; and the Dave Matthews

Turning a donor-advised fund into a family affair can also be ideal for wealthy families who worry that their children will grow up thinking every kid owns enough electronic toys to stock a Best Buy. Getting a privileged kid involved in charitable decisions can expose him or her to neighborhoods that could be a short freeway trip away, but might as well be sitting on the far side of Venus.

Just like huge foundations established by mega-rich families, a donoradvised fund doesn't have to perish with its creator. After the original donor's death, family or friends, in some cases, may continue to recommend ways to use the money. Even a fund that's launched with, say, \$10,000 or \$20,000 can chug along for many years because donors might decide to spend only a small portion of their fund annually. Donors are also encouraged to add to their initial contribution throughout their lifetimes.

Besides the intangible rewards you receive from helping, you also pocket tax benefits. Just like an outright charitable gift, the money earmarked for a donor-advised fund is tax-deductible. If you donate appreciated stock or property, you also avoid capital gains

1Fidelity will cut a check when you want to send a charity money, but it won't help you figure out who deserves the largesse. Obviously, it's a far more impersonal process. It's also led to some abuses. Grinches have used cash in these accounts to pay for charity auction purchases, tuition and other no-no's.

You might be wondering why so much charitable money is ending up in Wall Street's arms. It's simple. It's all about advertising. The financial firms are flexing their marketing muscles to encourage people to invest through them. I'm sure many of their customers aren't even aware of the wonderful community foundations that are quietly working in their neighborhoods - without advertising budg-

If you're interested in donor-advised funds, community foundations are eager to hear from you. You can find a lengthy list at the Council on Foundations' Web www.cof.org/Locator. Community foundations operate in major cities, but even some places as small as Bucyrus, Ohio, can claim them. They are waiting for your call. 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.

## Public companies to provide new disclosures to investors

Threstors in the nation's publicly traded companies will soon have Laccess to an unprecedented level of corporate information when companies issue their annual reports, which, for the first time ever, will include details about their internal control over financial reporting and provide a greater degree of transparency.

new reporting, Deloitte & Touche, Ernst & Young, KPMG and PricewaterhouseCoopers have developed two easy-to-use resource guides, available online at www.s-oxinternalcontrolinfo.com.

When a company measures its intermonitors the vital processes involved in make public its assessment of the effeciveness of its internal control over financial reporting, including an explicit statement as to whether that control is effective and whether management has uated in the context of the company's

identified any "material weakness."

The company's independent auditor tion of the following areas. will evaluate management's assessment and express an opinion on that corporate fraud by senior manageassessment. This information is to ment? appear in corporate annual reports start- \* Duration: Was the weakness the ing in February 2005.

place by the federal government in \* Pervasiveness: Does the weakness To help investors understand the ures and corporate scandals that began with Enron in 2001. The disclosures are important to investors because effective internal control over financial reporting helps improve the reliability of financial reports and can be a deterrent to corporate fraud.

nal control over financial reporting, it To use this information effectively, investors should consider that a materirecording transactions and preparing all weakness in internal control over financial reports. A company now must financial reporting does not mean that a material financial misstatement has occurred or will occur, but that it could occur. It is a warning flag.

A material weakness should be eval-

specific situation, including considera-

\* Fraud: Does the weakness involve

result of a temporary breakdown or a These new disclosures were put in more systemic problem?

response to the series of business fail- relate to matters that may have a pervasive effect on financial reporting? \* Relevance: Is the weakness related

> to a process that is key to the company? \* Investigation: Is the weakness related to a current regulatory investigation or lawsuit?

\* Tone at the top: Does the weakness represent a concern with the "tone at

Material weaknesses can occur in any part of the financial reporting process, and may vary with a company's characteristics, the industry and the business environment. The new disclosures do not address the soundness of a company's business strategies or its ability to achieve financial goals.

## **Business Spotlight**



MG's

The Morton Grove Chamber's annual installation and awards dinner was a success. Pictured above from left, John Slater won the V.I.P. award he's with the Morton Grove Historical Society, Jeff Fougerousse, from the Morton Grove Park District and Suzanne Archer, director of the Chamber pose for a photo.



## Calendar

☐ Thursday, February 24th Multi-Chamber Progressive Networking Luncheon 11:30am - 1:30pm Radisson Hotel Northbrook ☐ Friday, February 25th Park Ridge Chamber Women in Business Networking Meeting & Breakfast, 7:15

am - 8:30 am Program: Angela Carlson, Discovery Financial Services Location: Summit Square Retirement Residence, 10 N.

Summit \$10 (includes breakfast) ☐ Saturday, April 9th •Niles Night of Roses Community Recognition Dinner

6:00pm - 12:00 Midnight Chateau Ritz ☐ Monday, April 11th •Niles Chamber Business

After-Hours Salon M/3X Printing 7403 N. Milwaukee, Niles ☐ Wednesday, May 11th •Niles Chamber Business After-Hours Harris Bank

7077 Dempster, Niles

For more about these events contact the appropriate

chamber:

Niles Chamber: (847) 268-8180 Morton Grove Chamber: (847) 965-0330 Park Ridge Chamber: (847) 825-3121



Niles Park District 6676 W. Howard Street, Niles IL 60714 (847) 967-6633

Niles Park District Events... Niles Park District Bright

## Registration

Flashlight Egg Hunt

residents and Wednesday, March morning and afternoon classes

## **Beginnings Preschool**

Preschool Registration for the Tam O'Shanter Golf Course. 2005-06 school year, will take Grab a flashlight and get ready place on Wednesday, March 2 for for some egg-hunting! A pizza 9 for non-residents. We offer egg hunt. Don't forget your for 3 and 4 year olds. If interest- Event takes place on Wednesday, ed, please call the Howard March 23 from 7:00-8:00 p.m. Leisure Center at (847) 967- Fee is Res \$8; Non-Res \$13.

# participate in this fun event at

dinner will be served before the flashlight and bag for your eggs.

**Community Health** 

Series...FREE

Leisure Center.

# Focus on the

## Review your 401(k)

Your 401(k) is an important

that you are:

Taking advantage of every-

jobs, leave your company or retire



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THE BUGLE

#### Dist. 219 News Briefs

Niles West boosters host March Madness to raise funds for athletic programs

The Niles West Boosters will host "March Madness" at the Holiday Inn in Skokie on Saturday, March 5 at 6:30 p.m. Auction items will include a "Split the Pot" cash giveaway, Cub's tickets, and a baseball signed by Ernie Banks, Billy Williams and Fergie Jenkins of the Chicago Cubs.

Although the Booster Club has been around for years at Niles West, they have recently kicked up their efforts in response to the financial crunches of public education. Through their fundraising events they are able to provide funding for non-budgeted items such as improvements to fields, pools, tracks, etc.; extra equipment; and tournament entrance fees. They also sponsor many award and scholarship programs to recognize student athletes for their abilities. sportsmanship and dedication.

The Holiday Inn is located at the intersection of Niles Center and Touhy in Skokie. The cost is \$25 per person and includes Dinner, a cash bar, and silent auction. This event is for adults 21 years and older. For more information please contact the Niles West Athletic Department at 847.626.2800.

#### What high school athletes and their parents should know about steroids

The Niles Township High School Athletic Programs are sponsoring a very important presentation for Niles Township athletes and their parents.

"Everything the High School Athlete and Parents Wanted to Know About Steroids But Were Afraid to Ask" will be held at 12:30 p.m. to 2 p.m. on Saturday, March 12 in the Niles North High School Main Gym at 9800 North Lawler, Skokie. This program is sponsored by the Student Athlete Recruiting Association (SARA) and features: SARA President John Baker (Niles North Class of 1985). SARA Representative Rick Barkal

North Class of 1985), Dr. Jerrold Leikin, the Director of Medical Toxicology at Evanston Northwestern Healthcare and Jeff Lindeman, a certified strength and conditioning coach. This informational presentation is free to Niles Township High School athletes and their parents. For more information call the Niles North Athletic Office at (847) 626-2301 or the Niles West Athletic Office at (847) 626-2800.

The ninety-minute program includes presentations by Dr. Leikin, Jeff Lindeman and John Baker, followed by a "Question and Answer" forum. Dr. Jerrold Leikin (MD, FACP, FACEP,

FACMT, FAACT) is Director of Medical Toxicology at Evanston Consortium at Cook County Hospital. He is the co-editor of the Astronomy and Amy Ostrowski Medical Association Handbook of Dluger and Chucky Klint for First Aid and Emergency Care. He is a nationally known writer and speaker on this topic. Jeff Khadeer Ahmed for Mission Lindeman is a certified strength Possible. A sixth place award went and conditioning coach who trains to Ben Hofeld for Tower Building. high school athletes. He is the Director of Strength and Agility for the New Trier Soccer Team and previously was the Strength and Conditioning Coach Northwestern University baseball. John Baker is the President of the Student Athlete Recruiting Association. He is a 1985 graduate of Niles North High School. He holds a degree in microbiology from the University of Maryland and previously played in the

#### **Niles West Science Olympiad**

Boston Red Sox farm system.

The Niles West Science Olympiad Team is gearing up for

Competition to be held March 5 at Niles West in which they will compete against 27 other teams. Rather than the stereotypical image of a

of science students furiously scribbling on a piece of paper, a Science Olympiad contest is in actuality a Semifinalist status in September by long and grueling competition composed of twenty-three separate

events which include flying planes, crazy Rube Goldberg devices, rockets, chemicals, dueling robots, breaking towers and more.

competed at the Solon Invitational on February 5 and finished in the top ten among other nationally ranked teams. Gold medals were earned by: Michelle Stein and Steve Gullen for

Forestry; and Michelle Stein and Niles North. Amy Ostrowski for Designer

Fourth place medals went to: Amy Ostrowski and Ben Hofeld for Forensics; and Pat Wheeler and Rushi Parikh for Chemistry Lab. Fifth place medals were awarded Program. Davidson was named as to Will Dluger and Chucky Klint a Semifinalist in September 2004 for Remote Sensing. Sixth place and met all requirements to attain medals were given to: Michelle Finalist status. She now will con-Stein, Gina Koontz and Khadeer Ahmed for Experimental Design; and Beth Cohon and Katherine O'Connor for Dynamic Planet. Other team members who contributed: Lisa Wickert, Fatima

The team improved its standings with a seventh place finish at the Prospect High School Invitational held February 12. Gold medals were awarded to: Amy Ostrowski and Tara Ali for Disease Detectives; Beth Cohon and

Khan, Usman Khan and Boris

Katherine O'Connor for Dynamic Planet; and Khadeer Ahmed. Gina Koontz and Ryan Moy for Experimental Design. Fourth place awards were earned by: Fatima Khan and Gina Koontz for and Ben Hofeld for Forensics. Fifth place awards went to: Will Fossils; Eric Kato for Tower Building; and Pat Wheeler and Other members who contributed were: Rushi Parikh, Nashida Alam. Ellen Shin, Elliott Large, Boris Sadkhin and Usman Khan.

Congratulations to the Science Olympiad team on their strong fin-

Don't forget to cheer on the team at the Regional Competition on March 5. Elizabeth Ramseyer is the tournament's regional director and a Science Olympiad coach Other coaches are: Chris Barnett, Howard Swider and Elizabeth Watkins.

#### **District 219 National Merit Finalist**

Seven students from Niles Township High School District 219 were named among approximately 15,000 Finalists in the 2005 Merit Scholarship Program. They are now eligible to receive one of the 8,200 Merit Scholarships available through the program. The students attained scoring in the top one-half of one percent of more than one million students who participated in the PSAT/NMSQT exam. Finalist status was granted based on contributions to Niles North and Niles West The Niles West team recently as well as academic achievement.

The District 219 National Meri Finalists are: Anne Borkowski from Niles West and Ari Anisfeld Arielle Gottlieb, Aleksandra Goulioutina, Justin Mann, Nomaar

#### **Niles North National Achievement Finalist**

Merchand and Abigail Rich from

Christina Davidson of Niles North High School was named as a Finalist in the 2005 National Achievement tinue in the competition for an Achievement Scholarship award. The National Achievement Program was initiated in 1964 to honor outstanding black youth and to increase their educational opportunities. "Since the program was founded, more than 24,500 academically talented participants have achieved Achievement Scholarship awards worth nearly \$78 million," commented spokesperson for National Merit Scholarship Program (NMSC), which conducts the program.



#### Debate team heads to Harvard

be attending the 31st annual National Invitational Harvard Forensics Tournament, scheduled for Feb. 18-21 in Cambridge, Mass. The three-day elimination tournament will include over 100 schools hailing from more than 20 states

The Dons who will be attending include seniors Michael Sachai (Des Plaines), Matthew Bogusz (Des Plaines), Charles Haftl (Elmwood Park), Aki Kanakis (Chicago, 60656) and Amit Patel (Niles), junior Christopher Placek (Chicago, 60630) and sophomores Dan

It's already been a heady year Team which, on Jan. 29, finished second in their final Catholic League Tournament of the year, ensuring Notre Dame an overall No. 2-ranking top-30 debaters in the League. 3rd, Kanakis was 9th and laid.

of Notre Dame Marcus was 16th. Senior Mark Aiura (22nd, Des Plaines), Patel (23rd), Sachai (25th) and sophomore Jared Blumenshine (26th Park Ridge) also made the top-30. In addition, Bogusz was one of only six from the Archdiocese to qualify for the National Catholic Forensics Tournament.

These impressive results come on the heels of the team's inception only one year ago. After assembling the team from scratch in February 2004, the Dons took seventh at the Illinois Congressional Association's State Invitational last May.

"The team has gotten this far Marcus (Niles) and John Bussa against all odds," Sachaj says. (Wilmette). They will be accom- "We have come to be known as panied by coach Brian 'the little engine that could.' Haseltine, a member of Notre am proud that we have gotten Dame's Religious Studies facul- this far, but our journey is far

**About Notre Dame** 

for the second-year Debate This year Notre Dame begins celebrating a half-century of building its mission of educating minds and hearts. Notre Dame, a Catholic, college preparatory school that shapes young men in Archdiocese of Chicago's the educational tradition of the the Priests of Holy Cross, opened its Archdiocese also commends the doors to students nearly 50 years ago. In the fall of 1954, the For the year, Bogusz finished school's first cornerstone was



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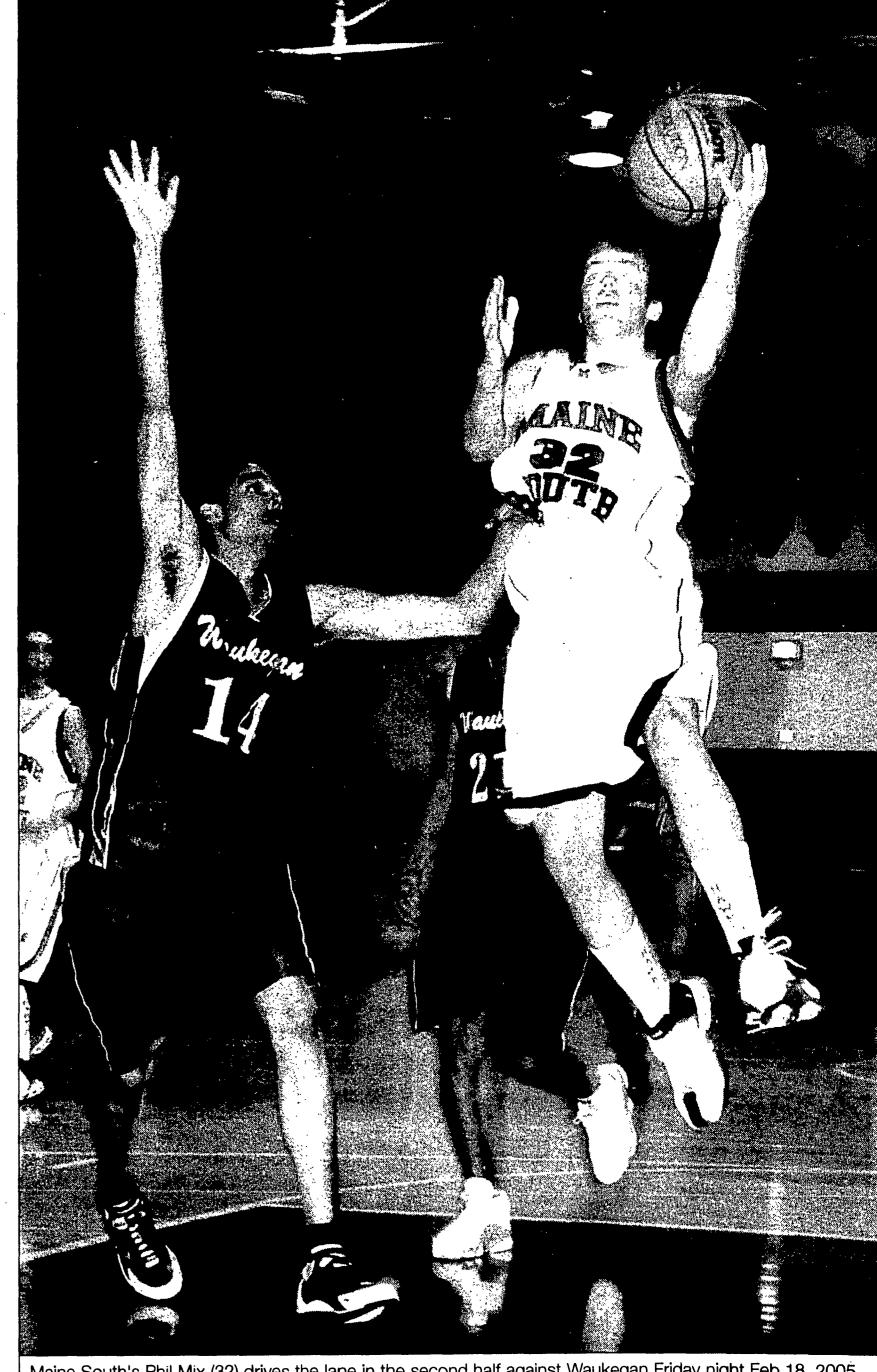
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## Tired of the Same Old Workout Routine? Try Something New!

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Maine South's Phil Mix (32) drives the lane in the second half against Waukegan Friday night Feb.18, 2005.

## Hawks fall short against Waukegan

BY RYAN BISHOP rbishop@buglenewspapers.com

In the final home game for the Maine South seniors Friday Inight, the Hawk hoopsters were looking for revenge against the talented Waukegan Bulldogs. The varsity squad let a halftime against the quicker, taller,

lead slip away in their previous contest and lost a close one. This was the same Waukegan team that was one win away from going downstate last year. The play) put forth a valiant effort only to come up short 63-55

Bulldogs. This was the type of team the Hawks would have to stay competitive with to make some noise in the playoffs.

Forward Mike Vonesh and Hawks (9-16, 2-7 in conference guard Mike Madsen got the start

> Continues.. HAWKS page 14.

THE BUGLE

along with Price, O'Malley and Duric. However, the Hawks started out sluggish, falling behind 8-0. The Bulldogs, one of several teams in the conference that utilizes the full court press so well, forced two quick turnovers that lead to a transition layup and open three-pointer. First-teamers Adam Fee and Jon Wolf came in to score four quick points and get the Hawks right back in it at 8-4 at the 4:35 mark of the quarter.

Price hit Alex Tone on two well designed give-and-go layups that got the offense the spark they needed to stop the run. The Hawk defense implemented a 1-2-2 look to combat the size of the Bulldogs, who started three players 6-5 or taller. The result was a 3:30 scoring drought for the second-place team that had started out 4-6 from the field. Despite the drought at the end of the quarter, the Hawks couldn't take advantage as they went 1-4 from the line in the quarter and missed their last four shots in the post area, trailing 15-7.

The Hawks would have no answer for 6-6 senior forward Emanuel Gaitor. Although he only scored 14 points, he kept the ball away from the trapping Hawk defense and found open teammates. His ability to drive the lane set up rebounding opportunities for the Bulldogs, he scored 12 of his 14 points in short range.

"Our defense helped get things established tonight, they didn't



(Above) Maine South's Craig Conrad (14) hangs through the lane in the closing minutes of Hawks game against Waukegan Friday night Feb.

(Top Left) Maine South closes the home season with a 63-55 loss to Waukegan Friday night Feb 18,2005.

(Bottom Left) Maine South's Adam Fee pulls down an offensive rebound in closing minutes of their game against Waukegan Friday night Feb. 18,2005.

(Photos by Allen Kaleta)

#### (Continued from page 13)

give up. Gaitor was great tonight. He is the kind of person that can carry the team on his shoulders. Now we just have to settle the score with Evanston next week and we'll be ready for the playoffs," said the Waukegan coach.

Senior guard Laron Frazier led all players with 22 points on 6-15 shooting from the field and 7-10 at the foul line. The Hawks held the Bulldogs' leading scorer in check in the firsthalf on 2-6 shooting, but he had four steals that led to eight

Adam Fee was the leading scorer for the Hawks for the third game in a row, notching 18 points and eight rebounds while shooting 7-10 at the line. Front court mate Alex Tone also had a strong game with 10 points, doing the dirty work inside. It was an off night for the Hawk guards as they were unable to get many clean shots off. Colin O'Malley put in five points and Jon Wolf was below his average with seven points.

O'Malley cut the Bulldog lead to 53-44 at the 5:00 mark. but that was the closest the Hawks could get as Frazier nailed a three to put the game out of reach. Coach Tony Lavorato reinserted his senior lineup the last 1:30 of the game. Vonesh hit a three and Madsen a tough layup to score the last five points to close out a tumultuous home season for the . Hawk squad.



# Parent care

Navigating the caregiver's path

**Copley News Service** 

Lacare-giving, she has published a second edition. There's truckin', or more precisely, snornew info on housing options, advice on balancing career and care-giving, sex and dating and

preparing for your own aging. The only good reason for not reading "How to Care for Aging Parents," (\$15.95; Workman Publishing) is your inability to heft 691 pages.

I met Virginia during her whirlwind promotion tour. Before getting into the nitty-gritty of her tome, I asked about her 78-yearold mother, who is pictured with her daughter on the cover of the to be involved in life. new edition.

she's more comfortable talking about her book than her personal hook. After all, I've laid bare my life with my mom in this column, and I believe that knowing an author has experienced some of what she writes about gives her more credibility.

Though Virginia says she doesn't think of herself as a caregiver, yet, she does acknowledge in the book's intro that her mother has bad lungs and was given three years to live - three years ago. The lungs are in such bad shape now, in fact, that she could need oxygen soon.

Morris wrote the book on much. Virginia tells me her ing to live at home, and look at mom's love of life has kept her keling, traveling and stepping out with her 83-year-old beau.

> According to the dutiful daughter, her mom "doesn't mind aging; she simply refuses to be

After watching her mother, Virginia says, "I am starting to realize, to really accept, that you're not old until you stop liv-

Healthy aging, according to the author and mother of two young children, comes from continuing

After Virginia wrote her first Though the author confessed book, "Talking About Death," she and her mother sat down to discuss end-of-life care. The sublife, I wouldn't let her off the ject was scary at first, Virginia admits, but it brought the two

Recently, she says, they spent more time discussing the future. including whether the older woman will move in with her daughter's family or move to the continuing care community where her boyfriend lives. The San Diego Union-Tribune's issue hasn't been resolved yet. Virginia says lots of dutiful children ask her what to do if their parent would be better off moving to a facility, but refuses. "I Visit Copley News Service at

SENIORS

But the bottom line, Virginia has learned, as have many caregivers, is that unless parents are incompetent, they need to make their own decisions. Sure, an older woman might fall down in her house, but Virginia points out, "Just because you're 80, you don't lose your independence. We all take risks every day."

If you can't convince your mother to move, despite your best efforts, Virginia says, appreciate that at least she has the spunk to hang onto her independence in spite of potential risks. Then, do what you can to make her house as safe as possible.

Dutiful Children can't do it all Virginia stresses the importance of setting limits and recognizing what you can and cannot do. "I you're totally burnt out and angry, you won't do a good job.' The bottom line that most caregivers come to recognize is: "You can't make your parents young again.'

Marsha Kay Seff is editor of The www.sandiegoeldercare.com, a Web site for older folks and their caregivers.

tell them they need to sit down www.copleynews.com.

#### **Maine Township Senior News**

MaineStreamers Announce New Activities for Seniors

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-

#### **BINGO**

Tuesday, March 1 Oakton Arms, 1665 Oakton Pl., D.P Thursday, March 3.Town Hall, 1700 Ballard, P.R. Doors Open: 12 noon. Games: 1 p.m.

Come and enjoy a wonderful afternoon playing Bingo. Prizes, delicious sweet rolls and coffee are included in the price. Books of 6 coupons for \$5 can be purchased at either Bingo

#### "AARP'S DRIVER SAFETY." PROGRAM"

Mon. March 28 & Wed. March

9 a.m. to 1 p.m. Instructor: Stanley Fukai, AARP Cost: \$10\* check made payable on the day to AARP

This two-part class helps you update your knowledge of agerelated changes and rules of the road. Upon completion, your ber call the MaineStreamers at automobile insurance company

will offer a discount. Maine Township MaineStreamers Seek Residents 90 Years and older

A special event will be held during the month of May for any resident 90 years of age and older. If you meet these require-

pleae MaineStreamers at 1-847-297-2510 and register to receive a special invitation for this wonderful event.

Income Tax Appointments are 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.

#### Volunteers Needed for Intergenerational Event

During Spring Break, the week of March 28 - April 1, elementary and junior high students from District 63 schools will gather at Apollo School in Cost: \$1 or Bingo Coupon for Des Plaines for a series of programs. Older adult volunteers are needed to share their skills and talents in a variety of ways: playing games, helping with craft activities, and most importantly, sharing their personal stories and treasured mementowith the youngsters. If you have an hour or two to spare that please call Mary Swanson at 1-847-297-2510 to register.

Day Trips

The following Day Trips are currently on sale. In order to sign up for a Day Trip you must first sign up to be a member and then a reservation form will be 1-847-297-2510 and ask for an application. All Day Trip departs from the State of Illinois Building, 9511 Harrison St. in Des Plaines.

> Continues.. MAINE TOWNSHIP page 17.

April 1, 2005, elementary and

#### **Niles Senior News**

#### **NSC Highlights**

For a detailed description of about membership requirements, please check the Guides or

www.vniles.com.

MARCH REGISTRATION Drop Off Registration advertised in the March Naturally Active were due at the Niles Senior Center Friday, March 4. Walk-in Registrations began Wednesday, March 9th. Senior Volunteers Needed

TLC Spring Fling at Apollo School - During spring break, the week of March 28 -

junior high students from the District 63 schools will gather at Apollo School in Des Plaines for a series of programs. Olderadult volunteers are needed to share their skills and talents in programs & activities, or to ask a variety of ways including playing games, helping with craft activities, and most Naturally Active Program importantly, sharing their personal stories and treasured call the Niles Senior Center at mementos with the youngsters. 588-8420 ~Visit us online at Please contact Kelly (847 588-8420) for more information. Niles Senior Center Dinner Dance Volunteers Needed It's time to plan our next Dinner Dance. Volunteers are needed to help in all facets of this annual Fall event. If you are interested, please join us at

> Continues. NILES SENIORS page 16.

our introductory meeting on

## Professional Golf Tips With Tina Mickelson

## Stop swaying during chipping stroke

One factor that promotes consistent chipping is keeping most of your weight on your front side. For right-handed players, that would be their left side. A common tendency, however, is to sway during the stroke and that leads to inconsistency. Here is a drill you might want to consider trying during your next short-game practice session:

 Take your normal address position for a chip shot.

• Raise the heel of your back foot off the ground a few inches. (Right-handed players, that would be your right heel.)

• Take some practice strokes. paying close attention to what it feels like for your weight to remain

planted on your front leg. You will not be able to sway. • Practice hitting a number of chip shots like this. You will find that you will feel more stable when you chip and the result will be crisper, more consistent contact.

Contact Tina at: TinaMickelsonPGA@aol.com

Copley News Service/Tina Mickelson, PGA

ne factor that promotes consistent chipping is keeping most of your weight on your front side. For right-handed players, that would be their left side. A common tendency, however, is to sway during the stroke and that leads to inconsistency. Here is a drill you might want to consider trying during your next short-game practice ses-

\* Take your normal address position for a chip shot.

\* Raise the heel of your back foot off the ground a few inches. (Right-handed players, that would be your right heel.)

\* Take some practice strokes, paying close attention to what it feels like for your weight to remain planted on your front leg. You will not be able to sway.

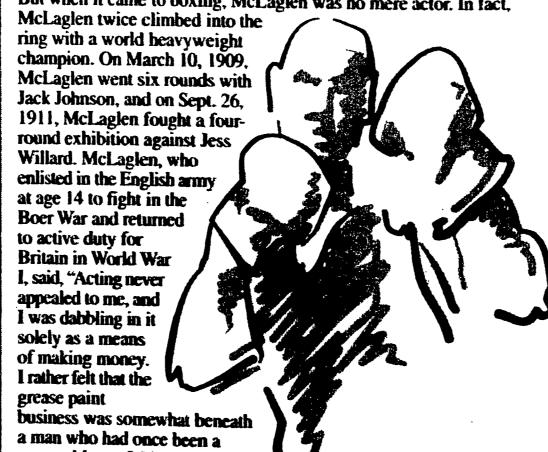
\* Practice hitting a number of chip shots like this. You will find that you will feel more stable when you chip and the result will be crisper, more consistent contact. Contact Tina at:

TinaMickelsonPGA@aol.com Copley News Service Photo by Paul Nasri

## **SPORTS FACT**

#### Victor McLaglen knew the ropes before he hit Hollywood

Academy Award-winner Victor McLaglen might best be remembered for portraying squire "Red" Will Danaher in the John Ford classic "The Quiet Man" and the epic fight scene he played opposite John Wayne. But when it came to boxing, McLaglen was no mere actor. In fact,



reasonably useful boxer."

Sourcest www.cyberbasingcove.com and wavelinbel.com

**SENIORS** 

When the fast talking salesman,

Harold Hill comes to River City the

sparks begin to fly on Monday,

April 21. And when Harold takes

on Marion the librarian, the real

fireworks begin. Brimming with

infectious good humor and tunes

that lift the heart, this musical com-

edy is family entertainment at its

best!! Enjoy a lunch choice of

Rotolo Di Pasta (tri-colored layers

of pasta with fresh ricotta and

spinach baked with a pink tomato

Grove Senior Center at 10:30 a.m.

and returns at 6 p.m. The cost is

\$65 for Senior Center Members

and \$75 for non-members. Please

register in person at the Senior

**INCOME TAX RETURNS** 

Fridays at the Morton Grove Senior

Center, income tax return assis-

tance 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

personal appointment at the Senior.

On Mondays, Wednesdays and

The bus leaves the Morton

sauce) or Roast Sirloin of Beef.

The fabulous Ridgeville Band of

Evanston will be back at the Niles

847 588-8420.

PM - 5:30PMNiles Senior Center is planning a very special birthday celebration for Niles Seniors age 90 and over. The event will take place on Friday, April 22nd. If you or someone you know would like to participate in this wonderful celebration, please call the Senior Center

#### **NILES SENIOR CENTER FLEA MARKET**

Saturday, May 7th Reserve your table now if you are interested in participating in this year's annual Flea Market. Call the Center (847 588-8420) as soon as possible.

**Morton Grove** 

**Senior News** 

"THE FIVE WISHES

FOR HEALTHCARE"

Chris Looby of Resurrection Health Care

will explain how, if an individual becomes

seriously ill, they can let others know exact-

ly how they wish to be treated - personally,

emotionally, spiritually, and medically.

Register for this free program, which starts

at 1:30 p.m. on Thursday, March 3 in the

Morton Grove Senior Center, by calling the

HIGH SCHOOL FINE ARTS

High Schools invite seniors to join in on

numerous free school productions to be per-

formed 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

Niles West Festival of Orchestras at 7:30

Niles West Spring Choir Concert at 7:30

Maine East Art Exhibit at 7 p.m. on

Niles North Musical, "Seussical" at 10 a.m.

Niles West Showcase of Bands at 7:30 p.m.

Maine East Musical Matinee, "Joseph and

Senior Hot Line at 847/470-5223.

p.m. on Thursday, March 3.

p.m. on Tuesday, March 8.

Wednesday, March 9.

on Thursday, March 10.

on Thursday, March 10.

include:

There is limited space available so don't wait too long. MOONLIGHTERS TO TOMMY **GUN'S GARAGE -**Friday, April 1 \$53.

Join us on this outing to Tommy Gun's Garage, an audience interactive "speakeasy" which offers a musical review. Gangsters! Flappers!! Nonstop Comedy & Fun. Choice of entrée: Baked Lasagna, 12 oz Prime Rib, Fish & Poultry Combo (Tilapia & Boneless Breast of Chicken), or 8 oz Pork Chop. Cost includes transportation, meal, and entertainment. Checkin at Senior Center at 5:30PM and Return Approx. 11:00PM. \$53.

RIDGEVILLE BAND OF **EVANSTON RETURNS Tuesday**, April 26 5:00PM- 8:30PM

Maine East, Niles North and Niles West alent experience. This four-week series

in person at the Senior Center.

The OOPS (Other Operations Pertinent to

computer Skill) Class will teach the "other"

skills needed to run a computer smoothly.

Instructor R.J. Bruno guides students

through the ins and outs of how to success-

fully operate through and around trouble

series meets from 12:30 to 2 p.m. on

Saturdays from March 5 through 26. The

cost is \$32 for Senior Center Members and

\$37 for non-members. Please register in

The Internet Class will help students devel-

op the tools needed to overcome frustra-

meets from 2:15 to 3:45 p.m. on Saturdays

from March 5 through 26. The cost is \$32

for Senior Center Members and \$37 for

non-members. Please register in person at

ITALIAN FEST 2005-

AN AFTERNOON IN ROMA

Come and celebrate the tastes and sounds of

Romanesque beauty of the Alta Villa in

Addison, IL on Tuesday, March 8. Dine on

a fantastic four-course Italian meal and lis-

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

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

ten to live musical entertainment as the

Italy while enjoying the majestic and

There's a little bit of Italian in everyone!!

person at the Senior Center.

the Senior Center.

Senior Center for another evening of classical and popular music. This all brass intergenerational band is favorite here at the center. So be sure to get your ticket. Dinner featuring Mostaciolli, Meatballs, and Italian Sausage, with salad, rolls, and dessert, will be served at 5:30 PM. This event is open to your non-resident friends of all ages. Cost \$12. **NILES SENIOR CENTER** 

OFFERS A BROAD SPECTRUM OF HEALTH & WELLNESS **CLASSES & SUPPORT GROUPS** 

For more detailed info call 847 588-**NILES SENIOR CENTER** 

(Continued from page 15)

OFFERS FILING ASSISTANCE **FOR SENIORS** 

Niles Senior Center participates in the AARP Tax-Aide Program. Qualified seniors can have their taxes and Circuit Breaker applications prepared free of charge. Due to the high demand for assistance at this time of the year, we ask that you call for an appointment whether you are seeking assistance with your Income Taxes, Circuit Breaker, or Senior Freeze applications. We cannot accommodate walk-ins.

NILES SENIOR CENTER RED **HATTERS** 

You must be a registered member of the Niles Senior Center Red Hatters to register. Contact Kelly for more information on how to become a member (847 588-8420)

**COMMISSION ON AGING** 

The Morton Grove Advisory Commission on Aging will hold its next monthly meeting at 1 p.m. on Tuesday. March 8 in the Morton Grove Senior Center. The Commission provides an arena for discussion and planning of services and programs areas in the computer. This four-week to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

"ELEANOR ROOSEVELT: FIRST LADY OF THE WORLD"

Donna Horwitz will lead this wonderful slide presentation discussing the life of Eleanor Roosevelt and how she continues to tions about the INTERNET!! The prerequi- inspire. Mrs. Roosevelt was known for site is the "Getting Started" Class or equiv- never giving up on life, being a life-long learner, and being willing to change. She worked to transform her world on behalf of greater dignity and security for all people, for women and men in equal measure. She used her position as first lady to advance the causes she passionately championed. In doing so, she was frequently cited as the most important woman of her time. Now, many call her the most important woman of the twentieth century.

Please register for this free program to be presented at 1:30 p.m. on Monday, March 14 in the Morton Grove Senior Center by calling the Morton Grove Senior Hot Line at 847/470-5223.

**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**Senior News** 

Get your walking shoes ready for the Center's trip to Milwankee en Tuesday, March 22. The motorcoach leaves the Center at 9a.m. with the first stop being the Quality (and) Shoppe/Buddy Squirrel Company to see Wisconsin's award winning chocolates being made. There will also be an opportunity to purchase the delicious chocolates, nuts and popcorn. Next is lunch at the Third Street Pier located in downtown Milwaukee overlooking the Milwaukee River. Included in the menu is a house garden salad, choice of sliced prime rib roast topped with a mushroom gravy, chicken princess (chicken baked with

Monterey jack cheese and asparagus). or orange roughy, hot baked rolls, and After this filling meal, we'll go on to tour the 100 year old Basilica of St. March Wednesday, Josaphat which is designed after St. Peter's in Rome and is one of 35 basilicas in the U.S. The last stop is the Milwaukee Art Museum, a fabulous structure with a collection of more than 20,000 works from antiquities to the present. Then it's back to Park Ridge at approximately 5pm. Reservations are required in advance according to trip is filling fast, so please register April 4. the current registration policy. The charge is \$58.00 for the tours, lunch,

your meal choice.

and motorcoach transportation. At

the time of registration be sure to give

dessert.

CERAMICS Ceramics classes are now back in session. Instructor Mickey Currie leads class on Monday and Tuesday mornings beginning at 9:30a.m. Mickey will work with you to create beautiful ceramic pieces whether you are a beginner or a more advanced student. You are invited to stop in anytime and join the class.

THE CHORALIERS The Center's chorus, the "Choraliers," rehearses every Friday at 1p.m

singing a variety of songs. It also "takes the show on the road" singing at various venues in the area. The chorus welcomes anyone to come and listen in. You might decide to join the fun. There's nothing better than to cheer yourself by joining in song.

FOLK DANCING The Center's folk dancers have started their third year of happy dancing. They now have a sizeable dance repertory so that every week new dances are introduced but also enjoyed are the dances already learned. New people are always welcome to join in on Monday from 2:30 to 3:30pm. **HUMANITIES DISCUSSION** The humanities discussion is an ongoing program meeting Thursday momings at 10:30am. Now being discussed is the book "Racial and Ethnic Tensions: What Can we Do?". So far it has proven to be very interesting and thought provoking! You can join the group at any time.

Park Ridge

MILWAUKEE TRIP

Martha Kath, Medicare specialst from Alden Rehabilitation and Modernization Act, learn about new deductibles, make sense of prescription plans, and answer all questions about Medicare benefits. Please register for this free program to be presented at 1:30 p.m. on Monday, March 21 in the Morton Grove Senior Center by Hot Line at 847/470-5223. "UNDERNEATH THE

The Bugle

Morton Grove

MAKING SENSE OF

**MEDICARE** 

LINTEL" SHOW

What does a Librarian do with a book that is 113 years overdue?? He endeavors to find the elusive culprit! See this entertaining play at the Nobel Fool Theatre at the beautiful Pheasant Run Resort on Transportation, show and lunch featuring Lemon Sole or Roasted Pork Loin are all included. The bus leaves the Morton Grove Senior Center at 9 a.m. and returns at 5 p.m. The cost for the entire trip is \$68 for Senior Center Members and \$78 for non-members. This

in person at the Senior Center. "THE MUSIC MAN" AT "E-MAIL" SEMINAR DRURY LANE

Stay in touch with friends and family by learning to how to set up a free yahoo or hotmail electronic mail (e-mail) account. Morton Grove Senior Center Computer Instructor, R.J. Bruno will provide information on the tools needed to create and operate an e-mail either from home or a community computer like those in the Morton Grove Senior Center Library. This Seminar will be held from calling the Morton Grove Senior a.m. to 12:30 p.m. on Saturday. April 2 and the cost is just \$10. Please register in person at the Morton Grove Senior Center

**TRANSPORTATION** FOR VOTING

The Morton Grove "Seniortran" Bus will transport those needing rides to their polling place on Tuesday, April 5. Voters must be Morton Grove residents and their polling place must be in Morton Grove:

know the location of their polling place when they call in; be Senior Center Members to ride at no cost (non-members pay \$2); call the Senior Hot Line (847/470-5223) for a ride reservation before (Continued from page 16)

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

For more information about

these senior services and recreation programs, call the Morton Grove Senior Hot Line at 847/470-5223. Membership in the Morton Grove Senior Center provides the following annual benefits: six bi-monthly issues of the Seniors in Morton Grove newsletter mailed to the home; free Diabetes Screening at the monthly Senior Center clinic; free passage on the Seniortran Bus for resident members; three issues of the Travelin' Times newsletter mailed to the home; free Computer usage in the Senior Center Library; 15% discount on all trips and classes sponsored by the Senior Center; an annual members-only party; and receive a photo i.d. card. Membership registrations accepted any weekday morning at the Morton Grove Senior Center, 6140 Dempster Street. The membership fee is \$15 for an individual resident: \$25 for a resident married couple: \$25 for an individual non-Hot Line at 847/470-5223 for a resident; and \$40 for a non-resident married couple.

Maine Township\_\_

(Continued from page 15)

"ROSIE! A TRIBUTE TO **ROSEMARY CLOONEY** 

Davenport Piano Bar & Cabaret-Chicago. Wednesday, April 20 11:00 a.m. to 4:00 pm

Cost: \$48 members/ \$53 Guests Rosemary Clooney's career

spans over 40 years of loving musical adventure. Today Heather Moran creates a musical tapestry from Rosie's colorful life and career, highlighting hits such as "Tenderly", "Come On-A My House", "Mambo Italiano" "Slow Boat to China" and "Memories of You".

The lunch will feature Fresh Fruit Salad, Fresh Green Salad, Mostacciolli, Roasted Chicken, Rosemary-Herbed Potatoes and Cookies for Dessert! So let's go back to a time when music was music! **BEGINNERS/** 

INTERMEDIATE TAI CHI Thursdays, March 17 to May 5 3:30 p.m. to 5 p.m. Instructor: Sylvester Marshall

Cost: \$40 for 8 classes

Learn and review your Tai Chi postures and stances in this class. Wear comfortable clothing. Newcomers are welcome to join

## Tips On Avoiding Medication Errors

more likely than any other **L** age group to take more than one medication, which can make it more difficult for them to follow a prescription regimen. But keeping track is essential: Drugs can do more harm than good when not taken appropri-

The following tips Medsforless.com, an Canadian pharmacy, aim to help seniors take their medications safely and appropriately.

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\* Keep your doctor informed. eople 65 and older are When incompatible medications mix in the body, they may produce dangerous side effects. Be sure to let your doctor know about all of the prescription and over-the-counter medications you take. Keep an updated list of your medications and bring it with you when you go for a

> \* Read the directions. Each time you take a medication, make sure to read the label to ensure that you are taking the medicine as prescribed. For example, you taking the medication, monitor

might have to take a certain medication with food. Abide by the timing and dosage as directed. Use a memory aid, like a pillbox, if you have trouble remembering when to take a medica-

\* Learn about your medications. Don't hesitate to speak with your doctor or pharmacist about any questions or concerns you have about your medication. The inserts that come in some medication packages also can answer some of your questions. When

how it makes you feel and report any side effects to your doctor.

\* Check your medicine cabinet annually. Inspect your medicine cabinet once a year and clear out any drugs that have expired or that you no longer use. When disposing of medication, flush the contents down the sink or toilet and throw away or recycle the empty containers.

\* Don't pay more than you have to. Because the Canadian government strictly controls the price of brand-name drugs by limiting how much a pharmaceu-

tical manufacturer can charge, the cost of medication in Canada is significantly lower than in the United States. Many people have turned to Medsforless.com to save up to 80 percent on the same prescription drugs that are offered in the United States.

Medsforless.com is a fully licensed pharmacy that is affiliated with the most reputable prescription and over-the-counter medication suppliers in Canada. With a valid U.S. prescription. you can order up to a threemonth supply at a time.

Rose's

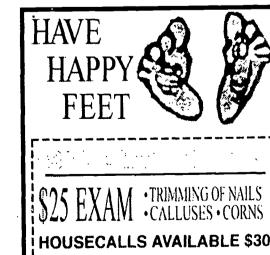
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Thursday, March 10. COMPUTER CLASSES AT THE MOR-TON GROVE SENIOR CENTER

A new series of Microsoft Word classes will introduce some of the many functions of Microsoft Word to new word processing users. Some of these areas include using the toolbars, editing, formatting, spell check, thesaurus and inserting graphics into a document. For those who already have basic word-processing experience through the "Intro to Word Processing" Class, this is the next step! The prerequisite for this Class is "Intro to Word Processing" or equivalent experience. This four-week series meets from 10:45 a.m. to 12:15 p.m. on Saturdays from March 5 through 26. The cost is \$32 for Senior Center Members Center. and \$37 for non-members. Please register

for the entire trip is \$58 for Senior Center Members and \$66 for non-members. Please

register in person at the Senior Center. **BLOOD PRESSURE SCREENING** Periodic blood pressure measurement is helpful in determining if health is threatened by high blood pressure (hypertension). Hypertension is a contributor toward strokes, heart disease and kidney failure. Unfortunately, hypertension usually has no symptoms so a person can feel great and not know they have it. Free screenings are members. This trip is filling fast, so please offered from 9 to 11 a.m. on Tuesday, March 8 in the Morton Grove Senior

the Amazing Technicolor Dreamcoat on parmigiana, mostaccoli, tasty cannoli, and a

**MORTON GROVE ADVISORY** 

register in person at the Senior Center.

Continues... MORTON GROVE page 17. **DOWN** 

1 Outlawry

2 Mideast airline

3 Warbler James 4 Supporting place

7 Stick in one's 8 Actress Louise

10 Gracefully slender

13 His veep was George

21 Gymnastics equipment

9 Overwhelms with laughter

5 Loses color

6 Fly an SST

11 Gyro bread

12 By-and-by

22 The usual

27 Streisand film

32 Golfer Palmer

30 Turndowns

33 Threw a fit

36 A little work

41 Trivial amount

42 Beatles' Starr

49 Writer Hentoff

54 Sacred song

56 Curly coifs

57 Quiz choice

59 Melody

43 Visionary philosophy

48 Comedienne Boosler

51 Liquid amount lost in storage

Grow Up"

34 Rumpled

38 Choose

29 Continental divide

25 Dayan

26 Thin as

-7:30 p.m. Golf Maine School District 67 Board meeting

.7:30 p.m. Park Ridge-Niles Elementary School District 64 board

7:30 p.m. Golf-Maine Elementary School District 67 board meeting

State Representation Elaine Nekritz and State Senator Susan Garret

will hold a Town Hall Meeting on Saturday, February 26 at the

Maine Township Town Hall, 1700 Ballard Rd., Park Ridge

Residents will have an opportunity to voice opinions on relevant

-The Niles Historical Society will host a presentation on the 1933

1934 Century of Progress Chicago Exposition on Sunday, Feb. 27 a

2 p.m. Bill Hinchliff has been teaching adult education courses or

Chicago architecture and history for over 20 years as well as lead

cover the new lakefront, the Burlington Zephyr, Sally Rand and

-The Park Ridge Community Church, 100 S. Courtland, will host a

dinner theatre production of the comedy, "Harvey." The evening

begins with a pasta dinner at 5 p.m. in Jordan Hall. There will be

mingling, refreshments and bidding on silent auction items. The din-

ner price is \$10 for adults and \$5 for children. Babysitting will also

be available for those with young children. Following dinner, the

performance will begin at 7:30 p.m. For more information, contact

Meetings for governmental bodies

are held in the following locations:

Village of Niles: Niles Civic Center

1000 Civic Center Dr., Niles IL.

Niles Park District: Howard Leisure Center

6676 Howard St., Niles, IL.

Park Ridge

City of Park Ridge: City Hall, 506 Butler Pl., Park Ridge, IL.

Park Ridge Park District: Maine Park Leisure Center

2701 Sibley Ave., Park Ridge, IL.

**Morton Grove** 

Village of Morton Grove: Village Hall, 6101 Capulina

Morton Grove Park District: Prairie View Center

6834 Dempster St., Morton Grove, IL.

Submit events to: Calendar@buglenewspapers.com

Morton Grove, IL.

EVENTS CALENDAR

p.m. Morton Grove village board meeting

7:30 p.m. Park Ridge Park Board meeting

issues impacting the state and the community.

GOVERNMENT

Thursday, February 24

Monday, February 28

Thursday, March 3

COMMUNITY

Saturday, February 26

Sunday, February 27

modern architecture.

Saturday, March 5

the church office at (847) 823-3164.

DANITY WILLDOWS!

CREAT PRICESSIA

## TOOL TIME

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70					71						72			

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America's Neighborhood Lawn Care Team 4

- 20 Carpenter's payment option
- 24 Remained quiet
- 25 Council chief
- 28 Untold centuries
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- 70 "Able was \_\_\_..." 71 Pair of socks

- 61 Patch place 62 Ollie's partner
- 63 State or sect starter

58 It grows on you

# MUSIC MUSIC MUSIC

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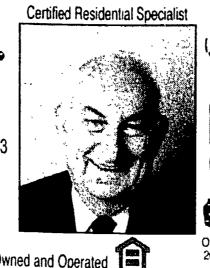
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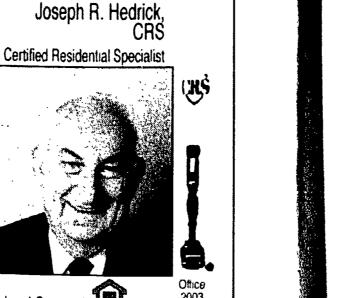
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## **Chef Harry presents** To stir-fry with love

BY HARRY SCHWARTZ Copley News Service

robably the quickest and easiest way to make and L serve a healthy and delicious meal is to do a fast stir-fry all in one pan. It can be done in a wok, Dutch oven or deep saute pan, and it is an easy culinary art to accomplish. Basically - cut and cook! The stir-fry is that easy. The possibilities are end-

Here are some basics:

- The pan, either a wok or wide, deep pan, should be nonstick and heavy so that it conducts heat evenly across the cooking surface. Utensils should include tongs, spatulas and spoons that do not damage the surface of the pan. An electric wok or skillet ing bus, bike, boat and bike tours of the city. The program will also should have the same features and capability of high heat to sear juices into meat, chicken or

Ingredients are best when fresh. Processed minced ginger and garlic are great to have on hand to save time, but many have preservatives. I mince a cup of fresh ginger root, cover it with dry sherry and keep it in a iar. Sealed and refrigerated it will keep for a week.

Fresh garlic is available peeled. You can mince one-quarter cup of garlic and keep it covered in vegetable or olive oil in a sealed iar. It can be refrigerated from five to seven days.

- Sesame seeds, unsweetened thread coconut, and many nuts are available in bulk with the health foods. These are usually less expensive and higher quality. Vegetables, of course, should be fresh versus frozen or, even worse, canned. Prepared bags of fresh vegetables, such as broccoli, cabbage and cauliflower are convenient.

- Soy sauce is available at many prices. A naturally brewed, chemical-free soy sauce or light soy sauce is fine. I like the ones in a container you can put on the table. If you want to be really lazy, look for bottled sauces and spice blends that are all natural and without MSG. I like to prep everything as early in the day as possible. That way when it is time to eat, dinner is just minutes away!

GARLIC SHRIMP 1 tablespoon vegetable oil 1 bunch scallions, trimmed and

chopped 1 red bell pepper, cored and chopped

CURRIED CHICKEN AND 5 cloves fresh garlic, thinly **PEAS** 

in cubes

2 tablespoons butter

1/4 cup sesame seeds

3 cloves fresh garlic, minced

1 tablespoon fresh ginger,

minced, or 1 teaspoon ginger

1 tablespoon vegetable oil 1 to 2 pounds shrimp, cleaned, 3 cups chicken (white meat), cut rinsed and drained

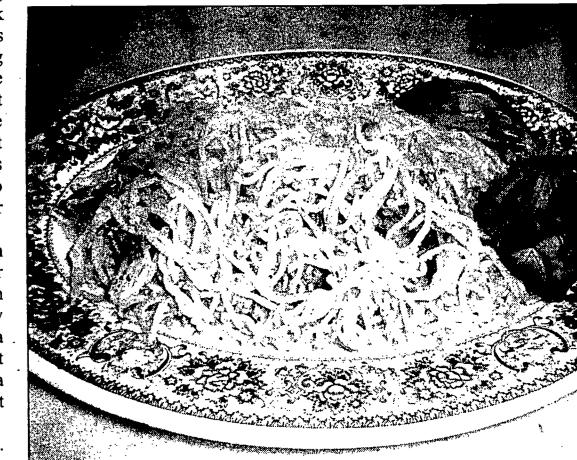
1 tablespoon fresh parsley.

1 teaspoon soy sauce

Yields 3 to 6 servings. Heat oil in wok or pan over high heat and stir-fry scallions, red pepper and garlic, 1 minute. Add shrimp to pan and drizzle soy

1/2 cup dried thread coconut sauce on top. Stir-fry just until 1 cup dry sherry shrimp are cooked. Sprinkle 1 teaspoon mild curry blend, or

parsley over top and serve to taste shrimp over rice or pan-fried 2 tablespoons seasoned rice



## STIR-FRIED LEMONGRASS

1 tablespoon dried, shredded lemongrass, or 1/4 cup chopped fresh lemongrass

1/2 cup vegetable, miso or chicken broth 2 tablespoons vegetable oil

1 onion, minced 1 tablespoon fresh garlic,

1/2 cup slivered almonds (optional)

3 cups brown rice, cooked 1 tablespoon soy sauce, or to

l teaspoon sesame oil

tablespoon fresh mint. Yields 4 to 6 servings.

Heat lemongrass in broth until soft. Set aside. Heat oil in wok or pan over high

heat and in it saute onion, 2 minutes. Add garlic and almonds (if desired) and stir-fry, 2 minutes. Stir in rice and sprinkle soy sauce on top. Stir-fry until almonds are toasted

Remove from heat and stir in sesame oil and mint. Serve immediately.

2 tablespoons ketchup 1 teaspoon soy sauce 2 cup fresh or frozen thawed baby peas

Yields 4 servings. Heat oil in wok or pan over high heat and in it saute chicken until browned. Remove chicken to oven-proof dish.

Return pan to heat, add butter, reduce heat to medium and stirfry garlic, ginger, sesame seeds and coconut, 1 minute. Add sherry and stir in curry, rice vinegar, ketchup and soy sauce. Bring to a simmer and raise heat to medium-high. Add chicken to pan. When chicken is cooked, stir in peas and cook just until hot. Serve immediately.

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

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The Bugle

Scott Hilyard

of divorce.

**Copley News Service** 

Because nearly half of American

marriages now end in divorce, it's

safe to say there are many homes in

which the inhabitants are not cele-

brating the depth and strength of a

happy, healthy relationship, but

contemplating how to end a bad

one. We asked psychologist and

marriage counselor Theodore

Chapin of Peoria, Ill., to answer

some basic questions on the topic

O: What is the best way to

approach a spouse about divorce?

A: Be direct. Own your thoughts

and feelings, and don't blame the

other person. That will only create

more conflict and resistance. Be

sure you know where you are and

whether you are open to reconcili-

ation or whether you are done.

Don't start another relationship.

You'd be surprised how many

people think that getting involved

with someone else is the best way

to overcome the pain of what

they've just experienced. That's

Q: Is it ever too late for marriage

counseling? Should every couple

contemplating divorce go through

hardly ever a good idea.

What should you never do?

LIFE

"Whether this is metabolic or not

Nutritional supplements.

(Coenzyme Q10, chromi-

um, B vitamins, etc.)

ype," Rock said.

healthy

metabolism.

n't say how it

affects you or

that it increases

The only people

are extremely deficient in those

- Diet trans. Cutting back exces-

vitamins or enzymes, Bryant says.

sively on total food intake or skip-

ping meals leads to a drop in meta-

bolic rate. Your body panics, think-

ing that it's being starved, and sur-

vival mode kicks in. This makes

the process of weight loss an uphill

The key to losing weight while

keeping the metabolism cranked

up is eating no less than 1,000

calories a day and losing just 1 to 2

- Breakfast bounce. Mom was

pounds a week.

But, that does-

is not known," Fujioka said. "I was

as surprised by the results as any-

The first of the second of the

There are, however, a few things you can do that may help kick-start your metabolism out of winter hibernation and put it in high gear for the new year.

"Metabolism is the amount of energy your body needs to maintain itself," said Cedric Bryant, chief exercise physiologist for the American Council on Exercise. "Although it's largely influenced by things like gender, age, genetics and muscle, it's possible to increase it and the number of calories you burn with diet and exer-

Your metabolic rate determines how many calories you can get away with eating before you start packing on the pounds. The faster your metabolism, the more Ben & Jerry's you can down before letting . Despite out notches on your belt.

Although recent studies show that we can't increase our metabolism for as long or as much as we once thought, every little bit helps, especially if you're trying to lose weight.

Here's a look at some things that can make your metabolism pep up or poop out:

- Hot stuff. There is some scant research showing that hot peppers might increase your metabolism just a notch, according to nutrition

"When you eat hot peppers your metabolism. heart rate goes up a bit, you feel flushed, your temperature rises slightly and your body expels extra heat," said Cheryl Rock, professor of nutrition at the University of California San Diego School of Medicine, who adds that the effect on metabolism "isn't huge."

- Java jolt. Although caffeine can speed up the nervous system and heart rate temporarily, it's not enough to make a difference in your fat-burning metabolism.

But a little caffeine may help marathon runners and cross-country skiers to keep going longer and more efficiently. According to some studies, caffeine may promote the utilization of fat as fuel, and spare precious glycogen (carbohydrates) reserves.

- Green teatime. The plant compounds in green tea, in addition to the caffeine, may account for a very small effect on the metabo-

"Green tea used to be a common"

here are a few things you can

L and ramp up the calorie

- Build muscle. Performing weight

training and weight-bearing exer-

cises can increase energy-burning

do to boost your metabolism

# Inside people

Experts separate metabolism fact from fiction

R.J. Ignelzi **Copley News Service** 

treatment for asthma, opening up the lungs and speeding things up just a hair," said Dr. Ken Fujioka, director of nutrition and metabolic one." research at Scripps Clinic. "The tea may have this

very weak and mild ference - Energy

claims "stimulate lism" "improve

like Red Bull, Monster Energy and Amp get their

from plain old caffeine. It's enough kick, but it won't speed up your

- Carbs, protein or fat? While none of these foods will rev up your metabolism, there is a difference in the energy used to digest them. The body is more efficient at metabolizing fats than complex carbohydrates and proteins, Bryant

explained. Your body burns just three calories to digest and store 100 grams of fat. But, it uses 23 calories to metabolize and store the same amount of complex carbohydrates

right. Eating breakfast kick-starts your metabolism after going for Grapefruit. Last year, Scripps Clinic's Fujioka conducted a study hours without fuel. When you that has people looking twice at the wake up in the morning your body juicy fruit's effect on metabolism. is in conservation mode and burn-Participants were divided into ing calories very slowly. Some groups who ate either a half a fruit, yogurt or an egg can crank up grapefruit or who had grapefruit the fat-burning process. juice, grapefruit extract or a placebo. At the end of three months, often may keep your burn rate up slightly and your appetite under after following the same diet, the

group that ate the half a fruit lost control. However, the problem more than 3 pounds. The juice with eating more frequent meals is that most people tend to overdo and

Snack smart. Eating little and

consume too many calories, which offsets the metabolic rise, Bryant said. Make sure the snacks are healthy and fairly low in calorie. An apple, non-fat yogurt or low-fat energy bar are healthy, energyboosting snacks.

Sleep tight. When deprived of quality sleep, levels of the fat-burning hormone leptin are significantly reduced and your metabolism may suffer. This hormone, which is produced while we sleep, helps build and maintain lean muscle, Fujioka

 Waterlogged. Despite the bottled water ad campaigns, drinking eight or more glasses of water a day won't rev up your motor. (Although you may burn some calories walking back and forth to the restroom. While severe dehydration may slow down your activity metabolism because you're fatigued, generally the need to drench our thirsts

- Get moving. Aerobic exercise can burn a lot of calories while you're doing it, and your metabolism will continue to race for a short time

According to Bryant, the latest studies show that the afterburn effect is directly proportionate to how intensely you exercise. For every 100 calories burned during exercise, your body will burn an extra 15 calories per hour after the workout ends. The afterburn usually lasts from one to two hours.

So, if you expend 500 calories on fit from supplements are those who your morning run, you'll burn an extra 75, to 150 calories after you

Join the resistance. One of the best ways to fire up your metabolism is to increase your lean muscle tissue. Muscles require calories just to exist. Fat does not. So the more lean muscles you have, the higher your resting metabolic rate.

But muscles aren't metabolic miracles. For every pound of muscle you add, you'll burn only 10 to 15 more calories per day. So, if after months of weight training you put on 5 pounds of muscle, you'll burn about 50 to 75 more calories a day. Not much, but every

- Risky business. Beyond exercise and a healthy diet, certain drugs can increase your metabolism, but health experts advise you to steer clear of them. Amphetamines not only accelerate your metabolic rate, but they speed up your entire body engine, including your heart and breathing. In some cases, this can lead to heart attack, stroke or

By R.J. Ignelzi

Copley News Service

The term for the calories we burn in any 24-hour period is total daily energy expenditure, and it's composed of several different types of energy use.

caloric needs are determined by our resting metabolic rate (RMR), or how many calories we need at rest just to keep the heart beating, the lungs breathing and all the other organs in working order. For most people, this is roughly 50 to 80 calories per hour.

Additional physical activity accounts for about 30 percent of all energy used by the body. Exercise not only influences body weight by raising metabolism and burning calories, but it also helps raise our RMR by building muscle. It takes more calories to sustain muscle tissue than fat

about 10 percent of your energy

SIDEBAR Your basal metabolic rate By R.J. Ignelzi Copley News Service

Several Web sites can calculate your basal metabolic rate (BMR), or the calories your body needs to function. Just complete the formula by filling in your height, weight and age, and your BMR will be estimated. BMR calculators are available on the

following Web sites: www.bmi-calculator.net/bmr-calcula-

www.womenfitness.net/bmr.htm www.internetfitness.com/calcula-

www.health.discovery.com/tools/calculators /basal/basal.html

www.fitwatch.com/qkcalc/bmr.html Or, do a key word search for "Harris Benedict Equation," the complex metric formula used to calculate your

Once you know your BMR, you can calculate your total daily calorie needs based on your activity level using the second part of the Harris Benedict

1. If you are sedentary (little or no exercise): calorie calculation = BMR

2. If you are lightly active (light exercise/sports 1-3 days/week): calorie calculation =  $BMR \times 1.375$ .

If you are moderately active (moderate exercise/sports 3-5 days/week): calorie calculation =  $BMR \times 1.55$ . 4. If you are very active (hard exer-

5. If you are extra active (very hard

#### Even at rest

If you thought the only way to burn calories was to run around the block or do 50 jumping jacks, relax. Your metabolism is working 24/7, even as you sit there reading this article.

About 60 percent of our daily

tissue.

Energy is also burned through dietary thermogenesis, or the thermic effect of food. This is the energy or calories required to digest and process the food you eat, and it accounts for

A: You're talking to a counselor, so my answer is no, it's never too late. But seriously, if there is any spark of interest or motivation to continue left, then it can really be developed with a counselor. Anyone who is the least bit indecisive can benefit with

a counselor.

Q: What advice do you have for those engaged in heated custody battles? How can people avoid a heated custody battle?

A: That's a tough one. The conflicts from the relationship spill over into the difficulties and problem solving of parenting. The best way to handle those issues, I think, is through mediation, to work with a mediator and work out a co-parenting plan and learn how to communicate and

between the spouses. There are attorneys who do mediation, and there are mental health profession-

Some things to consider when considering divorce

O: What suggestions do you have er when contemplating divorce? for those who have just gone through a devastating divorce? How do you start over?

als trained in it.

A: Usually there are several years of adjustment. The first year, obviously, is the roughest with so many new things to face in your life. For men, it is the emotional issues how to get a support system going and begin to feel OK. For women, it hard as it may be to believe in this day and age. By the second year, you begin to get into an ongoing, consistent life you want, and by the third year, things are usually going Visit Copley News Service at pretty well. You get a good sense of www.copleynews.com.

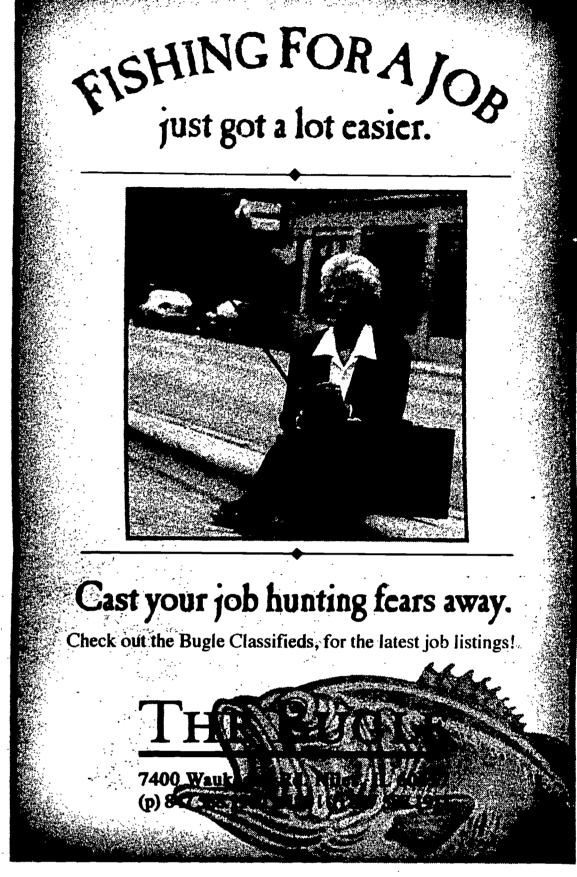
solve those problems in the best yourself back and a support system. interest of the child. A couple will Again, if in the first year the strugalways have a child between them, gles are overwhelming, then I receven after divorce. Too often after a ommend seeing a counselor. divorce, one partner ends up feeling Everything changes in that year. like a winner in a child custody Often there are new residences agreement and the other a loser. In involved, a change in the role of an intensely conflicted marriage, a parent, income changes. It is always child can be used as a pawn a lot to deal with.

Q: What kind of reactions might you expect from family and friends who find out about the

divorce? A: There will be a whole variety of reactions - some very supportive and sympathetic who won't take sides and will be deeply caring, and others who will be shocked and threatened by it, especially if they are having problems themselves - the "if they couldn't make it work, then how can we?" reaction. Those friends might stay away, and you'll experience a certain coldness from them. In that case, it's not really about you, it's about what they really value in their own support system. Some people you may just need to be prepared to let go. And my sense is, the details of your divorce and your relationship is really your own personal business. What you choose to tell anyone will depend on the nature of your relationship with that person. The closer you are, the more you might be willing

Q: What things should you consid-

A: Is there any hope to make things better? Am I really interested in working on that? If there is, and a couple believes their personal history can be salvaged and built upon, then counseling could be a benefit. I tell couples that a goal is to go from the loss of a romantic relationship to a greater appreciation and care of a mature relationship. Those are the ones that last a lifetime, the ones that are encouraging and admiring and loving. That's still possible even after the romantic notion wears down some.





# Get your motor running

- Break a sweat. Do some type of aerobic exercise (walking, running, swimming, cycling) on a daily basis for at least 30 to 60 minutes. - Rest up. Get at least seven hours

of sleep a night to maximize the

drinkers lost just slightly less.

production of fat-burning hor-

- Eat breakfast. A little food in the morning jump-starts your sleepy

- Eat often. Frequent small, lowcalorie meals may be more effec-

tive at keeping the metabolism revved up than starving yourself all day for a giant calorie-laden dinner. - Eat enough. Very low-calorie diets (often below 1,000 calories) will slow down the metabolism and

Leon Zingerman, D.D.S.

cise/sports 6-7 days/week): calorie calculation BMR x 1.725.

exercise/sports 6-7 days/week and physical job): calorie calculation = BMR x 1.9.



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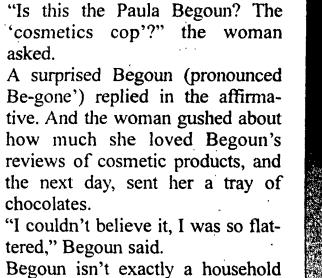
DENTAL EXAM -4 X-RAYS & CONSULTATION \*New Patients Only. Limited Time Offer With This Ad

#### LIFE

#### Today's lifestyle Paula Begoun was staying at the Westin Horton Plaza during a recent visit to San Diego, and she had been having a

Author takes guesswork out of hair care

**Copley News Service** 



Begoun isn't exactly a household name, but to many people, especially women, she is like a friend you can chitchat with about what cosmetic or hair products work and what ones don't; what ones are worth the money and what ones are

That night in her hotel room, she

went to access the Internet and had

difficulty getting a connection. A bit

more frazzled, she phoned a hotel

rough day.

receptionist.

chocolates.

tered," Begoun said

Except in her case, Begoun's assessments are backed by tons of research that in the last 20 years have made her a best-selling author and nationally syndicated columnist (her "Cosmetics Cop" column runs periodically on this page). She also has a popular Web site, www.cosmeticscop.com.

Begoun was in California recently talking about her newest book, the third edition of her popular "Don't Go Shopping for Hair-Care Products Without Me" (Beginning Press, \$21.95). The 706-page book will pay for itself with the money you save on shampoos and conditioners and the like (expensive doesn't mean the best, she notes), with reviews of more than 4,000 products from more than 130 drugstore and salon lines. In addition, there are chapters on many hair sub-



perms, relaxers and hair-care for-section for women of color.

The hair-care book is the companion to her best-selling "Don't Go to

the Cosmetics Counter Without Me," which contains reviews of thousands of products from moisturizers to lipsticks. If you're confused about what cosmetic products to buy, check this book first.

Her television credits include appearances on "Oprah," "The Today Show," "The View," "20/20," "Dateline NBC," "Primetime" and CNN. She comes across on television as the best friend you would like to have, and she's the same way in person, with a warmth and easy sense of humor that makes you forget she chatted it up with Angelina Jolie ("drop-dead gorgeous, even prettier in person," she says) while waiting to go on "The View."

Yet her relaxed style is matched with an apparent zeal to educate people about some of the misleading and sometimes false claims of the cosmetic and hair-care industries, topped by a desire to save consumers money. To that end, she started her own line of products called Paula's Choice that are sold on her Web site, but she prefers in interviews to focus on her consumer research (although her reasonably priced products have been very well-received by the public). She is virtually the only consumer researcher who puts cosmetics and hair-care products to the test en masse, something that she acknowledges is "a strange job." As to haircare products, "there are more good products than bad," she says, adding that "the expensive stuff does not have anything different (ingredient-wise) than the less

expensive stuff. It's shocking." There's so much more she knows. and so much more you want to ask before she zips off for a phone interview with a New York newspaper. But hey, I have the book to savor. Now I just need some chocolates. Visit Copley News Service at www.copleynews.com.

# EUREKA: Daily discoveries for the scientifically bent

10 boxes in all. Each box 5/16ths contains 100 pound coins, but light, it's box one box contains coins that are No. 5. counterfeit and are slightly BIG BIRD lighter, 1/16 of an ounce lighter In the "Lord of to be exact. All the coins look identical. The only way to tell films, them apart is to weigh them. Sam and Frodo How many weighings are are required to determine which box contains the counterfeit coins? VERBATIM

"Results! Why, man, I have got- eagles. The ficten a lot of results. I know several thousand things that won't work." - Thomas Edison **BRAIN SWEAT ANSWER** 

Just one weighing. Mr. Smith aren't any giant should take one coin from the eagles first box, two from the second now, there once were, though group. If the total weight is be something of a surprise.

RAIN SWEAT: Mr. Smith 1/16ths light, the first box con-has lots of ancient coins, tains the counterfeits. If it is humans arrived in the islands, bird species with the now-extinct obiologists figured DNA studies

Rings" from danger in Mordor by giant

was really New I Zealand.

box and so on, then weigh the how they got so big turns out to al mammals except for three and are now also extinct. Writing sometimes incompatible, activi-

30 percent to 40 2 pounds.

Central and South America). They giant, flightless

herbivorous birds species of bat. Instead, its in the online journal PLoS ties simultaneously

would show the Haast's eagle closely related to Australia's large wedge-tailed eagle. In fact, the New Zealand giant is related to one of the world's smallest eagles - the pounds, Haast's "Little Eagle" of Australia and eagles were about New Guinea, which weighs only

percent heavier The researchers speculate smallthan the largest ish precursors of the Haast's bird of prey liv- eagle arrived in New Zealand and ing today (the rapidly increased in size because harpy eagle in moas made big, easy meals and, with no other predators around, there was plenty of time to eat.

90 - Percentage of American adults surveyed who said they New Zealand lacked all terrestri- that weighed up to 440 pounds routinely "multitask" or do many,

# Decor Score Painted pieces can be chic, clean



Had trouble finding a source for the President Maja Palej. She promises m.palej@transforms.net.

Fine Art Transfers has experienced a solution by mid-spring. its distribution, laments Senior Vice directly at (919) 828-9991 or at dog?

difficulty with both its Web site and Meanwhile, you can reach her Ever hear of a dog putting on the When New York architect Kate

Johns decided to tidy up her own kitchen, her attempt at clutter-control included the family's German shepherd named Buck. Seems Buck liked lying around the kitchen on a "big, filthy pillow" that offended everyone else. Johns' clever solution, pictured in the current issue of Country Home magazine: cut a closet in half, including the door, and turn the bottom section into a private den for the dog. A new shelf doubles as closet floor and the top of the alcove that Buck now calls home.

Thursday February 24, 2005

Are you too mellow for yellow? Not if you're really passionate about being cheerful, says Jane Brill, a chairholder with the international Color Marketing Group and color expert for Ace Hardware

Brill believes that yellow rooms create a sunnier disposition for you and your home, especially in kitchens, and especially when it's combined with white. She also suggests that yellow be used with primary blue or red "for the highenergy atmosphere of a kid's room." On the other hand, yellow can be a calmative, Brill maintains. In combination with beige, light green, pink or lavender, yellow will create a softer, more relaxed look in family rooms and bedrooms, she

Rose Bennett Gilbert is the coauthor 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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## 4 Money-Saving Tips for Every Homeowner

BY JEFF RUGG Copley News Service

THE BUGLE

Copley News Service

BY ROSE BENNETT GILBERT

table, a sideboard with a serpentine

front, pieces like that. Interesting,

but nothing goes together. It's also

not in very good shape. I actually

remember when she bought the fur-

niture (in the 1960s), so I know

they're not valuable antiques. But

my daughter thinks the stuff is won-

derful. The trouble is, she wants to

paint it all white or beige. Would

already addressed three good rea-

sons for saying yes, paint the

- The furniture has little intrinsic

- You seem to have no emotional

- A coat of paint will assure it of a

Just to be totally sure, however, you

might seek an appraisal (a local

antique store may yield an expert).

Once you're satisfied that there's

nothing to lose, let your daughter go

As you can see from the photo we

show here, painted furniture can

look rather chic and clean. In this

dining room, it's a calm foil for the

richly patterned wallpaper (from

Village Wallpaper's Classic

Ambience collection). And, as sev-

eral generations of escapees to the

Sun Belt have discovered, light-

plement to warm-weather living.

painted furniture is the perfect com-

transForms Fine Art Transfers we

introduced in an earlier column?

better future in a caring home.

to work with her paintbrush.

that be a mistake?

attachment to it.

: We found a lot of old fur-

Initure in my aunt's attic -

two dining chairs and a

osing weight. Finding a new job. Spending more time with the family. A new year means setting new

Continues...

**SAVING TIPS** page 24.

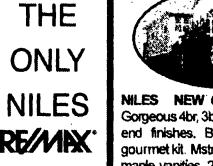


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as desirable more to the form which and the second of the first of the first of the second of the se

GARDEN TIP

potential appeal to gardeners.

1. The Seed Stick Planter is a

gardener to plant seeds while

(877) 564-6697 (JOHNNYS),

2. The Petunia Dolce Flambe

is a multilfora-type petunia with

masses and masses of flowers

available from Park Seed Co.,

right up into autumn in mild

climates. Dolce Flambe is

3. The Watering Weed Mat

combines a polypropylene mat

with a soaker hose. It sells for

standing up. It sells for \$65

exclusively from Johnny's

www.johnnyseeds.com

device that enables a

Selected Seeds

(800) 845-3369.

www.parkseed.com.

\$69.95. Available from

Gardener's Supply, (800) 955-3370,

www.gardeners.com.

greener view

Garden catalogs abound

Copley News Service

Thumbs up for these products

Here are four new gardening products that won 2005 MGA Green Thumb Awards based on their uniqueness,

technological innovation, ability to solve a gardening

problem or provide a gardening opportunity, and

#### REAL ESTATE

#### Saving tips. (Continued from page 23)

goals. Why not make saving money one of them?

If you're a homeowner, there are many ways you can cut costs and still live comfortably. The following tips will help lead you to financial suc-

\* First, set a budget. Figure out exactly how much you spend on the upkeep of your home. Compare each month's expenses with the previous month's to get a better idea of how much to budget for each necessity. Then, see what costs you can cut. Once you set a budget, stick to it.

\* Save energy. You might be losing a substantial amount of energy dollars during the winter and summer because of air leaks. By caulking, sealing and weather-stripping all cracks and openings, you can save 10 percent or more on your ener-

Also, look into replacing older appliances with newer, more energy-efficient alternatives. Your light bulbs can make a difference, too. Fluorescent bulbs are four times more energy efficient than incandescent bulbs.

\* Refinance. Shop around to see if you can replace your existing home loan with one that has a lower interest rate. You can easily save hundreds of dollars each month by refinancing your home.

\* Purchase a home warranty. Most homeowners don't account for possible repairs in their annual budget. There is a 68 percent likelihood of a home system or appliance failure in a given year. The average replacement cost of one of these systems or appliances is \$1,085. A home warranty is your best defense against unexpected and costly repairs to your home's appliances and

mechanical systems. The American Home Shield Home Warranty, for example, ensure: you get the best possible se vice through the company's twork of pre-screened techn ians. The minute something oreaks down, you can American Home Shiele and a local service techwill schedule an appoi ment that fits your sched e. The warranty covers a mul tude of household systems and appliances, regardless o age.

The American Home Shield Home Warranty is a one-year contract that requires no home inspection to enroll. Several affordable plans are available to fit every budget.

## Want to refresh your decor? Just add water

here is something about the \* Use a fountain in your sun room to sound of water. It soothes your **L** soul, relaxes your mind and puts you in an overall good mood.

Think about it: We spend money to vacation near water and we build pools and water gardens in our back yards - all to bring some peace and sanctity into our lives. But there's a way to bring that tranquility indoors,

Did you know that fountains are not just for the garden? They also can serve many decorative and practical purposes inside your home. It's easy to incorporate fountains into your Reflection Pool With Stained Glass interior design. Consider these ideas using the 2003 Garden Accents line dances over this 30-inch round stone-

\* Create a romantic bedroom or bathroom with a unique night light water feature. The Stained Glass, Lighted Column Fountain is a twist on the popular architectural resin columns. This cast-stone textured fountain features beautiful stained glass designs that resonate in daylight and illuminate the dark from within the column. Add some candles around it and

you'll have a relaxing environment. \* Make your party decorating simple your buffet table. The Half Reflection fountain. Add some bottles and ice a fountain.

HOME HOW-TO

Tankless water heaters, also referred to as on-demand or

standard water heaters. However, there's a payback in

**COMPARING TANKLESS WATER HEATERS** 

operating costs as they save water and energy and can

instantaneous hot water heaters, often cost twice as much as

operate 20 years or more. Standard storage tank heaters last

INSIDE

THE HEATER

Cold

Go with the flow

10-15 years.

efficient).

Electric tankless water

percent efficient (gas

are about 75 percent

On-demand water

cost \$500-\$1,000.

heaters, even the

powerful whole-house

models, take up about

2 cubic feet. They are

often mounted on a

wall or in a closet.

For information on

electric) check:

models (both gas and

www.houseneeds.com/

waterheatingproducts.

Tankless water

tankless water heaters

heaters that deliver 1-2

gallons per minute sell

for about \$200; 3- to 5-

gallon-per-minute units

heaters are almost 100

and it becomes a festive drink cooler. bring more of the outdoors in. The polyresin and ceramic Flower Bed Fountain usually sits above ground and recirculates water from an underground receptacle and pump. The underground receptacle can be camouflaged above ground by using pot-Bucket design for a country style, or the Ceramic Watering Vase for a con-

temporary look. \* Add a seasonal flair to your indoor design by adding ornaments and lights above a fountain. The creates a serene environment. Water cast pool, which has an intricately designed, hand-cut, stained glass bottom. It's perfect for small spaces and is a sure conversation piece.

Follow these steps to choose the best option for your decor:

1. Consider the space. Will it be used for entertaining, quiet time with family or simply relaxing with a good book? That determines the mood of the space.

2. Create a theme and build your decorating around it.

and unique with a water fountain on 3. Develop a focal point. Where do you want the eye to go upon entering Pool With Decorative Spout is a the room? This could be a window, a sophisticated approach to a wall-side piece of furniture, a painting and, yes,

Copley News Service / Pete Chenar

## Tips to increase the value of your home

upgrades, there are thousands of options. That's why choosing upgrades can be a daunting task for home buyers as they try to fulfill their desire to infuse their own personal style into their new home and at the same time maximize its appeal for resale.

Whatever the motive, experts say that real wood finishes are one of ted plants. Try the classic Pump and | the best options for personalizing your space and creating a showplace that will stand out when it comes time to sell the home.

"Tour model homes and scan real estate sections and you'll see that ture real wood finishes to help attract prospective buyers," said David Fanale, Century 21 broker with Eudan Realty in New Jersey. "Hardwood floors, solid wood some of the key features that stand out both in person and in newspaper listings.

According to Fanale, these wood upgrades have timeless appeal and

features can help increase foot traffic from prospective buyers and, ultimately, help fetch a higher sales price, "he said.

Wood also carries other benefits. When it comes to new home Studies have shown that wood floors can actually make your home environment healthier because they

don't trap dust and mites, a leading cause of indoor allergens. Plus, wood flooring is a bigger investment initially, but the payoff is that to refinish them costs about \$2 per square foot, while alternate choices must be completely replaced every five to 10 years at a cost of up to \$12 per square foot.

Fanale offers the following tips for home buyers hunting for the right upgrades package:

\* Consider builder upgrades that "look great and work hard" - wide builders and realtors frequently fea- baseboards and door trim are attractive details that help protect walls from wear and tear.

\* Include every room when it comes time for choosing hardwood floors. Even in bedrooms, solid built-ins and maple cabinetry are hardwood flooring is popular

> \* Consider doing it yourself to make the project more affordable.

\* Rely on the professionals for more complicated jobs. If you've enhance a home's long-term liv- never installed a hardwood floor. your builder can help to ensure that "When it comes time to sell, these the job is done right from the start.

According to Fanale, the bottom line is that "the home with those 'little extras' will sell faster than the sparsely appointed one."

## Getting the First 95% of your Home's Value is Easy, the Last 5% Takes Skill.

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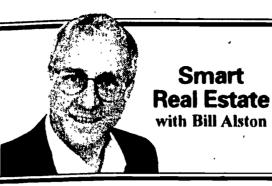
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## REAL ESTATE



The Bugle

house can be sold in any condition. To get the best I price, however, it is a good Start with the outside. Fertilize

the grass as soon as the snow is gone. It takes a few weeks for the sen by an independent panel of garfertilizer to work this early in the year, but that nice green lawn makes | The winning products were selected a good first impression to the buyers. Do a general clean up of your | logical innovation, ability to solve a vard and get rid of anything you don't have a use for. This includes | gardening opportunity, and potenextra flower pots and beat up lawn | tial appeal to gardeners. furniture. Don't forget the extra I love my raspberry plants because landscaping materials, bricks and | they bear fruit twice each year. lumber you stored in or behind the | They bear fruit on 1-year-old canes

Look at your front and rear doors the porches and stairs. At least hose them off. If there is rust or peeling paint on the railings, paint them the first warm day.

How about outside repairs. Are the gutters sagging? Is the bottom of the garage door beat up? Any loose siding? Is the fence sagging. These items are all worth fixing.

A clean, well maintained exterior makes a good first impression to a A 2% increase in the offer on a \$350,000 house is \$7,000. Not bad pay for a little extra work on your | Prime-Jan and Prime-Jim are avail-

We at Callero & Catino Realty have developed a "Home Value Improvement Checklist" containing ideas and improvements that can add up to 5% to the selling price of your home. Call me at 847-967-6800 for a free copy.

Bill Alston CRB, CRS, ABR, GRI. president of Callero & Catino Realty 7609 Milwaukee Ave., Niles.

If you haven't received enough garden catalogs in the mail yet found

Gardening Association, the world's largest nonprofit association of companies that sell garden products directly to consumers. They sponsor the MGA Green Thumb Awards each year.

The new Prime-Jan and Prime-Jim are special in the world of blackberries because they are the first to produce berries on primocanes (firstyear canes) as well as on floricanes (canes from the previous year). In climates where winter damage to floricanes reduces berry production the following summer, Prime-Jan and Prime-Jim will increase fruit buyer, and that good impression | yields. These new varieties will also means a higher offer on your house. | allow a later season crop into the tiful until the first hard frost. fall, which is not possible with cur-

able from Stark Bro's, (800) 325-4180, www.starkbros.com.

Ava's Hummingbird Mint is a tall, robust herbaceous perennial, the result of hybridizing two native Southwestern U.S. species Agastache cana and Agastache barberi. The large rose-pink flowers begin blooming in mid-summer and continue for months. The raspberryred calyxes retain their intense col-

Lthis winter, you may want to try the companies www.mailordergardening.com.

They are members of the Mailorder

idea to take some time to prepare it | Five new plant varieties and five new gardening products have won 2005 MGA Green Thumb Awards. Winners of these awards were choden writers and editors.

based on their uniqueness, technogardening problem or provide a

in the summer and the new canes that sprouted in the spring, bear and stormdoors. They take a beating | fruit in the fall. I have wanted to during the winter. At least wash | grow blackberries, but haven't gotthem both. Paint or varnish the ten around to buying any. Now I doors if they need it. Then look at | have a reason to prepare some

> 4. The Rumbo Winter Squash is a pumpkin that tastes like a winter squash (or a winter squash that looks like a pumpkin). A packet of 25 seeds sells for \$2.75 from J.W. Jung Seed Co., (800) 247-5864. www.jungseed.com. oration, which keeps the plant beau-

**Broker** 

This mint is rabbit resistant, deer resistant and cold hardy in USDA zones five to nine. At maturity, Ava's Hummingbird Mint can reach 3-to-5 feet tall and 24 inches wide. The mint is available from High Country Gardens, (800) 925-9387, www.highcountrygardens.com.

The growers of 'Rumbo' don't know whether they have a pumpkin that tastes like a winter squash or a days from sowing seeds. winter squash that looks like a A packet of 25 seeds sells for \$2.75 pumpkin. The flattened, ribbed from J.W. Jung Seed Co., (800) fruits look somewhat like 247-5864, www.jungseed.com.

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Cinderella pumpkins, but the flavor is that of a superior-quality squash. Yields are higher than for most other winter squashes, and the 14-to 15-pound fruits are so pretty they can be grown for their ornamental value, too. The skin color is very shiny orange-yellow and the thick inside flesh is deeper orange-yellow with excellent flavor that's sweeter than an acorn squash. Rumbo Winter Squash mature in 95-100

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The Seed Stick Planter is a device that enables a gardener to plant seeds while standing up. Just fill the seed hopper with seeds and then push the Seed Stick Planter into the ground. Each time it is pushed into the ground, one seed is moved from the hopper to the desired planting depth. The lightweight design makes for very quick planting without bending over. Use it for planting large seeds like sunflowers, corn squash, cucumbers, pumpkins, melons and more.

It sells for \$65 exclusively from Johnny's Selected Seeds, (877) JOHNNYS,

www.johnnyseeds.com.

The Watering Weed Mat combines two useful gardening devices into one easy-to-use unit. It's a heavyduty polypropylene mat with a soaker hose woven in. Just lay the Watering Weed Mat on garden soil and you won't have to weed or water all summer. The 12-hole mat has 4-inch diameter holes for tomatoes, peppers and eggplants. The five-row mat has planting slots for five rows of small crops like carrots, radishes, onions, lettuce and spinach. The mats can be connected for full-garden coverage.

Connectors, flow regulator and stakes are included with each mat, which measure 58-by-44 inches and sells for \$69.95. Available from Gardener's Supply, (800) 955-3370, www.gardeners.com.

Petunia Flamb (also known as Dolce Flamb) is a new petunia from Italy. The ruffled 3-inch-wide flowers have shades of pink, yellow and cream tones over white. These long-lasting blooms are held wide open all over a compact 8-to-10inch high and wide plant that's per-

fect for containers of all kinds. Flamb is a multiflora-type petunia with masses of flowers right up into autumn in mild climates. No two of these soft pastel flowers are exactly alike. Petunia Flamb is available from Park's Seeds, (800) 845-3369, www.parkseed.com.

E-mail questions to Jeff Rugg at info@greenerview.com. © Copley News Service

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> Continues. FLUSHING MONEY page 26.



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(Continued from page 25)

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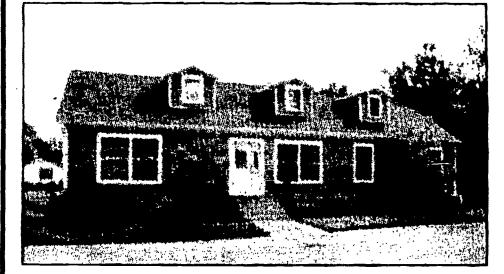
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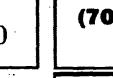
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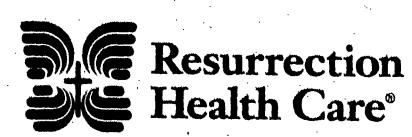
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