OVER 500 PEOPLE TURNED OUT TO SEE 'STAR WARS: EPISODE III' AT THE PICKWICK MIDNIGHT WEDNESDAY, PAGE 3 THE 'FASTEST SPORT ON EARTH' IS CATCHING ON WITH STUDENTS AT NOTRE DAME. FOR THE STORY, TURN TO PAGE 15



THE BUGLE

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May 26, 2005

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Niles dissolves another TIF District

"It has been a pleasure serving the community."

Grant resigns from Park Ridge Park Board

Park Ridge Park District Commissioner Josh Grant resigned effective Thursday, May 19, citing the time commitment required by his new position with the Niles Township High Schools.

Grant was elected in the 2003
Consolidated Election along with
current Park Board President
Marty Maloney and
Commissioner Lauren Streff. He
had long served as a basketball
camp coordinator for the Park
District at their Community
Center.

The vacant position can be filled by a majority vote of the remaining five commissioners. They can go into closed session to discuss potential candidates for the vacancy, according to Park Ridge Public

Story Continues...
GRANT RESIGNS page 5.

Target/Costco TIF dissolved over 10 years ahead of schedule

BY ANDREW SCHNEIDER editor@buglenewspapers.com

he Niles village board was expected to vote to dissolve its second Tax Increment Financing (TIF) District of the year at its Tuesday meeting, the Touhy/Melvina TIF which incorporates both a Target and Costco store.

TIF Districts are development tools used by municipalities to redevelop blighted areas. Property taxes within a TIF are frozen and incremental revenue resulting from increasing property value is used to repay the sponsoring municipality for any infrastructure or other investments.

Niles was planning on dissolving their Touhy/Melvina TIF,

Story Continues...
TIF DISSOLVED page 2.



The Touhy/Melvina TIF District, containing a Costco Wholesale store and a Target Store was expected to be retired by the Niles Village Board at their meeting Tuesday night, over ten years ahead of schedule.

Hook, Line...

Mick Thill, a Morton Grove native and world champion fisherman gives locals some tips at the Morton Grove Moose Lodge last week.

Morton Grove residents call for tree-cutting moratorium

Board awaiting tree ordinance

Residents in attendance at the Morton Grove village board meeting Monday night urged the board to impose an immediate moratorium on tree removal within the village's corporate limits in the wake of what some of those individuals called the clear-cutting of old growth trees on the site of planned Concord Homes townhouse/condo project.

In spite of urgings by several residents, the board opted not to approve a moratorium, waiting instead for Tr. Dan DiMaria and several community volunteers to make a recommendation on a com-

prehensive tree ordinance that would regulate the removal of trees within the village.

"We're already working on it," DiMaria told residents.

That was little comfort to Morton Grove Resident and Friends of the Forest Preserve Member John Thill who believes that the discussion would alert individuals within the village that now might be their last chance to remove a tree.

"How many trees are going to get cut down over this next week?" Thill asked the board.

Story Continues...

TIMBER page 7.

Niles Park Board inks 3-year contract with Joe LoVerde

tract with Joe LoVerde, the Park District's executive director at their last meeting Tuesday, May

include a raise of \$5,000 a year district have achieved in that time, for its length, increasing his salary that after this contract expires he to \$125,000 a year. His last contract started at about \$105,000 \$120.000. LoVerde's contract continues to provide for a Park that time.' District vehicle but does not provide a cost-of-living increase over director. LoVerde worked for his its length

the Niles Park Board board," said LoVerde. "They approved a three-year con- offered me the opportunity to stay and I'm glad to be able to do it."

LoVerde has been the Park District director for eight years. He said that, while he's proud of LoVerde's new contract will the accomplishments he and the will seriously consider retirement.

"Three years will put me at age and, by its end increased to 60," he said. "I will think very, very seriously about retirement at

Before he was the Park District family's company, LoVerde "I enjoy working with the Construction for 25 years.

Bunker Hill ordinance before Niles Board in June

expected discuss a zoning overlay ordinance that will, to some degree, standardize non-conforming zoning in the Bunker Hill subdivision in Niles next

The zoning overlay was proposed after opposition to a homeowner's addition made it clear that the current zoning Development Director Chuck

regulations did not provide a Ostman said that the Plan framework for adding on to Commission was scheduled to homes in the subdivision, built in the 1950s on the site of the former Bunker Hill Country Club before the village's zon- to the village board for their ing regulations were in force.

According to village officials, approximately 70 percent of homes in Bunker Hill have non-conforming backyards.

Village

discuss the overlay at its meeting, Monday, June 6 at 7:30 p.m. with the potential to report meeting, Tuesday, June 28.

"[The overlay ordinance] is the only thing on the Plan Commission's agenda for June," said Ostman, "So there'll be plenty of time to dis-

TIF Dissolved

which incorporates the Target to three years and there were no frontage. The village conand Costco retail stores. It was takers because of the environ- tributed \$4.12 million for demovelop a then-vacant ABDick Geem. "Property tax revenue environmental remediation. warehouse facility. According to from the site was actually erod- Target then made a separate Village Finance Director George ing so the village had to step in." agreement with wholesaler good job." Van Geem one of the reasons the property had become difficult to market at the time was environmental contamination.

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mental problems," said Van lition of the warehouse and for

The village formed a TIF to Costco. encompass the property and ment with Target Corporation to cess. "It was on the market for two build a store on the Touhy Ave.

CITGO

problem, takes steps to address Crossing Shopping Center. That it and retires early is a very suc- TIF was retired after only six cessful TIF," he said. "We like years at least partially thanks to to close TIF districts early a Wal-Mart store located within because it means we've done a it. There are now only two TIFs

TIFs can last up to 23 years. up to five TIF districts. Earlier Waukegan and another at the subsequently made an agree- Van Geem called this one a suc- this year, they retired the Pointe Renaissance Condominium Plaza TIF, located just west of development. "Any TIF that identifies a the Skokie/Niles Village

left in Niles, one at the Civic The village of Niles has had Center Plaza at Oakton and

(Continued from page 1)

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Morton Grove project for Toll Bros. approved

Kogstad, Senensky vote against townhouse project citing affordable housing, other concerns

planned unit development for the Toll Brothers luxury condo development located at 8710 Ferris and 8701 Lincoln within the housing developers shouldn't Lehigh/Ferris Tax Increment receive money from the village. Financing (TIF) District.

IIII BUCLE

the objections of Freshmen Trustees Roy Kogstad and Dale Senensky who believed that Toll Brothers had not fully vetted the environmental issues associated with the site, which was classified as a "Brownfield" by the Illinois Environmental Protection Agency

"I am worried about the environmental contamination on the site," said Senensky. "That's why I'm going to have to vote against the housing component without state, proposal."

Kogstad also objected to the building of what he called a "luxury" housing development when the village is in dire need of additional affordable housing for seniors.

"We are only at 9.5 percent," money."

he Morton Grove village Kogstad said. "And every high-rise board approved the final plat condo and townhouse develop-**L** of subdivision and the ment reduces that percentage. We should be looking for more ways to incorporate affordable housing."

Kogstad also said that affordable

Krier said that, while he felt The project was approved over Kogstad's heart was in the right place, the Toll Brothers ship had

"I think that your heart is in the right place," he said. "But I think we'll be able to have a greater say at the beginning of project and this one is at its end."

Krier also said that affordable housing developments were not feasible without government assis-

"Generally there is no affordable federal or local funds," Krier said, continuing by praising the Toll "Star Wars," "The Revenge of Brothers project: "In a TIF where the Sith" at Park Ridge's hismost developers have asked for toric Pickwick Theatre Pickwick patrons are used to the money, Toll Brothers is funding | Wednesday night at midnight, their project without asking for any according to Co-owner Dave venue and that they were proba-

Over 500 turn out for midnight 'Star Wars III'

turned out to see the LY Lithird installment

"We had a good crowd," he recent "Star Wars" playing. said. "We didn't do very much promotion either, so it was

Loomis said last week that Theatre as a second- or third-run bly unaware that it was the most the movie began.

Patrons to the Pickwick were probably better off than others who tried to see the movie in theater chain, since there were with a capacity of about 1400 seats, still had a few open when



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Monday, May 30, 2005, at 10:00 a.m., members of the Niles VFW Post #7712 will conduct a ceremony at the Veteran's Memorial Waterfall located at the southeast corner of Touhy and Milwaukee Avenue in memory of those Niles residents who served our country.

Village officials will be present for the ceremony and cordially invite the general public to

Niles Veterans celebrate Memorial Day with a special ceremony at the fountain each year. Notable individuals from throughout the village come to the function.

The Bugle and its staff would like to applaud all of the village's veterans and honor them this memorial day. Your sacrificies are appreciated by all of us at the newspaper.



THURSDA MAY 26, 2005

NEWS

None injured in Niles accident

Pace official (left) looks over the scene of an accident at the Milwaukee Avenue and Howard Street involving a Pace bus and two cars Tuesday afternoon, May 17. A Niles Police Officer (right) inspects the damage to the car while the car's driver waits behind the wheel to file her report. No one was reported injured. (Photo by Allen Kaleta)

Shermer Park will be conveyed to Chicago Jewish Federation

Niles Parks, Federation working on conditions for transfer

BY ANDREW SCHNEIDER editor@buglenewspapers.com

tentatively agreed with the ▲ Jewish Federation of Metropolitan Chicago to transfer Shermer Park to them based on what Park Director Joe LoVerde called "adequate" evidence that there were burials on the site, which neighbors a Jewish Cemetery.

"There is a possibility that there are remains on the site." he

The Park District decided to the evidence was persuasive." sell Shermer Park last year and use the proceeds to fund improvements in other parks. The Park. located between Hamilton Drive and Wright Terrace on Shermer Road was considered mostly unusable for the Park District because it's only about a 50 feet wide but over 200 feet deep. It's also too close to residential property for programming.

After deciding to sell it, the Jewish Federation approached the Park District, saying they had evidence that the site had been used be an agreement regarding land-

for burials, like the neighboring Kehilath Jacob Anshe Drohiczen Cemetery, originally owned by he Niles Park Board has the Congregation Keheleth Jacob, founded in 1890 by Russian

Among the evidence the Federation presented to the Park vears Board were plats of survey, minutes from Federation Board meetings and evidence of headstones on the site, some of them were reported by The Bugle.

"There's no clear indication that 'X' marks the spot, there are graves here," LoVerde said. "But

The Federation's evidence was presented to the Park Board in executive session last Tuesday and was convincing enough for them to agree to transfer the property to the Federation, with some

"The Federation is going to have to cover closing fees and the plat of survey," said LoVerde. "We have to be sure that the site will not be used for more burials

scaping and maintenance, notification if there will be any special services and some measure of consideration for the neighboring homeowners, some of whom may have built their fences into the Shermer Park property over the

"There's going to have to be some consideration for the neighbors." LoVerde said.

The covenant for the property is expected to be agreed upon within 30 days. If it is, the Park Board will be able to vote to convey the property at the June meet-

"The Federation was very professional with their presentation and demonstrated a genuine concern which we respected throughout the process," LoVerde said.

As to the future of the Park, which was acquired by the Park District in the 1970s, LoVerde said the Federation intends to extend an existing chain link fence on the neighboring cemetery in order to insure that no one walks over gravesites, an action Among other conditions would that is disrespectful according to



NEWS

Am Becar

Im Buch

Late May, June set for Maryhill construction



Maryhill Cemetery, above, is set for a million dollars in improvements for drainage and water retention.

water retention project this year.

Maryhill Cemetery is owned and Cemeteries of Chicago. It has been part of the Niles community since said that this commitment to the future requires that additional development of existing cemetery land takes place as needed.

Although ninety percent of Maryhill Cemetery is within unincorporated Cook County, the remainder is in the Village of Niles. After meetings with the village of Niles, the Metropolitan Water Reclamation District of Greater Chicago and Cook County, permits were issued for future development. Even though a minor portion of

Maryhill lies within Niles, cemetery officials said that they had agreed to the more demanding requirements of Niles in lieu of those of the

The master development plan for the cemetery also includes the million-plus dollar water retention project. Approximately 50,000 the Catholic Cemeteries, will be for cubic yards of fill will be removed hundreds of years to come. They to construct additional storm water storage to an existing basin, in combination with the excavation of another basin along Cumberland Avenue. The project is set to begin in late May or early June of this

The Catholic Cemeteries would like to thank the Village of Niles, Metropolitan Water Reclamation District and Cook County for their input and guidance in this project. Also we wish to thank our neighbors for their patience during construction.

Grant Resigns

Relations Manager Renie ence on the board was invaluable. Schreiber. The board is expected to consider it at their next meeting Thursday, June 2.

Schreiber said that Grant had been contemplating the possibility of stepping down for "a little while." The pressures of his dual responsibilities as a school teacher at Lake Forest High School and as the school's head varsity basketball coach have made the Park District post difficult to fill.

Grant is leaving Lake Forest next year and joining the faculty at Niles West High School in Skokie. He will be the School's new head the job properly." boy's basketball coach.

Grant could not be reached for comment. In a letter read aloud at last Thursday's Park Board meeting, Grant wrote that the experi-

(Continued from page 1)

"It has been a pleasure serving the community," Grant wrote, "trying to bring in new ideas and improvements to change the Park District. I appreciate the people I have met and would like to thank them for their support. I want you to know that I do this with sadness since I believe this new board will be aggressive in making positive changes to the Park District."

Grant continued, "I believe it will be best for the board to name a new commissioner who can devote the time necessary to do

Anyone interested in filling the position can contact the Park District at (847) 692-5127. The Park Ridge Park District includes all of Park Ridge and part of Niles.

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MORION GROVE

The following items were transported the injured man back taken from official reports of the up to the top. Morton Grove Police The woman pulled him up off the A Hispanic man, 19, was working Department for the week ending escalator once he reached the top. May 20, 2005.

ComEd Worker Raises 1 Suspicions (9000 Parkside)

Morton Grove police received a (9200 Waukegan) phone call reporting a suspicious man snooping around May 17 on ed to a battery report and ambuthe 9000 block of Parkside.

An officer spotted a black man, 30, of Crystal Lake who matched the description. The man was wearing a tool belt and identified himself as an employee of ComEd. He showed the officer valid ComEd identification.

The officer then phoned ComEd and verified his employment at the went to the other location and moved into the home in regards to utility company.

The employees supervisor stated that the man should have finished his work at the location but sometimes it takes a few hours longer had never really been a fight, than planned.

The officer then conducted a background search on the man and found he has an extensive criminal background of dangerous drug and weapons charges.

(6800 Dempster)

tumble down the escalator. Once the backyard and the duo sped off he reached the bottom, he was lay- in a van. ing on the ground and the escalator

He was taken to Luther General hospital for stitches.

Fight F Retracted Reported and Morton Grove authorities respond-

lance request May 16 at 1:15 a.m. Arriving on the scene, a 26-year- Police received a call for a suspiold Chicago woman reported she got into a fight with another arrival they saw a woman, 53, her woman, 40, at another location. brother-in-law, 49 and her son, 16, She reported that she was pushed taking items into a house. The against a wall and punched in the woman is the realtor for the home head. The officer examined her whose previous occupant passed head and found no injuries. He away. The items were being spoke with the woman and another the sale of the property. The 49man. They said the 26-year-old had been using heroin. Inside an registered sex offender. ambulance, the victim said there had never really been a fight, signed a medical release and was

Fore!

(Chick Evans Golf Course) driven to a friends house.

Suspicious Man Whistles (9300 Osceolo)

A 23-year-old girl spotted a black man in his 30's "checking out the Escalator Up and Down house" in her backyard near her bedroom last week. She walked to bedroom last week. She walked to Scam For You the front yard and saw a white man (7800 Lotus) A Skokie man, 73, was riding up in his 30's standing in the bushes A woman, 23, was the victim of a an escalator at Bally's Health Club and peering inside the house. She scam. In December, a company in Morton Grove last week. In asked him why. He said he was on dubbed "Grants for You" called front of him was a woman, 30, of a "service call." She asked him for her. She was told she'd been

Car Wash Injury (9100 Waukegan) (9100 Waukegan)

at the Platinum Car Wash May 17 when a towel got caught in the roller conveyor system. The man reached to grab the towel and his arm was pulled into the machine. He suffered severe lacerations on his hand, wrist and lower arm.

(9100 Menard)

cious vehicle May 17. Upon year-old of Chicago is listed as a

A motorist driving westbound on the 6300 block of Beckwith was hit by a golf ball. The ball smashed into the 66-year-old Morton Grove man's windshield as he was driv-

Chicago. Her duffle bag got caught identification and the man whis- awarded a \$5,000 grant but must in the escalator causing the man to tled. The other man then ran from send the company \$300. She never

received the grant. The company also has a website grants4u.com.

9 Vehicle Stolen and Found (9500 Overbill) (9500 Overhill)

A 2002 Silver Dodge van was reported stolen May 14. Police

Man Accuses Drinker of Counterfeit Cash, Headconducted a search of the area and Butted found the \$16,000 van on the 9400 block of Ozark.

Triple Egged (9500 Ozark)

has been egged three times over A short time later, the wad-of-cash the past three weeks. The family and their 14-year-old daughter 37-year-old. One grabbed him by have no suspects.

NILES

The following items were a bloody nose and bruised neck. taken from official reports of the Niles Police Department for the week ending May 23, 2005.

Cook's Face Burned (6800 Milwaukee)

Dog Bite (8200 Golf)

A student, 25, walking out of PetSmart May 21 decided to stop and pet the dog of a Morton Grove shot into his face. The cook sufman, 53. The dog appeared friendly and was wearing a leash. However, the dog bit the woman on the hand nonetheless. She was taken to Lutheran General Hospital

Car Dealer Tires Stolen (9400 Milwaukee)

An officer on patrol was driving down an alley behind the Golf Mill Ford May 21 when he noticed a hole in the fence. Beside the hole were fence tools and three tires. More police arrived and they discovered four more tires missing from two sport utility vehicles. The tires were taken from inside the unlocked vehicles.

Drunk Driver Passed Out Park Ridge Police Department in Middle of the Road for the week ending May 23, Won't Wake Up (Dempster and Osceola)

A Niles police officer observed a vehicle idle in the center lane of traffic last week. The vehicle had A resident walked out of their the steering wheel unconscious. The officer knocked on the winpenter didn't budge. The officer car and ran away. also failed to awaken the driver by shining his flashlight in his eyes.
Another officer then arrived and (1300 S. Vine) the duo shook the car up and down. Still, the carpenter remained slumped over the wheel and apparently unconscious. Police tried several times to open

the locked doors and enter the vehicle. Eventually, they were able

20 Arson (1100 N. Chester) to gain access through the passenger side door and awaken the man. He was charged with driving under the influence and other traffic vio-

Postal DUI (7500 Oakton)

A U.S. Postal worker, 45, of Des Plaines was arrested for drunk driving and traffic violations by Niles police May 21.

(6800 Milwaukee)

A 37-year-old Chicago man was drinking at the Village Pub May 23 when he saw another bar patron pull out a large wad of cash. The A residence reported their home man said "That's fake money."

man and his friend approached the the back of the neck and the other struck him in the face with his forehead. The attackers quickly fled the bar and the victim suffered

A Chambers Restaurant cook, 28 of Chicago was burned in the kitchen May 18. The cook was lighting the ignition of the stove when it erupted into a fireball that fered 'minor' facial burns and was taken to Lutheran General Hospital.

17 Man with T-shirt Over Face Suspicious (7300 Milwaukee)

Niles police received a call May 19 at 1:35 a.m. that four or five youths were hanging out in the Brunswick Zone bowling alley parking lot. According to the caller, one of the youths had a baseball bat and another had a white t-shirt pulled up over his face.

PARK RIDGE

The following items were taken from official reports of the

Get Out of My Car (600 Engel)

hazard lights flashing. Inside, a home May 16 on the 600 block of carpenter, 25, was slumped over Engel and saw someone sitting in the drivers seat of their 2000 Infiniti. The resident confronted dow to rouse the driver. The car- the man and he jumped out of the

Vandals used shaving cream and cheez-whiz to scrawl graffiti on the front yard of a home the night of May 13.

Someone lit a park port-a-potty on fire May 15

Attempted Burglary (1500 N. Good)

An attempted burglary was reported May 16 on the 1500 block of North Good.

News from the Police Reports

Man allegedly demands money, takes lighters

BY JEFF BORGARDT iborgardt@buglenewspapers.com

Tin Bugit

n Oct. 11, a man wearing a beige mask Amoco Station on the 6800 block of Milwaukee Avenue, pointed a black submachine gun at the clerk and yelled "Give Me the Money or I'll Blow Off Your Head!"

The clerk, 19, of Des Plaines blow off your told the gunman he would not be getting any money.

The masked bandit then grabbed a tray of lighters off the shelf and ran out of the

After the incident, police got a tip from a youth center and had a suspect.

The suspect, 18, of Park Ridge was said to have stolen a fake machine gun from Toys

'R Us and used it to rob the gas station while wearing a mask similar to the one from the movie "Scream."

After investigation, howevpolice discovered the attacker was not wearing a mask of that style and was at

"Give me the money or I'll head.

Navy Pier in Chicago on the day of the attempted armed

The clerk also told police he saw the man's hands and knows the armed robber's are

Niles police continue to investigate the case.

Man Caught After Foot-Chase Attacks MG Officer

Lout his vehicle, run- the car, got out and ran away. ning from police and then

California in Chicago was yard and tackled him. arrested for aggravated battery to a police officer, injuring a allegedly elbowed the officer police officer, fleeing and in the face. This caused a eluding a police officer, drunk bump and bruise on his head. driving and several traffic infractions.

on the 6000 block of Dempster.

The officer activated his flashing lights and the driver turned into a strip mall.

the driver accelerated speed. Then, when he came to the ment' at the police station.

Chicago man is end of the parking lot, charged with jumping McDonough allegedly stopped

The officer chased after him attacking the police officer on foot past a McDonalds who captured him in the back- Restaurant and through severyard of a Morton Grove home. al residences while yelling for Michael McDonough, 20, of the man to stop. The officer the 3900 block of N. caught up with him in a back-

At this point, McDonough

The man continued to struggle and his fingernails drew It all started May 7 at 3:13 blood on the officer's hand, a.m. when an officer noticed a according to the police report. vehicle speeding and swerving Then, the officer hit the man on the head and handcuffed

The hostile man yelled profanities and was given a sobriety test which he failed, In the strip mall parking lot, according to police. The man penned a 'voluntary state-

THURSDA MA 26, 2005

NEWS

April Blood Drive results, next 'Contest' Announced

The April "Blood Feud" the June blood drives. Again, it is during the summer. between Park Ridge and Des the recipients of these donations Plaines, as one newspaper called it, resulted in a total of 163 units of blood being donated. Since each unit can save as many as cent of the citizens of Park Ridge three people, doing the math would suggest to us that there were nearly 500 "winners" in terms of lives being saved. When the total number of city employees was factored in, the employees of Des Plaines beat the Park Ridge workers by a mere 3 percent.

The coordinators of the two drives recently met and raised the stakes, challenging all the citizens of each city to participate in the many accidents that occur Please phone 847-803-7943.

that are the real winners.

The most recent statistics show that for a given year, 2.03 perdonated one time. We have observed that over half of the donors are "regulars", so there are many qualified donors out there that could donate, but do not. We need their help as well.

The next Park Ridge Drive is Monday, June 6, at South Park Church, 1300 South Courtland, from 2pm until 8pm. LifeSource says that there is a critical need at this time, to build up supplies for

To make things interesting for the kids of the donors, Policeman Rodney Cavender will have the department's Harley-Davidson motorcycle in the church's parking lot. Officer Cavender will explain the various functions of the motorcycle as they relate to police work. No kids or their dads will want to miss this opportunity to meet Officer Cavender and

check out the Harley. Since time is your scarcest commodity, it is highly recommended that appointments be scheduled, so that your donation can be handled efficiently.

Timber

Mayor Rick Krier said that he was publicly in support of such an ordinance but that he believed both the moratorium and the ordinance were justified but was concerned that taking action at the board meeting would be a violation of the open meetings act.

need to be more diligent when take action with an ordinance, an with trees on his property.

like to wait for Tr. DiMaria to finish work on the ordinance."

Thill called on Krier to create a moratorium by mayoral claimation, but Village Attorney Terry Liston believed that for the moratorium to have any teeth in "For myself, personally, I sup- the form of some kind of penalties,

(Continued from page 1)

working with village policy. I'd apparent violation of the open meetings act since the subject was not listed on the meeting's agenda.

Resident Pat Kansoer then asked for Krier to call a special meeting as soon as possible to consider such an ordinance.

Krier responded by asking Kansoer if he would want to be port them," said Krier. "But we the village board would have to told what he could or could not do

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COMMENTARY

Letters to the Editor

LoVerde lost, but so did Niles residents

Dear Editor,

As many of you know, there was an election in Niles last month. For far too many years, our village trustees ran unopposed, that would not be the case this year. Joe LoVerde was one of those candidates who worked very hard to have his name placed on the ballot. Joe is the candidate I endorsed for many reasons, he's honest, loyal, unselfish and more dedicated to this village and its people than

some of you even realize. I felt the need to write this letter because I was very disappointed with some of the tactics that were used during this election. I have resided in Niles for twenty-eight years and I myself have been involved in this community volunteering my time to the schools, churches and the various organizations that help children, seniors and the less fortunate. I've been involved since the first year we moved here. Niles is a community that I have a lot of passion for. Joe LoVerde has that same passion for this town and its people. He has a great family and is very devoted to them. He is a man who speaks from the heart. There are no hidden agendas. He is a team player and his first priority is Niles and everyone who lives here. It's not hard to check out all of his accomplish-

ments, there are many. My letter is not directed at Mayor Blase. I have supported the mayor for as long as I have lived here. I have been involved in many elections. My anger, disappointment and frustration is with a couple of the village trustees. They took credit for accomplishments they had nothing to do with as well

Leon Zingerman, D.D.S.

ments of Joe LoVerde. They even used scare tactics which sadly worked on a lot of our seniors. I was actually present at several functions where these false statements were made and I was shocked, thinking "politicians play dirty in other places, but not in Niles, this can't be happening in our great community," but I was Grove have, loudly and clearly,

I kept thinking, if the present trustees did so much for this town. why the need to twist other candidates statements or use scare tactics to gain votes, couldn't they just run on their reputations? I guess

I have to wonder how many residents reallychecked out all of the candidates and their accomplishments. Was it important to you to find out if statements made were true or false, or did you simply vote for a candidate because someone else asked you to? I was at the polls that day for twelve hours, some voters thoughy that Joe was running for mayor, others thought he was going to charge residents for the free bus service (a statement that was never made) and I can honestly tell you, residents did believe the rumors and false state- est by public servants; affordable ments and for that reason, Joe senior housing and equal enforce-LoVerde did lose. But in my opin-

Electorate will not tolerate 'business as usual'

ion, it was the residents who lost

On the evening of May 9, 2005 the Village of Morton Grove passed a milestone. For the first time in almost three decades, the control of village government was transferred to the hands of a differ-

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as twisting the words and state- ent political party as the result of a hard-fought and sometimes contentious election campaign. But now the candidate's signs are down, the speeches are over and the business of governing is a real-

> If there is one lesson to be taken from the recent election campaign, it is that the citizens of Morton voted for change.

The victorious new Mayor, Clerk and Trustees have many issues facing them now as elected officials that demand real-world solutions, not political puffery.

What will they do about the not, obviously, they were running waste collection contract and their promise to lower the cost? How will they balance the fiscal needs of running the government against granting relief to financially overburdened and over-taxed homeowners? Where will they begin to make village government more open and accessable to its citizens?

When will we see movement on affordable senior housing and the Dempster street corridor?

The issues of Groot; the gas sales tax; the fast-food sales tax surcharge; attempted government seizure of private property in TIF districts; alleged conflicts of interment of village laws and ordinances are all matters that the new Krier administration must address substantively. Half-measures and cosmetic political white-wash will not be tolerated by an electorate that demands real answers and real

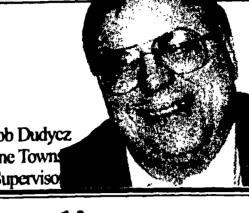
ter used for "danger". Let us all

hope that the political rhetoric of

the past few months can be quick-

solutions. The Krier administration has an unprecidented opportunity to change the direction, attitude and peception of Morton Grove, not only now, but for years to come. It is an opportunity that is brimming with possibilities but fraught with challenges. It would be well to note that the Chinese character for 'opportunity " is the same charac-

The Maine Course



Diane said her son, Howie, paint-

ed her house but left the partial paint

cans on the porch and she can't get

to get a pack of trail mix and before I

could interrupt, the discussion took a

turn towards consumer desperation.

Everyone had materials they wished

to dispose of but nobody was inter-

Tom was in his normal lunchtime

position on the couch and when he

cleared his throat and sat up, every-

was generally accurate but he had his

He started, "I'm taken back to my

Story Continues.

MAINE COURSE page 14.

youth when life was easier. There

own way of giving up the facts.

ested in this problem.

Recycling 1950's style

I walked to the vending machine

The Recycling Dilemma

T was lunchtime in the lounge and the topic de jour was recycling products the garbage man will not touch. I just set up a program with Dayna and LE. J. where many unusual materials will be taken care of on June 11th at the Town Hall parking lot. I was excited about this program and was about

to tell everyone when grievances sur-

It seemed that Bill had old tires stacked up in his shed and six car batteries from his old vehicles tucked away in a corner. As he waited for advice on how to get rid of this stuff, the lunch gang collectively looked up from their sandwiches.

Bill struck a hot spot because complaints poured out like winning coins from a slot machine. "My problem is aerosol cans," said Dee. "They have chemicals and I never use up the whole can so there are a lot of them on my shelf.

Liz said, "My dad saves everything. His garage makes a junkyard look like a five-star hotel. In one cabinet, he has small jars of solvents that have no labels and I'm afraid call the Illinois EPA."

do. She told Dee, "In 1989 I read that warning and it scared me. I have not thrown away a battery since and my garage is filling up."

one turned and listened. Tom was a township history buff who had been around for a long time and when Maine Township trivia needed clarification, he was the "Go To" guy. He

that if you open one, we'll have to Kiki was in a predicament because she once read the warning on a battery and didn't know what to

were many peddlers who trekked through our town and sold hardware, fresh produce, gave services or col-

ly translated into the positive and ness as usual". substantive change demanded by a newly energized electorate that Patrick C. Kansoer Sr., will not accept or tolerate "busi- Morton Grove

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THURSDA MAI 26, 2005

HAVE YOU HEARD

National Head of the American Legion visits Morton Grove Post

all commander of the - American Legion visited the Morton Grove American Legion Post #134 last week, his only stop in Illinois.

Joe Hedrick. Post liasion to the village said that Cadmus was very pleased by his visit to the Post, citing a warm reception and the attendance of Mayor Rick Krier.

"He was very happy with the special attention he recieved from the village," Hedrick told the village board Monday night.

Former Morton Grove Mavor and WWII Veteran Dan Scanlon was also in attendance.

In order to thank the new village board for their attention to the post, Hedrick presented members with a "post pin" at Monday's meeting. The pin i worn by members of the post.



Rummage Sale at PRCC June 4

Communical Fresh Com

CONTRACTOR ANNOUNCED AND STANDARD STAND

Our Lady of Ramson Parish, Viles, will not its 15th

Annual Family Run-Pest 2005 on the ourse process

Creenwood and Normal Avenues beginning June 22-

The following entertainment will be on our main

Reunion Jazz Orchestra

Workin' Class

The Chauffeurs

Downtown Sound

stage the evenings of the fest.

7 p.m.; Wed. Jun 22:

7 p.m., Thu.., Jun 23:

8 p.m., Fri., Jun 24:

8 p.m., Sat,. Jun 25:

5:30 p.m., Sun. Jun. 26:

Is your dining room whining for some new furniture? Is your closet crying out for more clothes? Is your mantle screaming for another knick-knack? Then you are in luck because Park Ridge Community Church Youth Group is having its annual Rummage Sale on Saturday, June 4 from 9-3 p.m. at 100 S. Courtland Ave.

The entire church will be filled with great items that your house will be sure to appreciate. There will be furniture, antiques, books, clothes, sporting equipment, tovs, and much much more! Mark your calendars and nian to be there because all proceeds will go to support the youth ministry fund at Park Ridge Community Church (PRCC). The youth ministry fund provides funding for mission trips, youth activities, and community outreach programs at PRCC.

Morton Grave Park District June Calendar of Events

Orland Paul Cours

102 40 102 40 Jane 18th Jane 116 June 141

G. Grand State of State of But CONTRACTOR STATES

Tabliffi June 21 W

'Investing Basics' seminar Marc F. Grote, the Niles • Identifying your risk toler- deposit, taxable and non-tax-Edward Jones investment ance Managing your risk The largest firm in the

representative, will be hosting a free seminar titled, "Investing Basics," at 7-8:00 PM Wed. 6/7, 6/14, & 6/21 at 7627 N. Milwaukee Avenue. Some of the subjects Grote will be covering include:

• Examining your financial

• Understanding investment

• Controlling your taxes

For more information, or to

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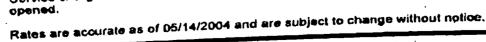
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SENIORS



BY JEFFREY CARDELLA Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones Discuss Finances Before Wedding and After Honeymoon

It's almost June, a popular month for weddings. If you're planning to marry next month, you've got a lot of things to think about: guests, flowers, the honeymoon, etc. However, there's one factor you won't want to overlook: how you will handle finances as a couple. It may not be as much fun to talk about as, say, the food at your reception. But as your marriage progresses, it will be far more important.

In fact, financial troubles are often cited as one of the leading causes of divorce. And, as you go through life, you'll find that you can't prevent every type of financial woe, such as a job loss, an unexpected medical bill, and so on. But there's a lot you can control if you work together.

Before the Wedding: Open the Books

Before you get married, you should already know your partner's temperament, likes and favorite activities. But do you know how much money he or she makes? How about debt? How large are his or her debt payments each month? What amount of savings will your future spouse bring into the marriage?

It may feel strange to talk about these issues before you "tie the knot." But it will be a valuable conversation. Try to conduct it when you both have plenty of time and aren't stressed out over wedding plans or other issues. And don't keep any secrets: Bring out all sources of income, debts, savings and investments everything you both will bring into the marriage. Once you're married, neither of you should be surprised at what the other owns or owes.

After the Wedding: Chart Your Course

Early in your marriage, you'll want to make some

long-lasting financial decisions. Here are two to con-

• Checking accounts — Should you maintain a joint checking account, two separate accounts or a joint account plus individual accounts? There's really no one right answer for everyone. You might want to use a joint checkbook to pay the mortgage, utilities, car payment and other major expenses that you incur together, while keeping individual accounts to pay for personal expenses or purchases. However, if you do keep a joint account, you should both agree on what it's to be used for, and how much you will each contribute to it.

• Investment goals — Talk about those goals for which you'll want to invest, such as a house or a specific retirement lifestyle. If you have children, you may want to save for college. In any case, once you know what you're saving for, you'll be able to establish appropriate investment strategies, possibly with the help of a financial professional. Keep in mind that you and your spouse may have different tendencies - that is, you might favor aggressive investments, while your spouse may be more conservative. You'll need to reach some common ground if you're going to invest in a way that will satisfy both of you.

Communication Is Key Ultimately, the biggest factor behind your financial success as a couple isn't how much you make or how smartly you invest or how cleverly you manage your money — it's how well you communicate. If you're always on the same page, your story will be much more likely a happy ending.

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

Retirement? Sock it away early



thoroughly researched and exhaustively footnoted what most of us already know. Americans typically don't start seriously thinking about saving for retirement until they near their own midcentury mark.

After snoozing for decades, our middle-aged Rip Van Winkles suddenly awake with a jolt to see the financial equivalent of a fully loaded pallet of cinder blocks heading right toward them. That often gets their attention.

What can happen next is the really ugly part.

The savings slackers may ultimately find themselves pulling the equivalent of a college allnighter for the rest of their working lives in an attempt to financially prepare for the day when the paychecks stop.

If you're still young, there is a simple way to avoid this unpleasantness. Save early and get it over with. And then, if you want, you can slack off. In fact, if you invest early and then stop altogether, chances are you'll be financially better off than your friends, who may ultimately work themselves

into a full-blown money panic. Of course, the best strategy is to save early and contribute regularly to retirement accounts, such as 401(k)s and Individual Retirement Accounts, and continue that habit for decades.

But for those who find that too onerous, the early-bird approach can work. If you're skeptical, here's an example of what I'm talking about:

Suppose a 25-year-old decides to save \$5,000 a year for retirement for 10 years. After saving nearly \$100 a week for a decade for a total of \$50,000, our investor calls it quits.

She doesn't dump any more cash into the account, but she does not withdraw any, either. Left alone, the portfolio, if it generated an annual 10 percent return, would mushroom to \$1.4 million by the time she hits 65 years of age.

Not bad for just 10 years of

Now let's examine the fiscal fate of someone who doesn't roll out of bed until the age of 35. Our Gen X-er starts saving \$5,000 a year, but admirably this guy stays committed for longer.

Instead of feeding the retirement kitty for 10 years and bailing, he maintains the routine for

30 years. After three decades, our earnest saver will have chipped in \$150,000. At this point, you're probably thinking that this guy started later, but certainly finished stronger than the 25-year

Of course, if that were true, it would make this column less interesting. Actually, the portfolio of our more energetic saver, assuming the same rate of return. would ultimately grow to \$820,000. That ending balance is 40 percent less than the portfolio of the woman who bailed early.

Things start resembling the crash scenes captured in driver's ed movies when you look at the fallout from baby boomer pro-

If boomers waited until age 45 to launch their retirement-savings assault, they'd have to save \$24,000 a year for two decades to catch up with the efficient 25-

But that's not as bad as the savings fortitude that somebody who began saving at age 55 would need. He'd have to save \$87,000 a year for a decade to amass \$1.4 million. How many people can find a spare \$87,000 in their household budget?

The reason why it's better to save early can be summed up with two words: compound interest. So marvelous is its financial force that legend has it that Albert Einstein once called compound interest the most powerful force in the universe.

Thanks to compounding, the returns on your savings are consistently plowed back, making the principal bigger and thereby producing a snowball effect on the portfolio. Essentially, there's a logarithmic expansion that takes place.

Without getting into the math, compounding lets a portfolio grow just as a seedling would. If a seedling grows 10 percent, it adds barely an ounce of weight. But years later, as a giant oak, 10 percent growth may yield a ton of new_wood.

Compounding can be hard to appreciate because people tend to think in terms of linear growth (2, 3, 4, 5), not the geometric kind produced by compounding (2, 4, 8, 16). That is, we expect to see \$100 grow by \$10 annually over 10 years to produce a \$100 gain. In contrast, compounding, using a 10 percent annualized return that is reinvested, produces a \$159 gain over 10 years.

If you don't have decades to sit on the sidelines and watch compounding do its thing, you may need to adjust your investment

busy on other days with fishing, spelling bee

IIII BULLI

Niles

Senior News

www.vniles.com

MAY REGISTRATION

Wednesday, May 11th

Friday, June 3rd.

space is available.

grams and classes advertised in the

at the Center by Friday, May 6th.

Walk-in registrations began

Drop Off Registrations for June

are due at the Senior Center on

Walk-in Registrations begin

Wednesday, June 8th if program

Holiday

MONTHLY GET ACQUAINT-ED MEETING 10AM -11:00AM

Meet with the staff, learn what the **NSC Highlights** Center offers in the way of classes, For a detailed description of proprograms, and outings. Meets the grams & activities or to ask about third Thursday of every month membership requirements, please The summer schedule of remaincheck the Naturally Active ing meetings is as follows: June 16th, July 21st, and August 18th. Program Guides or call the Niles Senior Center at 588-Please register in advance by call-8420 ~Visit us online at

Niles Senior Center will be MEN'S CLUB SPRING BBQ, honor of the Memorial Day 2:00PM

ing (847) 588-8420.

It's BBQ time at the Center and tickets are going fast! Lunch, served at 11:30AM, features burg-Drop-Off Registrations for pro- ers and brats fresh off the grill Baked beans, German potato salad MAY Naturally Active were due and ice cream for dessert. Then we'll go "Down Memory Lane" with Young at Heart. \$10. Reserved Seating.

> ATTENTION, ALL NILES SENIOR SPELLERS! IT'S REGIONAL SPELLING BEE TIME!

Anyone who loves to spell is invit- July 14, 12 Noon – 2:00PM

Regional Spelling Bee at Maine Township, Tues., August 2nd at 10:00am. All seniors invited!

Niles Senior Center closed Memorial Day, still

MOONLIGHTERS AT THE METROPOLIS FOR FOREVER PLAID, Sunday, June 26th

Join us for this entertaining Sunday afternoon. First we'll enjoy a fabulous lunch at the Wellington in Arlington Heights. closed on Monday, May 30th in Friday, June 17th, 11:00AM - Entrée choice of Pork Chops, London Broil, or Shrimp Alfredo. Then it's off to the Metropolis Theater to see Forever Plaid, a musical comedy about a 50's singing group that suffers a tragic accident on their way to their first gig and their miraculous return to earth 25 years later for a chance to fulfill their dreams of success. Check-in at the Senior Center is at 12:00 (noon); we should return by 5:30PM. Cost: \$50.

> CELEBRATE BASTILLE DAY AT THE CENTER, Thursday,

ed to join this fun filled competi- Celebrate with a Cabaret featuring cost for outings \$12 each includes tion, Thursday, July 14th at Claudia Hommel, best known for morning snack and beverage, 10:30am. The top two winners of her cabaret concerts featuring lunch, bait and prizes. Call our Local Spelling Bee will repre- French and American Songs about MaryAnn for more information sent the Niles Senior Center at the Paris. Lunch will be served prior 847 588-8420 to the performance. Open to Nonresidents Cost \$10

> NILES SENIOR CENTER RED HATTER LUNCHEONS

(must be a Red Hatter) For more information about the Red Hatters, how to become a member, and/or information about outings, contact Kelly (847 588-

Wednesday, June 15th - Amici Ristorante \$16.50 Tuesday, July 12th - Mystic Blue Cruise (Navy Pier) \$36.50

HOOKED ON FISHING - FISH-**ING PROGRAM**

Join us for one or all of our 2005 outings! If you don't have equipment, we've got some you can use. Maps and directions to all outingsare available at the Senior Center Office. Newcomers are always welcome! With the exception of the Bangs Lake Tournament, all more information, stop by the outings meet at the outing site at Center or call 847 588-8420

Big Bear/ Little Bear, Friday, June 24th – lunch TBA Hollows in Cary, IL - Friday, July

22nd - lunch brought in from Culvers

Bangs Lake Tour., Saturday, August 6th, \$15, check-in 7:30AM NO BAIT – Italian Beef lunch Big Bear/Little Bear, Friday, September 16th - Lunch Sub

MEN'S and WOMEN'S 2005 **GOLF LEAGUES**

Interested in Golf? Consider joining one of the Niles Senior Center Leagues. Men's golf includes two leagues (A 9-hole league played monthly at Tam and an 18-Hole league played each month at a different course). The Women's Golf League plays twice a month on Tam's 9-hole course. New members are always welcome. For

Learn 'Duplicate' Bridge, Father's Day luncheon AARP driving program

Morton Grove Senior News

INTRODUCTION TO "DUPLI-CATE BRIDGE"

In this 10-week class, Morton Grove Senior Center Bridge Instructor, John Krelle will prepare Bridge students for the world of "duplicate bridge." Come and learn when to be aggressive, when to be defensive and everything in between. Classes will be held on Thursdays from 9:30 to 11:30 a.m. starting June 2 in the Senior Center. The class fee is \$48 for Senior Center Members and \$56 for non-members. Please register in person at the Senior Center.

AARP MATURE DRIVING PROGRAM

AARP's "Mature Driving Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists.

on Tuesday, July 12 and Thursday, 5223. July 14 in the Prairie View Community Center. The cost of MARY'S READERS BOOK the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

PROPERTY TAX ASSESS-

Assessor Morton Grove Senior Center at 1:30 p.m. on Monday, June 6 to

focuses on the physical changes explain home property taxes. that accompany aging and on ways Learn about senior freezes and drivers can compensate for these other senior exemptions that are changes in improving their driving too rarely utilized by seniors. skills. Additionally, drivers will Homeowners who bring in a copy find that by completing this course of their last property tax bill or they can receive a discount on a their 14-digit index number, will portion of their automobile insurbe able to examine their property ance. Courses are now offered tax history one-on-one with Ms. monthly in Morton Grove with the McCready. All Assessment forms next course times from 9 a.m. to 1 and applications will be available p.m. on Saturdays, June 4 and 11 on this day. Please register for this Information Center Promotes the at the Morton Grove Senior free lecture by calling the Morton Center; and from 12 noon to 4 p.m. Grove Senior Hot Line at 847/470-

Love to read? Love to talk?

Join Mary Korita as she leads, linto a lifetime monthly income. "Mary's Readers" at their next "UNDERSTANDING YOUR monthly meeting at 12 noon on Wednesday, June 8 in the Morton Grove Senior Center as they dis-Nancy McCready from Cook cuss their book for June. The cost James is set at only \$6.50 for Senior Social Security is Not Houlihan's Office will be at the Center Members and \$8 for non-affected. Story Continues...

MG SENIORS page 12.

with MaineStreamers

Senior News

The Maine Township MaineStreamers program offers a variety of opportunities for residents 55 and older. All residents

and property owners are invited to apply for free membership. Most activities take place at Maine Town Hall located at 1700 Ballard Rd. in Park Ridge. Members pay individually for whichever activities they want to participate in.

> Story Continues... MT SENIORS page 12.

A nationally recognized senior organization's Home Equity

widespread availability of home equity conversion plans. New federally insured programs provide home equity money tax

A special report, "Let Your

Home Pay You" explains how you can now turn your home equity You retain title to your home and there is no income qualification. But you must be at least 62 and live in your home.

You cannot be turned down because of your credit history and

NEW GOVERNMENT PROGRAM PROTECTS SENIORS For your free special report and information about how much monthly income you may qualify for. ACT NOW Listen to our RECORDED MESSAGE

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frankdimaria@comcast.net

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MG Seniors

For more information on the following Chicken Wellington, Vegetable, Potato and or other activities, contact the Lemon Sorbet for dessert. MaineStreamers at 1-847-297-2510 or visit us at www.Mainetown.com.

FATHER'S DAY LUNCHEON Tuesday, June 14

Doors Open: 11:00 a.m. Lunch served: 12:00 noon Casa Royale, 783 Lee St. in Des Plaines Cost: \$13.00 members/\$14.00 guests +

Today's luncheon will feature The "FOUR BETTYS" - an a cappella quartet singing a variety of songs for your listening pleasure. They were named Female Ouartet Champions. Each gentleman will receive a "special gift" in his honor.

Prior to the performance, you will enjoy a lunch featuring a Signature Salad,

MEN'S GROUP Tuesday, June 21 11:30 a.m. to 1:30 p.m. Cost \$3.00 includes lunch

Karen Kruse will present "Stories of Wrigleyville's Engine 78" - hear about some of Chicago's most fiery tragedies and the brave men who battled them. Lunch will be served.

COMPUTER WORKSHOP "e-Bay Selling 101" Tuesday, June 21 3:00 p.m. to 5:00 p.m. Cost: \$10.00 - Registration Required Presenter: Lee Huber

Would you like to clear some of your 8:00 a.m. to 6:00 p.m.

clutter and make extra money selling it on Trip Rate 2 e-Bay? Here is a workshop to learn the \$43.00 members/\$48.00 guests basics of e-Bay selling. Learn to open an account, set pricing and more.

Day Trips

The following Day Trips are currently on sale. In order to sign up for a Day Trip you become a member call MaineStreamers at 1-847-297-2510 and ask for an application. All Day Trips 9511 Harrison St. in Des Plaines.

"A MIDSUMMER ADVENTURE" TRIP Rantoul, Illinois Friday, July 8

(Continued from page 1)

Let's take an adventure to downstate Illinois where we will start our tour at the largest Aerospace Museum in the state. See several aircraft that were instrumental

in aviation history. Hardy's Reindeer Ranch will be our next must first sign up to be a member and then stop...carved out of the cornfields you will a reservation form will be sent to you. To be thrilled to see a herd of Alaskan the Reindeer. A guided hayride will give you a glimpse of 100-year-old barns and more. We will enjoy a lunch with "entertaindeparts from the State of Illinois Building, ment" that features a Chuck wagon BBQ of Smoked Beef Brisket BBO Sandwich. Ranch Beans, Sweet and Sour Vinegar Cole Slaw, Potato Chips and Cookies and Brownies for Dessert. So if you feel adventuresome you won't want to miss this terrific day outing.

(Continued from page 1)

hearts and blood pressure of us fit either category. senior citizens.

ters).

walkers.

THE BUCH

BY JOE VOLZ

Copley News Service

efits are, walking is a lot of fun, too little. particularly if you like crowds. We were rounded up like cattle dle ground for me. in "corrals" awaiting our turns. However, once we started, it was like walking on a New York "a race," it was not a race in the stretching for more than a mile. me. I kept up with them for a

At 70, I was one of the 5K since then

Why a walking race?

The experts at AARP say that were slender and had been run- the 13-mile walk.

vigorous walking is good for the ning nonstop for years. I did not

But there are many options in the way - there were 3,400 of us shoes tracked our times.

breath. And don't finish last.

A number of septuagenarians I accomplished all of them.

THURSDA MA 26, 2005

SENIORS

AGING LIFESTYLES

Walkers take life in stride

Walking seemed a good mid- fleet-footed world class Kenyan My lane was next to the lanes of Road, Frederick, MD 21701. athletes dashed off running five- the real runners completing their © Copley News Service minute miles and leading the 13 miles. By then, the slower Visit Copley News Service at

as fast or as slowly as we hour or so for our start.

Indianapolis was alive in a myself for a minute that I was on the streets and tow paths of mile even though I had warmed there are statistics. If you gauge sea of runners and walkers going to join all those 30-some- Maryland for the last few up doing stretches before the how I finished in my age group, no a sunny morning a few things in the road race. I had run months at a leisurely pace of start - an essential. But I was not I did well. I was seventh. weeks ago. There were more my last distance race half a cen- about 20 minutes per mile, so gasping although I would have However, there were only about than 30,000 of us running in the tury ago. In fact, this would be figured I could pick it up a bit. had trouble whistling the Happy a dozen or so my age in the nation's largest mini-marathon the first race I had entered since My goals were simple Wanderer. I passed a few people walking race. If you judged me (13 miles) or walking in a 13- I competed in the Boston enough. Walk 15-minute miles. but not an 80-year-old man in a against everyone one else in the mile or 3-mile race (5 kilome- Marathon in 1955. I have not Don't pull a muscle. Don't walk red running outfit who managed 5K, I was 2,000th, in the bottom exactly been a fitness model so fast that I was gasping for to stay ahead of me during most half. of the race.

mood. You didn't have to be a It could have been a lifesaver. did enter the 13-mile run. Most Next year, I want to step up to ran - more women than men, by quarter placed on our running (800) 638-4296.

Well, although it was billed as ribbon of bouncing humanity runners were running next to www.copleynews.com.

street during rush hour - but traditional sense. We could walk We walkers waited a half an good 50 yards and finished my race in 46 minutes.

Now, I did not disillusion wished. I had been meandering My legs were tight the first Now, there are statistics and

But who cares about statis-Everyone was in a good tics? Right? It's the fun of it.

For information about the winner in this race even though 2006 mini-marathon, click on Although most of the 30,000 a tiny transmitter the size of a www.500festival.com or phone

E-mail Joe Volz at Well, whatever the health ben- life between doing too much and in the 5K walk. When the klax- Attempting to jack up my jvolz2003@adelphia.net, or on went off, the runners led by time, I ran the last 200 yards. write to 2528 Five Shillings

members for the entire year (12 salad at the deli bar. For more June 22. Enjoy a delicious three- the war effort from home. Center at 8:30 a.m. and return at 3

son at the Morton Grove Senior transportation call the Morton exceptional Odyssey Luxury the 20th Century, the Memorial is Center Members and \$70 for non-Center and learn of the book titles Grove "Lunch Bunch." for June and July.

"FALL PREVENTION" LEC- ING

TURE Those who may be afraid or urement is helpful in determining to visit the shops on Navy Pier. falling or who are unsteady on if health is threatened by high The bus leaves the Morton Grove this program at the Reception Morton Grove Senior Hot Line at their feet will benefit from this free blood pressure (hypertension). Senior Center at 9:45 a.m. and lecture starting at 1:30 p.m. on Hypertension is a contributor returns at 4 p.m. The cost for this the Morton Grove Senior Hot Line Morton Grove Senior Center pro-Wednesday, June 8 in the Morton toward strokes, heart disease and magnificent trip is \$61 for Senior at 847/470-5223 for more inforvides the benefits: six issues of the Grove Senior Center. Physical kidney failure. Unfortunately, Center Members and \$71.50 for and Occupational Therapists from hypertension usually has no symp-non-members. This trip is filling Healthcare will discuss factors that not know they have it. Free at the Senior Center today. contribute to falls; what can be screenings are offered from 9 to 11 done to reduce the risk of falling; a.m. on Tuesday, June 14 in the and exercise to improve balance. Morton Grove Senior Center. Please register by calling the

"LET'S DO LUNCH"

847/470-5223.

Come visit the "Lunch Bunch" any Monday through Friday at the Morton Grove Senior Center. Dempster Reservations are required and can be made by calling the "Lunch" es and programs to benefit Morton Bunch" at 847/967-6876. Lunch Grove's senior citizen population. is served at 11:45 a.m. but the All interested residents are wel-Center opens at 9 a.m. where come to attend. many come in for bingo, cards, camaraderie, crafts, games, health screenings, quiet reading, seminars and just plain fun. The following list of special events appear on the "Lunch Bunch" calp.m. on Wednesday, June 15. This

"Carnival Day" of games on convenient time and day of the Wednesday, June 8. The menu week for ongoing meetings of the will be Oriental Beef with Club as well as set up some guide-Broccoli.

Festival" on Thursday, June 16 on the permanent day and time. If the Patio. Lunch will be Beef Pot interested, please sign up at the Roast with Potatoes.

grilled at the "Barbecue and Ice Coordinator, Kathlyn Williams at Wednesday, July 6. The fee for Cream Social" on the Patio on 847/663-6127. Wednesday, June 22.

The cost is a \$2.75 to \$3 donation ODYSSEY LUXURY CRUISE honors the 16 million individuals and the menu includes a hot On Lake Michigan entree, potatoes or rice, and veg- Indulge in lavish food while cruis- the U.S., the more than 400,000 etable; or a sandwich, soup and ing Lake Michigan on Wednesday, who died, and all who supported

meetings). Please register in per- information about the menu or course seated meal served by the Symbolic of the defining event of p.m. The cost is \$61 for Senior

COMMISSION ON AGING

on Tuesday, June 14 in the Morton Grove Senior Center. The Commission provides an arena for discussion and planning of servic-

WOMEN'S ONLY POKER

The first meeting for Women's Poker in the Morton Grove Senior Center will commence at 1:30 meeting will be to discuss the most lines and discuss policies. Please Fathers Day "Watermelon note that this day and time is not Senior Center or call Morton Hot dogs and hamburgers will be Grove Senior Activities

Periodic blood pressure meas- After the cruise there will be time

"SOCIAL SECURITY SUBSIDY PROGRAM" APPLICATION **SEMINAR**

Moron Grove Senior Hot Line at MORTON GROVE ADVISORY A representative from the Social Security Administration will be at The Morton Grove Advisory the Morton Grove Senior Center to Commission on Aging will hold explain how seniors can purchase its next monthly meeting at 1 p.m. 'a new 2006 Medicare Drug Prescription Discount Card. This new Social Security subsidy will help pay for medications, save time, and save money.

> topic, there will be TWO sessions about the new "Subsidy Program," although seniors do not have to attend them both. The time will be 1:30 p.m. on Monday, June 27 and Wednesday, July 20. Please register for either of these sessions at the Senior Center Reception Desk or by calling the Morton Grove Senior Hot Line at 847/470-5223.

"WWII MEMORIAL" SLIDE COMEDY SHOW PRESENTATION

Historian, Donna Horwitz will be at the Morton Grove Senior Center to lead a wonderful and thought-provoking slide presentation of the new WWII Memorial in Washington DC at 1:30 p.m. on this program is 50 cents per person. The World War II Memorial who served in the armed forces of

Cruise Ship staff. There will be a monument to the spirit, sacrifice, members. Please register in perlive musical entertainment as and commitment of the American son at the Senior Center. BLOOD PRESSURE SCREEN- Morton Grove travelers sail along people. The Second World War is Chicago's breathtaking skyline. the only 20th Century event commemorated on the National Mall's For more information about senior central axis. Please register for services and activities, call the Desk of the Senior Center or call 847/470-5223. Membership in the

Northwestern toms so a person can feel great and up fast so please register in person COMPUTER CLASSES AT THE Times newsletter; free Diabetes MORTON GROVE SENIOR Screening; free passage on the CENTER

> Learn the basics about computers Computer usage in the Senior including Windows navigation Center Library; 15% discount on this three-week "Getting Started bers-only party; and a photo i.d." With Computers" course from card. Membership registrations 12:30 to 2 p.m. on Fridays starting are accepted any weekday morn-July 8. The fee is \$32 for Senior ing at the Senior Center, 6140 Center Members and \$37 for nonmembers and is taught by the fee is \$15 for an individual resi-Center's instructor, R.J. Bruno. Please register in person at the couple; \$25 for an individual non-Senior Center.

Due to the importance of this An "Internet" class will help students develop the tools needed to overcome frustrations about the INTERNET!! This three-week series meets from 2:15 to 3:45 p.m. on Fridays starting July 8. The cost is \$32 for Senior Center Members and \$37 for non-members. Please register in person at the Senior Center.

"CITY OF ANGELS" MUSICAL

"City of Angels" is the rarest of musical comedies, one that is not only loaded with music and written in the contemporary jazz idiom, but also filled with sidesplitting comedy, which Morton Grove senior citizens will enjoy on Wednesday, July 13. The show is produced by "One Theatre Company" at the Athenaeum Theatre in Chicago and will include a 50's style dinner at Ed Debevic's. The bus will depart from the Morton Grove Senior

Seniors in Morton Grove newsletter: three issues of the Travelin' Seniortran (for residents): free and simple computer concepts at trips and classes; an annual mem-Dempster Street. The membership dent; \$25 for a resident married resident; and \$40 for a non-resident married couple.





Am Becar

Mosquito Season Returns

Public Health reminds residents to protect themselves from illness

s temperatures climb upwards and the public tions. again, mosquitoes will not only ness occurs when a person is County, with two deaths report- socks. be an annoying part of the land- bitten by an infected mosquito. ed. CCDPH urges everyone to • Be sure screens in homes are tures. scape, but possibly a disease- Most people infected with carrying one, as well. Spring is WNV have no symptoms of illthe time to start thinking about ness and never become ill. protection from —and preven-

back and we need to prepare the Nile illness. In 2002, WNV tions on the container.

public to take proper precau- sickened 884 people statewide • Limit time outdoors when peratures. A rainy spring and a

mosquito-borne dis- 15 days following a bite. Symptoms can include fever. Concentrations of 10% or less "We can't be certain that West headache and body aches. are indicated for children. Use Nile virus will affect us the way People over the age of 50 and sparingly on exposed skin. This it did in 2002 when many peo- those with chronic diseases year, in addition to DEET, the ple got sick," said CCDPH such as heart disease or cancer CDC is recommending products or four days becomes a breeding Chief Operating Officer, may be more at-risk for menin- containing picaridin and lemon Stephen A. Martin, Jr., Ph.D, gitis or encephalitis, two life- of eucalyptus. Both have proven M.P.H. "But we operate with threatening diseases. But, peo- to be effective mosquito repel- threat this summer remains to

WNV is transmitted through them in Chicago and suburban (dusk through dawn)

But some may become ill 3- containing 20-35% DEET pri-

and caused 64 deaths, 38 of mosquito activity is heaviest

Cook County the bite of a mosquito that has Cook County. In the summers of • Keep skin covered if outdoors picked up the virus by feeding 2003 and 2004 a total of 28 peo- between dusk and dawn. Wear reminding residents that once on an infected bird; human ill- ple fell ill in suburban Cook long-sleeved shirts, pants and

make sure they are properly intact and tight fitting to prevent entry of insects.

Apply mosquito repellent • Keep gutters around home cleared of debris and in good

> • Eliminate any containers that may hold water from around the outside of the home. Water that is allowed to stagnate for three ground for mosquitoes.

"Whether WNV is a serious the assumption that it may be ple of any age can contract West lents. Always follow the direc- be seen. Mosquito activity is closely tied to rainfall and tem- countypublichealth.org.

hot dry summer can be the catalyst for heavy mosquito breeding," said Dr Martin. In 2002. suburban Cook County experienced a wet spring and higher than normal summer tempera-

plays an important role in monitoring WNV in their communities by reporting dead birds to their local health departments. Dead birds in an area may mean that the virus is circulating between the birds and the mosquitoes in that region.

CCDPH is encouraging the public to call 708-492-2650 if a dead crow or blue jay is found on residential property. Or, residents may download a dead bird reporting form at: cook-

Maine Course

lected materials.' Vicki was amazed and interrupted "Gee Mister Tom, I've never met anyone who remem-

and others smirked at this dis- "Ragman" who drove his horse cling program in the Maine ruption. Tom smiled patiently drawn wagon through the alleys parking lot. On June 11th our and told Vicki that his memories and collected old clothing and residents will have a day to rid go back to the 1950's not 1850's. other materials. We liked to see themselves of all kinds of stuff. As she looked at him unbeliev- him because of the horse. We This is a special program where ingly, he continued. "I remem- would feed the horse carrots or we will have specialists to take ber the traveling street grocer apples as the driver conducted all types of hazardous materials. who, on hot summer days, his business." would holler out "WATER-MELOOOOOOON". This when it came to this scrap, the puters, cell phones and more." verbal advertising echoing neighborhood had its own Once again Tom delivered the through the neighborhood inspired thoughts of juicy and icebox placed on the curb or will be one more successful refreshingly cool slices of water- alley was gone quicker than a effort that makes our township a melon. The louder he sang, the Popsicle on a hot day," he great place to live. more was guaranteed a brisk added.

who had no home gardening skills. Monika listened to this yarn in open mouth disbelief.

Tom continued, "When

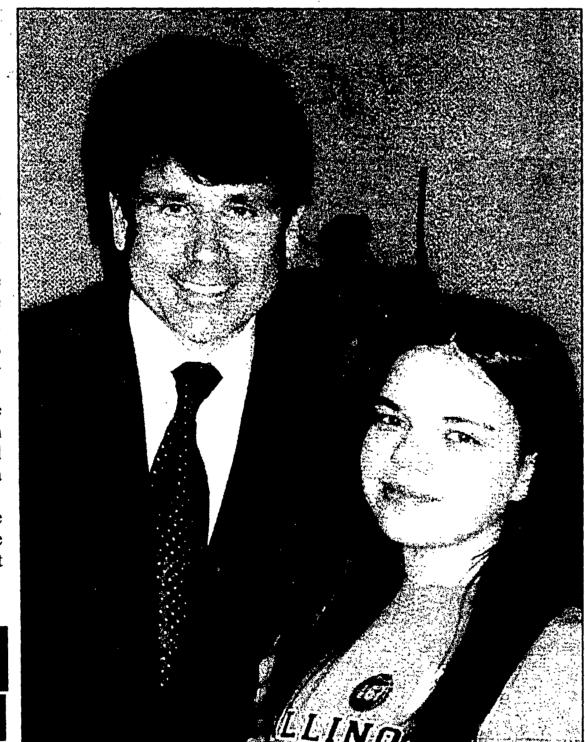
Bermuda Triangle. A stove or right information. This program

thing, there was no interrupting

"The Township is holding its Old oil, aerosols, paint, tires, "Metal was special because batteries, electronic stuff, com-

(Continued from page 1)

Any further questions on the sale of watermelons from the Tom paused for a moment and June 11th Hazardous Waste back of his wagon. He also sold refilled his coffee cup. Even Pickup Day will be answered at fruits and vegetables to those though I wanted to say some- the Town Hall at 847-297-2510.



St. Juliana Student Reporter

Jackie Boratyn, a seventh grader at learning." After responding to sev-

Professional Guide

LEGAL

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Interviews Gov. Blagojevich

Juliana are enthusiastic about you can achieve."

St. Juliana School, interviewed eral questions submitted by sixth, Governor Rod Blagojevich for an seventh, and eighth graders, he article that she was writing for the concluded the interview by offer-Juliana Journal. During their dis- ing St. Juliana's students some cussion the governor remarked, "It advice. "Remember with a good is evident that the students at St. education, there is no limit to what

SPORTS

'Fastest Game on Two Feet' Catching On at Notre Dame



Above, Notre Dame's Jason Mugniani (23) collides with Taft player Wednesday, May 4. At right, Notre (Photos by Allen Kaleta) Dame's A.J. Renold (3) heads upfield against Taft.

www.greatclips.com

BY JEFF BORGARDT iborgardt@buglenewspapers.com

Then Tom Gizynski graduated from Notre Dame High School in 1997, there were only about a dozen high school lacrosse teams in Ilinois.

Now, that num-Gizynski coach of the Notre Dame squad.

Notre Dame first fielded a lacrosse club three years ago with 24 players. The following year, the numbers participants increased to 30 and this year 44 players up for ioined lacrosse.

Dubbed fastest game on two feet' Gizynski says lacrosse's fast pace is one of the reagrowing in popularity.

The game is especially popular with hockey, soccer and football players.

Though the spring Notre Dame lacrosse players rest in the shadow of the prolific Notre Dame baseball program, lacrosse is catching on fast.

This year, Notre Dame fielded freshman/sophomore teams. The JV tallied a 7-3 record and the

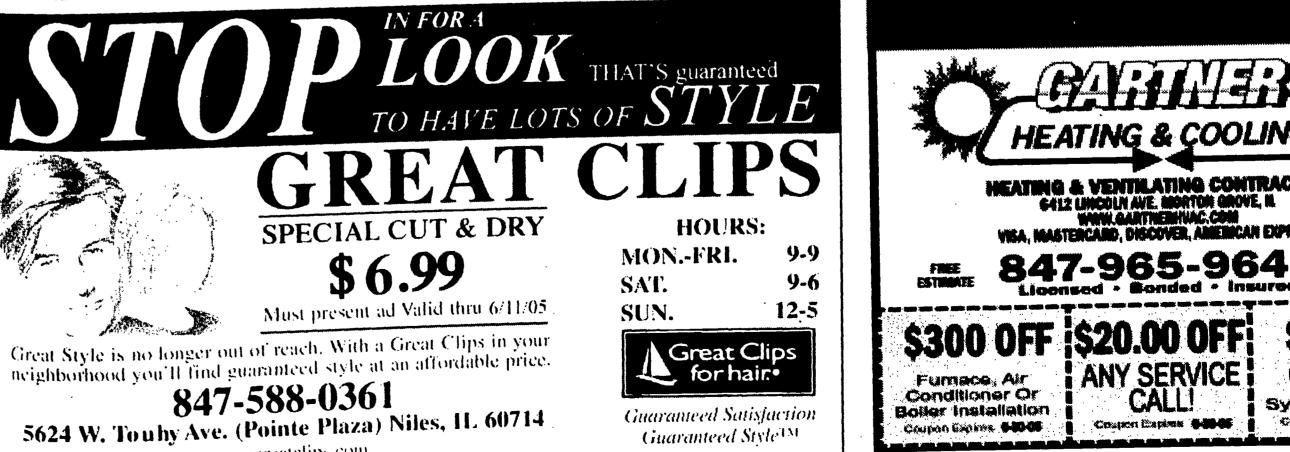
freshman/sophomore couldn't make it into the win column with an 0-7 record. Gizynski said the lack of victories can be accounted for since it is the first time Notre Dame has played a freshman/sophomore



Lacrosse is officially characterized as a club rather than a sport at Notre Dame. The club competes under the auspices of a lacrosse association and is not sponsored by the IHSA.

Gizynski, also the soccer coach, hopes to field a varsity team two years from now. He played on his college lacrosse team after graduating Notre

> Story Continues... **STICKS** page 16.







Notre Dame's Rick Shanas (26) heads upfield against Taft Wednesday, May 4. (Photo by Allen Kaleta)

(Continued from page 1)

He said many of the Notre Dame lacrosse athletes play football in the winter and are seeking athletics in their spring off-season.

The lacrosse club also didn't cut any players or hold tryouts.

"It's pretty laid back," the coach said. "And we all have a good time.'

The club was formed three years ago by a movement of dedicated players but more casual lacrosse players also joined up.

"I have people who have been playing for years and others who have never picked up a lacrosse stick," Gizynski said.

Notre Dame spokesman Joe Villinski said lacrosse nicely compliments the Notre Dame spring sports offerings of baseball, tennis and volleyball.

"We ended up with a whole new base of people who didn't have a sport to play in the spring," he said.

How does the sports work? Each player wields a stick they use to pass, catch and shoot a ball with.

The game of lacrosse is played on a 110 x 60 yard field. Each end zone has a goal and goalie similar to hockey. The majority of the game is played on the offensive as one squad shoots for goals. The average game nets a total of between 20 to 24 goals.

There are three defenders. midfielders and attackers playing for each team at one time including a goalie. Picks and maneuvers are set as players jockey for position to shoot for a goal. The game also includes face-offs and boundaries and players are allowed to run behind the goal just like in hockey.

Niles Family Fitness Center Events

May Promotion Don't Delay Join Us In May Free Enrollment (\$59 Savings) On All New Annual Memberships Summer Program Registration has

Stop by and pick up your Summer Program Guide Today! FITNESS CENTER SUMMER HOURS:

May 28th - Sept. 4th

Monday-Friday 5:30 AM -10:00 · CLINICS

Saturday AM - 5:00 PM Sunday AM - 5:00 PM

holiday hours May 30th Memorial Day 8:00 am - 12:00 offensive principles. The focus of

Mike Ipjian and Niles Family 7:00 Fitness Center present a highly instructional, highly competitive 5 tournaments, as well as various 7:00 basketball program.

The camp will address proper Fee includes: shooting mechanics, ball handling, playmaking skills, rebounding, defensive fundamentals, and the clinic is to enhance both TIME: 1-4 PM

providing an opportunity for players to compete. Players will participate in 1-on-1, 3 -on-3, and 5 -onjumping-shooting competitions.

Elite Instruction Basketball Camp 18-22 T-shirt AGES: Boys and Girls Ages 8-13

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SESSION DATES AND FEES Session # 1 # 5042 Session # 2 # 5043 Session # 3 25-29 # 5044

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Homesickness: What can parents do

his summer, millions of children will get their first taste of independence at a summer resident camp. For many, it will also be their first experience with homesickness. But parents don't have to feel helpless when homesickness strikes. The prescription for camper homesickness is a simple solution of prepara tion and patience.

University of California Psychologist Chris Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. According to his results, homesickness is the norm rather than the exception. A whop ping 83 percent of the campers studied reported homesickness on at least one day of camp.

Thurber and the American Camping Association (ACA) suggest the following tips for parents to help the child deal with homesickness at camp:

- Encourage your child's independence throughout the year. Practice separations, such as sleep-overs at friend's house, can simulate the camp environment · Involve your child in the process of choosing a camp. The more that the child owns the decision, the more
- comfortable the child will feel being at camp • Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as
- using a flashlight to find the bathroom · Reach an agreement ahead of time on calling each other. If your child's camp has a no phone calls policy,
- · Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have
- a good time at camp." • Don't use bribery. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence
- Pack a personal item from home, such as a stuffed animal
- When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early
- Talk candidly with the camp director to obtain his/her perspective on your child's adjustment
- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year

Keeping in Touch

Many directors encourage their campers to write home regularly to their parents, brothers, and sisters.

Do's

- Give your child pre-addressed, stamped envelopes or postcards so that they can keep you informed of camp
- Ask the camp director if electronic communications are available for campers' use. If so, remind your child that you can stay connected with him or her through home e-mail, fax, or the camp's Web site
- Send a note or postcard in advance to the camp so there will be a personalized touch of home when your child arrives. This lets young campers know that the family has not forgotten them. In your correspondence, assure the camper that you know he or she is having a good time and express enthusiasm for the camp's activities

Don'ts

- · Although there are benefits in keeping youngsters informed of what's going on at home, don't go into great detail since the young adventurers might feel they're missing something back home. Directors advise parents not to mention how much they miss their children or "that the dog and cat miss them."
- Don't worry. Your natural reaction is to call on the first day just about bedtime to see how your camper is doing. Remember, counselors are trained to recognize and deal with symptoms of homesickness
- As one experienced camp director noted, "We have few homesick children, but we have homesick parents by the dozens."

CAMPTASTIC 2005

The Niles Family Fitness Center's Camptastic is the perfect way for your child to spend the summer. Activities include sports, outdoor games, swimming, crafts, field trips and more! CAMP DATES:



Thursda Ma 19, 2005

Monday June 13th- Aug 19th CAMP HOURS: 9AM - 3 PM

CAMP SESSION FEES: Full Time: \$125 Member / \$162 Non-Member \$84 Member / \$109 Non-Member

> EXTENDED CAMP FEES: 8 AM-9 AM 3 PM-5 PM \$10

Niles Family Fitness Center 987 Civic Center Dr.

CALL 847-588-8400 FOR REGISTRATION DETAILS

YMCA Camp Anokijig

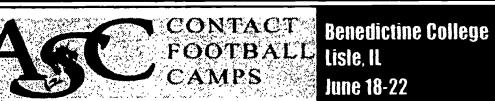
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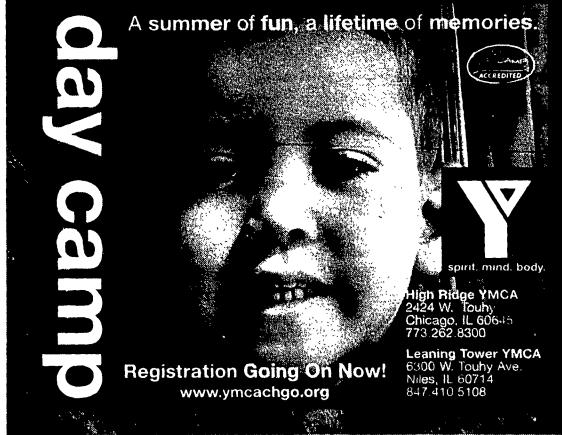
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MONDAY MAY 30 2005

This is the day America has set aside to honor its We honor them and show our eternal gratitude for their sac-fallen war dead, those brave men and women who gave rifices by keeping alive their memories alive in continual dedication their lives on the battlefields of our nations history. to the goals of peace and the preservation of liberty.



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The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. They

 The flag should never be dipped to any person or thing. It is flown upside down only as a distress sig-

• The flag should not be used as a

STANDARDS of RESPECT Flag Etiquette

drapery, or for covering a speakers desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

• The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use.

Advertising signs should not be attached to the staff or halvard

• The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.

• The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

• The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

Note: Most American Legion Posts regularly conduct a dignified flag burning ceremony, often on Flag Day, June 14th. Many Cub Scout Packs, Boy Scout Troops, and Girl Scout Troops retire flags regularly as well. Contact your local American Legion Hall or Scout Troop to inquire about the availability of this service.

Happy Memorial Day

BOARD OF COMMISSIONERS William Terpinas-President Charles Barbaglia- Vice President Elaine Heinen-Commissioner Jim Hynes-Commissioner Ray Czarnik-Commissioner EXECUTIVE DIRECTOR- Joseph LoVerde



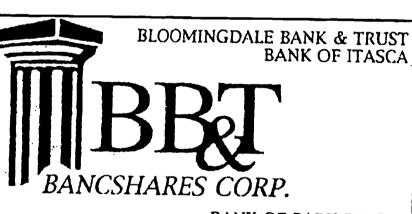
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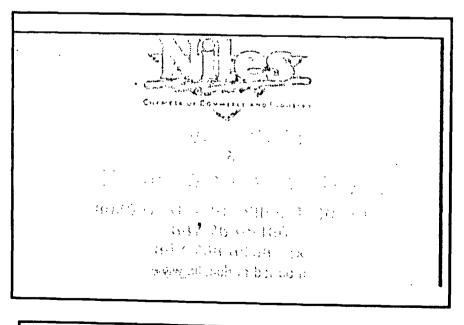
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Drive Safely This Memorial Day Weekend

TO THE RESIDENCE OF THE STATE O

LIFE

Events Calendar

GOVERNMENT

Thursday, June 2

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

Monday, June 6

7:30 p.m. Park Ridge City Council Meeting

COMMUNITY

Sunday, May 29

-The gift of America that God has given to the people of the world will be celebrated on Sunday, May 29, 2005 at St. Luke's Christian Community Church during its 10:15 worship hour.

Mr. Phil Hutchins, who is Chaplain of the 7th District of the American Legion, will be the featured speaker. His theme will be "Heroes of Faith." Phil is in charge of all religious emphases for the ten posts of District 7 of the American Legion Post in the northwest suburbs, and directs the Rifle Squad 134 which officiates at the wakes and funerals of American veterans. He lives with his wife Lillian in Niles and serves on the Church Council.

Special patriotic music will be an important part of the service with the Choir and soloist Wayne Staley singing "This Is My Country," "America the Beautiful," "The Battle Hymn of the Republic," "God Bless America," and "O Columbia., the Gem of the Ocean," among others.

The congregation will honor the flag with the pledge of allegiance, and Pastor Raymond W. Nyquist will give a prayer of thanksgiving for what America means to the world.

St. Luke's Church is located at 9233 Shermer Road in Morton Grove. It is handicapped accessible. Anyone not already committed to a community of faith is welcome to attend. For further information, call Pastor Nyquist at (847) 987-0477.

Summer 2005

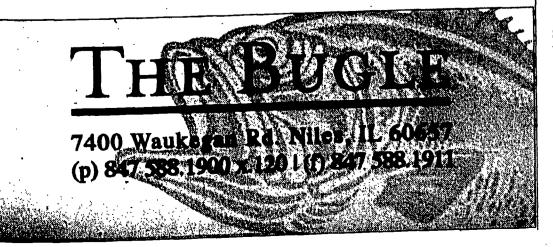
-Local children will have a chance to explore the magic of museums this summer, while saving their parents the long, hot drive into Chicago. The Morton Grove Historical Museum is participating in the Passport to Adventure by visiting the smaller Museums and Nature Centers in their town and neighboring communities.

The Passport to Adventure program begins Memorial Day and extends through labor Day. Each child is given a free booklet which lists the name, location and attractions of participating local Museums and Nature Centers. For each site visited, the child receives a stamp in their Passport. Five stamps will earn Certificate of Achievement; seven stamps earn a small prize. Children may pick up their Passports at the Museum or at the Morton Grove Public Library. For more information, call the Museum at 847-965-0203.

Register Before June 30

-St. Matthew's Lutheran Preschool located at 9204 N. Milwaukee 1 bunch scallions, trimmed and Ave. in Niles (just south of Golf Mill Shopping Center) is offering early registration for 3, 4 and 5 year old children in its English morning pre-school program for the coming school year. The \$50.00 registration fee will be waived for all new students who enroll before June 30, 2005. St. Matthew's Preschool provides a whole- 12 eggs some environment for children in a Christian setting.

For additional information contact the school by phone (847) 297-5898 or e-mail St_Matthews_Preschool@comcast.net



Chef Harry Presents Food Fit to Fete A Grad



over bacon and scallions evenly

the remaining 2 tablespoons of

among muffin cups.

CHEESE SALAD

balsamic vinegar

and sliced

12 to 16 strips lean bacon

3 cloves fresh garlic, sliced

1/2 cup red wine or inexpensive

l tablespoon granulated sugar

Salt and pepper, to taste

cup crumbled blue cheese

heat until brown. Add onion and

garlic and saute 2 more minutes.

Remove pan from heat and cool

5 minutes before draining off all

but 3 tablespoons of fat. Stir in

vinegar, sugar, herb blend, olive

Arrange basil leaves on serving

platter. Arrange tomato slices

oil and salt and pepper, to taste.

Yields 8 to 12 servings.

1 red onion, chopped

BY HARRY SCHWARTZ Copley News Service

'Tis the season when tasseled caps fly, mothers and fathers tears of joy they do cry and graduates give freedom from academics a try. Parties abound as families gather to celebrate the achievements of their children and usually that means great

It is also when spring is turning to summer and outdoor entertaining becomes regular behavior. A sunny porch or deck is a great place to have a graduation brunch. Set out beverages and ice, plates and forks and some delicious food. Enjoy your family and friends under the sun or beneath the limbs of a shade tree. And don't forget to commend your favorite graduates. They have worked hard and deserve to celebrate.

MINI CRUST-LESS QUICHES 6 strips bacon, chopped into small pieces

chopped

1 cup cracker crumbs 1/3 cup plus 2 tablespoons melted butter

4 tablespoons heavy cream 2 tablespoons minced fresh pars-

Salt and pepper, to taste 1 cup cheddar cheese, finely

Yields 8 servings.

Fry bacon in heavy, nonstick saute pan over medium heat until brown. Add scallions and saute until toasted and bacon is crisp. Drain off and discard bacon fat. Place bacon and scallions in small bowl

Mix cracker crumbs and 1/3 cup attractively over basil. Drizzle of melted butter and divide warm bacon dressing over tomatoes and basil. Sprinkle egg and among. 8 regular-sized buttered, cheese on top. nonstick muffin cups. Press but-CUCUMBER-SOUR CREAM tered crumbs into even layers over bottoms of cups. Divide scallions and bacon over crumbs. Whisk together eggs, cream,

1 English cucumber, cut in 1/2 lengthwise, seeded and sliced parsley and salt and pepper, to taste. Carefully pour egg mixture 1 purple onion, peeled and cut

into 1-inch-long strips 1 red bell pepper, cored, seeded, Divide cheese over top of each quiche and then drizzle a bit of 1 tablespoon chopped fresh mint, or to taste

1 tablespoon fresh parsley, melted butter over cheese. Bake in middle of preheated 350degree oven until puffy and 2 cups sour cream

Salt and pepper, to taste golden brown, about 20 minutes. TOMATO, BACON AND BLUE Yields 8 to 10 servings. Place cucumber, onion and bell pepper in mixing bowl. Add mint

and parsley. Stir in sour cream and season with salt and pepper, CURRIED TUNA WITH

ALMONDS 1 cup slivered almonds teaspoon dried Italian herb

1 tablespoon butter 24 ounces solid white tuna, 2 tablespoons extra-virgin olive packed in water

1 cup prepared mayonnaise 1 teaspoon mild curry blend 4 to 6 ounces fresh basil leaves firm but ripe tomatoes, cored powder, or to taste 1/2 cup sweet pickle relish

1 cup celery root, chopped 2 hard-cooked eggs, peeled and 2 hard-cooked eggs, peeled and

chopped Yields 8 to 12 servings: Chop bacon and fry in nonstick heavy pan over medium high

Toast almonds in butter in nonstick saute pan over medium heat, stirring constantly, until golden and toasted. Immediately remove from heat and scrape almonds onto ovenproof dish or piece of foil. Set aside to cool. Drain water from tuna and place

> Story Continues... **CHEF HARRY** page 21.

LIFE

72 ___-Ball

1 iThe View from

Pompeyís Headî costar

3 Ozís Cowardly Lion

5 New Deal org. found-

10 Sellers was his neme-

4 Sheis a graduate

8 Kin of 43 Across

9 Mexican shawl

11 ___ omnia vincit

2 Over the edge, in

DOWN

Madrid

ed in 1933

6 Cheers

12 Stupefy

Ranchipurî

19 Foe

24 Batter

.13 String toy

18 iThe ___ of

7 ____ homo!

THURSDA MA 26, 200

SCANNING THE BOOKSHELF Brief book reviews

"Snow Russian Red," by Dorota Maslowska; Black Cat; 304 pages; \$13.

A story marked by prudence and lucidity wouldn't do for 21-yearsensation Dorota Maslowska: To showcase this author's grasp on language, her characters' grasp on reality had to suffer. Sex, drugs and the vestiges of Polish-Russki animosities drive Maslowska's "Nails' Robakoski into madness, his methamphetaminerants indiscernible from those brought on by his propsychosis gressive Meanwhile, Maslowska revels in slang, puns and free association, capturing both the male perspective and the ennui of political burnout with acumen rare in a writer of

so few years. Nails' descent into his own personal hell of addiction, female rejection and political alienation unfolds in a limbo of time

events that transpire do so within becomes a conquest so fundamen-24 frenzied hours or over the span tal to his being that he refers to his of several weeks, and the Polish city Nails lives in with his mother and brother remains unnamed throughout the course of the novel. Anti-Russian zealotry has led the city government to declare that all houses be painted the colors of the

"Half. Half all white. Most often it's half of the houses. And what's on the bottom, on the street, what's more ... obvious is red. Entirely. White-red. From top to bottom. On top a Polish pill, on the bottom Polish menstruation. On top Polish snow imported from a Polish sky, on the bottom the Polish association of Polish butchers and pig-

Amid the fear and chaos produced by his city's Patriot Act gone enmeshed in relations with a series of femmes fatales: Magda, who leaves him early in the novel; Angela, a loquacious lost soul with a fondness for black stockings and brass knuckles; vengeful Natasha, on a binge, her own spit serving as punctuation for her diatribes; and finally Ala, an insufferable prude whose mere appearance in Nails'

improbable. Artist Krzysztof Ostrowski's urban illustrations accompany several of the vignettes, giving the traveled during a Kong to sell iewels. only to find themvalues, including the right to life.

agrees to marry him. weigh heavily on into finger-sized pieces admiration for his wife's striking beau-

In "Sunlight," a man struggling to establish his writing career so that he might break the ship convinces his wealthy girlfriend to

soaked villa in the Italian countryside, where he plans to write a book about their experiences renovating the home and living among the colorful local people. When the building's renovations stray wildly from the ideal he had imagined, the man simply re-invents the truth for his own purposes, literary and oth-

Kneale's characters are wholly believable, his plots flawless. What most often preoccupies this extraordinary author is the sort of misidentified banality one encounters so often in life, those momentous occasions one might only recognize as momentous in retrospect. Travel often factors into these tales - Kneale's locales include China, Colombia, Africa, London - yet it's these characters' journeys outside the self that prove the most intriguing. The plots of each story, although separate, overlap in fascinating ways. (The drug and weapons trades seem to be of particular interest to Kneale, who has himself lived and traveled abroad quite extensively.)

The world, Kneale's stories tell us, may never cease to be a vast expanse of violence, treason and treachery, unique only in language, and soon, perhaps not even that. But in this author's capable hands, even a detour down the wrong alley in a familiar neighborhood can shatter sense of self with the force of a thousand stones.

> - Tiffany Lee-Youngren Visit Copley News Service www.copleynews.com.

Chef Harry

on several layers of paper towel

bottomed, 2-quart saucepan over Place drained tuna in mixing medium heat and stir constantly bowl and break apart into small until it begins to simmer. Simmer pieces. Stir mayonnaise and curry blend into tuna; stir remaining ingredients until combined. Serve with toasted bagels, English muffins, crackers or crisp flatbread.

WATERMELON CRUDITES 1 (8-ounce) package cream cheese, softened to room temper-

2/3 cup powdered sugar 1 cup sour cream

1 teaspoon vanilla extract 1 small, seedless watermelon, cut

Yields 12 servings. Blend together cream cheese and powdered sugar until well blended. Stir in sour cream and vanilla until blended. Place mixture in serving bowl and place on platter

with watermelon fingers. EASY GOOEY CINNAMON-CARAMEL ROLLS

1 teaspoon vanilla extract 2 tablespoons heavy cream

Yields 8 servings.

1 teaspoon cinnamon 1 tube cinnamon-swirl sweet

for 5 minutes and remove from heat. Pour sugar mixture into bottom of a deep-dish pie pan. Arrange cinnamon rolls over

> Bake until golden in preheated 325-degree oven, about 18 minutes, or according to time on package. Tap rolls with back of spoon. They will sound somewhat hollow when cooked. Remove dish from oven to a rack

caramel sauce.

(Continued from page 1)

Place butter, sugar, vanilla, cream and cinnamon in heavy-

and cool for 7 or 8 minutes. When cool, place deep serving plate over pan and carefully and quickly turn rolls over onto plate and remove pie pan. Serve warm

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 92112.

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In "Weight," an INTERNATIONAL BESTSELLER

iuvenile curiosity for the vulgar (bodily fluids prove particularly Nails' madness becomes incom-

prehensible by the novel's end, and Maslowska's final pages are frustrating in their impenetrability. Still, her humor and deft political

observations, as well as the novel's similarities to "Trainspotting," render it a provocative artifact of a generation caught between loyalty to both the state and a profound

male organ by pet name.

"Small Crimes in an Age of Abundance," by Matthew Kneale; Nan A. Talese; 208 pages; \$22. All public perceptions of pajamaclad, coffee-sipping bliss notwithstanding, the experience of a book reviewer is a spotty one at best. Some books are mildly provocative, others bore, most inspire only a vague sense of ambivalence, like thumbing numbly through 300 pages of white noise. Then there is the rare book that, like a bolt out of the bland blue, electrifies.

Matthew Kneale's "Small Crimes in the Age of Abundance," a collection of 12 exquisitely crafted short stories, is a firecracker in broad daylight, an out-of-nowhere bombshell sure to throw some sparks in the literary world.

It's a testament to Kneale's economy of thought and language that each tale is instantly recognizable story the feel of a graphic novel. by its one-word title. In "Stone," a And graphic it is: Nails harbors a British family takes the road less



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ACROSS

1 First lady of scat 5 Salad ingredient

10 Indolent 14 End

15 Hide 16 Melville novel 17 Start of a quip

20 Role for Gloria and

21 Type of chair 22 Studio that produced

ìCitizen Kaneî 23 Frost, in the air 25 Bull follower

27 More of quip 34 Lizzieís weapon 35 Incline 36 Ache

40 Sum 43 Wretched hut

38 In the sack

45 Embroidery loop 47 ___ Appia 48 More of quip

51 Society page word 52 Slangy negative

53 USAF readiness

42 Late fashion designer

56 Fear 60 Washer cycle 64 End of quip

67 Ardor 68 Stone pillar

69 Former Oriole manager Weaver 70 Noted Italian family

By Charles Preston

71 Swollen

Be the First to send in the answers to this week's crossword puzzle and your name will be listed in next week's Bugle.

This Week's Winner is...

Ralph Stempinski

Send your answers to the editor: Andrew Schneider Fax: 847.588.1911 E-mail editor@buglenewspapers.com

26 Exigency 27 The ___ Incidentî 28 Superman portrayer

29 Crazy 30 Some nerve 31 Juicy delight 32 Unsophisticated

33 Un, deux, ____, . . . 34' Shower sound?

37 D.C. lobby grp. 39 Bruce or Laura

41 See 13 Down 44 City in West Yorkshire. England

46 Crown 49 Least

50 Reproves 53 Mass

54 Half of a dead manis hand

55 Talk 57 ì___, Bruteî 58 Attention getter

59 A place for heroes 61 Mont. neighbor

62 Drv 63 First name in mystery

65 ìHellzapoppinî star

decades, Stager said.

between swimming, aging,

and muscle mass and func-

tion. He's particularly inter-

ested in the decline of mus-

accompanied by reduced

While Stager has been

focusing on hard-core, high-

point out that the fitness ben-

levels. "The health and well-

minimal amount of swim-

ming," Stager said. "If you

want the fitness effect, you'll

need to look at getting your

heart rate up and boosting

For his part, Stager logs

about 3,000 yards a day five

times a week, a little less

BY JACK WILLIAMS Copley News Service

ne day or another, the tides of time will have us all swimming upstream.

Until then, though, some middle-aged swimmers are having the times of their

One of them is exercise physiologist Joel Stager. The 2002 U.S. Masters sprint champ, Stager wondered why he was performing at a peak level in his early 50s an age when many of his joint-challenged contemporaries were searching for the nearest whirlpool.

So, he decided to compare the physiological aging markers of competitive swimmers with those of the general population.

What he found, in measuring such parameters as blood pressure, muscle mass and pulmonary function, was that in swimming 3,500 to 5.000 vards three to five times a week, competitive middle age swimmers were outdistancing Father Time.

Call it anti-aging aerobics at its apex.

"We're starting to find out that a lot of the decline (with In delaying a decline in perage) is probably related to a formance, or peaking in middecline in activity rather than aging per se," said norm found in virtually Stager, who directs Indiana University's Counsilman Center for the Science of

bearing or otherwise. Think about it: no pound-Swimming. "The hypothesis ing on the joints, no harsh is that activity preserves elements to contend with, physiological function." the therapeutic buoyancy of water and the total-body lengths) in six weeks. To reach their conclusions, Stager and his research team

from Indiana University's Human Performance Lab performed a battery of tests on 200 swimmers at the stress the joints, swimming U.S. Masters tends to enhance joint flexi-Swimming Championships bility. Its repetitive twisting in Indianapolis. movements, as your body Typically, physiological turns from side to side durcapacity declines by one-

half percent to 1 percent loosens and lubricates the each year beginning around neck, shoulders, hips and the age of 35. In elite trunk areas. The gentle pressure of Masters swimmers, however, the decline in some cases

warm water against your was being postponed for skin causes blood vessels to dilate and enhances blood The results were so circulation. And, the natural buoyancy of water reduces intriguing that Stager, your land weight by about 90 financed by a grant from percent, eliminating the U.S. Masters Swimming, is forces of gravity and miniconducting a follow-up mizing many joint and study on the relationship mobility issues.

Even asthmatics can exercise comfortably in the water because the air around a pool cle mass, which often is is generally very humid, making breathing more comrange of motion and quality fortable.

Yet for all swimming's benefits, Wayne L. Westcott, director of South Shore YMCA in Massachusetts and mileage types, he's quick to the author of "Strength efits of swimming reach all Training Past 50," finds many adults who try the being effects start with a sport are too impatient.

"To make a land activity analogy, they start out running rather than walking," he

Instead of starting slowing and gradually picking up the pace, they sprint their way to exhaustion, depriving themselves of the aerobic benefits than the typical Masters that come with prolonged activity.

To promote aerobic conditioning, you should swim for dle age, swimmers defy the at least 20 minutes continuously, varying your pace if every other sport, weight- necessary. Starting out with about 100 yards a day at a deliberate pace - that's about four pool lengths - will enable most people to reach at least 600 yards (24 pool

Remember, speed is not of While other aerobic sports the essence. Thanks to the such as running and cycling buoyancy of the water, you tighten the muscles and can swim very slowly and still stay atop of the water and, perhaps, a few pool lengths ahead of those typical markers of aging.

Visit Copley News Service ing the basic crawl stroke, at www.copleynews.com.

Another Perspective



United, GM & You

Inited Airlines has shed it's pension obligations. A U.S. Bankruptcy Judge said the settlement does not violate the law or the unions' agreements. Oh, really?

So a deal is a deal, as long as...those in power want it to be. Some workers said they face a loss of almost half of their pension benefits. United's biggest competitors will likely make similar moves to remain

competitive.

General Motors was originally an automobile manufacturer with a pension plan but now is a pension plan investment company that sells cars. GM and Ford may dump their pension plans as well. These legal sleight of hand maneuvers are as wrong as they are tricky. These agreements were you own your promised benefits. made in good faith and should be Social security is a tax and goes corporate pension plans.

Can it get worse? The PBGC last year had a \$23.3 billion deficit. The PBGC may terminate You cannot owe yourself a debt a plan to protect the pension ben- and that is exactly what the politiefit guaranty system without a cians have done. Spend your court hearing. Wow, a deal is a retirement savings on their boondeal...never?

You may have heard of defined contribution plans and defined benefit plans. They may sound vidual owns the account individually. Monies are contributed into the plan per agreement. It is funded concurrently as you earn. It cannot be taken away. What you

tion from service, or death. It is a Security when they retire. promise to pay in the future. You do not own it.

These benefits could be manip- legal contrivance. Individual ulated because a future promise accounts are the solution.

to pay depends on many factors and companies manipulated them to their benefit. Of course the bosses took care of themselves, earning millions in guaranteed benefits and salaries.

Some of this may strike you as familiar. Social security is a defined benefit plan. You don't own your contributions, nor do honored. Now you and I, as tax- into the general revenue fund to payers, will pay these pensions be spent as the "higher-ups" see through the Pension Benefit fit. It is true that these benefits Guaranty Corporation, the federal have never been cut, but the proagency that acts as a safety net for gram has changed and taxes have been increased. Fundamentally, the Social Security fund is and has been bankrupt for decades. doggles. This has kept them elect-How did all this come about? ed in the short-run, but all bills come due. There is no such thing as a free lunch.

You own an individual retirelike close cousins, but they are ment account. Persons aged 55 night & day. Defined contribution and older will continue to receive plans are plans in which the inditheir expected benefits. Younger workers can opt out of the system and fund their personal retirement accounts. This is fair and equi-

Federal employees already earn is yours to keep at retire- have the very choices President Bush wants to give all American Defined benefit plans are based workers. The federal thrift plan on a formula that guarantees each boasts avg. returns of 10% per participant a specified sum per year. By the end of 2003, the plan month payable on retirement. The had \$128 billion invested by 3.2 formula includes the age, years of million people. State pension service and lifetime earnings. It is plans across the nation invest in not funded individually. There are Wall Street. If it's good enough limitations on the distributions for them, then it should be good that include attaining normal enough for my kids, who will retirement age, disability, separa- face 30% cuts in their Social

This is a good deal, a fair deal and one that cannot be stolen by Im Buch

THURSDA MAY 26, 2005

REAL ESTATE Decor Score Window Films Will Temper Heat



BY ROSE BENNETT GILBERT Copley News Service

O: We love our ski house in the winter, but last summer, we nearly roasted from the heat through all the windows. We put blinds on the windows on the first level, but the main room is What two-stories high. can we do about those windows way up on the wall? The house is only 3 years old and already, the furniture and even the floors are

beginning to fade from the sun. A: Several solutions leap to mind, including the idea that many contemporary builders should be rapped on the knuckles for going so crazy with all these high, wide and horribly difficult windows! Pity poor Andrea Palladio, the brilliant Renaissance architect whose name is often taken in vain for today's spate of "Palladian" windows.

That won't solve your problem, however. What will: some remedial steps, including an application of special window films that can block both glare and heat without darkening your room or spoiling

In the photo we show here, these about cleaning these? high, wide, and truly handsome windows have been treated (with Vista UV Shield Window Film, www.vista-films.com), from eye level up to the demi-lune windows that bring the outdoors into the upper reaches of this vacation

As you can see, the film is neutral in appearance and virtually invisible. What you will see is a welcome reduction in energy bills - more than half of home energy bills go to pay for heat loss and gain through glass.

These films have to be applied by a professional, and cost between \$4 and \$10, depending on where you live. But after that, you'll save both energy and your

O: We love the new ceramic tile floors we just installed all through the downstairs of our home. They're cool - to look at importance of good housekeep- as long as the floor is sealed.

ing to good decorating. Any professional secrets

A: I did "preach," didn't I! But no apologies: it is so true that anything of beauty can be a joy forever, as long as you keep it polished, swept, washed and shining - not popular words in these days of "easy" and "instant," but important, both to the eye and the psyche.

End of preaching (for the moment). You might want to have a look at the latest in tekkie housekeepers, a new hard-surface floor cleaner that vacuums. wet-scrubs and then sucks up the dirty water to put sparkle on floors covered in ceramic tiles, laminates, and vinyl.

Or so promises Hoover, the manufacturer and one of the world's oldest names in housekeeping helpmates. (In Europe, "Hoover" is a verb, as in, "I need to Hoover the rugs.") They recently introduced this new and walk on - but not to keep floor scrubber called the clean. I read the column when FloorMate for about \$229, which you were "preaching" about the even works on hardwood floors



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O: I discovered a series of product that could be added to half-inch holes on the upper my hanging baskets so that I trunk of one of my pine trees, wouldn't have to water them so many holes that more than for weeks at a time. It sounds half of the bark around the too good to be true. tree is damaged, and the holes are oozing sap.

I noticed several different that work pretty well at holdtypes of woodpeckers around ing water in the soil, however, the house. Would they do this you can't withhold water for looking for insects, or do they weeks at a time. want the sap?

I have never seen anything starch and products based on like this. I don't want the tree polyacrylamide polymers.

to prevent it? I thought maybe you know how well they hold house calk would stop the water. sap, and the tree might heal itself? If not, I will be left products is that when they with a pine "bush!" Can I save the upper part of the the plant, the plant doesn't

A: I think you are noticing the unique feeding pattern of a are biodegradable, non-toxic common, but shy woodpecker known as the yellow-bellied sapsucker.

They drill shallow holes, about as big around as a pencil eraser, in neat grid patterns on tree trunks. They usually prefer sticky and sweet trees like evergreens, birch, maple and fruit trees.

They come back to each tree and eat any insects stuck to the sap. They also drink the

The holes tend to be superficial and not harmful to the trees, although they do leak a lot of sap and may look awful.

Other birds, such as hummingbirds, use these trees as feeding sites.

They follow sapsuckers north in the spring during migration and will eat sap and insects when flowers aren't available.

Trunk-dwelling birds like nuthatches also take advantage of what sapsuckers leave

The damage from sapsuckers tends to be seasonal because in April, May, September and October they migrate to and from wintering areas.

Few trees are harmed by these birds. However, you can wrap the trunk with burlap or tree-wrap paper for protec-

If there are no active holes on the tree now, you can wait until fall to wrap the tree. Q: I was told that there is a

Is there such a product? A: There are several products

There are products based on The latter products are also Is there anything I can do used in disposable diapers -

always get it fast enough.

The starch-based products

and as they decay, they support microorganisms that are good for the soil.

They need to be replaced more often, yet should last a year or more. They will be fine for a year in hanging baskets and gardens that get new soil mixes or are tilled. Some of the products also absorb fertilizers, reducing the need for you to add more.

These products absorb hundreds of times their weight in water, dry out slowly and reabsorb more water when it becomes available.

The water is stored in the The problem with these soil, where the roots are. This way, the plants are healthier need to release the water to as they don't go through as

Spring sun

Continues.. **GREENER VIEW** next page.

HOME HOW-TO

Prepare wood before painting

Cabinet frames, doors and drawers need to be clean prior to repainting. Properly prepared cabinets, shelves and drawers can take new paint and not chip with the right surface preparation and careful paint application.

■ Scrape peeled, cracked or bubbled paint. ■ Brush away dust and thoroughly wash surfaces (the washing agent of

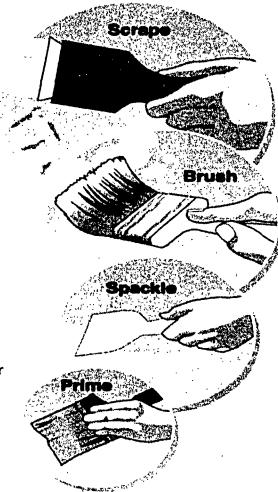
choice by most pros is TSP -Sand rough surfaces, old

drywall, wood or plaster with Spackle, paste or ready-to-mix ■ Sand existing glossy paint for

Fill small cracks and holes in

Remove any sanding dust. Use a primer where old and

Buy quality paints and read the manufacturer's directions on the paint



Copley News Service / Pete Chenard

GARDEN

Garden microclimates

Hills and hollows, points of the compass and structures influence garden microclimates. Cold air moves downslope to the lowest point but will collect if its flow is impeded by fences, walls or structures.

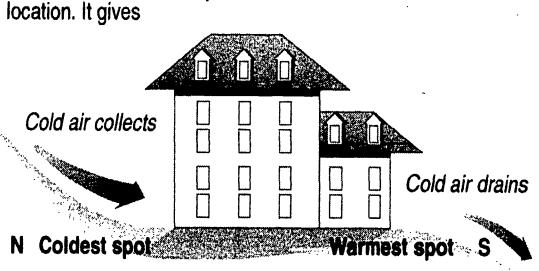
■ South-facing walls absorb heat during the day and radiate it at night, warming nearby

plants. ■ A southfacing wall with an overhang is the warmest

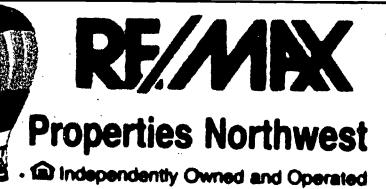
maximum protection against frost.

■ A northfacing wall with an overhang

slope and structure to collect air is the coldest and least desirable for plants.



Copley News Service / Pete Chenar





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THURSDAY MAY 26, 2005

REAL ESTATE

Greener View Cont'd

will still need to be watered.

of when they need to be moisture at a proper level.

in them are filled with excess products. water.

much stress from heat and dry due to the water absorbing. The crystals can be used in a

It may take you a while to from seed or sod, these prod- plants. Some garden seeds get used to the actual timing ucts will help you keep soil will also sprout in the hydrat-

If you are planting trees, The plants can still be over-shrubs, perennials or large already hydrated and they these products on its shelf. watered when the soil pores beds of annuals, you should look like jelly sausages. that are supposed to have air consider using one of these Potted plants and other con-

jar to help roots develop on

Other brands look like cere- Spring is the best time to al or large granules of salt.

As long as you follow the delay. They won't be over-watered tainer plants will also benefit. directions, they will all work.

I tend to prefer the products that can be mixed into soil in If you are planting grass cuttings when you propagate a wide area, so roots have moist soil available no matter where they grow.

> Your local garden center Some of the products come should have at least one of Gardening is fun and easy.

> > plant those plants so don't

Remeber to always water

And don't forget to use a sprinkler that shoot enough water. (The kids will play in the sprinklers when its hot out

E-mail questions to Jeff Rugg at info@greenerview.com.

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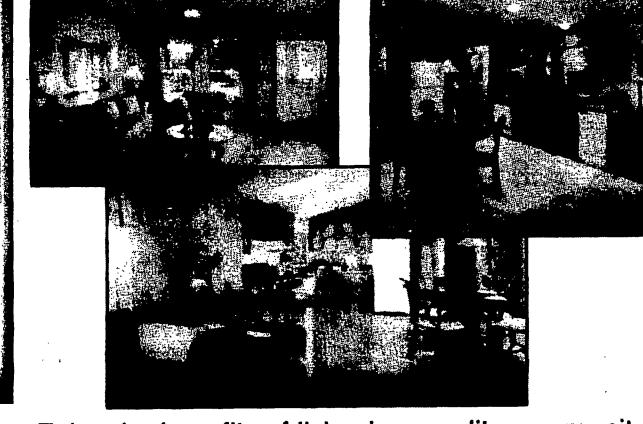
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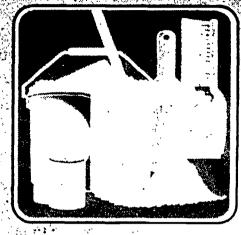
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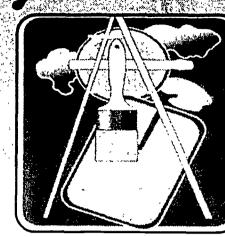
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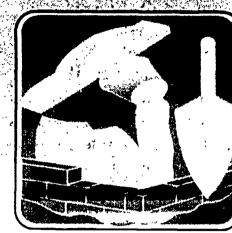
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The Niles Park District will be making chemical applications during the next two (2) weeks in various parks throughout the District for the purpose of weed control and fertilizer on turf areas.

In addition, each park will be posted with signs in the specific application areas. Signs will be posted 24 hours in advance of the applications and will remain up to 24 hours after applications. All procedures concerning notification and application of turf management chemicals will strictly adhere to the guidelines outlined in the Niles Park District's Board of Commissioners

> Niles Park District Joseph V. LoVerde

Statement of Policy.

ASSUMED NAME/LEGAL NOTICE

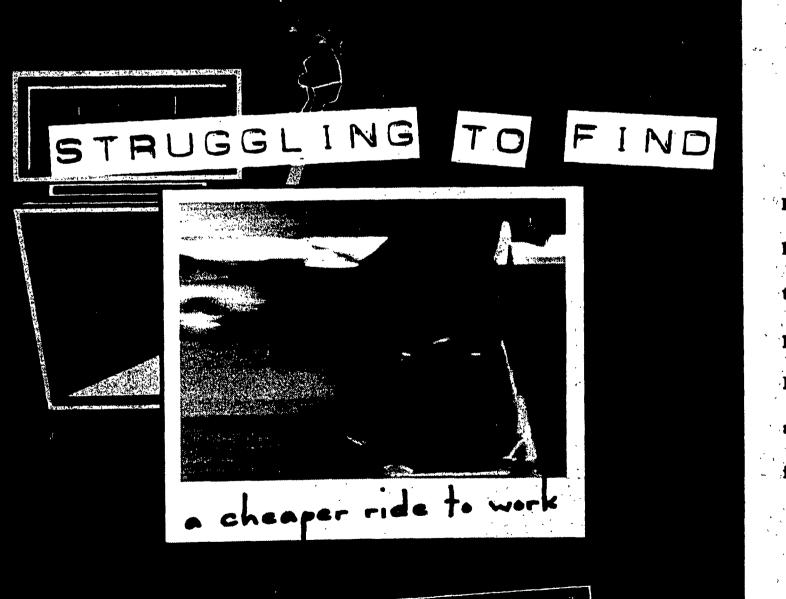
Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, FILE NO. D05096796 on April 26, 2005. Under the Assumed Name of P.A.B. Tax Service, 8230 N. Oleander Ave., Niles, IL 60714. The true name(s) and residence address of the owner(s) is: Pepito A. Beldia, 8230 N. Oleander Ave., Niles, IL 60714

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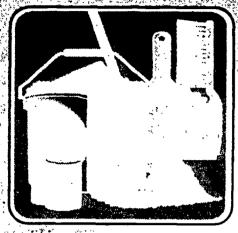
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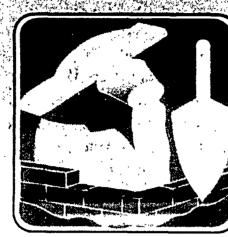
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> Niles Park District Joseph V. LoVerde

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