

**'ILLEGAL' BUSINESS
LEAVES TOWN**
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**PAINTBALL
EXPLOSION
IS MOVING
OUT OF MORTONGROVE**

**RESIDENTS CELEBRATE
INDEPENDENCE DAY**
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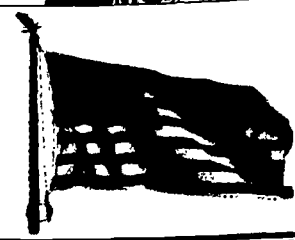


SINCE 1957

THURSDAY JULY 7, 2005

JUL 07 2005

THE BUGLE



VOL. 49 NO. 5

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

Niles Zoning Board Chair Callero re-appointed

The Niles Village Board re-appointed James Callero as head of the Zoning Board of Appeals last Tuesday, June 28 after his appointment was rejected by the board at their April meeting with Feminism the apparent reason for Trustee Louella Preston's opposition.

Callero's nomination was one of three contested appointments, including Joe LoVerde and Al Weel. Those appointments were apparently a result of opposition in

the April 5 consolidated election that handed the slate of Mayor Nick Blase a victory over opponents LoVerde and Ray Czamik. Weel and Callero supported LoVerde over the incumbent board.

At the April meeting, Trustee Andrew Przybylo opposed the reappointment of Weel and LoVerde, citing their disagreement with the board evidenced by the election. No discussion was had on Callero, however, because there was no second for his nomination.

Callero had supported LoVerde and some members of the village board, but reportedly taped over the names of Preston and Przybylo.

Callero's brother, Trustee Robert Callero, believed it was a conflict of interest for him to second his brother's approval and, as such, did not second. When the nomination came up last Tuesday, Callero seconded and it was approved by the board with the abstention of Preston.

"Since I was appointed to the Zoning Board [in the 1970s] we

have not gone a period longer than 18 months without a woman on the Zoning Board," Preston said, "After these appointments have expired we will have gone three years without a woman."

Preston then announced that she would abstain because she believed women had a positive affect on professional and personal relationships and would improve the culture of the Zoning Board. The last woman on the Zoning Board was Kim Bierderman, elevated to the village

board by Blase.

When asked if this was the reason she originally opposed Callero's appointment she said that she didn't know.

"I don't know why we opposed him last time," Preston said, citing the fact that without a second, there was no discussion of the nomination. She did reiterate her belief that it is important to have women on the zoning board.

"I think it sets a bad precedent," she said of the appointments.

Drought parched trees



Morton Grove Public Works Employee Kevin O'Keefe waters a tree at the intersection of Lincoln and Callie Aves. in Morton Grove last week. Drought conditions caused many young trees planted by the village to struggle, especially those planted within the last five years. Residents are reminded to water parkway trees, even after this week's rain because the dry weather made the ground hard and parkways slope to the street, causing much of the water to runoff.

(Photo by Andrew Schneider)

Krier backs off of plan to name patrolman the new Deputy Chief

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

Backing off of earlier statements, Morton Grove Mayor Rick Krier said Friday that he will not name Patrolman Marvin Bornschlegl Acting Deputy Chief of Police at the July 25 board meeting as was originally intended.

For weeks, rumors have been circulating that Bornschlegl, a 15-year veteran of the Morton Grove Police Department was going to

be named chief on the departure of current Chief George Incledon. Bornschlegl's name had been circulated among the village board members for the position of Acting Deputy Chief, where he could be trained by Incledon and ready to take over the position of chief later this year. That, according to Krier, was the plan.

"It was the plan," Krier said. "But plans are not etched in stone."

Story Continues...
see DEPUTY CHIEF page 7.

Dave Sullivan, Republican State Senator will not seek re-election in 2006

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

State Senator Dave Sullivan (R-33) announced last week that he will not seek re-election, citing the increasing cost of education for his children.

Sullivan said Friday that this year has been the first year that he has had two children in college and has had to spend about

\$60,000.

"It's time for me to retire," he said. "In my life I've always put my family first except with this job and I can't afford to do that any more."

Sullivan said that he will not serve out the remainder of his term but has no specific exit date set, deferring to Republican leadership.

Story Continues...
see SULLIVAN page 10.

NEWS

Annual Report details police, crime in Morton Grove

Department's 7pm-3am shift received most police calls

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

The Morton Grove 2004 annual police department report was published June 1 and reveals key information about the department's inner workings last calendar year.

The report noted officer Charles Roberts received a Department Commendations last year for foiling a bank robbery. According to the report, he received the award for "excellent patrol practices and techniques in responding to an armed bank robbery in progress and the subsequent excellent use of pursuit tactics that were instrumental in the detection and apprehension of a felony suspect as he fled the robbery of LaSalle Bank. His actions led to the recovery of the offender's weapon, the bank's money and the possible clearance of other similar incidents."

The report also breaks down

the number of police calls issued by days of the week and by shift. 16 percent of police calls were made on Fridays making that the busiest day of the police week. 15 percent of calls came in on both Wednesdays and Thursdays making those days equally the second busiest.

Mondays and Tuesdays clocked 14 percent of all calls each while weekend Saturdays and Sundays saw the least number of police calls with 13 percent of all calls coming in on each of those two respective days. The 7-3 shift got the majority of police calls with 42 percent, followed by the 3-11 shift with 35 percent and the graveyard 11-7 shift saw 23 percent of police calls.

The majority animal control calls were dedicated to removing road kill. The next most common calls listed in order were stray dogs, skunk complaints, raccoon and opossums,

other animals, barking dogs, insects and birds, deer complaints and, finally, dog and animal bites.

Officers also spent many hours of training. The most training time was devoted to shooting practice and defensive fighting tactics at 1,014 hours. Officers were also trained in breath testing and evidence procedure, 584 hours; law, 448 hours; basic field training, 440; juvenile, drug and gang, 327 hours; miscellaneous workshops and videos, 276 hours; defibrillator usage, 228 hours; terrorism, 194 hours; communications and computers, 140 hours and police tactical training, 128 hours.

The number of internal investigation remained steady this year.

Three allegations of police misconduct were sustained in 2004, two were not sustained and two more were deemed unfounded.

Police Statistics

Morton Grove Crime figures for the year 2004 were submitted in the annual police department report published July 1

Year	2002	2003	2004
Murder	0	0	0
Rape	2	2	1
Robbery	8	4	7
Battery	6	12	17
Burglary	86	70	80
Burglary vehicle	81	88	85
Larceny	346	302	323
Auto theft	26	16	13
Arson	0	0	0
Total	557	494	526
Arrests	2002	2003	2004
Criminal	463	546	580
Traffic	6,155	5,604	5,951
Ordinance	6,214	6,662	5,805

NEWS

Morton Grove may hire Economic Development Director in July

A candidate has been selected for the position of Community and Economic Development Director in Morton Grove, left vacant when Tim Angell departed last year for a position in Des Plaines.

While he did not feel it would be fair to name the candidate until the position had officially been offered, Village Administrator Ralph Czerwinski said that the individual is highly qualified.

"He has a background in economic development and has built out communities in Chicago and the northern suburbs," Czerwinski said.

The village is currently conducting a background check on the individual and a pre-employment physical. Once those results are in, the village could offer this individual the position, after which he would give his current employer notice.

The village has also decided to alter its employment description for Human Resources Director, since they haven't yet found a candidate that they feel would fit the position.

"With limited staff, we want to make sure it's the right fit," Czerwinski said.

The Human Resources position is replacing the post of Assistant Village Administrator, left vacant with the departure of Bridget Wachtel for Homewood last year.

The village had intended to fill the two positions as quickly as the first quarter of this year. One of the unintended consequences of their continuing vacancy has been an impact on the village's budget deficit, projected last year at \$500,000. The Economic Development position was budgeted at \$67,913 and the village has offered \$68,000 to its candidate. The Human Resources Position, while not specifically identified in the budget, takes the slot of Assistant Village Administrator, budgeted at \$95,418.

"Certainly there have been some savings," said Czerwinski. "But we have spent more on overtime and we have two interns to fill the void. It's not a dollar for dollar benefit."

The village has also decided to alter its employment description for Human Resources Director, since they haven't yet found a candidate that they feel would fit the position.

Bunker Hill overlay delayed for another month as village staff conducts door-to-door study

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

The Niles Village Board delayed a vote on a proposed zoning overlay for the Bunker Hill subdivision for another month at last Tuesday's meeting, despite its approval by the village's zoning board.

The proposed overlay would have allowed a home to be constructed or to have an addition that would rise no further than 45 degrees when surveyed from the rear of the lot in question. Staff originally proposed a 35 degree limit, a difference of 28 feet in height as opposed to 32 feet.

The zoning board decided to support a 45 degree standard after they learned that the 35 degree limit would not allow an addition to the Bedoya family's house, a project that generated the whole overlay project.

Last year, the Bedoya's came to the village with a

petition to build a second-floor addition to their home. an addition necessary because their family was growing.

Some neighbors mistakenly believed that the plan called for a change in the

"This is just a concerted effort to talk to everybody."

Nick Blase
Niles Mayor

home's footprint, something that is controversial in a neighborhood where 70 percent of the homes have non-conforming backyards.

After a raucous zoning board meeting, the Bedoya's circulated a petition that was eventually signed by 90 individuals. There are just over

100 homes in Bunker Hill. However, the village board put their addition project on hold pending the creation of a zoning overlay that would set a standard for any future addition projects.

The overlay project involved several public input sessions from residents of the subdivision.

But, in spite of the second zoning board approval for the Bedoya's project, the overlay was again delayed at the village board in order to conduct a door-to-door survey of the homes.

"Either one of [the degree limits] is right," said Niles Mayor Nick Blase. "This is just a concerted effort to talk to everybody."

Niles Trustee Bart Murphy, who lives in the subdivision has been the primary board liaison to the overlay proposal.

He said that he is neutral and is waiting for the study results, but expects the issue to be dealt with at the July village board meeting.

THE BUGLE

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Richard Masterson
Managing Editor
Andrew Schneider
Advertising Manager
Barbara Karawacki

Staff Writer

Jeff Borgardt
Production Department

Neil Schlerstedt
Frank Montiel

Reception

Gloria Caputo

Editor: (847) 882-1900 ext. 1

Production: (847) 882-1900 ext. 2

Display Advertising: (847) 882-1900 ext. 3

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Subscription Service: (847) 882-1900 ext. 5

9:00 a.m. to 5:00 p.m. Monday-Friday

The Bugle is published weekly except on

7400 N. Milwaukee Street, Suite 111

Chicago, IL 60631

Phone: (847) 882-1900

Fax: (847) 882-1901

E-mail: news@buglenewspapers.com

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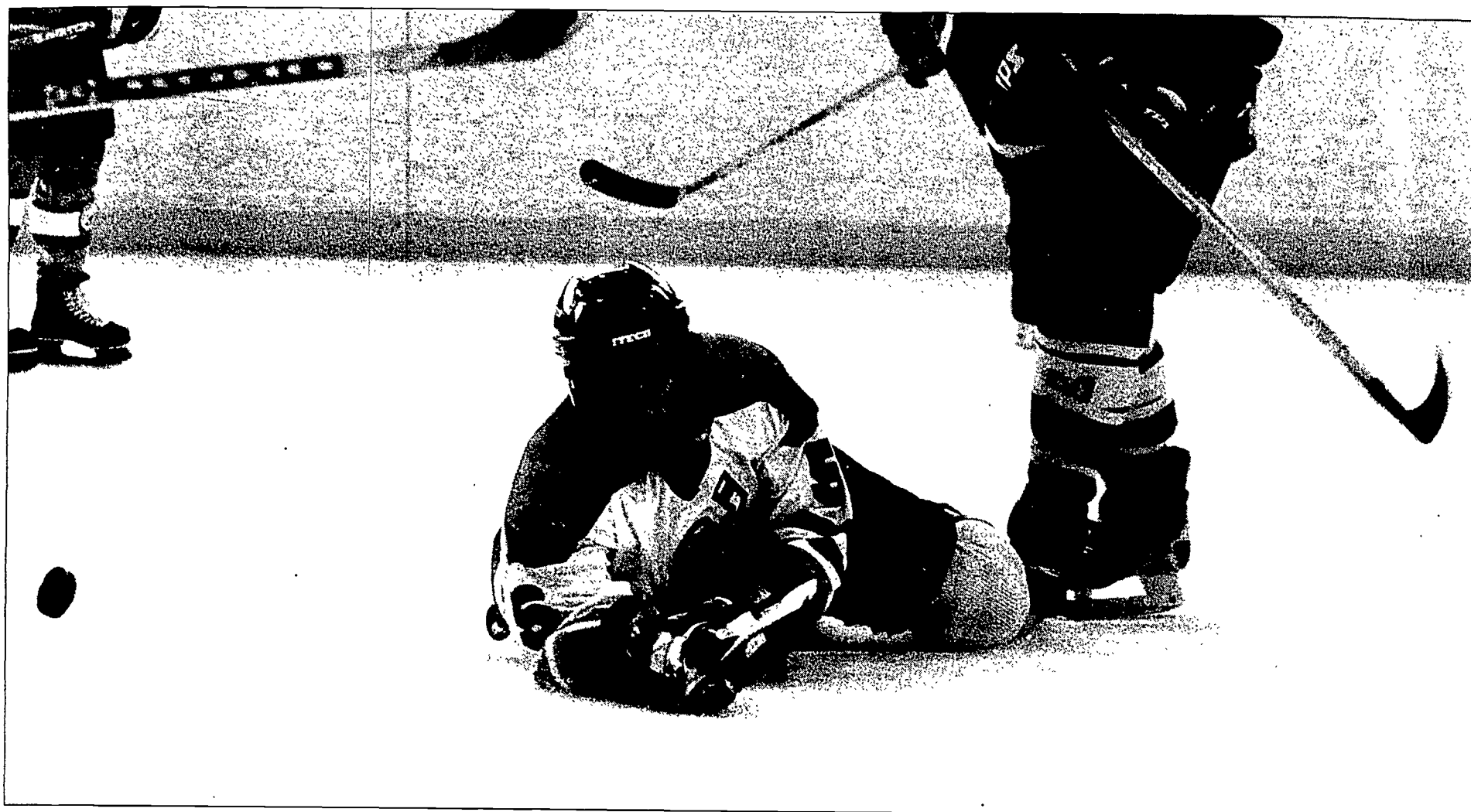
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HEALTH & FITNESS



Baby boomers face a fitness challenge: their aging bodies

FITNESS FORUM

BY MARK SAUER
Copley News Service

The puck smashed Peter Geisberg's lip and face shield at the same instant. He skated to the bench, spat out some blood, took a swig of water and returned to the ice.

After shoulder surgery (skiing collision), hernia surgery (volleyball mishap) and therapy for a pulled groin all in the past year, a bloody lip wasn't about to keep the 54-year-old from another of his athletic passions: ice hockey.

The day is coming, of course, when he will no longer be able to play. But Geisberg prefers not to think about it.

"As long as I am having fun and can compete at a satisfying level, why would I give it up?" said Geisberg, who in 1985 immigrated to the United States from Slovakia, where he grew up skiing and playing hockey.

"The sports, they are keeping me young."

Geisberg is hardly unique among millions of middle-aged jocks who remain game of mind, spirit and body, making the baby boom generation the most active, age-resistant generation

in history.

On tennis, volleyball and basketball courts, baseball and soccer fields, ice and roller rinks, biking and hiking trails, jogging paths, swimming pools and beaches, baby boomers cling ferociously to the games of their youth.

"There is absolutely no question baby boomers are radically different from their parents when it comes to continuing to play their sports and stay active," said Dr. Richard A. Parker. An osteopath, he is medical director of San Diego Sports Medicine and Family Health Center in the Alvarado Hospital complex near San Diego State University.

While the 77 million Americans born between 1946 and 1964 may be more active and expect to play - and live - longer than previous generations, that doesn't mean they are impervious to the realities of aging.

Parker said that while the mind may be willing, concessions to age must be made to avoid breakdowns of the flesh.

"As we reach middle-age, and I'm in that category myself, we must pay attention to what's

happening with our bodies and what changes we have to make in order to keep doing what we love to do," he said.

"I see a lot of osteoarthritis on weight-bearing joints - especially knees - and in the back and neck. We also see a lot of degenerative disc disease in this age group.

As we age, bones and muscles lose strength and mass. Soft tissues, tendons, ligaments and muscles become less elastic and more vulnerable to tearing.

Age also causes lung capacity to decline and a decrease in the amount of blood the heart can pump.

While these changes are inevitable, the rate of decline can be slowed - which is vital if those in their 40s, 50s, 60s and beyond are to continue playing their games.

"The first thing to understand is that as you get older you can no longer play yourself into shape. You have to get in shape in order to play," said Parker.

Exercise regimens are nearly as numerous and varied as diets. Parker stresses a simple one-two-three approach: cardiovascular fitness; strength training;

and a regular flexibility program.

gram.

"The idea is to create a musculoskeletal system that is strong enough to tolerate the wear and tear that occurs with athletic activity," he said.

Most physicians and physical trainers agree that 30 minutes of moderate to vigorous exercise at least three times a week is necessary for fitness.

Though weight machines are an efficient way to build and maintain strength, Parker said many trainers now emphasize working out the "core" - the overlapping trunk muscles of the abdomen, lower back, buttocks, hips and pelvis.

Exercises that focus on isometrics and balance to improve strength - including Pilates (exercises that focus on improving flexibility and strength for the overall body), workouts with a Swiss ball or with free weights - are rapidly replacing bulk-up routines on machines.

"Our trainers in the rehab/exercise room are not asking for new machines," Parker said. "They want more open space."

WORKIN' MY WAY BACK

Story Continues...
see **FITNESS** next page.

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CONTINUED FROM PREVIOUS PAGE

When Gil Bergeron fell and broke his shoulder a few years ago while Roller Blading near his Escondido, Calif., home, there was no question he was willing to endure surgery and the long, tedious rehab necessary to get back to playing ice hockey, even though he was 52.

"For me, it's a business," said Bergeron, a native of Montreal who, for a fee, organizes several senior-level, no-checking hockey games weekly at area ice rinks, including ones that Peter Geisberg plays in.

"I have to show by example," Bergeron said. "I must encourage people who get hurt to come back and play."

Sandy Bilodeau didn't need Bergeron's encouragement to go through the pain and sweat of rehab to get back on the ice. The 42-year-old wife and mother of four had been playing hockey for only a year when she broke several bones in her ankle during a midnight tournament game in Las Vegas.

She loves the sport and cannot wait to get back on the ice.

So three times a week, Bilodeau does stretching and balancing exercises and weight training as part of an intense rehabilitation program at Physical Rehabilitation Network in Encinitas, Calif.

"We start with a heat pack to get the muscles loosened, then we do some massage and stretching for joint mobilization," said physical therapist Jennifer Sobajian as she kneaded Bilodeau's ankle, still swollen and stiff, seven weeks after the injury.

Bilodeau had been playing hockey four times a week before her injury, often with her husband in Bergeron's groups.

"I've been active my whole life, but playing hockey is the best exercise, the greatest workout, I've ever had," she said, watching Sobajian manipulate her ankle.

Barring any setbacks, Bilodeau faced four to five months of physical therapy and a full six months of recovery time before she expected her doctor to clear her to resume playing hockey.

"It's driving me crazy," she said midway through her rehab ordeal. "But I'm being a nerd about doing everything they tell

me - I don't want any setbacks. And, to be realistic, I've got four kids to take care of besides playing hockey."

Having clients this motivated can be a double-edged sword, Sobajian said.

"We see people go through extraordinary rehab programs because they are so determined to get back out there. But many try to get back too soon and get hurt again," she said.

"In general, the older you are, the more you are prone to injury and the slower you are to recover."

Peter Geisberg said he has made two concessions to his hockey injuries: He now wears shoulder pads and has replaced his plastic visor with a full-face cage.

When his days of playing hockey are over, Geisberg said, he plans to take up scuba diving. But that's still a long way off. After all, there are guys in their 60s and 70s playing in Bergeron's pickup games, as well as one who's 82.

So when is it time to finally give it all up?

"Never," Dr. Parker said.

"You need to stay engaged for a lifetime in fitness and sports. The health benefits of staying active are phenomenal."

R.I.C.E. to the rescue

Copley News Service

Active people at any age can suffer from aches, pains and minor strains when playing sports. Experts say one of the best early treatments of a moderate sports injury is the R.I.C.E. formula:

- R** (Rest) It's key at first to stop playing and rest. Later, keep weight off the injured joint.
- I** (Ice) To ease swelling, apply ice for 10 to 20 minutes (no more, to avoid frostbite).
- C** (Compress) Limit swelling and keep the injured area still by wrapping it in bandages.
- E** (Elevate) Reduce the amount of blood going to the injured area by raising, or elevating, it.

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Old School PE

Copley News Service

Besides treatment for injuries and rehabilitation, a lot of the relatively new field of sports medicine concentrates on injury prevention and basic fitness.

Here are some recommendations for aging athletes from the American Academy of Orthopaedic Surgeons:

ALWAYS TAKE TIME TO WARM UP AND STRETCH. Warm up with jumping jacks, jogging or walking in place for three to five minutes, then slowly and gently stretch, holding each stretch for 30 seconds.

AVOID THE "WEEKEND WARRIOR SYNDROME." Inserting physical activity into two days invites injury and does not increase your fitness level. Thirty minutes of moderate physical activity daily, activity that might include walking the dog, working in the garden and taking stairs instead of an elevator as well as working out, is ideal.

INVEST IN LESSONS AND PROPER EQUIPMENT. Proper form and instruction help reduce overuse injuries, such as tendinitis and stress fractures.

KNOW YOUR BODY AND LISTEN TO IT. Understand the difference between routine soreness associated with exercise and sharp pains, often in joints, which may signal injury.

DEVELOP A BALANCED FITNESS PROGRAM incorporating cardiovascular exercise, strength training and flexibility. Cross-training not only spares strained muscles and aching joints, it also relieves boredom.

IF YOU'VE BEEN SEDENTARY FOR A WHILE or are concerned about your health, consult your physician and consider having a professional trainer tailor an exercise program for you.



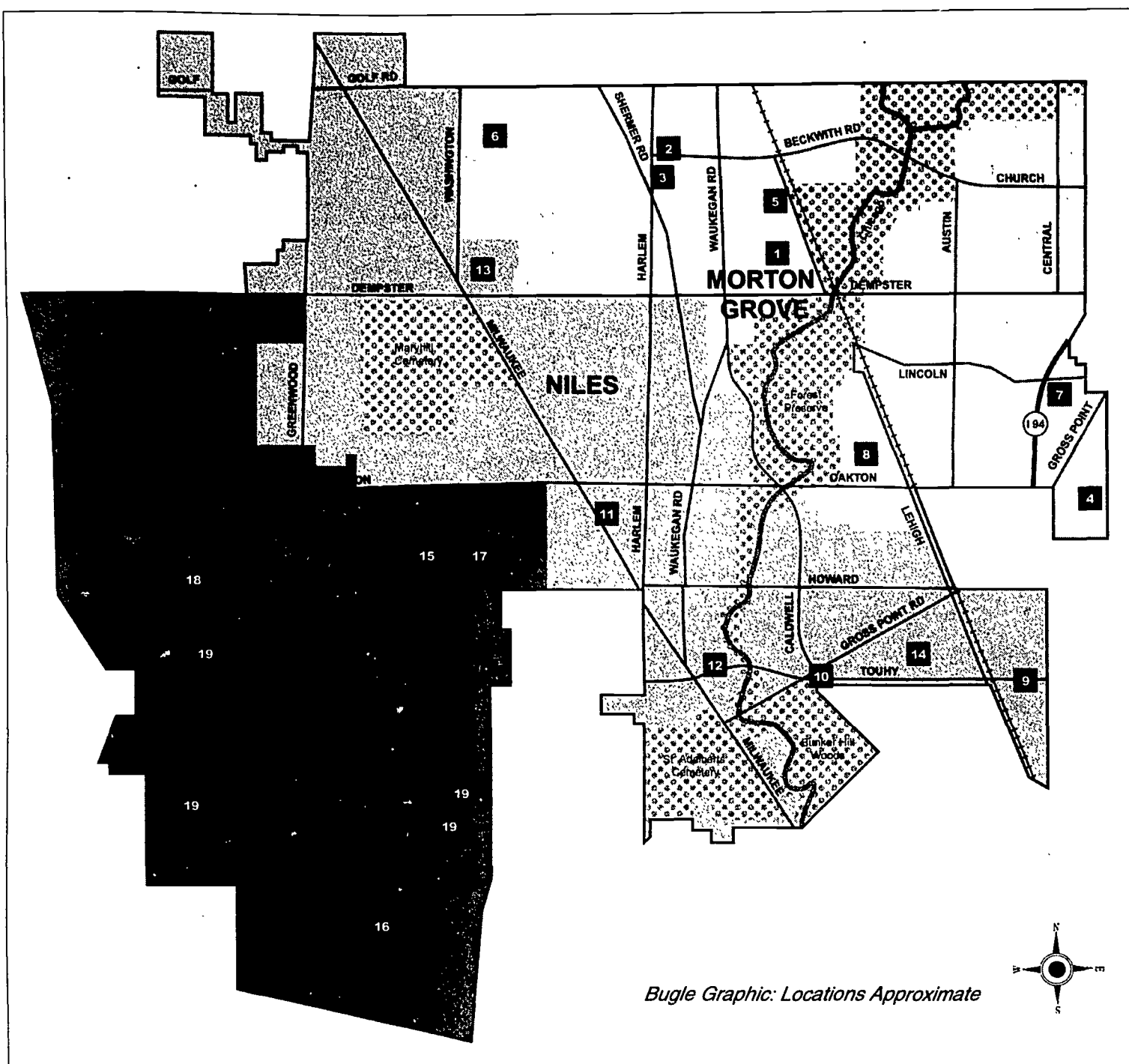
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POLICE BLOTTER



Bugle Graphic: Locations Approximate

MORTON GROVE

The following was derived from the official reports of the Morton Grove Police Department for the week ending Friday, July 1.

1 Hair Cut Firing (6700 Dempster)

An employee of Great Clips, 27, became angry when she was fired June 25. The woman, 27, of Skokie allegedly threatened the supervisor who fired her. She reportedly still has property of another employee in her possession. Police warned her not to return to Great Clips.

2 Massage Parlor Injury (9300 Waukegan)

A man carrying a pane of glass out of a massage parlor June 27 was injured when he tried to set the glass on the ground and it shattered. He was injured on both arms and taken to Lutheran General Hospital for his injuries.

3 Malicious Mischief (6900 Church)

On the night of June 25,

offenders taped pornographic pictures ripped out of a magazine upon the backboard of a driveway basketball hoop. They wrote the words "You've Been Porned" on the hoop which is nine feet off the ground.

4 Rats in the Yard (7900 Lotus)

A foreign woman rang the doorbell of a home June 27 and identified herself as an employee of the Morton Grove Health Department to the 83-year-old woman who answered the door. The woman said there have been reports of rats in the backyard. The two walked into the backyard and the woman walked away without incident out a rear sidewalk.

5 Dead Skunk (8900 Natoma)

A dead skunk was discovered June 24.

6 Litter (9200 Merrill)

Residents reported littering and suspicious activities June 25

when they discovered empty condom wrappers and an empty lighter on a driveway. A resident saw a suspicious car parked on the street that prior night.

7 Sticker Stolen (8300 Central)

A vehicle license plate registration sticker was stolen from an automobile June 27.

8 Auto Damage (8100 River)

The vehicle of a graphic designer was damaged June 28. The window of the 1995 Toyota was shattered.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Friday, July 1.

9 Fake \$100 Bill (5600 Touhy)

The Secret Service was contacted last week when a shopper walked up to the cash register to purchase a fishing reel, handed a

fake \$100 bill to the cashier and then got nervous and walked away leaving behind the bill and the reel. The bill is printed on a 'fiber' paper and the bill defeats the counterfeit pen used to detect fake bills.

10 Fake \$10 Bill (7200 Caldwell)

A man went into a gas station and handed the cashier a \$10 bill. The cashier returned the bill and said it was fake. The man declared that he must have received the bill as change from another transaction.

11 Cell Phone Taken (Oasis Pool)

An 18-year-old student left his cell phone under his towel while swimming at the Oasis Pool. When he got out of the pool, the phone was gone.

12 Tow Truck Auto Theft Attempted (7000 Niles Terrace)

A tow truck parked in a motel parking lot had a window shattered and the steering wheel col-

umn peeled off June 29. A hammer stored on the bed of the truck possibly used to break-in.

13 Graffiti on Graffiti (Nelson Grade School)

A complaint was filed when a custodian observed someone spray graffiti that was tagged there earlier in the day.

14 Office Crime (7300 Melvina)

A Chicago woman, 28, was working when she left her purse on her desk. She walked away. When she sat down, the purse was unzipped and her cell phone was missing.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Thursday, June 30.

15 Theft of Car (700 N. Prospect)

A 2005 Volvo was stolen from the driveway of a residence in the 700 block of N. Prospect Wednesday, June 29.

16 Attempted Burglary (1400 S. Fairview)

A resident discovered several pry marks on the rear entry doorjamb of their home in the 1400 block of S. Fairview over the weekend of Saturday, June 25. Entry was not gained.

17 Home is paintballed (400 N. Wisner)

A home in the 400 block of N. Wisner was shot by five paintballs overnight Thursday, June 23. The estimated cost of the damage is unknown.

18 Car burglarized (700 N. Western)

Someone broke into a 1993 Honda Prelude parked in the 700 block of N. Western Thursday night, June 23. Stolen were a CD player (\$300), auto meter gauges (\$250), fuel controller (\$300) and radar detector (\$340). The driver's side window was broken.

19 Vandals Egg four cars (Various Addresses)

Vandals threw eggs at four cars parked on the 1000 block of S. Aldine, the 100 block of N. Home, the 100 block of Columbia and the 200 block of Columbia from Friday, June 24 to Sunday, June 26. Estimated cost of the damage, primarily caused by yolk and egg whites was unknown.

All information printed in the 'Police Blotters' is obtained from written reports of the respective police departments.

News from the Police Reports

Armed home invader suspect captured

BY JEFF BORGARDT
jborgardt@buglenewspapers.com

A man shot in the face during a May 2004 Elgin home invasion was apprehended by Niles police last month.

Tracy Williamson, 33, of Chicago was arrested on an outstanding warrant at 7:08 p.m. on the 8000 block of Milwaukee and then turned over to Elgin police June 9.

According to Elgin police, Williamson and another man broke into an apartment in May 2004.

The two men tried to rob the resident of the home and a strug-

gle ensued.

The resident was shot in the leg; his injuries were not life threatening.

Williamson was allegedly wielding the handgun.

The resident was able to wrestle the handgun from Williamson and shoot him in the face.

Williamson and his accomplice then fled.

Blood and evidence found on the scene led police to issue a warrant for Williamson's arrest. He was captured by Niles police June 9.

Williamson appeared in Kane County Court and had bond set at \$250,000. He faces a half-dozen felony charges.

DEPUTY CHIEF:

No one slated to fill vacancy at this time

CONTINUED FROM PAGE 1

Bornschlegl also had a plan to eliminate the current command organization of the department, currently set up with a system of commanders and replace it with two deputy chiefs of police heading two divisions of the department.

Bornschlegl has served as the president of the local Fraternal Organization of Police and is first in line to become sergeant and has a masters degree in counseling.

On Tuesday, Krier said that he was leaning towards Bornschlegl for both the positions of deputy chief and chief but that he hadn't made up his mind.

"He's a serious contender," Krier said. "I'm very impressed with his education, background and exuberance to get in there."

Krier called Bornschlegl a reformer, saying he was an outsider who could make changes in the police department.

"He's ready to be committed to this community," Krier said.

He also identified Bornschlegl as the kind of guy who could change the culture of the police department and bring it closer to the people of Morton Grove.

"I want high schoolers to know our chief," Krier said. "Elementary schoolers and the business community. [Bornschlegl] is ready to change the face of this department."

Krier said that he wants the police department to become more directly engaged with the community.

We need a police force that can engage this community," he said. "When someone stops a police officer and says they have an animal in their trash can, don't call public works, the police officer can knock over the can and get the animal out."

Krier also said that he believed the police department needed to be scrutinized.

"It seems we're a little high on the admin side and not enough on the street," he said. "Do we need a commander and two sergeants on each shift?"

Krier said Tuesday that Bornschlegl seemed like the guy with the energy and enthusiasm to institute some of these reforms, though he did say that Incledon opposed Bornschlegl's appointment.

On Friday, however, Krier backed away from the potential appointment of Bornschlegl, saying that things were moving too fast and that the process should be slowed down.

"[Bornschlegl] will not be acting deputy chief, deputy chief, or anything of the kind," he said. "I can say confidently that I will not be offering the position to him."

Krier also reiterated his earlier statements that an external candidate for the position of chief of police might be well-positioned to make some of the changes he would like to see in the police department.

He also said that the appointment of a deputy chief should wait for a new chief, so that that individual could have his or her own team in place.

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COMMENTARY

Letters to the Editor

OTB not welcome in Morton Grove

Dear Editor,

I for one, took a deep sigh of relief when the Morton Grove Board voted to remove OTB from permitted use in the village. The two Active Party trustees tried their best to forestall and shift the vote, but President Krier would have none of it. What was surprising was the rational that the two Active Party trustees were taking. It was to have a village referendum or study of the issue before voting on it. In the case of trustee DiMaria, he seemed to forget that a few months ago, when the idea of holding a referendum on OTB's in the village, he was adamant that there was no need for any referendum, since he was elected by the people to make such decisions and did not need the opinions of villagers on that matter. Suddenly now, referendums are good, and we should hold them to see what the public thinks. Referendums are not bad in themselves, but in this case, over 400 Morton Grover's tried months ago to get one started, but that was shot down by the then-ruling Action party. Most of these citizens were against the OTB, and wanted the village board to understand that an OTB was not welcome in Morton Grove. Trustee Stackman was recently pushing for more openness and disclosure on village issues, yet he was trying real hard to ram-rod this last minute proposal without going through

proper procedures. These two trustees should know that people's memories are not that bad and they remember how they behaved when their party was in power.

Sherwin Dubren, Morton Grove

Paintball a serious sport, safer than baseball

Dear Editor,

My name is Kenneth Martin and I am writing to discuss law 6-2-7 "Guns or Firearms which fire pellets of paint" which was passed in 1985. Recently, Paintball Explosion on Dempster was told that it was in violation of this law. However, Paintball Explosion was given a license to operate with explicit into to sell/distribute paintball equipment by Morton Grove. I am writing to aid in the debate of the validity of the 20-year-old law. Prior to 1985 pellets of paint were used by farmers to mark trees for land boundaries, shortly after pellets of paint were used for military purposes. In 1985 the first paintball field was opened in England. And which has then evolved into a multi-million dollar industry. I am not writing to give a history lecture on paintball. I am here to discuss how it has traveled the same paths as any other sport or activity.

Ever since the very first paintball game, paintball began to evolve. It has evolved not just for accuracy, speed or efficiency, but in safety as well. Whether it is protecting eyes from having simple eye goggles to state of the art full-faced masks. Paintball has moved on for full body protec-

tion for everything from neck to chest to elbows to hips to shins to feet. Paintball technology has evolved to make it the safest mainstream sport. Those who play the sport of paintball have full knowledge of the safety of the sport, as long as you wear proper protective gear, like any other sport, there is no serious risk of injury. Those who play in designated paintball facilities know referees and judges will force you to cover the barrel with a barrel cossie to stop the paint from firing. Those who play paintball understand that there is a degree of bruises that a person would acquire from playing the sport.

Comparing paintball to other mainstream sports that requires concentration, athleticism and other attributes such as football, hockey or even America's greatest pastime, baseball. All of these sports require vast amounts of concentration, athleticism and safety. Paintball is another such sport and the beauty of these sports, like paintball, is that you don't have to participate if you don't want to. Since we are using statistics, we will use the most violent sport in America, football. In 2001, there were 23 football participation-related deaths. I have tried to find paintball participation-related deaths and I have not found any. If you can I would love to hear it.

To be fair, I will also take statistics of America's greatest pastime, baseball. Baseball has 81-related deaths, by kids. Baseball has also accounted for 3,900 facial injuries. In 1998, the relaxing game of golf had roughly 23 times more injuries than paintball, says the National Injury Information Clearinghouse U.S. Consumer Product Safety

Letters Continue... see LETTERS page 10.

Another Perspective



Not Liberty Day

Did you ever wonder why we call it Independence Day and not Liberty Day? On July 4th, 1776 weren't we declaring our liberty?

Think about the word liberty. In the military it has taken on the connotation not just of that time you are allowed to yourself, but a time of drunken debauchery and revelry. Ask any teen and they will tell you that they not only want their liberty, they deserve it. They are "mature".

Of course, they abuse their liberty like a drunken sailor. But, that is easy to do as a kid. They can afford the wildlife because mommy and daddy have, through their diligence, hard work, and care, set-up a safe and secure household and are paying all the bills. It never ceases to amaze my how crazy college kids are. Study after study shows that they are more brazen and foolish than ever. Sexual promiscuity is only matched by binge drinking and drug experimentation. These are our elites and future leaders? Is this the person you want as your doctor, lawyer or accountant? If they make these kinds of decisions with their own lives what concern will they show for yours?

Ah, but eventually they mature (we hope). You see independence is something more than just liberty. It goes beyond mere freedom to include responsibility. Independence means that you accept and sustain responsibility for yourself and your actions. It is the ultimate in maturity.

Sociologists break individuals into three groups: Dependent, interdependent, and independent. Interdependency is just another form of dependency. If I can't make it without you, aren't I just a dependent (or a parasite depending on your perspective). Instead think what hap-

pens when you place two independent people in a situation, any situation, they solve it, generally together, but if necessary alone. They are not "broken toys" waiting to get fixed. They are not emotional cripples, but full adults, truly mature. These are the people you count on in a pinch.

Parents exist to assist their children to become fully independent. Parents need to use standards and morals that will build their children up and avoid things and situations that create dependency: pre-marital sex, drugs, sloth, etc. It is only through complete independence that we can truly fulfill the measure of our creation. This comes from the courage to make right decisions even when it hurts. This is what makes real men and women. This is the true American stock and the only way to real happiness.

When the Founding Fathers declared for independence they had the guts to make a decision and keep their commitments, despite the risk. Many died for our chance at independence. Freedom is not free; we have to work at it, independently first and only then, together. Too many want to ride the cart, leaving too few

Column Continues... see DUBEL page 10.

NEWS

Cease and Desist

Morton Grove grants Paintball Explosion a business license, then shuts him down

BY ANDREW SCHNEIDER
editor@buglenewspapers.com

After barely a month in operation, Morton Grove business Paintball Explosion had to shut down. It turns out the business, which sells equipment, markers and paintballs for the popular sport is specifically against the famous handgun ordinance that gained the village national notoriety in 1985.

"He should never have been issued a license," said Morton

my lease," Chavez said. "They said, 'yes, go ahead.'"

Chavez had signed a three-year lease for his site on Dempster, just east of Menard. He had a five-year agreement on his alarm system and a four-year agreement for his credit card machine.

While Chavez's landlord agreed to release him from the lease under the circumstances, he has lost time and money on the deal and doesn't yet know where he'll reopen.

"I put everything into this store," said Chavez. "Savings, money I borrowed, credit cards I maxed and now, a month after I open, this."

Like many small business owners, Chavez could not afford to fight out the determination of the village that his business was illegal. He closed up last week and began moving his merchandise and furnishings from the store. Chavez said that he chose Morton Grove because of its location.

"It's very close the expressway," he said. "There's a lot of traffic."

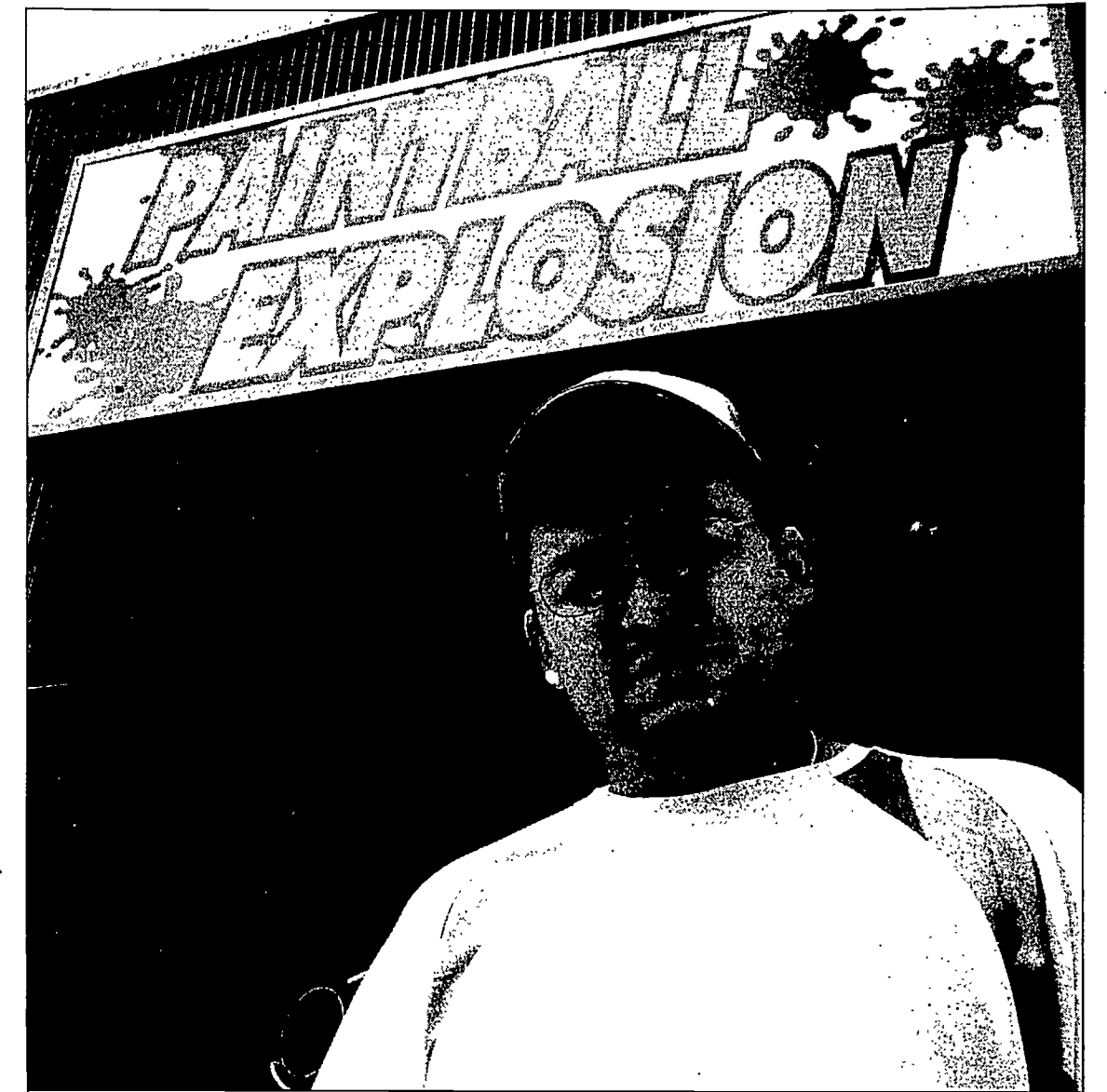
The village's handgun ordinance has a section entitled "guns or firearms which fire pellets of paint," and forbids sale of them. Chavez and his staff, however, argued that the sport has evolved so much since the ordinance was passed in 1985, that the ordinance is no longer applicable.

"They're not guns, they're markers," said Paintball Explosion Employee Kenneth Martin. "When the ordinance was written they were being used by farmers to mark territory and livestock. They were more powerful."

Chavez also said that the sport is becoming more popular with residents of the area.

"Every Saturday I've been meeting with a group of locals behind the store to go paintballing," he said.

Krier said that village staff was



George Chavez stands in front of his shop on Dempster just east of Menard Wednesday. The village issues Chavez, the owner of "Paintball Explosion" a cease and desist order, prompting him to shutter his store the next day.

currently reviewing their procedures to determine how a business that was prohibited by ordinance was granted a license.

"We want to make sure that it never happens again," he said.

While there have no compensation talks between Chavez and the

village, Krier said he would be willing to refund fees charged by the village.

Chavez, however, has spoken to a lawyer about the possibility of suing the village for money that he has lost.

"I can't incur any more expenses here," Chavez said. "I have spoken to a lawyer and I haven't decided what to do, but I have to do something to try and get compensated for the money I've lost."

Chavez hasn't found a new location yet. Paintball Explosion is his first business.

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NEWS

Volunteer Insurance?

Two Maine Township volunteers have requested workmans compensation and personal injury insurance that would cover them in case they are hurt as they volunteer for the township emergency management agency.

Supervisor Bob Dudycz said the township now has only a liability policy that covers the actions of the volunteers.

For example, if a volunteer were driving a van that crashed into a store, the insurance would cover the damage to the store.

However, personal injury to the volunteer may not be covered.

Dudycz said the township is exploring the question.

The emergency management agency has 20 to 30 volunteers who spend free time training to prepare for emergency contingencies.

"It's like a volunteer fire fighter," Dudycz said. "They don't really work unless there is a fire."

They volunteers also assist agencies with roadblocks and work closely with the Cook County Sheriff's office.

Dudycz noted that volunteers, by definition, perform work for no fee.

"What is a volunteer? Well, it's

someone who performs a service out of the goodness of their heart."

However, he noted that insurance experts are examining the question at this time.

"Whenever something comes up, we always have someone take a look at it," he said.

The township is going to determine if other townships offer this insurance to volunteers, though only 10 percent of Cook County township's have emergency management agencies.

The town board may take up the question after the study.

DiMaria, Staackmann oppose laptop computer for Morton Grove clerk

In move that Morton Grove Mayor Rick Krier called "political," Trustees Dan DiMaria and Dan Staackmann voted against approving the warrant registry at the last village board meeting because a \$1,200 computer was purchased for the village clerk.

"We can't go spending \$1,200 willy-nilly," DiMaria said.

Krier, however, accused the trustees of grandstanding. They are the last elected officials of the Action Party.

"They haven't raised these objections to me," said Krier. "And then to go tell the press, it's grandstanding."

DiMaria, however, said that when he was elected to the clerk's position, he purchased a computer out of his own pocket.

"I knew I was going to need

one for the position but I didn't think it was fair to charge the taxpayers," he said.

Krier said that the purchase of a computer for the clerk was appropriate because of the note-taking work she does for the village board. He also said he was exploring the possibility of purchasing computers for the entire village board.

"There are villages where everything that the board receives is electronic," Krier said. "With the last village board, it might not have been a good move because some of the members were not computer-savvy, but with this board we could do away with the paper board packets."

Krier said that plan would save a great deal of staff time that goes into the preparation and copying of the board packet for the village's trustees.

Morton Grove may hire Economic Development Director in this month

A candidate has been selected for the position of Community and Economic Development Director in Morton Grove, left vacant when Tim Angell departed last year for a position in Des Plaines.

While he did not feel it would be fair the name the candidate until the position had actually been offered, Village Administrator Ralph Czerwinski said that the individual is highly qualified.

"He has a background in economic development and has built out communities in Chicago and the northern suburbs," Czerwinski said.

The village is currently conducting a background check on the individual and a pre-employment physical. Once those results are in, the village could offer this individual the position, after which he would give his current employer notice.

The village has also decided to alter its employment description for Human Resources Director, since they haven't yet found a candidate that they feel would fit the position.

"With limited staff, we want to make sure it's the right fit," Czerwinski said.

The Human Resources position is replacing the post of Assistant Village Administrator, left vacant with the departure of Bridget Wachtel for Homewood last year.

The village had intended to fill the two positions as quickly as the first quarter of this year. One of the unintended consequences of their continuing vacancy has been an impact on the village's budget deficit, projected last year at \$500,000. The Economic Development position was budgeted at \$67,913 and the village has offered \$68,000 to its candidate. The Human Resources Position, while not specifically identified in the budget, takes the slot of Assistant Village Administrator, budgeted at \$95,418.

"Certainly there have been some savings," said Czerwinski. "But we have spent more on overtime and we have two interns to fill the void. It's not a dollar for dollar benefit."

DUBIEL:

Will you work for freedom?

CONTINUED FROM PAGE 8

to pull it.

The Declaration of Independence reads in part, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

If history goes back 6000 years, the United States of America has

been around for a small amount of that time. What will you do to keep it here? Will you stand for simple liberty, they cry of the libertine? Or will you work for your independence?

In the words of Benjamin Franklin, "The Constitution only gives people the right to pursue happiness. You have to catch it yourself."

LETTERS:

Paintball is a safe sport

CONTINUED FROM PAGE 8

Commission. There is no doubt that paintball has been given a bad reputation by punk kids shooting at trash cans or terrorizing people. These people are the minority that gives paintball a bad reputation. When, in fact, the average paintballer is one who has a job and earns their funds to help support their interest in paintball. If we were to always allow the rare occasion to dictate the total validity of the sport, we would be stuck in a bubble and scared of our shadows. The safety record speaks for itself.

One of the great things about America, if a person or parent does not wish to participate or have their child participate then he or she does not need to purchase or allow the purchase of a paintball marker. In other words, if you don't want to play hockey, don't buy a stick or if you don't want to play football don't buy a ball. But don't start banning a sport or purchase of sporting goods when the sport is far safer than other sports. If paintball and paintball equipment is banned then hockey, football, track, baseball and any contact or strenuous activity should have been banned long before paintball came to be.

The bottom line is that paintball is, by far one of the safety sports and activities a person can participate in.

Kenneth Martin, Employee, Paintball Explosion

SULLIVAN:

College finances necessitated move

CONTINUED FROM PAGE 1

"I don't have an exit date set," he said, "but I have no plans for immediate departure. It'll probably be in the fall or spring."

Among the projects that Sullivan is proud of are work on flooding in his district through Levecs 50 and 37 and continuing

discussion on the expansion of O'Hare International Airport, an issue that deeply concerns his constituents particularly those in Park Ridge, Elk Grove Village and Des Plaines.

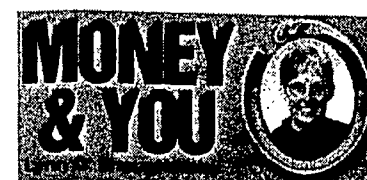
"I love this job," Sullivan said. "I think that it shows."

No one is slated to receive the appointment, though Sullivan said that Arlington Heights Mayor Arlene Mulder is interested in the position.

Sullivan has served as the 33rd District's Senator since 1998 when he was appointed to fill the seat left vacant by the death of former Park Ridge Mayor and State Senator Marty Butler.

BUSINESS

Profits hint ads influence magazines' fund picks



Ever wonder how personal finance magazines pick the mutual funds they enthusiastically recommend?

I can't answer that question, but I can share a provocative research paper written by a couple of professors at Stanford University and the University of Oregon, who suggest that advertising dollars bias the magazines' recommendations.

Cynics might not find that too surprising. I didn't. But readers who take their investing cues from these publications should be dismayed by one of the researchers' key conclusions: "Investors would do just as well picking funds at random."

The researchers didn't spot any blatant attempts to hype funds. When you flip to the ubiquitous cover stories that instruct readers on the best funds to buy right this instant, you won't find writers praising the bow-wows that even a Humane Society volunteer might have trouble loving. The bias is much more subtle, which of course makes it much harder, and realistically impossible, to spot for someone who has just paid \$4.95 for a few hot investing leads.

The study examined the editorial and advertising content of five of the top six recipients of mutual fund ad dollars from 1996 through 2002. Those publications were Kiplinger's Personal Finance, SmartMoney and Money magazines, as well as The New York Times and The Wall Street Journal.

The researchers documented a positive correlation between what a fund family spent on advertising during the previous year and the likelihood that the magazines would give its funds positive mention.

The researchers, however, drew no conclusions about whether this perceived bias on the part of the magazine staff was conscious or not. The professors didn't find any link between the two newspapers' advertising and fund recommendations.

OK, you might be thinking, the professors burrowed into what might very well be a nasty industry secret. But does favoring deep-pocket advertisers hurt the investors who are subscribing to these magazines? You be the

judge.

The study documents that, collectively, the recommended funds couldn't even manage to outperform the average returns of their appropriate fund peer groups. That's awfully underwhelming.

Maybe this wouldn't matter if investors treated stories that hawk fund picks as harmless entertainment. If they put as much relevance into these articles as Court TV commentaries, nobody would get hurt. But the study suggested that readers, while pretty much ignoring the ads in the investing magazines, apparently believe that financial journalists are blessed with omniscient powers.

They aren't, folks. Still, when SmartMoney's current issue recommended three stock funds as among the "best places to put your money now," you can bet that plenty of readers scrambled to buy shares.

Quite a few years ago, a gleeful fund manager told me that an article I had written about a REIT fund for the now-defunct Mutual Funds magazine had triggered a barrage of phone calls from eager investors. The firm was even getting calls in the middle of the night.

In fact, the researchers documented that magazine recommendations boosted the cash flowing into these highlighted funds. After controlling for a variety of factors, the professors determined that one positive mention of a fund was responsible for cash inflows that ranged from 6 to 15 percent of its assets during the next 12 months.

Of course, magazines vehemently deny any bias.

In the 1990s, an article in Kiplinger's Personal Finance included statements from editors at various investing magazines, including Kiplinger's, Money and SmartMoney, that insisted that advertisers hold no influence over their editorial content.

What you won't hear them saying is that lots of financial journalists think these fund recommendations are nuts. I've had plenty of conversations with financial journalists who acknowledge that they invest their own money in low-cost index funds, as do I.

My experiences mirror that of an anonymous journalist, who wrote a first-person story in Fortune a few years ago that carried the headline, "Confessions of a Former Mutual Funds Reporter."

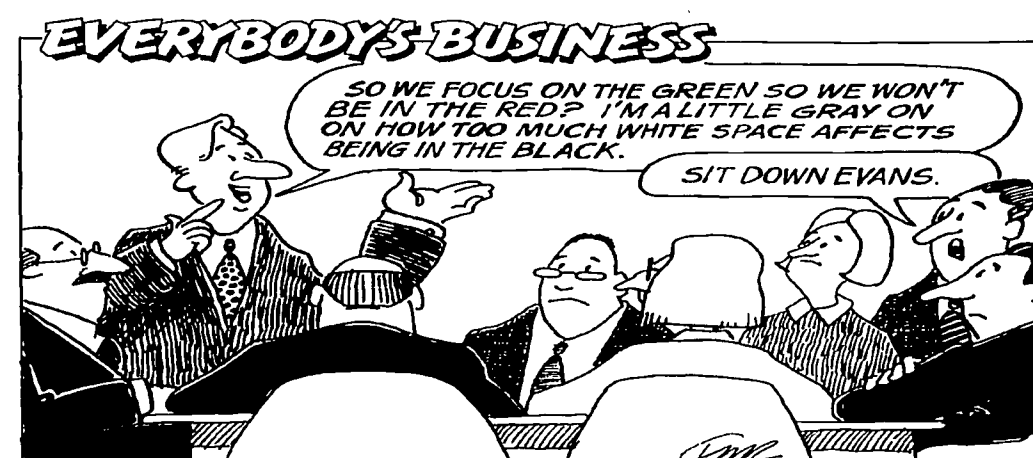
Condos, townhouses, retail space proposed for former Maxwell's site

A plan to redevelop the property that encompasses Maxwell's Restaurant, the Studio and Trackside Tap is currently in procedural control in Morton Grove. The first public meeting on the plan was scheduled for yesterday (Wednesday).

The plan, proposed by

Morton Grove DL, LLC., would construct 54 condominiums, 21 townhouses and 13,000 square feet of retail space on the site. The retail space would include frontage along Dempster St., the former site of Maxwell's, and along both sides of Lincoln Ave. just south of Dempster.

The plan calls for retail space on the first floor with condos above. The next meeting on the project is the Traffic Safety Commission tonight (Thursday) with the Plan Commission hearing tentatively scheduled for July 18. The village board could hear the case for final approval as early as Monday, Sept. 12.



BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones After the Wedding Come the Tax Returns

June is a popular month for weddings. If you and your spouse are newlyweds, you're no doubt excited about your new life together. So it may not seem like much fun to think of something as mundane as taxes. Nonetheless, it's a good idea to do just that — because your new legal status brings with it some tax-related issues and opportunities.

The filing status question

When you file your taxes, you'll need to select a filing status — joint or married filing separately. Which should you choose?

Most couples do better by filing jointly — but not always. For example, filing separately could make sense if one of you has a lot of medical bills. You can only deduct medical expenses that exceed 7.5 percent of your gross adjusted income, so, if you file jointly, your larger combined income could negate your ability to claim these medical costs. But if you file separately, the spouse with the doctor bills may be able to deduct them.

You also may want to file separately if this is a second marriage for you or your spouse and you want to protect assets for children from a first marriage. If you are in this situation, we recommend that you contact your attorney to discuss the implications of combining assets and the creation of, or changes to, a will or trust in order to help protect such assets.

However, under most circumstances, you'll probably be better off by filing jointly. If you file separately, you may miss out on various federal tax breaks, including college education tax credits, college loan interest write-offs and the child and dependent care tax credit. Furthermore, filing separately can restrict your ability to contribute to a Roth IRA or make deductible contributions to a "traditional" IRA.

You may also want to review your W-4 forms and withholding exemptions. You may owe more tax by filing separately, and may want to increase your withholding accordingly. If you plan to file a joint return, you may want to review your exemptions to determine whether they should be changed.

Name changes, retirement plans and debts

Your decision on a tax filing status is not the only issue you'll face as a newlywed. Consider these items:

• **Name change** — If you or your spouse plan to change your name after you get married, contact the Social Security Administration to make sure your identification number reflects your new identity. If you don't take this step, and you and your spouse file a joint return using the new name, the IRS won't be able to match the name with the Social Security number. This could lead to some problems, including delayed returns and disallowed deductions.

• **Retirement plans** — It's a great idea for you and your new spouse to go over your existing tax-advantaged retirement plans — 401(k)s, IRAs, etc. — to ensure you're putting away the most money possible. By "maxing out" on these plans, you may be able to improve your tax picture — and build valuable resources for retirement.

• **Debts** — Your debts, and those of your new spouse, are now of concern to both of you. And it's not just a matter of one of you "inheriting" these debts should something happen to the other — although that may certainly be true. By going over your student loans, car loans, credit cards, etc., you may be able to develop a strategy for reducing your overall debt load. And some loans, from a tax standpoint, are "smarter" than others. For example, while the interest on a student loan may be tax deductible, the interest on credit cards and car loans are not. Consequently, if you are able to buy or refinance a home, you may want to consider taking out a big enough mortgage to provide you with extra cash to pay off these "tax neutral" debts.

You should review your specific situations with your tax advisor or legal professional for information regarding, or issues concerning, the tax and legal implications of taking any action. By discussing these and other key issues, you can get your married life off to a less "taxing" beginning. Remember, open communication is the key — so keep talking.

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

Professional Guide

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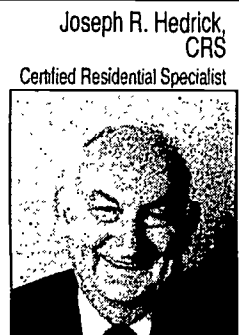
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Office 2003

HAVE YOU HEARD

COMMUNITY ANNOUNCEMENTS

Don't Miss "HOLLYWOOD & VINE" performed by the North Shore Players

"Hollywood & Vine" is a story about making a movie with sound in 1932.

Conniving directors, happy and unhappy starlets, egotistical silent movie stars - it's all here in this delightful play being performed by the North Shore Players at the Civic Center in Morton Grove.

The North Shore Players was created by Ms. Helen Zachary-Magid of Morton Grove. She serves as the producer, director and writer. "I created the North

Shore Players six years ago and have been working with basically the same cast of eager young seniors. They have learned to sing, dance and feel comfortable on the stage. They love the costumes, make-up and the whole ambiance of putting on a show. I strive for perfection and am never disappointed in what they give me."

Don't miss the fun, nostalgia, dancing and singing! - Only 6 performances!

Tickets are \$10.00 or \$12.00 if

purchased at the box office during the performance. Tickets are available through Bernie Friedman (847) 568-9424 or Betty Garcia (847) 251-3241.

Show dates and times:

July 22, 23, 24, Friday and Saturday nights at 7:00 p.m. and Sunday at 2:00 p.m.

July 29, 30, 31, Friday and Saturday nights at 7:00 p.m. and Sunday at 2:00 p.m.

Bethany Terrace in forefront of Wound Care

Bethany Terrace Nursing Centre, specializing in advanced wound care, recently highlighted its wound care program, June 12-16, 2005 at the 37th Annual Wound Ostomy Continence Nurses Society Conference in Las Vegas, NV.

Marlene I. Balik, RN, BSN, CWCN. Wound and Skin Care

Coordinator, Darek Sokolowski, PT, Therapy Director, and Douglas R. Solway, DPM, CAC-FAS. Podiatric Wound Care Consultant, co-authored a poster entitled "Interdisciplinary management of a pressure ulcer in a LTC facility," which was presented at the WOCN conference. This case study demonstrated the

importance and effectiveness of an interdisciplinary approach to wound care.

The authors have been requested to publish this case study in a future issue of the Journal of WOCN, the official publication of the Wound, Ostomy and Continence Nurses Society.

Edward Jones presents 'Growing your business in a Wal-Mart world'

Edward Jones investment of Niles will host a free one-hour satellite broadcast titled "Growing Your Business in a Wal-Mart World" at 10:30 AM, 5:30 PM, & 7:30 PM on Tuesday, July 12, 2005 at 7627 N. Milwaukee Avenue.

The broadcast features Michael Bergdahl, author of "What I Learned from Sam Walton: How to Compete and Thrive in a Wal-Mart World." Bergdahl will share his experiences working side-by-side with Sam Walton.

He also will discuss: P.O.C.K.E.T.S. strategy How smaller businesses can stay competitive Why customers are more important than products

This interactive event is presented at select Edward Jones branch offices nationwide via the firm's private video network.

To reserve a seat or for more information about the Tuesday, July 12, 2005 program, call 847-663-1650. If you are unable to attend, additional viewing opportunities are available.

Edward Jones, the only major financial-services firm advising individual investors exclusively, currently serves more than 6 million clients. The firm offers its clients a variety of investments, including certificates of deposit, taxable and non-taxable bonds, stocks and mutual funds.

The largest firm in the nation in terms of branch offices, Edward Jones currently has more than 9,000 offices in the U.S. and, through its affiliates, in Canada and the United Kingdom.

The Edward Jones interactive Web site is located at www.edwardjones.com.

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GROUP CYCLING

Spinning is indoor cycling to motivating music. Spinning is appealing to a wide audience because everyone rides at his or her own pace in a team atmosphere. Reservations required at the Service Desk prior to each class. Class sizes are limited. Please bring a towel. Heart Rate Monitor and a water bottle to class.

CLASS DESCRIPTIONS

AEROBIC TRAINING

Class includes various terrains, with focus on working in the aerobic HR range. HR range is between 65-80%. This type of training will increase your aerobic foundation. HR monitors are recommended.

ALL TERRAIN

This is a general Spinning Class that incorporates many different types of terrain, such as flats, hills climbs, and jumps.

ENDURANCE

We will primarily be riding on flat roads. Class goals include pedaling efficiency and resisting fatigue, which trains the body to endure longer distances. This class will increase your aerobic foundation, increase metabolic efficiency and improve the ability to focus. HR range is 65-75% of maximum HR. At this energy zone we are training our bodies to use fat as its fuel source. HR monitors are recommended.

STRENGTH

Riding primarily on hills, our goal will be to build strength. We will take gradual climb from 75-85% of maximum HR.

INTERVAL

This class will challenge our bodies to work at a high intensity, and then recover heart rate quickly between each workload. HR range is 65-92% of maximum HR. Class includes flat roads, hills and jumps.

RACE DAY

This training session incorporates what you might experience in a timed bike race. It incorporates a variety of techniques and heart rates and requires a substantial fitness base. Race Day is a special event where you have the opportunity to test your strengths and lay it all on the line. All movements are incorporated except jumps and standing flats. HR range is 80-92% of max.

CRITERIUM

We will work through short fixed laps. Example: Loop 1: seated flat, run, hill (repeat 3 laps). Loop 2: run, standing climb, (repeat 3 laps). Loop 3: seated flat, sprint, seated flat, sprint (repeated).

CRISS CROSS

Switching and holding HR at command. Example: we may be working at 70% of max. and holding it for a period of time then crosses over to 80% of max. for another period.

HR monitors are recommended. Classes are 45 minutes in length. Class type varies monthly. Please see membership services for monthly schedule.

SPORTS

Sports Unlimited

Toyota is steering away from IRL and toward Nextel Cup

Bill Center
Copley News Service

NASCAR scored another victory over open-wheel racing when Toyota announced it would stop supplying engines to the Indy Racing League at the end of the 2006 season.

Toyota wants to become the first foreign manufacturer to compete on NASCAR's premier Nextel Cup series and compete against the likes of Ford, Chevrolet and Dodge.

Toyota's Tundra trucks began racing in NASCAR's Craftsman Truck series in 2004 and there is speculation that Toyota will be sanctioned to campaign in the Busch Series by the start of the 2007 season.

Toyota meets NASCAR's requirements because the trucks and sedans it has proposed to run on the stock car circuits are manufactured in the United States.

"We are continuing to explore our options in NASCAR," said

Jim Aust, Toyota's vice president of motorsports.

Toyota is also committed to fielding a two-car team in the Formula One world championship series.

So after 12 years in American open-wheel racing, Toyota will move on - leaving the IRL, which had three engine suppliers this season, with a possible engine shortage. General Motors had already announced that this is the last season it will supply Chevrolet engines to the IRL.

Toyota's withdrawal will leave Honda as the IRL's lone contracted engine supplier for 2007 - and Honda has said it doesn't want to be the only engine on the circuit.

Toyota recently powered nine of the 22 cars in the IRL race won at Richmond, Va. The race was won by Helio Castroneves using a Toyota engine.

The Penske team featuring

Castroneves and Sam Hornish Jr. is the leading team using Toyota powerplants. Other prominent teams using Toyota engines are Chip Ganassi Racing, Red Bull (whose lineup includes Fallbrook's Alex Barron) and A.J. Foyt.

Toyota's announcement comes shortly after both Toyota and Chevrolet (Tomas Scheckter at Texas Motor Speedway) had scored wins to end a long run of wins by Honda-powered cars.

Toyota's decision also came at a time when the IRL is considering new engine regulations for 2006 and beyond.

"This was simply a decision to move in a different direction after having our major U.S. motorsports emphasis on open-wheel racing since 1994," said J. Davis Illingworth, Toyota vice president.

This is not the first time Toyota

has switched series in the United States.

After competing for a dozen years in IMSA series through the early 1990s - and winning championships at all three levels (GTU, GTO and GTP) - Toyota's withdrawal helped trigger the collapse of the sports car racing series.

Toyota had long built and prepared desert trucks for off-road racing legend Ivan Stewart before it abandoned that program five years ago - hastening Stewart's decision to retire as a driver.

Toyota entered American open-wheel racing in 1996 as an engine supplier to teams in the CART series the same year that the CART-IRL war began over control of open-wheel racing in America.

Even before Cristiano da Matta scored Toyota's first

CART championship in 2002, the Japanese factory announced that it would be switching to the IRL in 2003. Part of the decision was the desire by Toyota to race in the Indianapolis 500.

Gil de Ferran won the 2003 Indy 500 with Toyota power and Scott Dixon won the season championship that same year with a Toyota engine.

Even before the end of that championship season, Toyota was looking toward NASCAR and Formula One.

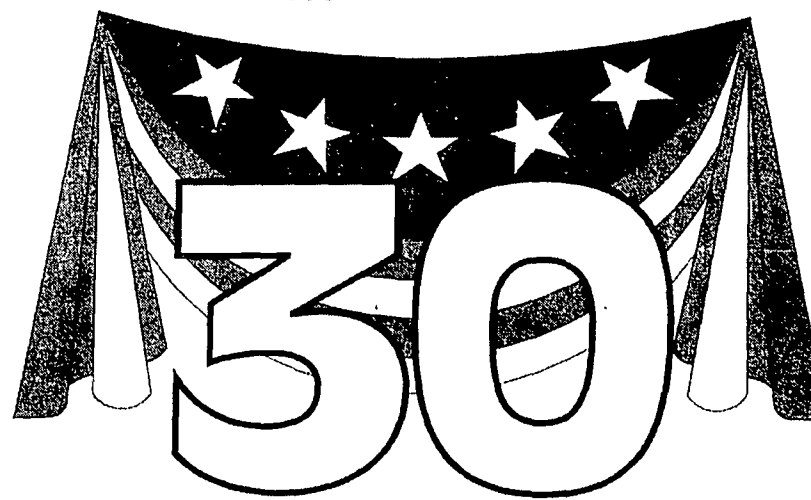
Meantime, the rival Champ Car World Series has a guaranteed supply of Ford-Cosworth engines because the engine builder is now controlled by the owners of the series it supplies.

Only two years ago, CART was having trouble finding an engine supplier while the IRL had three engine suppliers in competition with one another.

SPORTS FACT

3 teams have retired jersey No. 30 for the Ryan Express

Only one former Major League Baseball player has had his jersey number retired by three different ball clubs. Lynn Nolan Ryan's No. 30 has been put out to pasture by the Anaheim Angels, Texas Rangers and Houston Astros -- for good reason. With a blazing fastball that approached 100 mph and a work ethic like none other, Ryan dominated hitters for an unparalleled 27 seasons on his way to 5,714 strikeouts, an all-time record. During four decades of prominence, he totaled 324 victories and a host of major league records. Most notable of his milestones are a mystifying seven no-hitters and 12 one-hitters. The eight-time All-Star fanned a single-season record 383 batters in 1973, and his career strikeouts encompassed 1,176 different players. Ryan was inducted into the National Baseball Hall of Fame in 1999.



Sources: "Rick Barry's Super Sports Trivia Game" and www.baseballhalloffame.org

AARP driving program, Senior breakfast at Lutheran General

AARP driver's safety program

Advocate Lutheran General Older Adult Services and the American Association of Retired Persons (AARP) will present the two-session AARP driver's safety course for experienced motorists 50 years and older from 9 a.m. to 1 p.m. Saturdays, July 9 and 16.

The Program will be offered in the Special Functions Dining Room, 10th floor, of Advocate Lutheran General Hospital. The eight-hour course is taught in a pair of four-hour sessions spanning two days. Participants must attend both dates to become eligible for a reduction in car insurance rates.

There is a \$10 fee for course materials, which is payable to AARP.

To register, call 1-800-323-8622 or visit www.advocate-health.com/lutheran and enter course code 85S02.

Senior Breakfast Club

Early diagnosis and prevention of colorectal cancer will be discussed by Jan Engel, M.D., gastroenterologist at Advocate Lutheran General Hospital, during the Friday, July 15 meeting of the Lutheran General Senior Breakfast Club.

The program will be presented from 8:30 to 10 a.m. at Old Country Buffet located at 8780 W. Dempster St. in Niles (across from Advocate Lutheran General Hospital). Seating is limited and reservations are required. To sign up, call 1-800-323-8622.

Vacation Bible School

Join us for Vacation Bible School SAFARI ADVENTURE and journey with us as we go on a great safari expedition with Bible Stories, Music, Crafts, Snacks, Games and more during this fun-filled week.

Date: Monday, July 11 through

Friday, July 15, 2005. Time: 9:00 a.m.-11:30 a.m. Ages: 3+ Years Old Through Grade 6. Registration: Call 847-647-9867 by Thursday, June 30. St. John Lutheran Church, 7429 Milwaukee Avenue, Niles, IL 60714

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Photos, from top left, counter-clockwise

Kali Christie, 4, of Niles cruises as she rides the motorcycle merry-go-round at the Morton Grove Days Festival Saturday, July 2.

Children ride the Dragon Wagon at the Morton Grove Days Saturday, July 2.

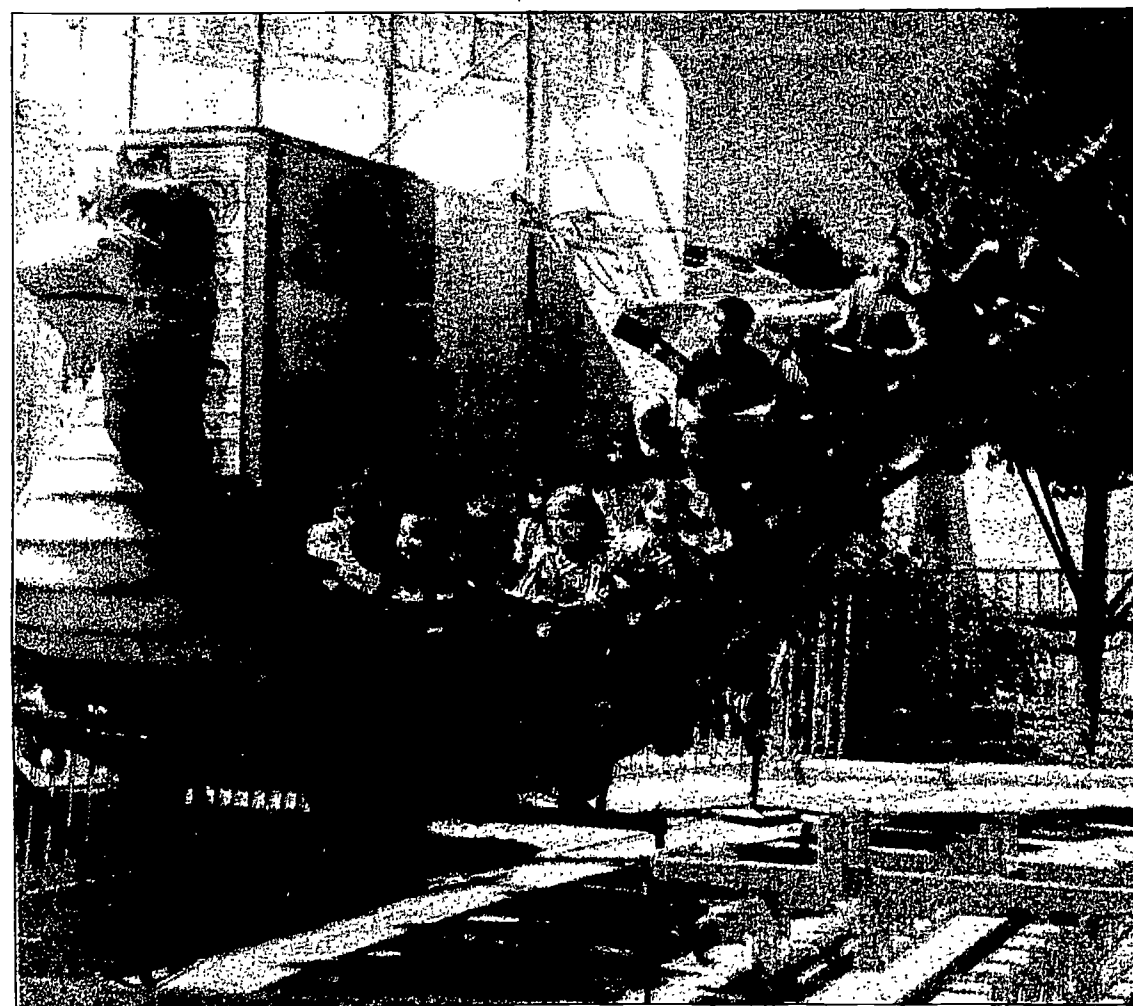
Bolivian dancers dance along the parade route at the Morton Grove Fourth of July parade Monday.

Bathed in the glow of a battery operated lantern a boy amuses himself as he for the Maine East fireworks display to begin Sunday night July 3.

Fireworks dazzled spectators at the annual Maine East Fireworks display.

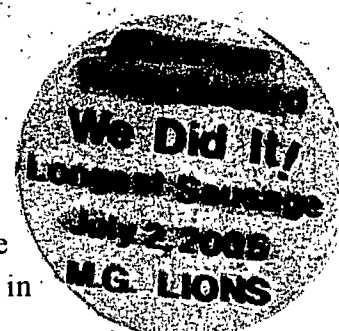
Members of a Civil War reenactment group march in the Morton Grove parade Monday.

Photos by Allen Kaleta



Next Week...

The Morton Grove Lions broke the record for the longest sausage at the Morton Grove Days Festival over the weekend. The complete story in next week's Bugle, July 14.



ANTIQUES & COLLECTABLES

Antique or Junque

Greco-Roman works inspired Austrian vase

Anne McCollam
Copley News Service

Q: The vase in this photo is 11 inches tall and is in mint condition. The butterfly is gold against a textured dark green glaze and there are gold highlights on the handles and top. Marked on the bottom of the vase are the letters and words "R. St. K. - Made in Austria" and the image of a vase.

A: You have a wonderful example of amphora art pottery. The letters "R. St. K." are the initials of the last names of owners, Hans and Carl Riessner, Rudolf Kessel and Edward Stellmacher. The Amphora Porzellan Fabrik has made pottery and porcelain in Turn-Teplitz, Austria, since 1892.

The vase included in the mark is an amphora, a jar that fits into a base. It has handles and was used by the ancient Greeks and Romans to hold oil or wine.

Your vase was made around 1900 and would probably be worth \$500 to \$600.

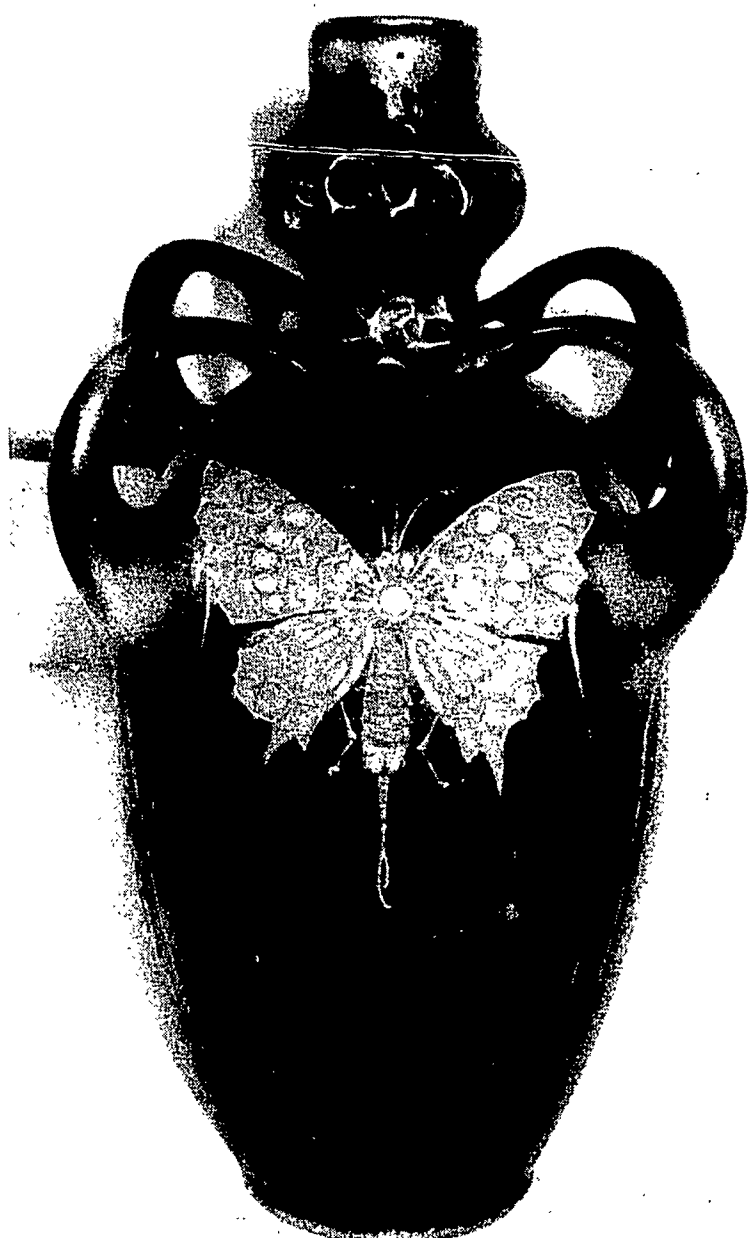
Q: I've had a pottery pitcher for at least 55 years and before that it belonged to my husband's grandmother. It stands over 6 inches tall, is royal blue with a band of red apples around the top. Hand painted around the side are the words "Say not always what you know, but know what you say." Marked on the bottom are the words "Torquay - England."

A: Not only is there an interesting history of Torquay pottery,

there are books written about it, collectors clubs, magazines devoted to it and pieces in several museums. When potters discovered the Torquay region in South Devon, England was rich in natural terra cotta, more than a few potteries sprouted up. Watcombe, Torquay Terra-Cotta Co., Aller Vale, and Longpark were several of the top factories. Your pitcher is an example of motto ware that flourished from the late 1800s and very early 1900s. Proverbs, verses, and rhymes were used to decorate the ware that quickly gained favor with tourists. By the mid 1900s all the Torquay potteries were closed.

Torquay Terra-Cotta Co. made your pitcher around 1900

Story Continues...
see ANTIQUE next page.



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ANTIQUES & COLLECTABLES

Book reveals the wizards behind movie special effects

CONTEMPORARY COLLECTIBLES

BY LINDA ROSENKRANTZ
Copley News Service

With all the "Star Wars" attention being beamed on special effects these past weeks, it's enlightening to discover a book that tells the story of their creation in the voices of the creators themselves. "Special Effects: An Oral History" by Pascal Pinteau (Harry N. Abrams) spans a century of screen magic and interviews 37 masters of the genre, including superstars John Dykstra ("Star Wars"), Ray Harryhausen ("Jason and the Argonauts"), Stan Winston ("Terminator"), Douglas Trumbull ("Blade Runner"), Dick Smith ("The Exorcist") and John Lasseter ("Finding Nemo"). Also included are a history of pre-filmic visual effects and the author's recommendations of movies on DVD featuring essential special effects. One of the hottest areas of collecting is relics from the beginnings of the technological revolution, such as video games, transistor radios, and Betamax equipment from the 1960s, '70s and '80s. "Retro-Electro: Collecting Technology from Atari to Walkman" by Pepe Tozzo (Universe) is a guide to those it-seems-like-yesterday artifacts (some were, in fact, produced as recently as 2004, divided into three areas: Workstation, Home Base and Playtime.) The first goes from the primitive looking 1964 Friden EC-130, one of the first electronic calculators, marketed at \$2,100, to the sleek 2004 Apple iBook G4. The home area includes "shirt-pocket radios," lava lamps, Trimphones, 8-track players, Polaroid cameras, Walkmen and Swatch watches, while among the fun and games in Playtime are Milton Bradley's Simon, Space Invaders, Nintendo and all the other usual suspects. Looking at the values for some of them, the moral of the story seems to be: Don't ever throw anything

away. The line between "fine art" and "commercial" photography has blurred, and collectors are demonstrating increased interest in journalistic and fashion photographers, two of whom are celebrated in new books. Irving Penn, known primarily for his influential work in fashion magazines, particularly Vogue, also produced fine portraits of notable figures in 20th century culture, from Picasso to Colette to de Kooning, and also still lifes and studies of indigenous peoples in Peru, Morocco and New Guinea. From the 1960s on, Penn has experimented extensively with techniques of platinum/palladium printing - making limited numbers of his iconic spare, pared-down, poetic, yet dramatic images. The riveting results can be seen both in an exhibition at the National Gallery of Art and in the book "Irving Penn: The Platinum Prints" by Sarah Greenough (National Gallery of Art/Yale University Press), which presents 80 beautifully reproduced images, capturing the rich and subtle tones of the process.

Harry Benson's name might not be as familiar as Penn's, but he too was primarily a magazine photographer - for Life, Vanity Fair and others - whose work is now being taken more seriously. Celebrity-studded and bristling with energy, the 200 perceptive images in "Harry Benson's America" show the country as seen through the eyes of the Scottish-raised Benson, who came to America in 1964 with the Beatles, capturing the upper echelons of culture (artists Larry Rivers and Andy Warhol; writers John Cheever and Truman Capote; entertainment icons Frank Sinatra, Barbra Streisand, Marlene Dietrich, Michael Jackson; society folk Fords and Rockefellers; politicians Eisenhower, Nixon, the Kennedys, the Kerrys and the Bushes), as well as anonymous denizens of trailer parks, subways,

shooting galleries and sleazy nightclubs - each caught at an unexpected but decisive moment. One of the most influential figures in the history of modern fashion was Gabrielle "Coco" Chanel, whose career spanned most of the 20th century. "Chanel" by Harold Koda and Andrew Bolton (both curators at The Metropolitan Museum of Art's Costume Institute, currently hosting a Chanel exhibition through Aug. 7, with contributors by Karl Lagerfeld and others, published by Yale University Press in association with the Met) provides extreme close-ups of the designer's signal icons: the "little black dress," the perfect tweed suit - plus a galaxy of day and evening wear and jewelry - everything but the enduring scent of Chanel No. 5.

Linda Rosenkrantz has edited Auction magazine and authored 15 books, including "Beyond Jennifer & Jason, Madison & Montana." She cannot answer letters personally.

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Visit Copley News Service at www.copleynews.com.

ANTIQUE:

Value of old book?

CONTINUED FROM PREVIOUS PAGE

and it would probably be worth \$100 to \$135.

Q: I am writing to you in regards to a book that I have. It is titled "Little Black Sambo" by Helen Bannerman and published by Platt & Munk.

I would like to know its value.

A: Helen Bannerman was born in Scotland in 1863. While living in India around 1899, she wrote a series of stories to send to her children attending school in Scotland. In the last quarter of the 20th century the book was criticized for presenting a derogatory view of black people. The book is still being published including a new version that is less likely to be controversial.

Your book was published in 1925 and would probably be worth \$100 to \$125.

BOOK REVIEW

The fifth edition of The Official

Price Guide to Collecting Book by Marie Tedford and Pat Goudey is updated and check-a-block with valuable information. The hunt for collectible books has never before been so easy. The Internet, with just a click of the key, makes the search for books effortless anywhere in the world. Being armed with this excellent reference guide enables collectors to make well-researched decisions. Tedford and Goudey provide close to 16,000 listed prices for everything from rare editions to today's best sellers. Also included are a detailed market review, glossary, resource lists, and recommended readings.

Collectors, new and seasoned, will not only enjoy this book, but will learn to glean information from the experts. This soft cover guide is published by House of Collectibles and available in bookstores at \$18.

Editors: Please note a change in the address in the following.

Address your questions to Anne McCollam, P.O. Box 247, Notre Dame, IN 46556. For a personal response, include picture(s), a detailed description, a stamped, self-addressed envelope and \$15 per item (one item at a time).

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SENIORS

Niles' Moonlighters off to Renaissance Faire

Niles Senior News

NSC Highlights

For a detailed description of programs & activities or to ask about membership requirements, please check the Naturally Active Program Guides or call the Niles Senior Center at 588-8420 ~Visit us online at www.vniles.com.

JULY REGISTRATION

Drop-Off Registrations for programs and classes advertised in the July Naturally Active were due at the Center on Friday, July 1st. Walk-in registrations began Wednesday, July 6th.

GET YOUR STATE ID at SUPER SENIOR DAY, Monday, August 1 9:30AM - 2:30PM. The Mobile Unit from the Secretary of States Office will be at the Center for the following: Rules of the Road Class, Vision Screening, License renewals (NO driving tests), License Plate Sticker Renewals and State ID's.

MEDICARE PART D - PRESENTATION, Tuesday, July 19th at 1:00PM

If you missed the first presentation in June, join us for this very informative presentation by a representative from Social Security.

Medicare Part D deals with the NEW Medicare Prescription drug plans that will be available beginning in January 2006. These plans are different from the Medicare-approved Drug Cards that will be phased out with the implementation of the Medicare Part D program.

This presentation will outline the assistance available to low income seniors. This extra help, called subsidy, could help with deductibles, co-payments, and premiums. The Social Security Administration is responsible for taking and processing the applications for this extra help. If you file for a subsidy now, you will know how much help you are eligible for and, in turn, make a more informed choice when filing for the prescription drug benefit.

SUMMER CARD MAKING FUN! WORKSHOP SCHEDULE Come once or every session; it's up to you! Learn different techniques each week. Take home what you make! The cost includes instruction and all supplies. Everyone is welcome...bring a friend or even two. Non-residents are welcome.

July 7th - Thank You Note Cards \$10

July 14th - Birthday Cards \$10

July 21st - Christmas and Hannukah in July - Cardmaking \$10

July 28th - Christmas & Hannukah

in July - Gifts \$10

IT'S THE BIG BAND ERA at the NILES SENIOR CENTER with THE ARLINGTON JAZZ

Tuesday Evening, July 12 from 5:00PM - 8:30 PM. \$8.00 Open to residents and non-residents.

Enjoy a delicious dinner of rolls, salad, mostaccioli with Italian Sausage, and dessert. Then be prepared as the Arlington Jazz brings you the sounds of the big band era with the music of Stan Kenton, Tommy Dorsey, Count Basie, Duke Ellington, and many more of your favorites. Tap your feet or dance til you drop. Either way, you're sure to enjoy this evening of musical memories. OPEN TO ALL

THE SUMMER WEDNESDAY EVENING DINNER AND MOVIE SCHEULE RESUMES

Join us Wednesday evenings from 5:00 PM to 8:00 PM for a Hot Dog Dinner followed by a new release movie. All for only \$2.00. There is no charge if you're just coming for the movie. Don't like hot dogs? Feel free to "Brown Bag It" at no cost. The July Schedule is as follows:

July 13 ~ SIDEWAYS with Paul Giamatti and Thomas Hayden Church (R 2005)

July 20 ~ SPANGLISH with Adam Sandler and Tea Leoni (PG 13 2004)

July 27 ~ OCEAN'S TWELVE

with George Clooney and Brad Pitt (PG 13 2004)

CELEBRATE BASTILLE DAY AT THE CENTER, Thursday, July 14, 12 Noon - 2:00PM

Celebrate with a Cabaret featuring Claudia Hommel, best known for her cabaret concerts featuring French and American Songs about Paris. OPEN to both residents and non-residents of Niles. Lunch will be served prior to the performance. Cost \$10

WALKING TOUR OF MILLENIUM PARK, Thursday, July 21 9:00 AM - 3:00 PM \$30.

Put on your walking shoes and join us as we take a one-hour walking tour of Chicago's new "Front yard" with volunteer docents from the Chicago Architecture Foundation. Works by internationally renowned architects and artists include Frank Gehry's Jay Pritzker Music Pavilion, Kathryn Gustafson's Lurie Garden, Anish Kapoor's reflective sculpture, nicknamed "the Bean," and Jaume Plensa's ever-changing, high tech Crown Fountain. After the tour, we'll visit Portillos for a buffet luncheon featuring Italian Beef, Portillo's Hot Dogs, plus much more. This trip requires extensive walking.

MOONLIGHTERS CRUISE CHICAGO AT SUNSET, Thursday, July 28, 4:30 PM - 10:30PM

Join us as we stop at Greek Town's Athena Restaurant for dinner followed by the "Chicago at Sunset Cruise" on board a Wendella boat. Dinner includes Egg-lemon Soup, Greek Salad, Taramosalata, Saganaki, a choice of Chicken Riganati, Baked Cod, or Combo Plate featuring Mousakas, Pastitsio, Dolmades, & Leg of Lamb. Dessert - Baklava. Cost: \$40.

MOONLIGHTERS OFF TO RENAISSANCE FAIRE, Sunday, August 28 10-5PM \$20

Travel back to the time when knights were noble and maids were merry. Enjoy the joust! Laugh along with the master swordsmen as they teach "gentlemanly behavior," stroll the marketplace where over 200 artisans display their goods, and be prepared to be dumbfounded at the infamous Mud Show. All Walking! Purchase your own food from one of many stalls.

MONTHLY GET ACQUAINTED MEETING 10AM - 11:00AM

Meet with the staff, learn what the Center offers in the way of classes, programs, and outings. You'll have a chance to tour the building, and ask questions. Meets the third Thursday of every month. The summer schedule of remaining meetings is as follows: July 21st, and August 18th. Please register in advance by calling (847) 588-8420.

North Shore players, FPD program at Morton Grove

Morton Grove Senior News

VISUALLY IMPAIRED MOTIVATORS

The Morton Grove Visually Impaired Motivators is a low vision support group for seniors with macular degeneration and

other degenerative eye diseases and their families. Their next meeting will be at 9:45 a.m. on Tuesday, July 19 in the Morton Grove Senior Center. They discuss everyday problems of living

with low vision and possible solutions, exchange ideas on the latest technology and assistance devices available, and share what has worked for them individually. For more information please call Richard Englund at 847/965-8517.

"SOCIAL SECURITY SUBSIDY PROGRAM" APPLICATION SEMINAR

A representative from the Social Security Administration will be at the Morton Grove Senior Center to explain how seniors can purchase a new 2006 Medicare Drug Prescription Discount Card. This new Social Security subsidy will help pay for medications, save time, and save money. The time of the seminar will be 1:30 p.m. on Wednesday, July 20. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223.

THE NORTH SHORE PLAYERS PRESENT "HOLLYWOOD &

VINE"

Don't miss this hilarious music and dance show depicting "when Hollywood was Hollywood" presented by the fabulous and energetic North Shore Players at the Morton Grove Senior Center. Six big shows are offered on Friday, July 22 (7 p.m.); Saturday, July 23 (7 p.m.); Sunday, July 24 (2 p.m.); Friday, July 29 (7 p.m.); Saturday, July 30 (7 p.m.) and Sunday, July 31 (2 p.m.). Tickets are \$12 at the door, \$10 in advance, and \$8 per person for groups of ten or more and available at the Reception Desk of the Morton Grove Senior Center.

"FOREST PRESERVE PRESERVATION"

Join Eloise Sapperstein of the Cook County Forest Preserve as she discusses local forest preserves and what neighbors can do

Story Continues... see MG SENIORS page 20.

SENIORS

Aging Lifestyles

Painful shingles a pox on older adults

Joe Volz
Copley News Service

He was in his 60s when he developed a rash around his waist. At first, he was inclined to just ignore it, thinking it was poison ivy or something similar. But as the days went by, the itching and outright pain started to drive him crazy.

When he went to his doctor, he learned that his rash was an outbreak of shingles, which he had never heard of before. The doctor started him on antiviral medication and within six weeks the rash was gone and he was feeling fine again.

He was one of the lucky ones. For a percentage of shingles sufferers, who often are over 50, the pain of shingles turns into an ongoing and extremely uncomfortable health condition called post herpetic neuropathy or PHN. It can last for years, even for the rest of a person's life.

That's why Dr. Anne Louise

Oaklander, director of the Center for Shingles and Post Herpetic Pain at Massachusetts General Hospital in Boston, calls shingles an emergency. Ideally, patients should consult their doctors the day they first notice the rash, she says.

It is a disease of the immune system and it's not possible to tell in advance who will develop PHN. But making light of the outbreak of a rash substantially raises a person's likelihood of contacting it. The sooner you start treatment, the less likely you will develop PHN.

For some people, PHN means a radical change in their lifestyle; for them the pain is so overwhelming they no longer can go about their ordinary activities. Retired disabilities counselor Carolyn

Oppenheimer, of Aurora, Ohio, who has PHN, requires doses of a form of morphine to control her pain sufficiently to live life

normally. Even with the medicine, she remains aware of PHN's pain. She goes to the pain management clinic at the Cleveland Clinic.

How do people get shingles? Shingles only attacks persons who have had chickenpox. Scientists say that after the skin blisters of chickenpox disappear, the virus goes into the nervous system and becomes inactive. Few people realize this, assuming that they are done with the virus for the rest of their lives.

However, in up to 30 percent of adults, that virus is activated many years later in the form of shingles. But with shingles the nervous system is more heavily involved and the symptoms can be more severe. These can include headaches, chills and nausea as well as the telltale rash, pain and itching.

Some people experience so

much pain that the touch of clothing causes intense discomfort.

Exactly what activates shingles in adults remains unknown at this point. Scientists think stress or a bad cold or taking cancer drugs or simply aging can lower the immune system and make them more vulnerable to an outbreak.

Both chickenpox and shingles belong to a group of viruses called herpes viruses. This includes herpes simplex that causes cold sores, blisters, mononucleosis and genital herpes (which is a sexually transmitted disease). It's important to note that shingles is not a sexually transmitted disease.

The name? Shingles comes from the Latin word for belt or girdle. A rash that circles a person's body around the waist often marks it. Most people recover from shingles within two

months.

Recently, the medical community announced a new form of the chickenpox vaccine that, when given to adults, can protect at least two thirds of them from getting shingles.

Research into shingles continues at the Shingles Center. Dr. Oaklander is looking for people to enroll in a study. Patients need to have had shingles within three months and a physical exam will be required.

The purpose of her study is to find out why some people develop PHN and others do not.

Contact her at the Shingles Center at Massachusetts General, 55 Fruit St., Boston, MA 02114-2696; phone (617) 726-7462; e-mail at www.shingles.mgh.harvard.edu.

E-mail Joe Volz at jvolz2003@adelphia.net or write to 2528 Five Shillings Road, Frederick, MD 21701.

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Inside Mall - Entrance # 6

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Senior Menu

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Veal Cutlet • Liver & Onions

Mary's Favorite Pasta

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Stir Fried Chicken • Denver Omelet

Chef Salad • Caesar Salad

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Above comes w/ choice of soup or salad,

potatoes or vegetable; coffee, tea or iced tea. Dessert

includes rice pudding, tapioca or a chocolate sundae.

Splitting charge \$3.00 includes an extra soup or salad

\$5.95

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SENIORS

MG SENIORS:

Coke Cool-down program

CONTINUED FROM PAGE 18

to protect plants and animals while enhancing the natural beauty and cleanliness of the environment. This free lecture will begin at 1:30 p.m. on Monday, July 25 in the Morton Grove Senior Center. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, July 26 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center Members and \$1 for all others.

DIABETES SCREENING

The Morton Grove Senior Center's regularly scheduled Diabetes Screening Clinic on Tuesday, July 26 has been cancelled. The next screening date will be Tuesday, Aug. 23. For more information contact Marianne Long, R.N., by calling

847/663-6109.

AFTERNOON HIGH TEA at the ADLER PLANETARIUM

Enjoy a delectable Afternoon High Tea in Galileo's Café featuring a breathtaking view of the Chicago Skyline, Monroe Harbor and Lake Michigan followed by the "Stars of the Pharaohs" sky show on Wednesday, July 27 at the Planetarium. There will be some mild museum walking and only 20 tickets are available, so don't miss this one. The cost is \$63 for Morton Grove Senior Center Members and \$73 for non-members. Please register in person at the Center.

COCA-COLA "COOL DOWN FOR THE SUMMER" PARTY

Cool off at the Morton Grove Senior Center while sipping ice cold Coca-Cola and listening to the refreshing sounds of Larry Levin. The party begins at 1:45 p.m. on Wednesday, Aug. 10 and is free but space is limited to the first 70. Sign up today by calling the Morton Grove Senior Hot Line at 847/470-5223.

"THE IMPORTANCE OF SELF EXPRESSION LATER IN LIFE"

A certified Art Therapist from the Council for Jewish Elderly will be at the Morton Grove Senior Center on Monday, August 15 to discuss the importance of self

expression and how to get started! She will help participants explore the benefits of creativity and how to incorporate creativity into every day life. This free program begins at 1:30 p.m., so please register today by calling the Senior Hot Line at 847/470-5223.

"IT'S NEVER TOO LATE TO EXERCISE"

Hear about the benefits of exercise and then participate in an actual senior exercise class at 1:30 p.m. on Thursday, August 18 at the Morton Grove Senior Center. This dynamic program is designed especially for seniors emphasizing non-vigorous exercise while increasing joint mobility and flexibility. There is no charge for this program, which is being presented by Fitness Instructor. Leslye Lehman of the Morton Grove Park District. Please register by calling the Senior Center at 847/470-5223.

"THE MERRY WIDOW" at the Cahn Auditorium

Everyone's after her money, and Hanna, the saucy widow, knows just how to make them dance to her tune! This is one of the most popular Viennese operettas of all time... filled with waltzes, can-can, and dreamy melodies. The bus leaves the Morton Grove Senior Center at 1 p.m. on Wednesday, August 24 and returns

at 5 p.m. The fee is \$37 for Senior Center Members and \$44 for non-members. Please register in person at the Center before July 21. Please note that there will be no lunch on this trip.

CROCHET CLUB

People with all levels of crochet skill are welcome to join the Morton Grove Senior Center's "Crochet Club from 9:30 to 11:30 a.m. every Friday morning between now and Sept. 30. The fee for this club is \$6.50 for Senior Center members and \$8 for non-members. Register in person at the Senior Center Registration Desk or call Senior Activities Coordinator, Kathryn Williams at 847/663-6127. Please note that the Crochet Class taught by Diane Brunger will resume October.

COOL OFF AT THE CIVIC CENTER

The Morton Grove Civic Center is open weekdays from 8:30 a.m. to 5 p.m. for seniors who wish to drop in to cool off from the summertime heat. Seniors may come in and enjoy a wide array of activities or just soak in the cool air. Anyone needing more information about the Center or a schedule of activities, can call the Morton Grove Senior Hot Line at 847/470-5223.

HOME AND YARD CHORES

Morton Grove's home and yard "Chore Program" links senior homeowners with youth and young adult workers. Seniors who need help raking leaves or shoveling snow can have a neighborhood worker come by to assist. There also are individuals who can perform minor odd jobs. Seniors must provide equipment and negotiate the fee to be paid to the worker. Call the Morton Grove Senior Center at 847/663-6142 for more details.

NOTARY SERVICES AT THE SENIOR CENTER

Seniors can bring in their important documents for notarizing at no cost in the Morton Grove Senior Center. It is always good to call ahead if planning to come in. Call Nancy Reynolds at 847/470-5246 if interested. Bear in mind that documents that need notarizing should be signed in the presence of the notary. Just bring in the documents along with another official form of identification.

For more information about senior services and activities, call the Morton Grove Senior Hot Line at 847/470-5223. Membership in the Morton Grove Senior Center provides the benefits: six issues of the Seniors in Morton Grove newsletter; three issues of the Travelin' Times newsletter; free Diabetes Screening; free passage on the Seniotran (for residents).

BBQ Open House!

Celebrate Summer with us! Enjoy hot dogs and hamburgers in our courtyard!



Wednesday, July 20
11:30 a.m. — Reservations Only!

Discover why Norwood Park Home is the choice of many older adults from our local communities! Also learn about the Norwood Park Seniors Network, our community outreach program!

Norwood Park Home

A Division of Norwood Life Care NFP

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Call Linda at (773) 577-5328 to RSVP!

Reuniting with parents in a retirement community

Decades ago, when I returned from Army duty in Germany at the age of 25, I took a \$75-a-week job as a reporter - and moved back in with mom and dad.

I didn't think anything of it. After all, many of my single buddies were doing the same thing. We were cutting costs and getting some good home-cooked meals by mothers who treated us like princes and, I suspect, hoped we would never marry. We often lived at home until we got married.

Now, I learn from The New York Times that I must have been a pioneer. Returning home is a big deal these days but with a twist. Retirement communities are springing up all over the country - Sun City, outside of Phoenix, was the first big one and it opened in the 1960s.

So guess what? Twentysomethings are following their parents right into retirement villages - ones that allow residents under 55 to live there. Places like Sun City adopted stringent age restrictions - no one under 55 was accepted although some places have dropped the age to 45.

The idea was that the seniors would not be harassed by wild teenagers and could concentrate on their golf games or on driving their carts around town in peace. Some retirement communities even were exempted from paying any school

tax since they weren't sending kids to school.

The Times reports, "Some sons and daughters are now sampling the leisurely lifestyles of their aging parents. Driven by skyrocketing house prices, uncertain job prospects and extended stays in higher education, some young adults figure they can save money while enjoying golf lessons, fancy clubhouses and clay tennis courts."

Well, my parents, who lived into their 90s, never did move into a retirement community. They could not afford it and, besides, all of the grandchildren were nearby. In the '60s and '70s, the retirement communities were built mainly in Florida and Arizona, far from the Northeast, where many of the retirees had previously lived. So not too many college grads could have commuted to their jobs from a retirement community. But now, because there is such an explosion of well-heeled older Americans who don't want to leave their grandchildren behind, builders are putting up retirement communities near major East Coast cities, an easy commute for struggling young professionals.

So, what are we parents to do? Our kids are hooked up to the hilt paying back college loans. They have maxed out their credit cards. They NEED new cars and fancy clothes. And they have to be able

to jet off to Cancun once in a while.

Any self-respecting young college grad should not be reduced to living in a hovel because that is all he can afford. At least that seems to be the argument of a lot of Generation Xers. And is there a mother who won't take her kid back - until he gets on his feet?

I realize now that I probably put a lot of strain on my parents when I moved back in. I stayed for three years until I got married.

For one thing, we seemed to operate in different time zones. I was just getting off work from my newspaper job at midnight and by the time I arrived home, I wanted to wind down with a little TV in the family room of our tiny house. What I remember most is dear old dad bellowing from the second floor bedroom, "Turn it down, for Pete's sake."

On the other hand, even though my parents were retired, they were up early and my slumber was disturbed by rug vacuuming.

I also must confess, if you don't tell anybody, that I didn't do very many chores around the house. They didn't ask and I didn't volunteer.

What an irresponsible son. Hope your kids don't act the way I did when you let them come home again.

Events Calendar

GOVERNMENT

Thursday, July 7

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

Monday, July 11

-7 p.m. Morton Grove Village Board meeting
-7:30 p.m. Park Ridge/Niles Elementary School District 64 board meeting

Monday, July 18

-7:30 p.m. Park Ridge City Council meeting
-7:30 p.m. Park View School District 70 board meeting

Tuesday, July 19

-6 p.m. Niles Park District board meeting
-7 p.m. Culver School District 71 board meeting

Thursday, July 21

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

COMMUNITY

Sunday, July 10

-The Park Ridge Garden Club will hold its annual Garden Walk on Sunday, July 10 from noon to 5 p.m. For more information, visit www.geocities.com/parkridgegardenclub.

Tuesday, August 2

The Niles National Night Out Against Crime and Drugs is set for Tuesday, August 2 at Notre Dame High School, 7655 Dempster from 7 p.m. to 10 p.m.

This event, in its 22nd year and is held worldwide with over 34 million people participating last year's event. The National Night Out is designed to heighten crime and drug prevention awareness, generate support for and participating in local anti-crime programs, strengthen neighborhood spirit and police community partnerships as well as sending a message to criminals to know that their neighborhoods are organized and fighting back.

This year's National Night Out event will be packed full of fun and games as well as demonstrations by the Niles Community Emergency Response Team (CERT), Niles Police Department K-9 Unit, a live Disc Jockey playing music, Bingo, DUI demonstration culminated at 8:45 p.m. with a flash light walk through the neighborhood. Simultaneously there will be a teen "glo light" dance from 8:45 p.m. until 10 p.m.

The Niles National Night Out Committee is looking for volunteers, donations and financial support to make this event better than last year's. For more information, contact Officer Ronald Brandt or Officer Robert Tornabene at (847) 588-6500.

Cast your job hunting fears away.

Check out the Bugle Classifieds, for the latest job listings!

THE BUGLE

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LIFE

SCANNING THE BOOKSHELF
Brief book reviews

"The Colonel and Little Missie: Buffalo Bill Cody, Annie Oakley, and the Beginnings of Superstardom in America," by Larry McMurtry; Simon and Schuster; 256 pages; \$26.

Chester Green never forgot that day when, as a boy from rural Tennessee, he attended Buffalo Bill's Wild West show. To his dying day, my grandfather could conjure visions of William F. Cody's white mane, fringed buckskins and superb horsemanship.

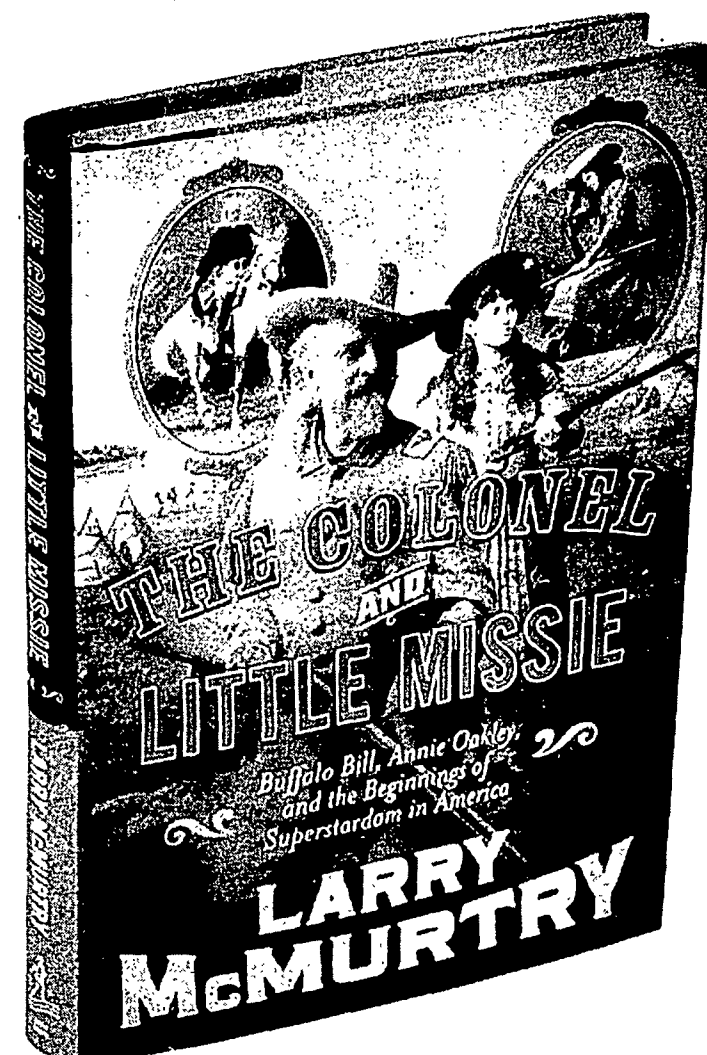
Well into the 20th century, countless Americans and not a few Europeans cherished similar memories.

"The Colonel and Little Missie" opens with a page from Larry McMurtry's childhood. In a stifling truck, cattle buyers Charlie and Roy McMurtry tell their 8-year-old nephew about their glimpse of the Western icon.

"I mainly remember the heat in the pickup - but it was true that two of my uncles, not men to veer much from the strict path of commerce, did perk up a bit when they remembered that they had actually seen Buffalo Bill Cody ride his white horse around an arena in Oklahoma. And like millions of others, they had made a trip precisely for that purpose, such was Cody's fame," McMurtry writes.

As historians, Cody and McMurtry both disappoint. Buffalo Bill's Wild West, which passed itself off as an accurate recreation of the American frontier, was nine parts myth and one part exaggeration. "The Colonel and Little Missie" is an undercooked slice of a meaty thesis, that Cody and Phoebe Ann Moses - Annie Oakley - were America's first international superstars. (Mark Twain, anyone?)

As raconteurs of the Old West, though, Cody and McMurtry are tough to beat. We take the former on trust, based on the accounts of dazzled spectators. But the latter can be illustrated by cracking open this fast-paced and colorful meditation on a Western theme.



From 1883, Buffalo Bill's Wild West toured relentlessly for almost 30 years. A headliner for 16 seasons, Annie Oakley never developed Cody's love of the limelight. The great shooter was loved from afar by audiences and chastely by Sitting Bull and other members of the troupe. Cody was beloved, too, but as a charmer and carouser. His 1917 funeral, a Denver reporter maintained, was attended by six mistresses.

With stampeding bison, painted Indians, sheriffs, outlaws, runaway stagecoaches, sure shots and trick riders, the show purported to celebrate the American frontier at the moment when the wilderness was vanishing. Cody's set pieces helped define the West just as his pioneering movies later helped shape the Western.

His greatest success may have come in 1887, when he shipped 97 Indians, 160 horses, 16 buffalo, Oakley and scads of support-

ing players, human and animal, to Great Britain. They played before Queen Victoria, whom the Indians called "Grandmother England."

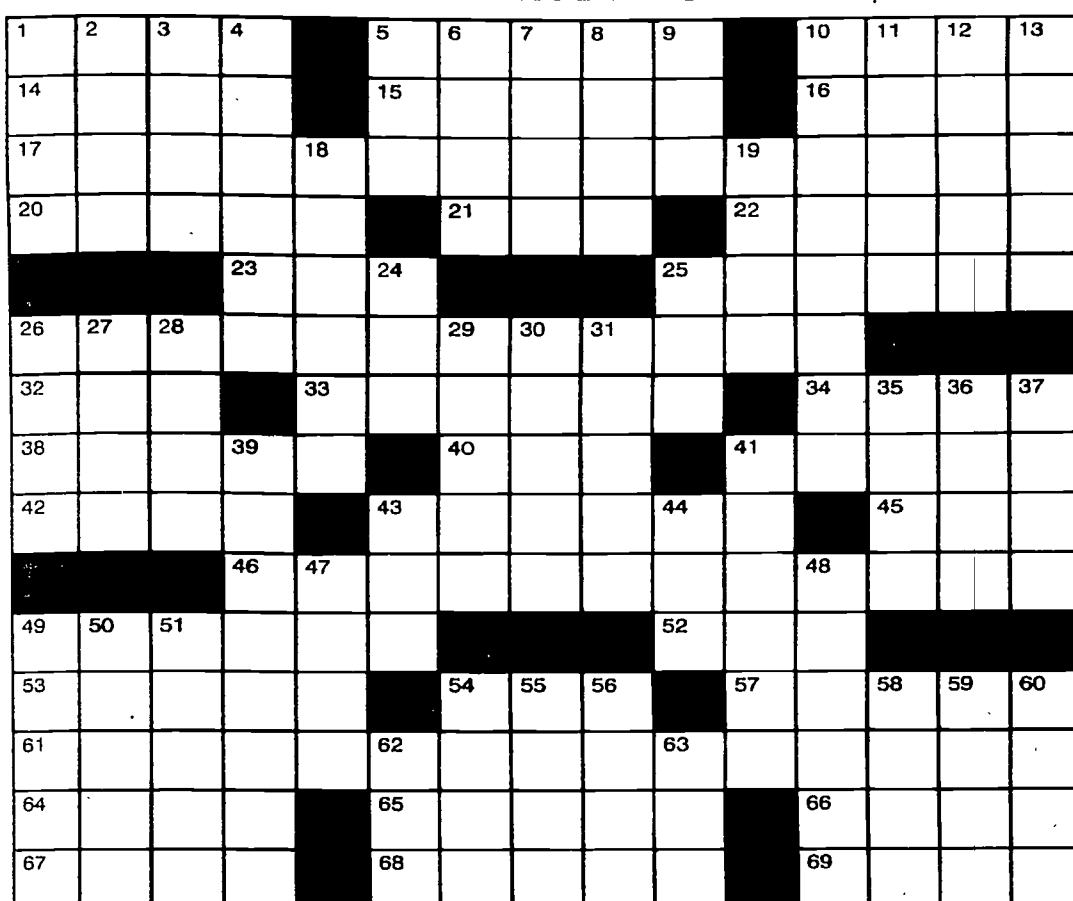
McMurtry quotes Black Elk's heartbreaking account of the company's visit to Windsor Castle: "Then we saw Grandmother England again. ... Her dress was all shining and her hat was all shining and her wagon was all shining and so were the horses. She looked like a fire coming. ...

"We liked Grandmother because we could see that she was a good woman, and she was good to us. Maybe if she had been our grandmother it would have been better for our people."

Cody toured Europe several times, but never with quite the energy and ambition he brought to his American tours. The troupe performed in as many as 130 U.S. towns a year, McMurtry notes, "many of them

Story Continues...
see BOOKSHELF page 22.

TURKEY EXTRAVAGANZA



COPLEY NEWS SERVICE

By Charles Preston

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60 Cork sources
62 Shot spot
63 Short-lived craze

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...
Lorraine Truskolaski

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



COPLEY NEWS SERVICE

BOOKSHELF: Brief book reviews

CONTINUED FROM PAGE 21

so small that they never expected anything as exciting as Buffalo Bill's Wild West to show up in their neighborhood."

Cody had played a role in the actual American West, as scout, buffalo hunter and Indian fighter. But McMurtry argues that his fame stemmed from his appearance, not his resume. Like modern celebrities, he nurtured his image, employed publicists to woo the press and wrapped his show in a superficial patriotism.

Oakley, too, worked to protect her image - and to subvert would-be rivals, especially Lillian Smith, a younger shooter who did not shrink from performing in racier outfits than the matronly Missie.

She outlasted Smith, but not her toughest foe: her era's notion that it was unladylike to handle firearms, let alone outshoot men. Oakley was snubbed by some Americans and Britons, McMurtry notes. "Annie did her best to ignore them. She stood on her considerable dignity and her even more considerable abilities with the gun."

This is a enjoyable extended essay, one that an editor could have improved by eliminated an annoying tic. McMurtry often digresses, then cases out of the subject with "as we'll see." Or "which we'll look at soon." Or "of which more later."

Organization is not the strong suit of "The Colonel and Little Missie." But the author's passion for the West and sure storytelling skills carry this amiable but loose-limbed tale. We don't need regular bulletins of where we're going. As long as Larry McMurtry those to ambles through the West, many of us will gladly follow.

- Peter Rowe

Nature Newswatch®

Week of July 10-16, 2005

Laying on the beach



four to seven nests in the May-through-September season, approximately 14 days apart on protected southeastern sandy beaches.

Crawling past the high-tide line, the turtle first digs a body pit, throwing sand sideways until she is lying in a hole about 6 inches deep. After a short rest, she excavates an egg pit by scooping out sand with her hind-flippers until it is about 8 inches deep. She then deposits eggs three or four at a time until about 100 fill the hole.

Both pits are then filled with sand scattered so widely about that the actual nest is hard to find. About 60 days later, the vulnerable babies hatch and dig themselves out of the sand en masse and rush to the surf.

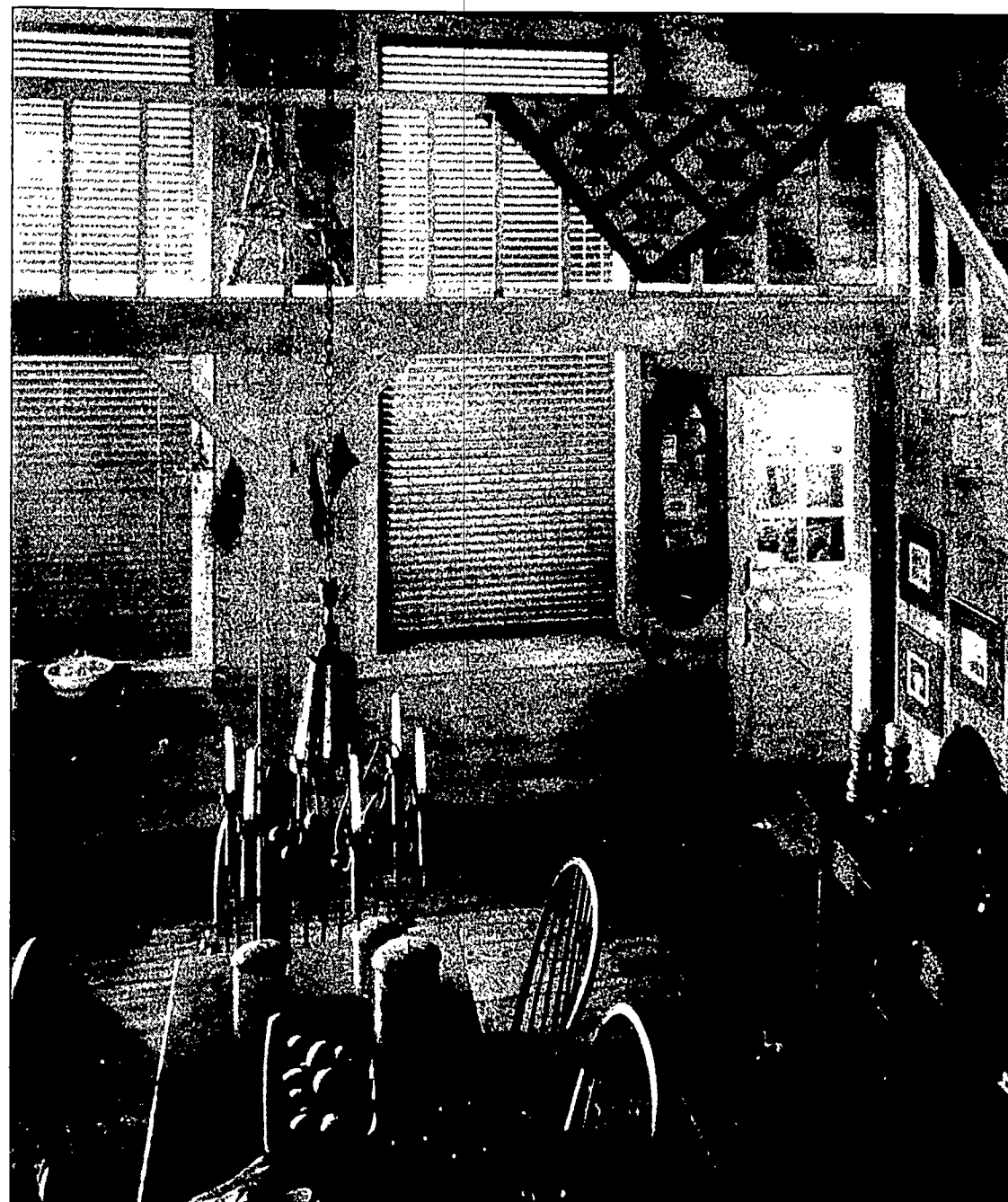
Loggerhead turtle *Caretta caretta*
Hatchlings: 1 3/4 inches
Adult shell length: 32-42+ inches; 200-350+ pounds
Habitat: tropic, subtropical, temperate marine water
www.naturenewswatch.com

by Tim Herd
© 2005

Despite a worldwide distribution of sea turtles, the only species that breeds on the coasts of the mainland United States is the threatened loggerhead turtle. It typically digs

REAL ESTATE Decor Score

Nothing says country like real wood

BY ROSE BENNETT GILBERT
Copley News Service

Q: Our country house has turned out to be more contemporary than country. We were after a "converted barn" look, but we put in cathedral ceilings with double-height windows, and now there's an awful lot of glass.

What kind of curtains should we use? We don't want to block the view in the daytime, but at night we feel too exposed.

A: Natural materials are always the most charming way to say "country" in a room. But before you can decide what form those materials should take, you have to settle on the style you want to cultivate.

Has the room really gone contemporary or do you still want a more casual, rustic look? In that case, think naturals, such as cotton and linen in tall tieback curtains.

Another country-flavored option would be simple woven wood roll-up shades. Or - easier to operate - long wooden Venetian blinds that can control light and privacy at the twist of a wand. The wider the slats of the blinds, the more the overlap, the more light you can block out. And you will have a choice of wood stains and colors for the tapes on the blinds.

The room in this photo sounds like yours, with its lofty ceiling and two story windows. This room, however, is all about being "country." It is relaxed and easily lived in, warm with natural wood tones from floor to ceiling, and in between, the wood blinds blend into the walls to become part of the architecture. The blinds are "Country Woods" from Hunter Douglas.

www.hunterdouglas.com. Closed, see DECOR SCORE page 25.

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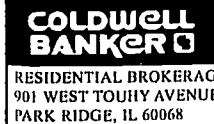
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Story Continues...

DECOR SCORE page 25

REAL ESTATE

A Greener View

Amazing corn, how sweet the taste

Jeff Rugg
Copley News Service

Q: I am trying to find out whether "enhanced" corn seed (Burpee, sweet corn) is safe for humans and the environment. I haven't been able to pull anything up on the Web. Do you have any information or know who I can ask?

A: Yes, it is safe to eat. In the case of many garden plants and sweet corn in particular, a great deal of work has been done to produce new varieties that have better tasting characteristics. This work has been going on for decades and even centuries, but only in the past few years has it moved from the fields and gardens into the laboratories.

Corn plants produce seeds with a high starch content so that the germinating seed can use it for its initial growth. The seed converts simple sugar compounds into complex starch molecules. The starch is good for cattle and people to eat, but people prefer sweeter foods whenever possible.

Back in the early 1800s sweet varieties of corn began being sold. They were created when a single recessive gene displayed its characteristics. It caused the seed to slowly convert its sugar into starch while on the plant, but as soon as the ear was picked, the seeds began losing their sweetness. So if you could harvest it and eat it you were OK.

These corn plants are known as sugary hybrids and are often designated as SU hybrids. Back in the 1950s, another recessive gene was brought out through hybridizing. It is called the shrunken-2 gene and is designated Sh2. The seeds are very wrinkled when they are dried for storage. These seeds are very slow to turn sugar into starch before and after harvest. Unfortunately, they also have very tough skins that make them a little less tender to eat, or on the positive side, it can be called a crisp texture. These hybrids from the University of Illinois are often called "super-sweet" and the sugars last about five days after harvesting.

In the 1960s a new gene was discovered called the sugary-enhanced gene. The SE hybrids have the highest sugar content and it lasts the longest after harvest, for more than a week if refrigerated. The kernels are tender enough to be called creamy. Nothing was manipulated in a laboratory to enhance the seeds.

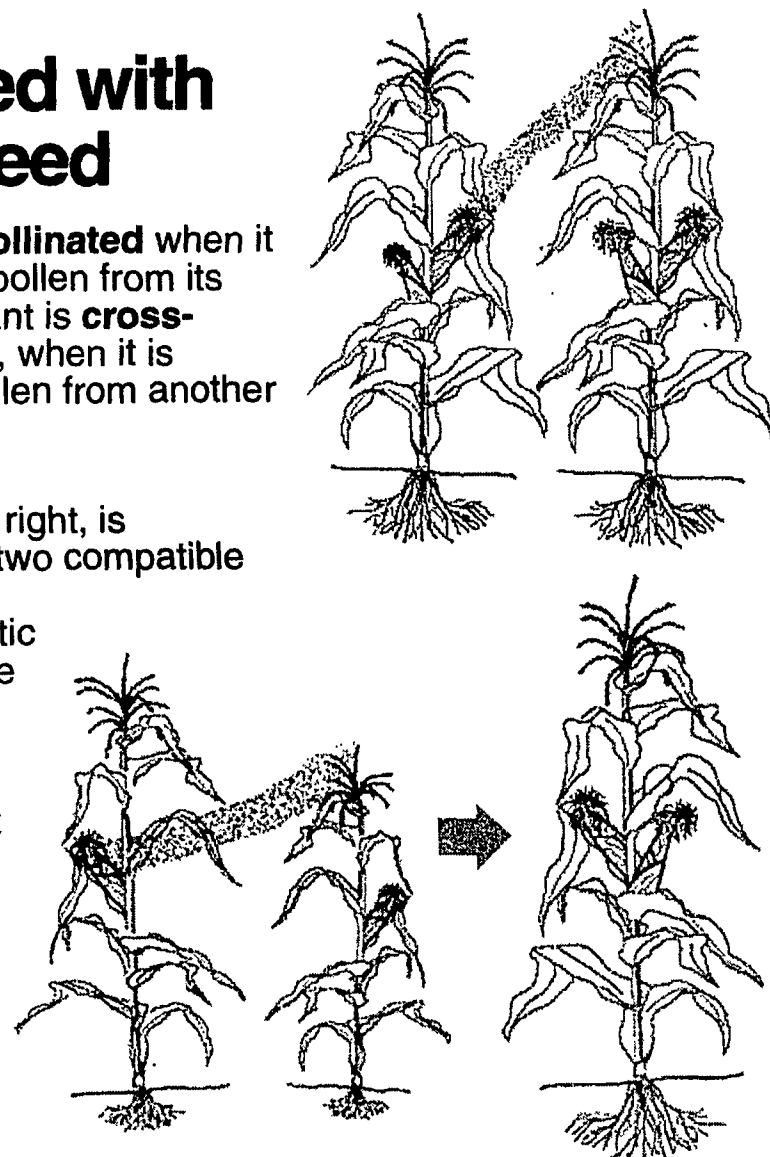
If you plant a variety of corn plants in your garden, you must watch out for the Sh2 hybrids. If

GARDEN TIP

Take heed with hybrid seed

A plant is **self-pollinated** when it is fertilized with pollen from its own tassel; a plant is **cross-pollinated**, right, when it is fertilized with pollen from another plant's tassel.

A **hybrid**, below right, is produced when two compatible inbreds, usually of different genetic backgrounds, are cross-pollinated. The hybrid plant is much larger and more robust than either of its inbred parents. This is referred to as **hybrid vigour** or **heterosis**.



Copley News Service / Pete Chenard

they are near other sweet varieties and they cross-pollinate, the seeds of each will not be sweet, since these are recessive genes. They should be planted more than several hundred feet away to keep the wind-blown pollen at bay, or they can be planted about two weeks later to prevent pollination. The Sh2 hybrids don't sprout well in cold soil.

All sweet corn varieties need to be planted away from popcorn, ornamental corn and field corn. The pollen from these other types of corn will turn sweet corn starchy instead of sugary. The shriveled seed characteristic of sweet corn will shrivel popcorn seeds so they may not have enough moisture to pop. The yellow color of corn will cause any

white corn pollinated to become yellow.

There are new varieties that have one or more parents or grandparents that have the SE gene, so some or all of the kernels are sweet, but they are not as sweet as the Sh2 varieties. The SE hybrids have a tender skin, germinate well and don't have to be isolated from other varieties.

Within the next few years, newer varieties that have all the parents and grandparents being sweet varieties will be coming to market. There are sub-categories of the above groups that are partially modified, so that some of the kernels on the cob are sweet and some are supersweet.

If you intend to grow some of these newer varieties in your gar-

den next year, here are some tips.

The shriveled seeds of some of the new varieties need to be planted shallower and they will need more water. The soil should be lighter, with less clay and it needs to be warmer, so plant them in full sun. They are harder for the seller to keep dry and disease-free, so expect them to cost more.

Most grocery stores won't be able to tell you the variety of sweet corn they sell, but many farmers' market vendors will be able to tell the variety, if not the designation. The main thing to remember about fresh corn on the cob for the summer picnics is to eat it as soon as possible after harvest. Even the sweetest varieties are changing sugar into starch from the moment they are harvested.

E-mail questions to Jeff Rugg at info@greenview.com.
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REAL ESTATE

DECOR SCORE: Try real wood

CONTINUED FROM PAGE 23

they guard against heat/cold, glare and stares from outside, in. They even eliminate the usual pinholes of light that come in around most blinds' cord-holes, thanks to a unique feature called "De-Light."

In spaces this gracious, you need other dramatic gestures to cozy up

the height and bring it down to more human size. The traditional pewter "candelier" is an inspired surprise, swinging from its two-story-long chain over the dining table below. The quilt tossed over an upper railing also adds texture and visual warmth of its own.

From now on, if you concentrate on furniture and accessories that celebrate natural materials, folk art idioms, and vigorous textures, like braided rugs and handmade crockery, you should be able to reclaim your "converted barn" from the

clutches of contemporary. You just need to set your vision and keep focused on it.

Q: We are planning our new kitchen and have chosen cherry cabinets. We would really like a wood floor, but have been told it would be "too much wood." We don't know the best choice of wood or color. We aren't sure if we should choose something close to the color of the cabinets or go for more contrast. We would prefer a more formal look. Can you help?

A: Boy, can I! Good for you, first of all, for ignoring all that bad advice. What do they mean, it would be "too much wood"? I submit that there's no such thing as too much of a good thing when it's something as naturally good, beautiful and alluring as real wood.

The best news I can offer comes from the Hardwood Information Center, where the experts stress time and time again that trying to match wood tones is old-think. As you have a more formal look in mind, consider staining your hard-

wood floors - whatever species of wood you choose - much darker than your cherry cabinets and then give them a brilliant, shining finish. The contrast will be exhilarating, the sparkle will feel formal and grand. To preview the effect, explore the Hardwood Web site at www.hardwoodinfo.com. You'll be able to compare wood species, see them wearing different intensities of stain colors, and learn more about the properties and personalities of each kind of wood.

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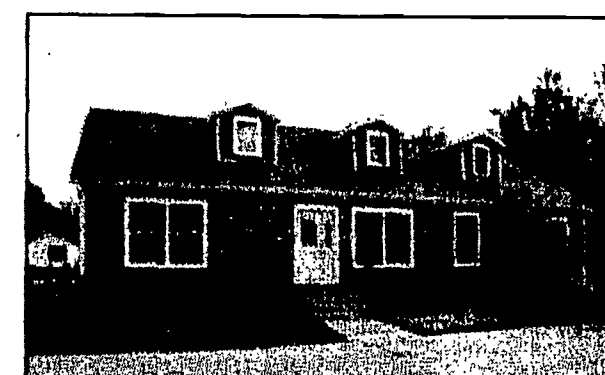
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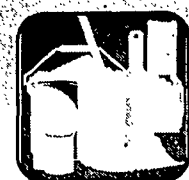
Gutters & Downspouts. Clean out any debris that may have collected over the winter.

Air Conditioning System. Have it inspected by a professional and change the filter as needed to keep it running efficiently.

Deck. Replace any loose nails and warped and rotting boards.

Screens & Windows. Fix any torn screens and replace any loose caulking.

Outside Pipes. Repair any that might have been damaged by the cold weather.

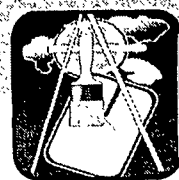


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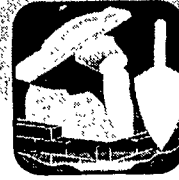


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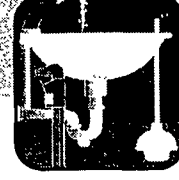


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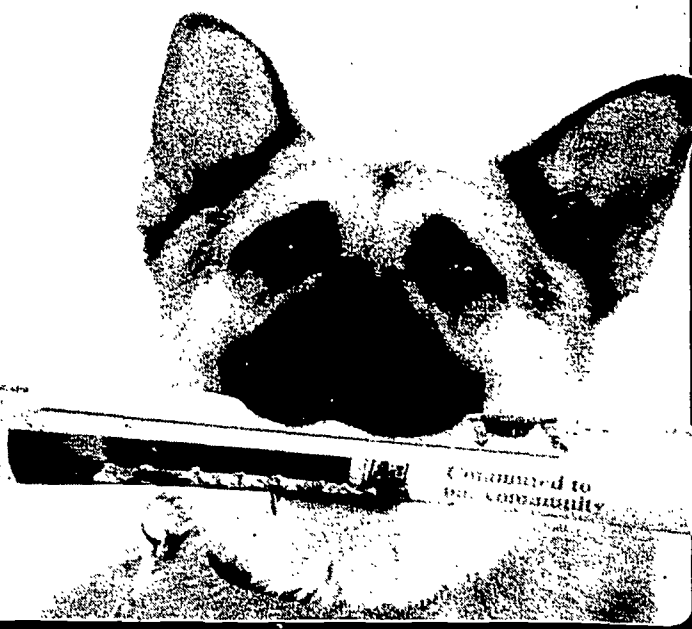
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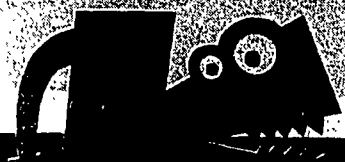
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