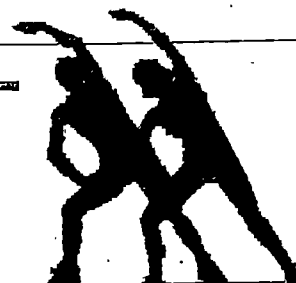


**PARK DISTRICT BIDS
GONZALES ADIEU**
NEWS, PAGE 2



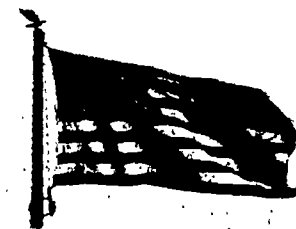
**WATER AEROBICS ARE
CATCHING ON**
HEALTH AND FITNESS, PAGE 4



SINCE 1957

THURSDAY SEPTEMBER 8, 2005

THE BUGLE



VOL. 49 NO. 15

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Residents, schools work to aid hurricane victims



BY TRACY YOSHIDA GRUEN
STAFF WRITER

The recent Hurricane Katrina that destroyed the once vivacious city of New Orleans and left people in need of shelter and food has affected Niles residents and many of them are doing whatever they can to help.

"Can you imagine being uprooted and losing virtually everything?" asked Robert Galassi, of the local Knights of Columbus. "We're definitely going to have to help these people. It amazes me. We can send money to other countries and troops to other countries but we can't help our own people."

The Knights of Columbus is planning a special fund-raising dance to help their "brothers and sisters" down south on Veterans Day, Nov. 11. The dance will most likely have a Mardi Gras theme. Mardi Gras beads will be sold and games will be played. The event will be held at the St.

John Brebeuf Parish.

Galassi said that although the Red Cross does a great job in collecting money and supporting people during major disasters, a certain percentage of what they raise goes to administration. With organizations such as the Knights of Columbus or Catholic Charities, 90% to 100% of the money goes directly to the cause.

At Notre Dame High School, students from various school organizations will be selling Mardi Gras beads in order to support the victims of the tragic hurricane. The McCormick Tribune foundation has pledged to match 50 cents to every dollar raised.

History teacher, Tim Jarotkiewicz, also a 1998 graduate of Notre Dame High School, came up with this fund-raising effort. Jarotkiewicz was involved in the Alliance for Catholic Education and he spent

Story Continues...

see **HURRICANE HELP** page 9.

MORE INSIDE

HURRICANE KATRINA: THE LOCAL RESPONSE

Page Two

Niles Park District opens facilities for donations

Page Three

Niles Police, Jesse White warn of scams

Pictured above from left, Notre Dame Biology Teacher Ellen Dutton, Student Brian Kearney of Niles and History Teacher Tim Jarotkiewicz sell Mardi Gras beads for a dollar at the Friday night football game against Nazareth to benefit the victims of the Hurricane Katrina in New Orleans and on the Gulf Coast.

(Photo by Andrew Schneider)

Morton Grove Mayor willing to negotiate to end TIF lawsuit

BY ANDREW SCHNEIDER
MANAGING EDITOR

Krier will not confirm or deny rumors of on-going negotiations

Morton Grove Mayor Rick Krier said that he would negotiate with Larry Bowman, the owner of Domicile Furniture to conclude a lengthy condemnation pro-

ceeding that has dragged on for over a year and was continued again last week.

Krier and other village officials have said that the lawsuit, which charges the village improperly appraised the Domicile Furniture Warehouse

property located within the Lehigh/Ferris Tax Increment Financing (TIF) District, has slowed progress in the TIF to a virtual standstill. The village has not issued \$10 million in authorized General Obligation Bonds for property acquisition and

infrastructure improvements in the TIF. They were approved as a part of the 2005 budget.

Krier would neither confirm or deny rumors that negotiations were already in progress.

"I will do anything I can do to help the village escape any legal

jeopardy," he said. "If openings [for negotiations] exist then I would not be hesitant to explore them."

He did say that the village has suffered consequences as a result of the lawsuit.

"The consequences have been

Story Continues...

see **TIF SUIT** page 9.

HURRICANE KATRINA: THE LOCAL RESPONSE

Niles Parks' Demi Gonzales departs for New Orleans with Guard

BY ANDREW SCHNEIDER
MANAGING EDITOR

Demi Gonzales, a seven-year grounds employee with the Niles Park District was deployed with the Illinois National Guard to the storm-ravaged city of New Orleans, Louisiana.

Gonzales, a member of the 3625th Maintenance Company out of North Riverside said that he was anxious to help the people left behind in the city that suffered historic destruction last week at the hands of Hurricane Katrina.

"More people volunteered than have been deployed," Gonzales said Friday before he left.

Gonzales and his unit were given only 24 hours notice before their deployment, something that frustrated him.

"It's a bit frustrating to find out on such short notice," he said. "We found out this morning and have only 24 hours to tell relatives and friends."

The length of his deployment is also unclear at this point. At their briefing Friday morning, Gonzales said they were told to expect anywhere from 30 days to 179 days.

"I wish we knew exact details," he said.

The 3625th was the third convoy to leave North Riverside for New Orleans. Gonzales said that they were not given a full briefing Friday and that he was a little trepidatious about the mission.

"We were told that we would be performing security detail," he said. "Perhaps even at the Superdome [where many victims of Katrina had taken shelter]."

Gonzales said that the briefing

was vague on the situation in New Orleans and that he might be performing crowd control.

"We were told to expect the unexpected," he said. "There's a serious safety concern because the briefings emphasized safety. Basically there are a lot of upset people down there but everyone still wanted to help them out, everyone is still concerned."

Park District Director Joe LoVerde said that he was proud to know Gonzales.

"I am very proud to work with such a fine young man," LoVerde said. "I congratulate Demi and all our armed services personnel for their outstanding dedication to make America the greatest country in the world."

Gonzales enlisted in the National Guard in September of 2004. This will be his first deployment.



Demi Gonzales, a seven-year veteran of the Niles Park District pauses for a photo Friday just before he was deployed to New Orleans.

Niles Park District opens facilities for donations

The Niles Park District announced last week that their facilities would be accepting donations for the victims of Hurricane Katrina.

Anyone interested in donating non-perishable items such as canned food, shoes and clothing

can do so at any Park District facility during business hours.

According to Parks Director Joe LoVerde, there will be a designated drop-off location in every Park District building.

For more information, call (847) 967-6633.

Park Ridge urges donations to agencies

The City of Park Ridge is recommending that the best and quickest way for citizens to help the Hurricane Katrina relief effort is to send monetary donations (not physical items) to established relief agencies.

"We have had many calls from our citizens asking how they can help the victims of the

hurricane disaster, and we are heart warmed by their concern," Mayor Frimark said.

"We are following the directives of President Bush...in recommending cash donations to the America Red Cross (redcross.org or 888-435-7669), the Salvation Army (salvationarmyusa.org or 800-725-2769), or other organizations

that are aiding hurricane victims."

Park Ridge Police Officer Eric Hilderbrand, a member of the Northern Illinois Police Alarm System (NIPAS), has joined a team of 12 NIPAS members deployed to the Mississippi disaster area as part of an Illinois law enforcement response team.

THE BUGLE

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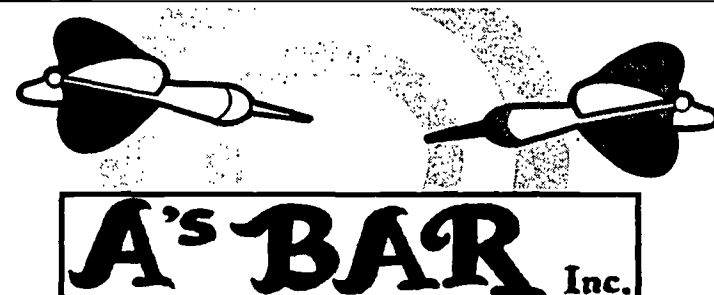
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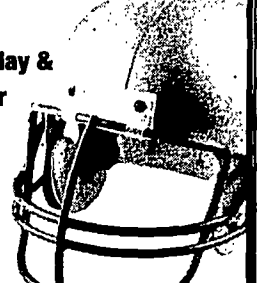
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HURRICANE KATRINA: THE LOCAL RESPONSE

Beware Possible Scam Charities

Niles Police stop individuals collecting money at Milwaukee, Oakton last week

Niles Police stopped four individuals collecting money at the busy intersection of Milwaukee Ave. and Oakton St. last Friday. They said they were collecting money for New Orleans disaster relief in the face of the devastating Hurricane Katrina and its aftermath.

Police Chief Dean Strzelecki said that the individuals were not properly registered at village hall, were not wearing uniforms and were collecting money in unmarked buckets.

"We have a policy about this," Strzelecki said. "We want to protect legitimate charities and the people who donate. That's why we ask that all individuals that are collecting money be registered at village hall."

Strzelecki said that, when his officers questioned the individuals, they said that they were not with any specific charity and that the money would go to New Orleans disaster relief.

"We don't want people who donate to get scammed," Strzelecki said. "That's why we ask all people who want to collect money to get to village hall and get registered."

Secretary of State warns of Katrina-related scams

Illinois Secretary of State Jesse White also advised residents last week to beware of investment scams that may arise in the wake of the widespread destruction caused by Hurricane Katrina.

"Unfortunately whenever such tragedy strikes, there are those who attempt to take advantage of the situation and its victims," said White. "I want to make sure investors and those who want to help the victims of Katrina aren't throwing hard-earned money away."

Many of the scam artists prey

upon the public using telephone sales people, advertisements or Internet postings that tout investment pools or bonds to help hurricane victims. They may also advertise supposed water removal or purification technologies and electricity generating devices. These advertisements should be a red flag for investors.

White also urged investors to watch out for oil and gas scams given the rising price of gas the prospects for even higher prices following Katrina's destruction of Gulf of Mexico oil refineries.

"In the world of investing, if it sounds too good to be true, it likely is," White said. "I encourage the investing public to fully check out a potential investment by first calling the Illinois Securities Department to determine if it is properly registered."

The Illinois Securities Department is responsible for regulating the securities industry in Illinois, which includes the registration of investment products and those who sell them. The Department can be reached at (800) 628-7937.

What you can do

The Bugle recommends the following organizations to those that wish to donate to Hurricane Katrina relief efforts.
Anyone interested in donating to help the victims of Hurricane Katrina should indicate that on their checks.

American Red Cross
P.O. Box 37243
Washington, D.C. 20013
redcross.org
800-HELP-NOW (435-7669)
English
800-257-7575 Spanish

Salvation Army
Disaster Relief
P.O. Box 4857
Jackson, MS 39296-4857
salvationarmyusa.org
800-SAL-ARMY (725-2769)

America's Second Harvest
35 E. Wacker Dr., Ste. 2000
Chicago, IL 60601
secondharvest.org
800-344-8070

Catholic Charities USA
P.O. Box 25168
Alexandria, VA 22313-9788
catholiccharitiesusa.org
800-919-9338

Christian Reformed World Relief Committee
2850 Kalamazoo SE
Grand Rapids, MI 49560-0001
crwc.org
800-848-5818

Jewish Federation
Katrina Relief Fund
c/o Jewish Federation of Metropolitan Chicago
1 S. Franklin St., Room 625
Chicago, IL 60606
juf.org/katrina
312-444-2854

Knights of Columbus Charities USA
Gift Processing Center
Attn: Hurricane Katrina Relief
P.O. Box 9028
Pittsfield, MA 01202-9028
kofc.org
800-694-5713

McCormick Tribune Foundation
Hurricane Katrina Relief Campaign
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HEALTH & FITNESS

Fitness Forum

Water aerobics class has earned a loyal following

Sandy Cohen
Copley News Service

The air still has that early morning bite when Nan Lewis' students arrive for class. Still, they show up in swimsuits, with smiles on their faces.

For most of them, the 7 a.m. Deep Water Conditioning class at the Jack Kramer Club in Rancho Palos Verdes, Calif., is a long-time tradition.

"I won't get up at 6 a.m. to go to Curves, but I will get up to go to Nan's class," said Cleo Wayman of Torrance, Calif., a dedicated student for the past nine years.

Lewis created the water aerobics class two decades ago, "by accident in a way."

She was working as athletic director at a Torrance health club in the early '80s when aerobics hit the fitness scene. One of the instructors wanted to take her class out to the pool during the summer, and Lewis suggested continuing the aerobics exercises in the water. She bought some "little kid floaties" to add resistance to their underwater leg presses and lateral raises. "These people were used to exercising and they liked this approach," Lewis said. "When fall came, she went back in the gym and I stayed out with this class."

Now, the 75-year-old petite powerhouse teaches 15 water conditioning classes each week and relies on them as her main form of exercise.

"I wouldn't even think of joining a gym," she said. "I can get everything I need, as far as physical conditioning is concerned, in the water."

Deep-water conditioning calls

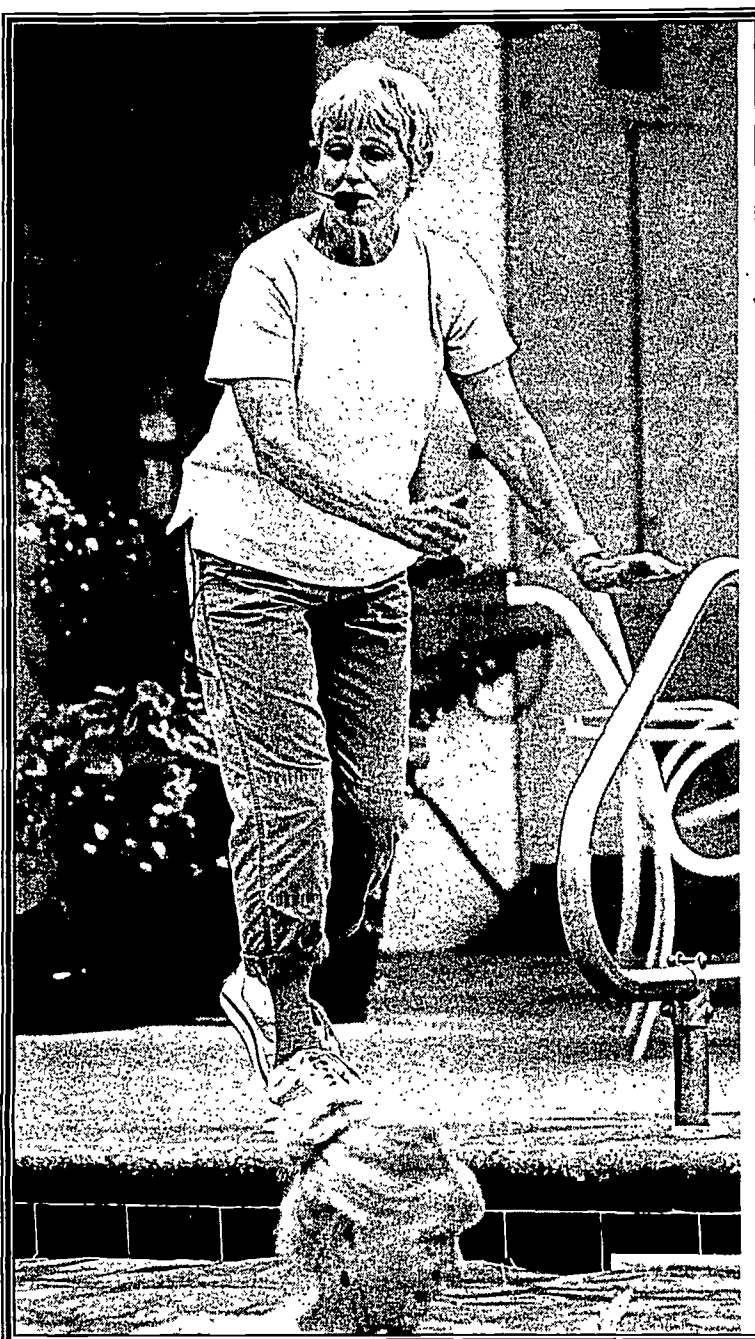
for students to keep their bodies vertically suspended in the deep end of the pool. Inflatable cuffs worn on the wrists and ankles aid flotation and provide extra resistance as students jog, march, scissor their legs and do biceps curls to a medley of music and Lewis' cheerful direction. The first half of the hour-long class focuses on strengthening various muscle groups, the second is devoted to cardiovascular conditioning. Students adapt the speed and length of the movements to suit their individual fitness level.

"Like all exercise classes, you see people who are almost doing nothing and people who are working very hard," Lewis said. "One of the beauties of the water is that we can all be there together."

Water exercise provides total body camouflage for the self-conscious, she said. It's also ideal for rehabilitating injuries, said longtime student and physical therapist Karen Chambers, as it offers a no-impact workout.

"It offers a full range of motion and the feeling of total movement without weight bearing," she said. "Besides being fun, it really helps with balance and gives you a lot of endurance." Chambers discovered the class 12 years ago and began sending clients there. Then, when a staph infection resulted in her becoming a double-amputee last year, she used deep water conditioning to restore her own strength and mobility. Seeing her longtime classmates also gave her an emotional boost.

"When I finally got back to the pool wearing my prosthesis, they



all cheered me on and supported me," said Chambers, 60. "The class is incredibly safe and pleasurable."

It's the camaraderie that keeps Wayman coming back three times a week. She first came to the class on her doctor's orders, to rehabilitate her knee after arthroscopic surgery.

"I told him I don't swim and I don't have a bathing suit," said Wayman, 63. "And I don't want to go to the class because I hate exercising."

Like any new student, Wayman started the class with a personal coach. She wore an inner tube and floaties and gradually got used to the water. Now, she bounds out of bed to attend.

"I still don't know how to swim and I'm still afraid of the water, but I'm not afraid of the water when I'm there," she said. "It's helped me physically, mentally and emotionally. These people are my friends. We celebrate birthdays and send postcards from our vacations. We tell each other 'I wouldn't recognize you in clothes since I only see you in a swimsuit.'"

Patricia Hilmer of Rolling Hills Estates, Calif., has been one of Lewis' coaches for eight years. She found the class when she was swimming at the Kramer Club with her children and thought it looked like fun. She's been a regular now for 11 years.

"I have arthritis, and the only place I can move comfortably is in the water," said the 58-year-old. "I love the music. And it's a wonderful social gathering. You go there, you get a workout and you socialize at the same time."

Those aspects of the class keep Lewis energized as well. The onetime Dixieland trumpeter mixes the music herself and has amassed more than 500 tapes. She also created the inflatable cuffs students use and even lured into her class the president of the Torrance company that manufactures them. Her enthusiasm ripples out like a stone skipped across the water.

"It's an effective form of exercise and it's fun," she said. "I'm going to do this for the rest of my life."

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HEALTH & FITNESS

Determined, active woman beats the odds twice

BY JACK WILLIAMS.
COPLEY NEWS SERVICE

Her battle scars are the skinned knees and elbows, the bruises and contusions of a relentless road warrior.

Sometimes, Donna Benson falls off her bike. Sometimes, she stumbles on her running path, struggling to keep in alignment a body that seems to have a mind of its own.

Her speech, like many of her movements, is measured and tentative. And she must write herself notes and post daily reminders to avoid fits of forgetfulness.

She can easily get lost in a shopping mall and she takes days to compose a letter. "It used to take up to three weeks," she said.

Benson, a 64-year-old brain tumor survivor, isn't about to complain. Not when she sees progress. Not when she considers the alternative.

So when colon cancer came along a couple of years after the brain tumor, she relied on reserves of resilience and

resolve.

"You could call me stubborn," she said.

In her San Diego hometown there are races to run, games to play, classes to take, people to meet and, as much as anything, problems to overcome.

"I want to see how far I can go, how much I can improve," she said.

Six years ago, Benson was camping with friends at Waterton Lakes National Park in Canada when she suffered a grand mal seizure in the middle of the night. "I'd never been sick; I'd never even used sick leave," she said.

The next thing she knew, she was waking up from surgery to remove a brain tumor in a San Diego hospital.

She left her job as a personnel supervisor at San Diego Naval Medical Center and began the arduous road back. The world slowed down. Confident strides turned into baby steps. Speech was slurred. Words and memories were as elusive as butterflies.

"I had to learn to walk and talk again," she said. "The phys-

ical therapy came faster than the cognitive therapy. I couldn't

"You could call me stubborn."

*Donna Benson
Survivor of colon, brain cancer*

drive or go to work, but did a lot of walking - at first with a therapist standing next to me, holding me up, because my body would lean to the right."

By the next year, she was running and riding a bike, albeit tentatively.

Then, in the summer of 2001, she joined friends in a seven-day, 575-mile Montana AIDS Vaccine Ride through the Big Sky country to benefit AIDS vaccine research.

"I was tired the whole time," she said. For good reason, as it turned out.

A routine physical exam led to

a grim diagnosis: colon cancer. Surgery followed, then six months of chemotherapy.

"It ticked me off," she said. "I wanted to get back to doing stuff again. But I'm glad the cancer came when it did. I was OK dealing with the chemo because I had been working on rehab from brain surgery. I didn't want something like that to happen 10 years later."

With the worst apparently in her rearview mirror, she was free to dream. What better way to celebrate her survival, she decided, than to swim 400 meters, bike 20 kilometers and run 5 kilometers?

In the AARP-sponsored TriUmph Classic, a mini triathlon designed for people over age 50, Benson found something to satisfy her adventurous appetite.

In 2002, she finished third in her 60-64 age group. The next year, she won. No matter that she had to walk up a hill after falling off her bike. Or that she stopped for water during the run and stumbled to the ground. "I felt really good," she said.

These days, Benson has added

basketball ("my No. 1 love") and softball to her regimen. Each Monday, she goes to a gym near her home to work on her balance, strength and flexibility with a personal trainer.

She's progressed enough on the bike to ride tandem with rehabilitation patients, and she finds time to volunteer with the San Diego Brain Injury Foundation and a recreational-therapeutic services program sponsored by the park and recreation department.

"Thought process is the hardest," she said. "I still have problems with that."

Community college classes for "acquired brain injury" patients were a start. Benson won't stop, she says, until she earns an associate's degree in mainstream classes.

Meanwhile, she's training for the San Diego Senior Olympics in softball, basketball and four track events, from the 50 meters to 5,000 meters. Her biggest challenge: to surpass the two gold medals and four bronzes she won last year.

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New alarm clock tracks your sleep patterns

Fortified by published research, health experts tested their case long ago: There's nothing like seven to nine hours of shut-eye at night to avoid dozing off during the day.

Problem is, you still may respond to your morning alarm like a bleary-eyed zombie.

When you analyze the five cycles of sleep, you begin to see the difference. Sometimes we're at one with oblivion, beyond the point of distraction. Other times, we're receptive to the slightest stimuli, on the verge of awakening.

With that in mind, shouldn't you want the alarm to go off when you are sleeping the lightest? Even if it's a half hour earlier than expected?

That's what producers of a new high-tech time machine are betting on.

They want to equip you with an alarm clock that fits around your wrist band. You set it for a specified time, 7 a.m., for instance, but with a 30-minute window. That means it could beep anytime between 7 and 7:30, depending on your most "almost-awake" moment.

Called the Sleeptracker, the device is equipped with an accelerometer to monitor the wearer's sleep patterns and to detect the optimal wake-up times. Similar, more sophisticated accelerometers

are used in clinical sleep monitoring studies.

The technology brings to light the pronounced changes in normal sleep patterns, which in turn speak to why we can awaken fully alert one morning and groggy the next. Just as no two people have the same sleep cycles, apparently nobody has the same cycle twice.

Among the factors affecting sleep cycles: diet, exercise, medications, drugs or alcohol, stress, sleep disorders and sleep deprivation. Age is also a factor. People under 30 have about two hours of the most restorative sleep each night. When they reach 65, they may get 30 minutes.

Our heaviest sleeping cycles, known as slow-wave or delta, are best for helping the body to recover from stress. That's when we regenerate tissue, build bone and release growth hormone to repair and build muscle.

It's also when our resistance to waking up is greatest.

As sleep progresses, the deep sleep periods become shorter. By the last third of the night, the almost-awake and rapid eye movement stages tend to take over.

Uninterrupted, the average person sleeps about 8 hours, 15 minutes, per night, which is considered the norm. Some research indicates that anything less than 7 hours will result in muscle loss and reduced

metabolism.

One of the culprits is cortisol, a stress hormone. Sleep deprivation accelerates its secretion, often resulting in cravings for high-carbohydrate and high-fat foods and the weight gain that can go with it.

A study at the University of Chicago found that men operating on four hours sleep per night had 37 percent higher levels of cortisol than those who regularly slept eight hours.

In assessing sleep-deprived individuals, the National Sleep Foundation reports that 68 percent suffer from decreased concentration and 66 percent experience difficulty in handling stress.

Hugo A. Rivera, author of "Hardgainers' Bodybuilding Handbook" (Hatherleigh Press), is all about using sleep to maximize physical capacity.

He suggests a quick test to tell if you are sleep deprived. If you can lie down in the middle of the day and fall asleep within 10 minutes, you're not getting enough sleep at night, he says.

As a sleep-optimizing tool, the Sleeptracker, manufactured by Innovative Sleep Solutions of Atlanta, won't assure that good night's sleep. What it may do is ease the impact of the dreaded alarm.

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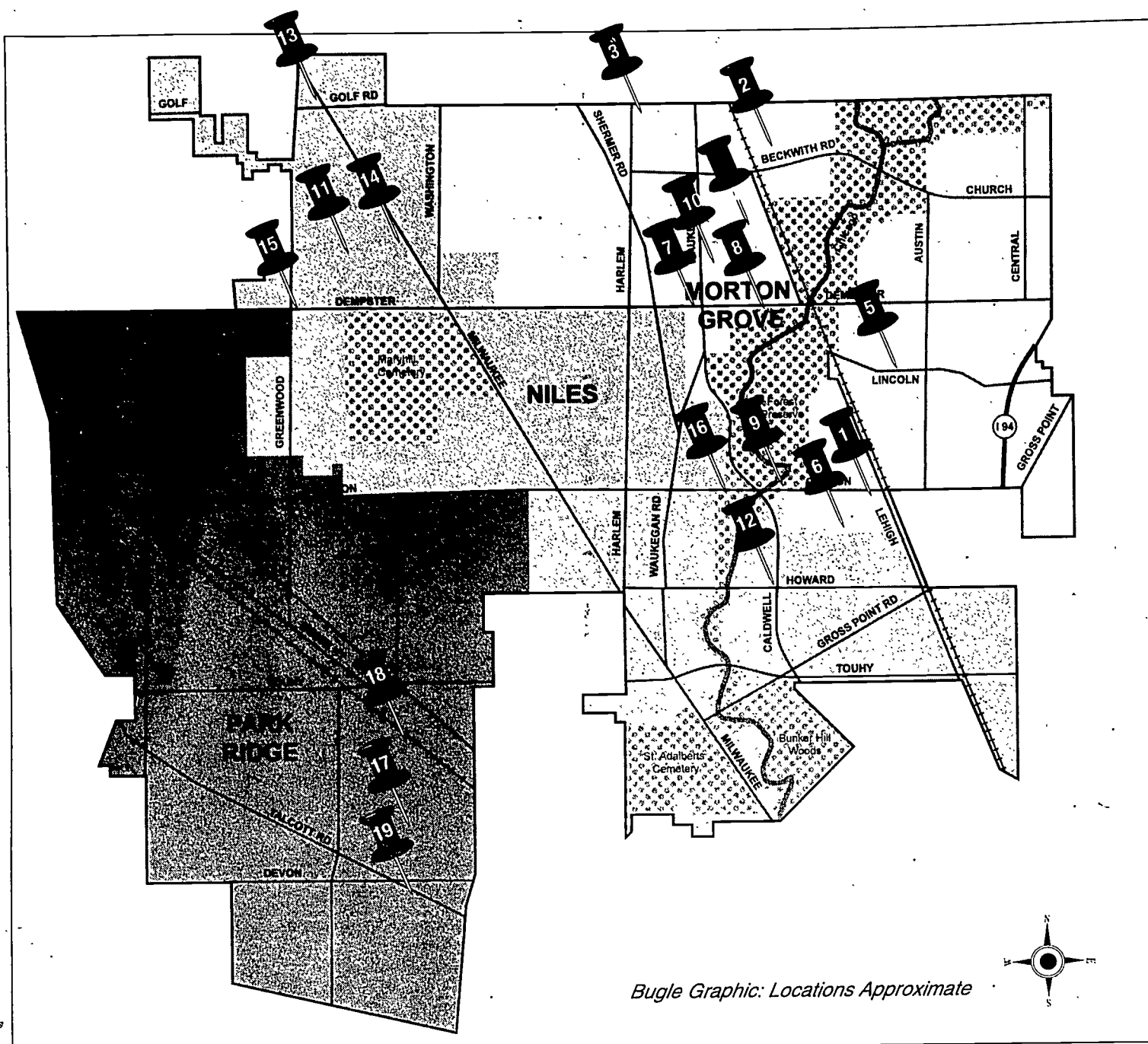
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POLICE BLOTTER



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, Sept. 2.

1 Chicken Head Bomb (8100 Lehigh)

Morton Grove police assisted Glenview on a suspicious package call Aug. 27 on the 8100 block of Lehigh. A witness reported that a blonde woman placed a strange black package on the railroad tracks on Aug. 27. Police bomb squads opened the package and saw three dead headless chickens.

2 School Dumpster Fire (Melzer School)

A motorist noticed a Melzer School dumpster on fire around midnight Aug. 27. The dumpster was on the lawn six feet from the school. The school was not damaged and the fire department put out the blaze.

3 Car hits house (9100 McVicker)

A motorist was cited for DUI after driving into a house. The car was found resting against the wall

of a home Aug. 27 at 5:45 p.m. When the officer arrived at the scene, he noticed two men standing on the corner. The officer had dealt with one of the men on a crime call earlier in the day. The man, 26, of Skokie admitted driving the car into the house and told the officer "I know I'm f---ed and I might as well plead guilty."

4 Death investigation (9100 Cherry)

A woman, 42, was discovered dead Aug. 26. She was found in her home sitting at a desk at her computer. She reportedly had lupus, an enlarged heart and took medications.

5 Stolen vehicle recovered out-of-state (8500 Marmora)

A 2003 Dodge minivan was reported stolen Oct. 7, 2004. The van was sitting in front of the owners home. Commotion was heard at night and the minivan was discovered missing the next morning. On Aug. 29, Indiana State Tollway police recovered the vehicle and arrested the driver.

6 Bucket Work Fall (6300 Oakton)

A Waukegan man, 47, suffered back and leg injuries after a workplace injury Aug. 29. The man was working at his warehouse job when he climbed atop three buckets that were stacked on top of each other and fell.

7 Counterfeit bill (6900 Dempster)

A counterfeit \$20 bill was used as currency in Dominick's and reported to police Aug. 29.

8 Aerobics Crime (Bally Total Fitness)

A woman had her wallet taken from a gym bag during an aerobics class last week.

9 Accident (Oakton and Caldwell)

A Park Ridge man, 59, of the 500 block of Wisner and an Elgin motorist, 36, were in an accident Aug. 28 at 8 p.m. The accident involved an SUV that fled the scene and was apprehended soon thereafter.

10 Locker wallet gone (Bally Total Fitness)

A man, 46 of Glenview, had his wallet taken from a locked locker Aug. 28.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Friday, Sept. 2.

11 Drunken bus stop (Golf Mill)

A Niles man, 40, was arrested at a Golf Mill mall bus stop for public intoxication last Saturday at 3:30 p.m. He was reportedly intoxicated and yelling at people.

12 Tam golf ball hits moving car (7600 Caldwell)

A motorist driving southbound on Caldwell beside the Tam Golf Course was surprised when a flying golf ball struck his moving car. It hit the hood causing a small dent.

13 Money taken from waitress (9600 Milwaukee)

A woman, 25, parked her car and was walking into a CVS pharmacy when a man approached her and asked for \$1. She gave it to him. Then, he asked for another dollar. She refused and walked into the store. As she was inside, another man struck up a conversation

with her. She made her purchase and walked back to her car. She sat in the drivers seat and counted her money. The two men then opened her car door. One showed a knife and they took her \$35 and ran off. The incident occurred in the middle of the night.

14 Bar sleeping (9300 Milwaukee)

Niles police making rounds spotted a man, 28, sleeping on a couch in the DMZ cafe Aug. 28 at 2:52 a.m. On the table in front of the couch were empty beers, shots and food. When police tried to rouse the sleeper, he remained unconscious. He was transported to the hospital and tickets were issued. The bar said they served the man and his company only one round of drinks and he must have arrived there drunk.

15 Attacker duo captured (8500 Dempster)

Two men accused in a beating and robbing Aug. 27 were arrested. Police responded to a call and saw the victim standing in a parking lot bleeding from the head. He said he had been beaten and robbed by three people. Police caught two of them running away. One is a minor and the other was arrested for mob action, robbery and aggravated battery.

16 Accountant DUI (Oakton and Nagle)

An accountant, 30, of Skokie was arrested for driving under the influence of alcohol at Oakton and Nagle Aug. 29.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Tuesday, Sept. 6.

17 Two bikes stolen (100 W. Gillick)

Two bikes were stolen from home in the 100 block of W. Gillick Monday night, Aug. 29. They were stolen from the garage. Combined the bikes were valued at \$750.

18 Car burgled (2000 Imperial)

Unknown individuals broke into a 2005 Toyota van and a 2001 Toyota carryall parked in a driveway in the 200 block of Imperial overnight Wednesday, Aug. 24. A cellular telephone valued at \$200 and a Craftsman digital measuring tool valued at \$100 were taken.

19 Business vandalized (100 W. Devon)

Unknown individuals spray-painted graffiti on the east side of a business overnight Monday, Aug. 28. The cost of the damage was unknown.

NEWS

News from the Police Reports

Two drug busts in Morton Grove

BY JEFF BORGARDT
STAFF WRITER

Shoes are not a good spot to stash drugs. Morton Grove police made two big drug busts last week which both involved suspects hiding illicit drugs in their footwear.

First, they arrested a Glenview man, 26.

He was pulled over Aug. 23 on the 9100 block of Waukegan where police and police discovered heroin paraphernalia in his possession.

When the officer opened the car trunk, they found burglary tools such as a window puncher, wire cutters, pliers and a hacksaw.

As the man got out of his car, tin foil fell out of his shoes.

The officer asked the man what was in the foil.

He responded "What do you think man?" and then added "Did you think I was going to tell you I had dope on me?"

The officer also discovered the sticker on the license plate of the

vehicle had been altered and changed from '04' to '05.'

The man's wallet had pawnshop receipts.

When the tin foil was sent to the crime lab, technicians confirmed the presence of heroin. He has a felony Skokie court date and police say he admitted to breaking into cars and homes to support his drug habit.

Then, a second young man, 22, of Morton Grove was arrested in a separate incident.

The man allegedly had 60 grams of marijuana wrapped in small zip-lock bags, \$4,891 cash and 14" metal pipe bludgeon in his vehicle.

The man has a prior drug arrest.

Police discovered the bags of marijuana in 16 separate baggies.

The bags were 1.4 grams, 4.4 grams and 25 grams apiece.

As the man was about to be placed into a holding cell another bag of marijuana was found in his shoe.

The cash was seized, the man refused to talk to police and was issued a court date.



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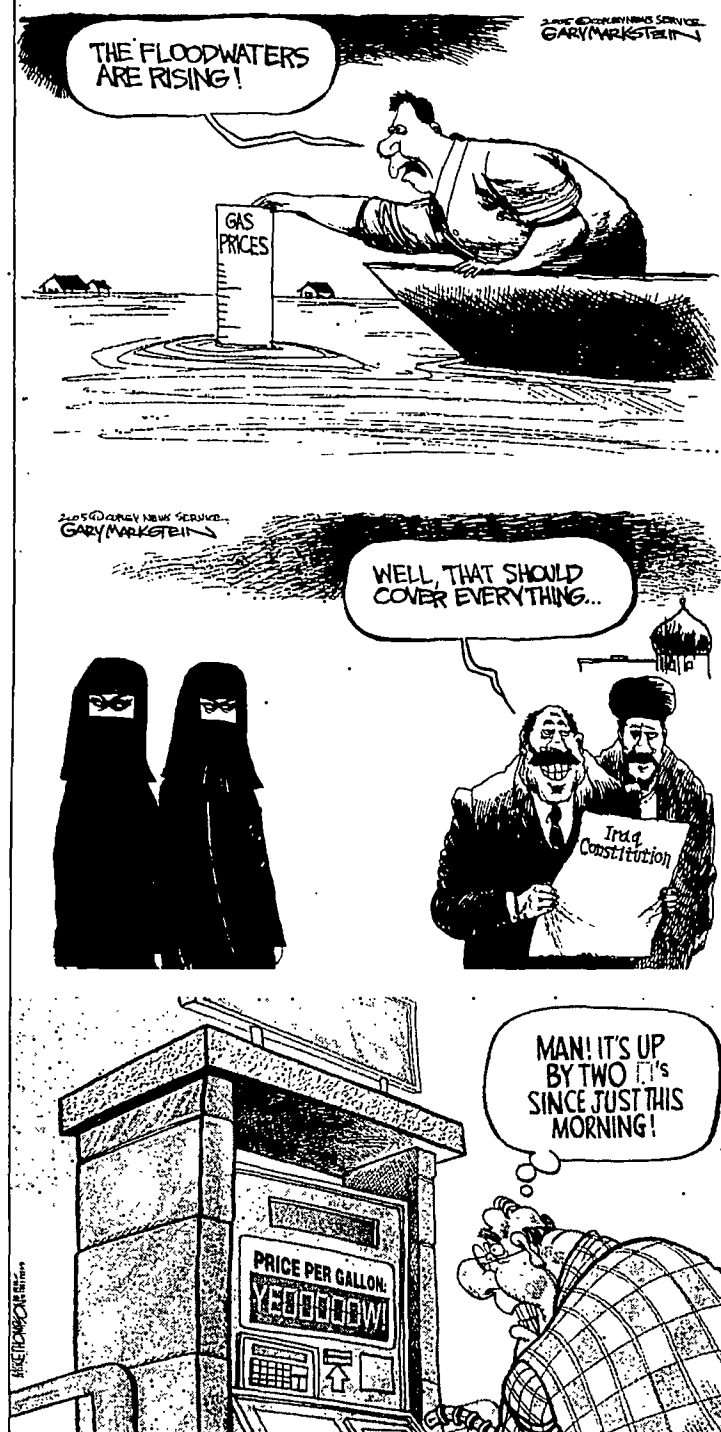
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COMMENTARY

Other Views



Cartoons From Copley News Service

Letters to the Editor

Free speech does not come with self-appointed judges

Dear Editor,

At the Board Meeting of August 8th. During non-agenda resident comments, one resident stood to address his concern and dislike for certain statements that had been made by another resident at the previous meeting of July 25th. His particular concern was what he perceived as derogatory remarks whereby Village staff was, in part, characterized as bureaucrats. His suggestion to the President of this board was to have a switch on the microphone which could cut off a speaker at the lectern should the speakers comments be offensive or disagreeable.

I can understand that the speaker who made this suggestion may have been absent or inattentive in civics class when the Constitution of the United States was taught, especially the First Amendment. To paraphrase Voltaire, I may disagree with what he says, but I will defend to the death his right to be absolutely wrong.

What does concern me however, is that the president of this board stated "I agree with you..." to the speaker at that

time regarding offensive or disagreeable comments. Every person sitting on this dais tonight has taken a solemn oath or obligation to preserve, protect and defend the Constitution of the United States. It is a very straightforward and unequivocal promise. U.S. Supreme Court Justice William O. Douglas wrote; "Restriction of free thought and free speech is the most dangerous of all subversions."

It is the one un-American act that could most easily defeat us. "Supreme Court Justice William Kennedy wrote; "The history of the law of free expression is one of vindication in cases involving speech that many citizens may find shabby, offensive, or even ugly."

In the Supreme Court Case Texas vs. Johnson in 1989, Justice William Brennan, writing for the majority, expressed the Court's view that Johnson's actions were political speech. "Taking offense" at political action is not, the Court ruled, sufficient reason to suppress speech or expression. "If there is a bedrock principle underlying the First Amendment, it is that the government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable."

Sometimes it is difficult or uncomfortable to listen to ideas that we disagree with. Criticisms of persons or insti-

tutions we hold in high regard may leave us feeling uneasy, unsafe or, in the least uncomfortable. We seek comfort and safety by being willing to relinquish just a little bit of our liberty. Benjamin Franklin said; "Those who will give up essential liberty to secure a little temporary safety deserve neither liberty nor safety."

Free speech does not come with self-appointed judges who will decide what is offensive or disagreeable. That's the point of free speech: There is no judge. Otherwise the speech is not free.

Patrick Kansoer,
Morton Grove

What's your opinion?

The Bugle welcomes letters to the editor. To voice your opinion, write to:

Editor, The Bugle
7400 Waukegan Rd.
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Please include contact information for verification purposes only. No potentially libelous letters or letters containing personal attacks will be printed.

NEWS

TIF SUIT: Some projects are still moving forward

CONTINUED FROM PAGE 1

huge," Krier said last week. "We've throttled all our work down and as the proceedings drag on the lawyers keep charging us."

Krier also said that the court case has been a serious drag on progress in the TIF, something that is a top priority for the village that already has one struggling TIF on Waukegan Road north of Dempster.

While the lawsuit is pending, Krier said that it isn't prudent to float the \$10 million in bonds and, even after it's decided, it might still be imprudent to float them.

"Even after the lawsuit is settled it may not end the legal jeopardy," he said, "because [Domicile's Owner] could appeal."

Krier said that developers interested in TIF property may even be holding off because of the lawsuit, causing revenue problems.

"We have money coming in from the economic engine of the Woodlands," Krier said, refer-

ring to the townhouse/condominium development south of Lincoln Ave. and east of Lehigh. "It's not dead, but will more interested developers come forward if the lawsuit is settled? We don't know. It's just put everything on hold."

One of the problems facing the village is the potential, even if it is slim, that the TIF itself could be ruled illegal because of some errors in the initial setup of the TIF's boundaries. If the TIF is ruled illegal, it could leave the taxpayers on the hook for financial incentives given to developers such as Elliot Builders, who constructed the Woodlands.

Village officials have maintained, however, that the chances of the TIF dissolving are remote.

Some projects, such as one planned by a national building company, Toll Brothers, are moving forward in the face of the lawsuit. Toll Brother's 3.7-acre 65 townhouse project that will be built on the former Schutz property is pending for its final plat of subdivision at the village board's Sept. 12 meeting. That project was originally supposed to include the Domicile Furniture Warehouse but that portion has been abandoned, at least temporarily, while the lawsuit is pending. The project was also supposed to include an extension of Narragansett to the south side of the planned townhouses.

HURRICANE HELP: Much ado about watermelons

CONTINUED FROM PAGE 18

a couple years teaching in Baton Rouge, Louisiana. Therefore, the school has a personal tie to that area.

"It's just horrifying," said Jarotkiewicz. "It's just very hard for me. I feel like I want to get

down there and do something. I just have this profound sadness. I think of the people that I love down there."

"He knows a lot of people who are suffering," said Joe Villinski, the assistant vice president for advancement at Notre Dame High School. "He wanted to organize an effort that encouraged some kind of solidarity for the people."

The students will be able to wear the Mardi Gras beads at school to show their solidarity and support of the victims.

D64 to hear objections to \$5 million bond sale Tuesday, Sept. 12

BY TRACY YOSHIDA GRUEN
STAFF WRITER

The Niles Park Ridge School Dist. 64 will hold a public hearing on Tuesday, Sept. 12 regarding the issuance of \$5 million in limited tax bonds in order to cover a cash flow shortfall.

According to business manager at school Dist. 64, Bruce Martin, the issuance of bonds was predicated on the late payment of property taxes. The District generally maintains a 15 to 20 percent fund balance for just such a purpose. \$1.8 million in cuts made about two years ago that increased the overall fund balance were made for just that purpose.

For a resident, the amount of the increase will be 11 cents per \$100 of assessed evaluation. This will amount to \$100 on a \$400,000 home, over a three-year period. The bonds will be paid off in three years.

"We do anticipate some people coming to the meeting

about this issue," said Martin. The board voted 6 to 1 to issue the bonds, with board member Sue Runyon in objection to the proposal.

The board of education was also confronted with the option to take a loan that would be paid back when taxes are received. This option was a short-term loan option, as opposed to the sale of bonds, which Martin says "provides more stability."

"We are conservatively projecting a small surplus," said Martin. The money gained from the sale of the bonds will go into a working cash fund that will work as an "internal bank" for the school district and will be there if there is a shortfall.

This type of bond issuance is sometimes referred to as a back-door referendum because it creates an additional property tax on residents without their approval. In addition to the late payment of property taxes, the district also struggles financially with state-mandated

property tax caps and a decline in revenues.

Last year, the Niles Park Ridge School District 64 had a \$1,110,000 deficit and this year there will likely be \$88,273,000 in budgeted excess as a result of some cuts that will be made, according to Ron Wade, interim business manager for Dist. 64. The total revenues for this year's tentative budget are \$46,539,226 and the total expenditures is \$46,450,953. The bulk of last year's deficit came from \$652,553 in the education fund and \$802,520 in the Tort fund.

According to Betts, as a result of budget constraints, class sizes increased, which led to a decreased number of sections in each grade level. On the upside, Betts said that there were no program reductions made.

"We may need to go further," said Betts, in regards to any budget cuts in future years. She said they will try to keep the cuts as far away from the classroom as possible.

"It's just horrifying... I feel like I want to get down there and do something."

Tim Jarotkiewicz
Notre Dame Teacher

Professional Guide

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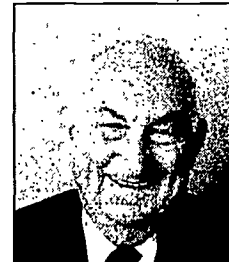
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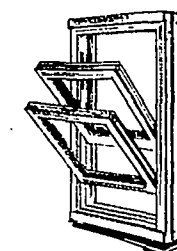
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COMMUNITY ANNOUNCEMENTS

NORWOOD PARK HOME RECEIVES SEAL OF CONFIDENCE

Norwood Park Home, 6016-20 N. Nina Ave. in Chicago, a not-for-profit division of Nor-Wood Life Care NFP, was honored to receive the Life Services Network "Seal of Confidence." The award recognizes Norwood Park Home's commitment to resident satisfaction as demonstrated through successful completion of the Confidence Satisfaction Survey Program.

The surveys are senior-friendly questionnaires, administered anonymously, which rate a resident's satisfaction with their environment, staff and management services. The feedback is meant to strategically guide the organization to bring about results in terms of enhanced quality for residents, their families, as well as employees.

Life Services Network of Illinois (LSN), a trade organization that represents senior housing, home health care, assisted living, and long-term care providers, developed the Seal of Confidence Program. The statewide organization is committed to the advancement of quality and innovation in older adults. LSN is the state affiliate of the American Association of Homes and Services for the Aging (AAHSA) and the Assisted Living Federation of America (ALFA).

"The surveys have helped us to focus our quality assurance activities," said Michael D. Toohey, Norwood Park Home administrator. "This ongoing process enables us to monitor and measure our progress and identify new shortcomings. Our goal is to achieve full satisfaction among all of our customers: residents, family members, physicians, staff, volunteers, and community leaders. These are our customers, and we want them to be assured that Norwood Park Home strives to deliver quality care and services."

Norwood Park Home offers Assisted Living, Skilled Nursing Care, Post-Hospitalization Care through Medicare Part A, Memory Support, Respite Services, and Hospice Care. Other not-for-profit divisions of Nor-Wood Life Care NFP include the Norwood Park Seniors Network, a community outreach program, and the Norwood Park Foundation.

"Quality senior service providers work very hard to strive for perfection and the Confidence Satisfaction Survey program is an important tool used to indicate resident satisfaction," said Dennis Bozzi, LSN president. Life Services Network encourages consumers to look for the Seal of Confidence when selecting a community. The Seal indicates the community has completed the survey process and is committed to continuous quality improvement in care and services.

ARE YOU A CAREGIVER EXPERIENCING COMPASSION FATIGUE

Glenview Terrace will sponsor a free workshop for caregivers experiencing "Compassion Fatigue" on Tuesday, September 20, at 6 p.m. Complimentary massages will be given from 5 to 8 p.m. that evening in conjunction with the workshop.

Speakers for the one-hour workshop will be Kathy Heuertz, RN, MS, CHPN, Palliative Care Liaison with Seasons Hospice; the Reverend Jeffrey Pears, MS, M.Phys, Chaplain with Seasons

Hospice; and Katie Talor, BC-MT, Music Therapist with Seasons Hospice.

All speakers will address the fatigue that caregivers often experience and how to prevent this from happening. Light refreshments will be served.

RSVP's are encouraged; for more information and to register, call Ginee Ames at Glenview Terrace, (847) 729-9090. Glenview Terrace is located at 1511 Greenwood Road in Glenview.



Golf Mill Shopping Center is teaming up with the American Red Cross to help raise funds for the thousands left homeless and devastated by Hurricane Katrina. Beginning September 8, shopping malls owned and managed by General Growth Properties across the country will display freestanding Hurricane Katrina relief donation sites with remittance envelopes for shoppers who want to donate to the American Red Cross or stop by today at Customer Service to make a donation. Shoppers can then mail their contributions directly to the Red Cross. The donation sites will be located throughout the mall. Internet users can make a secure online contribution by visiting www.redcross.org. "Our hearts go out to all of the

people affected by this disaster. As a business and community partner in the areas being impacted we want to offer our support in any way we can," said Pat Pierce, Marketing Director at Golf Mill.

Golf Mill Shopping Center is managed by General Growth Properties, Inc., the second largest U.S.-based publicly traded Real Estate Investment Trust (REIT). General Growth currently has ownership interest and management responsibility for a portfolio of 209 regional shopping malls in 44 states, as well as ownership in planned community developments and commercial office buildings. The Company portfolio totals approximately 200 million square feet of retail space and includes more than 24,000 retailers nationwide. General Growth Properties, Inc. is listed on the New York Stock Exchange under the symbol GGP. For more information, please visit the Company Web site at <http://www.generalgrowth.com>.

envelopes for shoppers who want to donate to the American Red Cross or stop by today at Customer Service to make a donation. Shoppers can then mail their contributions directly to the Red Cross. The donation sites will be located throughout the mall. Internet users can make a secure online contribution by visiting www.redcross.org. "Our hearts go out to all of the

people affected by this disaster. As a business and community partner in the areas being impacted we want to offer our support in any way we can," said Pat Pierce, Marketing Director at Golf Mill.

PNA NORTH SIDE SENIORS TO MEET SEPTEMBER 14, 2005 AT LIDO'S

The POLISH NATIONAL ALLIANCE North Side Seniors will meet Wednesday, September 14, 2005 at 10:00 a.m. at the Lido Banquet Hall, 5504 N. Milwaukee Ave, Chicago, IL.

Our speaker is, Charles D. Johnson, Director of the Illinois Dept. on Aging, and a vocal

Advocate for Elder Abuse prevention and responsive services, as well as expanded senior pharmaceutical assistance programs, i.e. Rx buying club, and I-Save Rx. The agency is currently involved in special outreach efforts to sign up medical recipients for Medicare Part D. He is now overseeing the

Ill. Dept on Aging in a cabinet level position, with a \$448.0 million budget designed to encourage independence, dignity and quality of life for the states nearly 2 million seniors.

All seniors and friends should take advantage of this important meeting; it is for your benefit.

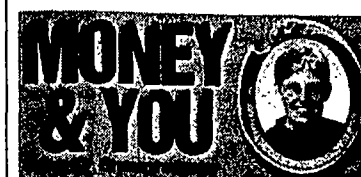
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Refreshments will be served.



BUSINESS

Trust services often leave much to be desired



If you're the beneficiary of a trust, you may not be a happy camper. And it's easy to appreciate why.

Over the years, bank mergers have swallowed up many hometown banks, which have left plenty of beneficiaries talking with trust officers thousands of miles away. In fact, the concept of a personal trust officer has become endangered. A beneficiary who contacts a faraway call center may talk to someone different every time he or she calls. Many trust officers are now expected to assume roles that look more like salesmen as the pressures to attract more trust assets grow. In this environment, managing existing trusts becomes less important than trolling for new accounts.

Living with an irrevocable trust can be especially frustrating if the document's provisions do not permit the ability to switch a corporate trustee, whether it be a bank, trust company or some other financial institution. Without this safety hatch, beneficiaries too often find themselves stuck with an unresponsive trust department.

While you may think you can avoid problems for your loved ones by picking a stellar financial institution to serve as a trust's repository, experts suggest that this won't necessarily ensure that the assets are managed wisely.

That's certainly been the experience of W. Scott Simon, an attorney and author of "The Prudent Investor Act: A Guide to Understanding." After serving as an expert witness in trust fights involving two of the nation's largest and most respected trust companies, he said he was amazed at the "moronic" lapses he

uncovered. The trust companies did a poor job of diversifying the trust portfolios and he uncovered no semblance of any fiduciary process. No one, for instance, had bothered to develop investment policy statements for the trusts, which is an absolutely critical document that lays the groundwork for how a trust will be managed.

"If the big boys aren't leading the pack and getting up to snuff, you can see that it hasn't filtered down," says Simon, who is principal of Prudent Investor Advisors in Camarillo, Calif.

Though a trust account may seem as portable as Mount Rushmore, it makes sense to learn as much as you can about how the cash, real estate or other trust assets are managed, as well as what fees are being charged.

Here's some things to look for: Follow the money. If you don't know how a bank is investing trust money, find out. Don't be surprised if the cash is tucked inside the bank's own mediocre retail mutual funds. "Proprietary mutual funds are much more expensive and while you can't say they are all terrible, they certainly aren't on top of the heap," suggests Standish Smith, the founder of Heirs Inc. in Villanova, Pa., a nonprofit organization that promotes trust and estate reform. It's better when trusts are invested in low-cost index funds, individual portfolios of stocks and bonds or in traditional common trust funds, which are managed by banks for the exclusive use of trust customers.

It's important to appreciate how proprietary funds can drag down performance with higher costs.

Here's how it can happen: When common trust funds are used, their expenses are included in the overall trust fee. But when banks started rolling out their own retail mutual funds, they slapped on an extra layer of costs to their captive trust accounts.

Hospital Plans New Building

Lutheran General plans to build \$239 million, eight-story building to increase number of beds to 645 from 617

Lutheran General is looking to build a new \$239 million, eight-story building.

Currently, the hospital has 617 beds. This building would increase that to 645 beds.

The building will have more single patient rooms as opposed to rooms that store two patients.

These rooms are considered key in new hospital construction schemes as studies show infectious hospital-borne sickness can be reduced with single rooms.

Right now, 27 percent of Lutheran General beds are in single-occupant rooms. After the new building is erected, 63 percent of rooms will be 'singles.' Administrators eventually plan to convert all rooms to singles.

Infection control coordinator Terra Suriano says single bedrooms will help stem the flow of hospital-spread sickness and infection.

"We have many patients with infectious diseases who require isolation," she said. "Although we previously have been able to have patients with similar infections in the same room, this is now more difficult because many organisms have mutated and are resistant to antibiotics."

The building will house two stories of critically ill adults

and children, with other levels dedicated to a cancer and bone marrow transplant unit, and the treatment of neurology/stroke, general surgical and medical patients. The top floor will house a 28-room mother-baby unit.

Hospital officials say the new building is also needed to accommodate medical technological advancements that were unforeseen at the time of the hospital's construction in the late 1950s.

The building will have a curved facade with layers of brick and large expanses of glass.

"This project is extremely important for the hospital, our patients and the community," said Dr. Bruce Campbell, president of Lutheran General Hospital. "It will allow us to

continue our leadership role in meeting the needs of our patients and setting nationally recognized standards for health care."

The 382,623 sq. ft. building will be constructed on Dempster Street adjacent to the front of the eastern portion of the hospital located at 1775 Dempster.

The Illinois Health Facilities Planning Board and the City of Park Ridge are reviewing the plans. Officials hope to break ground in the spring and open the new bed tower in 2009.

Lutheran General is the largest single employer in Park Ridge and area businesses serve the needs of those employees.

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[NEWS]

Sullivan's last day as Senator Sept. 12

Sullivan served as senator for seven years after the death of former Park Ridge Mayor Marty Butler

After seven years of service, State Senator Dave Sullivan (R-Park Ridge) says his days as a member of the Illinois General Assembly will come to end at noon on Monday, September 12.

Sullivan announced earlier this summer that he would no longer be seeking another term for the State Senate and indicat-

forward to the new phase of my life, but at the same time I will miss having the opportunity to serve the people of this district."

Senator Sullivan has served in the General Assembly since 1998. During that time he took the lead on the historic telecommunications reforms passed into law in 2001. He also sponsored the electric rate freeze law. One of his top priorities as a lawmaker has been children's health issues and throughout his legislative career, he has been a strong advocate for the kids at Maryville Academy in Des Plaines.

This past spring, he sponsored a new law providing some additional financial protections for deployed, active duty servicemen and servicewomen. Senate Bill 2060 will ease the financial pressures on the thousands of troops from Illinois who have been called into active duty. He also sponsored a new law requiring school districts to teach junior high and high school students participating in athletic programs about the dangers of using anabolic steroids.

"It has truly been an honor to serve the people of this district, and I am very grateful for all of the support I have received over the years and the trust citizens of this district put in me by sending me to Springfield to represent them in the Illinois Senate," Sullivan said. "It was not an easy decision to leave, but at this time it is what is best for my family."

"It has truly been an honor to serve the people of this district."

*Dave Sullivan
Republican State Senator*

ed at that time that he would resign his seat, but he did not give a specific date for when he would step down. The announcement today marks the official time and date that his resignation from the State Senate will take effect.

"I think what I will miss the most is the many people I have been able to meet because of my position as a State Senator," Sullivan said. "The chance to meet so many wonderful people and the opportunity to help them are by far the best aspects of being a lawmaker. I am looking

Correction

In last week's article entitled "Morton Grove Administrator Resigns," the story's concluding lines were cut off due to a computer error. The omitted portion is printed below. The Bugle regrets the error.

Action Party Trustees Dan Staackmann and Dan DiMaria were also extremely helpful, Krier said.

"There's a time for politics and there's a time to work for the good of the village," he said. "Trustee Staackmann and especially Trustee DiMaria have been very helpful in this process with advising me."

Krier also said that politics was not involved in Czerwinski's departure and that the board was satisfied with his performance.

"I think he knew the direction that we wanted to go," Krier said. "Ralph was not just a great administrator but also a community-minded guy and that's what we have to find in the next person."

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BACK TO SCHOOL

Culver Principal aims for top job

Nicholson in her 10th year at Culver Dist. 71

BY JEFF BORGARDT
STAFF WRITER

As the Culver School Board is interviewing prospective firms to help them find a new top school boss, principal Alexandra Nicholson says she is the best candidate for the position.

Nicholson says she plans to apply for the superintendent position and her 10 years at the district plus her superintendent license from the state of Illinois make her an ideal choice.

The Park Ridge resident has 28 years experience in education and also served as principal of Field School in Dist. 64 before coming to Dist. 71.

"I have the expertise and am well aware of the strengths and areas of challenge and I have a track record of improving programs here," she said.

Nicholson stated that bringing in an outside superintendent could disrupt the flow of learning as the outsider slowly learns the details of the school.

With her as superintendent, there would be no such disruption since everyone at Culver already knows her.

She is currently studying at National Louis University. She has previously taught 1st, 2nd,



Alexandra Nicholson
Culver Principal

5th, 6th grade as well as gifted and special education.

She got her start in Highland, Ind. before moving to Illinois as an administrator.

She has not yet applied for the post since the search hasn't officially begun but the mother of two said she plans to apply once applications are being accepted.

Supt. Gene Zalewski is retiring at the end of the year.

He has been school chief for 24 years.

He was asked "Is there anyone you'd like to see replace you?"

"I have no comment on that," he replied. "I won't be making

any recommendations. It's entirely up to the board."

On Monday night, the board met with three superintendent search firms.

Zalewski said the requests for proposals were sent out to firms to help the board find a new school chief.

"It's a common thing done in most districts," he said. "It helps them determine what the market is out there. What superintendents or potential superintendents are available," he said.

Clarence E. Culver School, 6901 W. Oakton, is a K-8 school with more than 550 students and the lone school in Dist. 71.

D219 BRIEFS

D219 workshops for Senior Citizens interested in sharing their life experiences

For the past two years, Niles Township High School District 219 has offered Senior Citizen Technology Workshops for those community members interested in learning how to use email or the Internet. District 219 has now updated the program to focus on digital storytelling. Senior citizens have many interesting life experiences that they may wish to share with younger members of their families. They are, in effect, living, breathing history lessons that can convey life stories as no book ever could. Now, through the Digital Storytelling Workshops for Seniors, senior citizens will have access to the latest technology to create multimedia presentations rich in images, sounds, and video of their past experiences for the benefit of future generations. The six-week workshop is free to senior citizens in the District 219 community and are offered on a first-come, first served basis. The first workshop will be held Thursday, September 15 at 3 p.m. at Niles North High School, 9800 North Lawler, Skokie. Subsequent workshops will be held September 29, October 6, October 20, November 3 and November 15. Please call Daphne Watson at (847) 626-3930 for more information or to register.

North Student selected as official artist of Latin Grammy Awards

Vivian Zapata, Niles North alumna Class of 2004, was selected as the official artist for the Sixth Annual Latin Grammy Awards. Her artwork will be used as the official image for the premier Latin music event and will grace the cover of the Latin Grammy Awards invitation, show tickets, poster and program book. Latin Art Beat, in conjunction with the University of Illinois School of Art and Design, awarded Zapata with a \$7,000 scholarship. She unveiled her artwork at the Latin Grammy's Nominations Press Conference in Los Angeles on August 23.

Niles West Student claims bowling championship

Dana Kamerman, who attends Niles West High School, claimed the title of Girl's National Champion at the 2005 Teen Masters National Championship, the premier high school event for high school bowlers. Kamerman of Niles, Illinois defeated Josie Earnest of Vandalia, Illinois by 3-0 (200-165, 221-169, 236-178) and earned a \$6,000 scholarship. Kamerman qualified for the finals in spring 2005 and clinched the title at the finals held August 3-6 in Wycliffe, Ohio.

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SPORTS

'Tough as Nails'

Notre Dame wins close one against Nazareth

BY CHRIS PLACEK
SPECIAL TO THE BUGLE

A new season brings new challenges and new expectations. In just the second game of the season, Notre Dame (1-1) captivated its home crowd for four quarters, beating Nazareth 7-6.

"We knew going in that it would be a close game. They're [Nazareth's] a very good football team," said Coach Mike Hennessey, who enters his 19th season of coaching football at Notre Dame.

Junior running back Matt Jackson scored an 85-yard touchdown run at Notre Dame's first play from scrimmage in the first quarter. Connor Flahive's extra point made it a 7-0 game early.

"Offensively, we were able to move the ball when we had to. We caused ourselves a couple problems with some turnovers. We should have had another [touchdown], but Matt [Jackson] had a great game. Our offensive line did some good things," Hennessey said.

It turns out that the extra point

would be the winning point, as both teams battled on defense for most of the game.

"Our defense really held up, [and] our kids in the secondary did a great job covering the passes. We made big stops when we had to," Hennessey said.

Nazareth came up with a touchdown in the third quarter, but a strong Notre Dame special teams unit blocked the kick. The score was 7-6, where it would stay for the rest of the game.

The Dons had chances to capitalize, but were unable to do so. There were four chances to score inside the ten-yard-line late in the fourth, and the Dons got as close as the one-yard-line. But they gave Nazareth the ball back with 1:43 left in regulation, unable to score on fourth-and-goal. But the Roadrunners were unable to score either, making that extra point look even bigger by game's end.

"It's not too often when the first play of the game holds up. I don't recall ever having a game like that where we scored on the first play and then that was it," Hennessey said.

Flahive, who specializes as a linebacker and occasionally runs

for Notre Dame, described the game as a "rough first [home] game."

"[It was] tough, tough as nails," he said.

Cornerback David Kissane looked to the future, and saw the game as a momentum builder for this week's game at St. Viator (Friday, 7:30). "I think it [the win] gets us started in the right direction," he said.

Hennessey describes Notre Dame's team as a "good mix" of returning seniors and new juniors.

The Dons are looking to rebound after a 3-6 season last year, in which they played numerous tough conference opponents. The East Suburban Catholic Conference (ESCC) is no different this year, showcasing 2004 Class 5A champion Joliet Catholic, along with consistently ranked Carmel. Chicago Tribune pre-season rankings had Notre Dame finishing six out of the ten ESCC teams.

But a team unity approach by the 19-year veteran coach has Notre Dame thinking differently, playing both seniors and juniors on a consistent basis. "We're

real happy. We got a good senior class, [and] we got some good juniors that are really filling in the gaps," Hennessey said.

"We do have a good junior class. There are a lot of kids that can play and they're contributing. That's one of the things that we tried to put in their heads over the summer that it's their year just as well as the seniors. It's everybody's year. They should play, and they've come alive and taken a hold of it," he said.

Leading the senior class is the 220-lb, 6'0" Flahive. He earned a mention in the Chicago Sun-Times as one of the area's top players. Flahive's versatility on both sides of the ball is key for Notre Dame. But he admits that defense is his specialty.

As for the hype surrounding him, Flahive says that it is the team that the really counts. "There's a lot of expectations [for me], but the team matters most, and we're going to keep on winning. I'm not worried about what happens in the end except for a state championship," he said.

A strong defensive line and secondary complement Flahive.

Defensive back/safety Chuck Creager (6'1", 170-lbs) and defensive tackle Tim Mueller (6'5", 265 lbs.) are defensive standouts.

Offensively, the Dons start senior quarterback Dan Cebulak (5'10", 160 lbs.). Cebulak hands off to senior running back Jack Cascio (5'11", 175 lbs.). Both are football products of Immaculate Conception.

The juniors earning the most playing time are running backs Tom Sheehan (5'7", 165 lbs.), Marc Bianchini (5'9", 140 lbs.), and Jackson (6'0", 185 lbs.). Providing size on the line are tackles Jeff Hokl (6'4", 290 lbs.) and Vince Cullotta (6'2", 280 lbs.).

"We're a young team but we're getting a little bit better. [There are] a lot of good kids on the team and if they stay together they'll be good," Hennessey said.

Though Notre Dame steps up on defense and tends to run the ball often, Hennessey says that one aspect of the team is not better than another. Rather, the team as a unit is the strongest part of the 2005 Dons.

The writer is a senior at Notre

Book outlines benefits of 'Holistic' basketball

BY RYAN BISHOP
CONTRIBUTOR

Although both college and the professional basketball seasons are behind us, we can reflect on the tremendous success the Chicago Bulls had in making the playoffs and the Illinois Fighting Illini in making it to the championship game. Their strategies on the basketball court can be attributed to a team concept called holistic basketball.

In the book "The Coach and Us, The True Story of The Birth of Holistic Basketball" written by Skokie author Norman Kozak and Nathan Yellen, holism is illustrated not only in basketball terms but in a way one can reach life's spirituality and fulfillment.

Kozak has had a lifelong interest in the holistic approach to sports and life and used his experiences in the sporting world to write this inspirational book. A good portion of the book goes behind the scenes of Ray Meyer's 1983-84 Blue Demon basketball team.

During the last three years, Meyer corresponded with Yellen

and Kozak on his approach of using a "holistic" mental attitude on their way to a 29-2 season that year. The letters became self-assurance for Coach Meyer and his staff as he implemented the principles of holism on the court in practice sessions and games.

Kozak defines holism basketball as an approach to basketball that deals with the whole being of each player. It has a strong focus on his mental and spiritual development as well as the player's physical abilities. Kozak then goes on to give his six tips to start your holistic program including being open-minded, developing the desire needed to excel and continuing to ask God for guidance.

Critics think of DePaul's basketball team as an underachieving bunch after they set a record for wins and winning percentages in the 1979-80 and 81-82 basketball seasons. They expected more after the success they accomplished in the regular season, but the Demons bowed out in the first round of the NCAA Tournament for the third year in a row despite a 26-2 record.

Shortly thereafter Yellen and Kozak explained their holistic approach to Meyer and left him their "game plan" that "deals with creativity as a function of the participation of the total person." The two dissected the DePaul team, analyzing them from every angle and giving Coach Meyer some helpful hints along the way. Kozak and Yellen knew this team would flourish after witnessing DePaul's first holistic game as one of their best games of all time. Consequently, the team got rave reviews by coaches around the country after their holistic games against Ohio and Georgetown.

Meyer conveyed the holistic theory to his players by utilizing their individual strengths into one "team." Meyer defined his basketball term as the sum total of all the team's players. Moreover, his approach to his players was to treat them individually with the concept of a team in mind.

Holism has been around since the late 1800's used in medical and science fields, but it hasn't been until the 1970's when it was applied in athletic competitions. Now the concept has taken off with the help of Kozak and Yellen, more teams will gauge their success on the basis of holistic baseball.

Professional Golf Tips With Tina Mickelson

Open stance vs. closed stance

I often get asked about open stance vs. closed stance and when each should be used. A closed stance (A) is generally used when trying to gain a little extra distance on a particular shot, like on drives or longer fairway shots. The closed stance is effective because it enables a fuller turn in the backswing, promoting an "inside out" downswing.

An open stance (B) is used for shorter shots where direction is critical. Since the shorter shots require less backswing, go ahead and open your stance as much as you want. You'll be safe. The open stance will make it easier to follow through. It will be easier to accelerate through impact and keep the club moving in the right direction, which will keep the ball online more consistently.

For more help with your short game or golf game in general, see your local PGA or LPGA professional.



Copyright News Service/Tina Mickelson, PGA

Photos by Paul Nasri

SENIORS

Lunch Bunch features Elvis audio-biography

Morton Grove Senior News

MORTON GROVE SENIOR CITIZENS NEWS RELEASE
Contact: Bud Swanson, Family & Senior Services, 847/663-6110
September 5, 2005

HELP READERS READ

The Library at the Morton Grove Senior Center has a wide variety of books, large-print books, books-on-tape, periodicals, and newspapers plus three personal computers and a magnifying reading machine for use by any visitor to the Center. Books are borrowed and returned on the "honor system." Library visitors and catch up on current local news, access the Internet, set up their own personal e-mail account, or enjoy quiet reading or discussions with friends. The only cost to use the Library is \$1.00 to log onto a computer (free if you're a Senior Center Member). The Center is currently searching for individuals who would like to assist with organization on the Senior Center Library Committee. If interested in contributing a few hours a month, call Bud Swanson at the Senior Center, 847/663-6110.

"INTERNET TIPS" FOUR-WEEK CLASS

Develop the tools needed to overcome frustrations about the Internet while learning to "surf the web" from 3:30 to 5 p.m. on Saturdays from Sept. 17 through Oct. 8. The Morton Grove Senior Center's popular Computer Instructor, R.J. Bruno, teaches this class. The prerequisite is the "Getting Started With Computers" Class or equivalent. Please register in person at the Reception Desk of the Senior Center or call the Senior Hot Line at 847/470-5223 for more information.

"ALDEN ESTATES OF EVANSTON" LUNCH AND TOUR

Take a tour of Alden Estates of Evanston located at the border of Evanston and Skokie on Tuesday, Sept. 13. Learn about the amenities Alden has to offer from live-in apartments to day therapy and much more. A chef-prepared lunch will be provided their elegant dining room. The bus leaves the Morton Grove Senior Center at 10:30 a.m. and returns at 2 p.m. There are a limited number of seats for this trip, which costs only 50 cents, so sign up early. Please register in person at the Morton

Grove Senior Center Reception Desk.

BLOOD PRESSURE SCREENING

Periodic blood pressure measurement is helpful in determining if health is threatened by high blood pressure (hypertension). Hypertension is a contributor toward strokes, heart disease and kidney failure. Unfortunately, hypertension usually has no symptoms so a person can feel great and not know they have it. Free screenings are offered from 9 to 11 a.m. on Tuesday, Sept. 13 in the Morton Grove Senior Center.

MORTON GROVE ADVISORY COMMISSION ON AGING

The Morton Grove Advisory Commission on Aging will hold its next monthly meeting at 1 p.m. on Tuesday, Sept. 13 in the Morton Grove Senior Center. The Commission provides an arena for discussion and planning of services and programs to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

AARP MATURE DRIVING PROGRAM

AARP's "Mature Driving Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. Courses are now offered monthly in Morton Grove with the next course times from 12 noon to 4 p.m. on Tuesday, Sept. 13 and Thursday, Sept. 15 in the Prairie View Community Center; and from 9 a.m. to 1 p.m. on Saturdays, Oct. 15 and 22 at the Morton Grove Senior Center. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

"SHERLOCK'S LAST CASE" at the Drury Lane Theatre

Everybody loves a good mystery but what about one that tells of the demise of our favorite sleuth? Is this really the end of Sherlock Holmes? This astonishing play is guaranteed to keep the audience on the edge of your seats! Laugh and cry at this masterful work of intrigue and suspense. The bus leaves the Morton Grove Senior Center at 10:30 a.m. on Wednesday, Sept. 14 and returns at 5:30 p.m. The fee is \$69 for Senior Center Members and \$79

for non-members and includes transportation, the show and lunch with your choice of roast turkey breast or roast sirloin of beef. Register in person at the Senior Center.

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, Sept. 20 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.

FOOT LECTURE AND FOOT SCREENING

The Morton Grove Senior Center will host Dr. Mark Neamand, Podiatric Physician and Surgeon at Alexian Brothers Medical Center, for a free Foot Lecture accompanied by free Foot Screenings starting at 1:30 p.m. on Wednesday, Sept. 21. Seniors can learn about general foot health, common foot problems, Medicare approved diabetic shoes, and foot surgeries. Please register for this program by calling the Morton Grove Senior Hot Line at 847/470-5223.

Go on a 'Sentimental Journey' with Maine Township

Maine Township Senior News

Maine Township's MainStreamers Offer Fall Senior Programs

The Maine Township MainStreamers program offers a variety of opportunities for residents 55 and older. Membership is free and includes a subscription to the monthly newsletter that details all activities for the upcoming month. All activities take place at Maine Township Town Hall,

"UNDERSTANDING MEDICARE PART D"

This seminar at 2 p.m. on Monday, Sept. 26 in the Morton Grove Senior Center is an educational experience that will take seniors step-by-step through the who, what, where, when, why and how of the Medicare Part D federal Prescription Drug Program taking effect on Jan. 1, 2006. A pharmacist from CVS Pharmacy will deliver information and help clarify misunderstandings related strictly to subsidized Prescription Drug Programs. There will be an interactive game that highlights the important points of the Program and an opportunity to sign up for the CVS Extra Care Card. Please register for this free program by calling the Morton Grove Senior Hot Line at 847/470-5223. CVS Pharmacy, Golden Age Entertainment and the Morton Grove Senior Center sponsor this program.

ELVIS PRESLEY AUDIO BIOGRAPHY AT THE LUNCH BUNCH

Come dressed like Elvis and listen as Vocal Historian, Jack Diamond guides this journey through the life and songs of "The King" following lunch on Wednesday, Sept. 28 at the Morton Grove Senior Center. Make a reservation for a "jail house sloppy joe" lunch with chips, cole slaw, and special dessert to be served at 11:45 a.m. followed by a Big Raffle and the presentation. Call the Lunch Bunch at 847/967-6876. The cost for both lunch and the presentation is \$3.50.

"DO NOT RESUSCITATE" FORMS

The Illinois Department of Public Health has revised their "Do-Not-Resuscitate" (DNR) forms. This is a form that allows an individual, in conjunction with a health care professional, to make an advance decision that cardiopulmonary resuscitation (CPR) should not be attempted if his or her heart and/or breathing stops. These forms are available at Morton Grove Senior Center, 6140 Dempster Street. The forms can be picked up Monday through Friday between the hours of 9 a.m. and 4 p.m. For more information call the Morton Grove Senior Hot Line at 847-470-5223.

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); free Computer usage in the Senior Center Library; 15% discount on trips and classes; an annual members-only party; and a photo i.d. card. Membership registrations are accepted any weekday morning at the Senior Center, 6140 Dempster Street. The membership fee is \$15 for an individual resident; \$25 for a resident married couple; \$25 for an individual non-resident; and \$40 for a non-resident married couple.

1700 Ballard Rd., Park Ridge, unless otherwise noted. For further information on membership or call MainStreamers at 1-847-297-2510.

Zucchini Parmesan and a Caribbean Orange Tart for Dessert.

Then enjoy our entertainer Nora Drysch singing standards from the big band era as they were originally performed. Bingo will follow.

"AARP'S DRIVER SAFETY PROGRAM" Mon., Sept. 26 & Wed., Sept. 28 9 a.m. to 1 p.m. Instructor: Stanley Fukai, AARP Cost: \$10* check due on the day

Story Continues... see MT SENIORS next page.

SENIORS

Want to go to Springfield? Check out NSC

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. Pre-registration is required for most programs. Call for more info.

SEPTEMBER REGISTRATION

Drop off registration for programs and classes listed in the September Naturally Active were due at the Center Friday, September 2. Walk-in Registrations for programs with openings began Wednesday, September 7th.

FLU SHOT INFO AND REGISTRATION for NILES SENIORS in SEPTEMBER NATURALLY ACTIVE PROGRAM GUIDE

The September issue of Naturally Active contained

information about this year's flu shots, as well as the Flu Shot Registration Form. Completed registration forms must be returned to the Senior Center no later than 5:00PM Friday, September 9th. Forms are coming in quickly, and we have a limited number of shots available so don't wait until the last minute to return your form. Appointment forms are also available at the Senior Center. No appointments will be taken over the phone.

SPRINGFIELD INFORMATIONAL MEETING, Wednesday, Sept. 7th, 10:00 AM

Niles Senior Center is planning an overnight trip to Springfield on November 9th and 10th. The tour will include one night's lodging at the Hilton Springfield and a visit to the Lincoln Library. Trip registration will begin immediately after the informational meeting. Contact Jaymi 847 588-8420 for more information.

GRIEF WORKSHOP - TO OFFER SUPPORT - THREE SESSION SERIES BEGINS IN SEPTEMBER

A three-session grief workshop for Niles residents touched by the loss of a loved one. Come

for one workshop or all workshops. Call Bev Wessels, MSW, LSW, ACSW or Melanie Amin LCSW for more information (847 588-8420). The workshops will meet on Wednesdays from 1:30PM- 3:00PM Workshop #1, Sept. 14th - "What Has Happened to Me?" Trying to make sense of the many feelings you experience after the loss of a spouse or loved one Workshop #2, Sept. 21st - "Dealing with Expectations of Ourselves and Others" Dealing with other people's feelings and concerns can raise anxiety, especially if we believe people want us to "move on" or "be happy again."

Workshop #3, Sept. 28th - "On My Own" Explore the stress of living alone and ways to adjust to new social roles and responsibilities. 4TH ANNUAL PET PARADE, Monday, October 10th at 1:00PM

The animal kingdom will reign supreme at the 4th annual Pet Parade! Whether large or small, cute or scary, four-footed (or three), costumed pets and their adoring humans of all ages will take center stage to thrill animal lovers of all ages. Pet Registration required. This is a great event for you, your grandkids, and neighbors. Join in the fun! Contact Kelly for more information.

FALL CLASS REGISTRATIONS NOW OPEN

The August edition of Naturally Active contains a full listing and description of the following Fall courses (please check Naturally Active or call for class times or other information including any prerequisites) Must register in advance. Minimum numbers

required for a class to take place:

Intro to Computers, Mondays & Wednesdays, Sept. 12- Oct. 19 \$25
Pre-Intro to Computers, Tuesdays & Thursdays, Sept. 20- Sept. 29th \$15
Intro to Computer Maintenance, Thursday, Sept. 29th (One Day Workshop) \$30
Intro to Microsoft Word, Tuesdays & Thursdays, Oct. 4 - Nov. 10 \$35
Digital Scrapbooking, Tuesday afternoons October 18 to November 22 \$30
Sculpting with Clay, Mondays, Sept. 12 to December 5 \$20
returning students/ \$30 New Oil and Watercolor, Tuesdays, August 30 - Dec. 13 \$30
Stamping/Card Making Classes, Thursdays, Sept. 8 - Oct. 27th \$8 per session
WoodCarving, Wednesday Mornings, Sept. 14 - Dec. 7 \$25
The Carving Center, Thursday Afternoons, Sept. 8- Dec. 8 \$25
Ceramics Class, Thursday Afternoons, Sept. 22 - Dec. 1 \$30
Quilting Class start delayed until September 9th

FALL FANTASY, Friday, October 7th, 5:00-9:00 PM \$23.

Niles seniors are invited to join us for a fantastic evening of fine dining, friendship, music, and dancing at this annual Fall event. Dinner, served at 5:30PM, will feature a Spinach & Strawberry Salad, Beef Pot Roast with Portabella Mushroom Sauce, Barley with Wild Rice, and Dessert. Following dinner, Sark Antaramian and the MidNite Xpres will take the stage for your listening and dancing

enjoyment. Reservations are required.

MONTHLY GET ACQUAINT-ED 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. If you are planning to attend the September 15th meeting, please register in advance by calling (847) 588-8420.

CHECK OUT OUR HEALTH SUPPORT GROUPS

Registration is required; please call for more information Weight Management Support Group, 1st Thursday of every month 1:00-2:30 \$10 annual fee Diabetic Support Group, 2nd Thursday of every month 1:00-2:30 \$10 annual fee Arthritis Support Group, 4th Thursday of every month 1:00-2:30 \$10 annual fee

SENIOR CITIZENS

Shampoo & Set ... \$5.00
Haircut ... \$5.00
Everyday Except Sunday
St. Men's Clipper Styling \$3.00 & Up
Men's Reg. Hair Styling ... \$5.00 & Up

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SENIORS

Aging Lifestyles

Keep that older mind active

Joe Volz
Copley News Service

Joe Ford of Frederick, Md., is a volunteer driver for Meals on Wheels. His wife Mary Anne works with Voices of the Faithful, a national lay organization determined to give parishioners more power in running the U.S. Catholic Church. A friend is a docent who leads tours at the local Frederick Historical Society headquarters.

What they all have in common is that they are taking part in the kinds of activities that the experts say are essential for older people who want to keep their minds healthy and active as they age.

Think about the older relatives or friends that you find the most interesting and alive. What attracts you to them? Odds are that they have remained interested in what goes on in the world around them, in the lives of family and friends, in what happens on the national and international scene.

They contrast strongly with the older people who simply give up after they reach a certain

age. One such person, once he reached 80 years of age, became a recluse in his house and, after a while, refused to eat more than the minimum amount to keep himself alive.

He sat in his chair all day long, his face sunk in apathy, thwarting all attempts others made to interest him in reading or conversation or watching TV. In time, he quit eating altogether and ultimately died.

That's an extreme case, of course. Fortunately, few people give up so completely simply because they have reached an advanced age. But it can be easy to stop making the effort to reach out to others and to keep learning something new. It takes effort at a time when your energy may not be quite as high as it once was.

So what can you do to keep mentally active as you age? Here are a few suggestions.

Many seniors, who have long harbored a secret desire to write, turn to journal writing or writing short histories of their lives.

These stories can be a valuable source of information to their family while they are alive, as well as to their descendants for many years afterward.

Chart the genealogy of your family. With the resources available on the Internet, it's easier than ever to start compiling your genealogy. Public libraries often have books on how to start a family tree. And many online genealogical services let you use their site for free for a couple of weeks before starting to charge a quarterly or annual fee. For example, www.ancestry.com and www.genealogy.com.

Take courses at the continuing education center of your local college or high school. Two-year community colleges often see it as one of their missions to make such courses available to seniors at very low costs and with no concern for grades, papers or exams.

If your dream is going back to school to finish a long-delayed dream of getting a college degree or masters, go ahead and

do it. Today, many courses have older people enrolled right alongside youngsters. Often, the relationship becomes mutually helpful.

Volunteer to teach in an area where you have expertise. A neighbor teaches an opera course periodically while her husband often leads a current affairs group. For many years, I have taught a travel writing course that older people seem to enjoy.

Get physically active. The Center on Aging in many areas sponsors one to 10-mile hikes or bike rides, depending on your level of experience. Beginners can join in a one-mile hike to begin with, maybe working up to a mile in advance by walking a couple of blocks and then weekly adding more blocks till walking a mile or more is feasible.

Take a part-time job. A psychologist told me about the executive who retired. A golf fanatic, he figured he'd spend all his time on the golf course. Within a couple of months, though, he

had sunk into a deep depression. Used to being too busy, all of a sudden he found himself with too much time hanging heavy on his hands. Golf was great, but not day after day after day, he complained.

The solution for that executive, as it is for many of the retiring boomers, was to take a part-time job. Since he wanted a total change from his past work life, he learned how to butcher meat and took a job at a local grocery store. He soon found himself considerably happier with his life. With medication as well, his depression lifted.

Those are just a few of the ways to keep mentally active and alert as the decades go by. In a way, it doesn't matter what you choose to do, so long as you find something, or a series of something, that intrigues you.

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

LIFE

PERFECT PAIRINGS

New Zealand chef recommends South Island wine for his fusion flounder

Ron James
Copley News Service

THE CHEF

When most kids in his native New Zealand were thinking about rugby, Peter Gordon was collecting recipes and baking cakes and cookies. At age 7,

was sowing the seeds to discovering fusion food.

"This was the era of the birth of modern Australian cuisine," said Gordon, who worked at a number of top restaurants Down Under after his graduation from William Angliss College culinary school. In 1985, Gordon took a breather and backpacked around Southeast Asia, India and Nepal for a year.

"It was on this trip," he says,

tional star status and numerous outlets for his creativity, including cookbooks and television cooking shows. Apart from his London restaurant he currently cooks at Dine by Peter Gordon in Auckland, New Zealand.

THE DISH

"We shouldn't be limited by local ingredients and culinary methods," Gordon says of his fusion creation Flounder and Asparagus Rolls in Chile, Lemon Grass and Ginger

grance and flavor come from its key essential oil: citral. Lemon grass extracts are used in perfumes, soft drinks and other products. It's also known for its medicinal powers as an antidepressant, antiseptic and diuretic.

THE WINE

"I wouldn't serve great burgundy with sashimi," Gordon explains when asked about his wine pairing philosophy. "But if the wine and food are equally good, then trying to get a good match isn't so hard. In a restaurant, it can be hard especially if all the guests have completely different dishes. So I do like restaurants with a lot of wine by the glass."

For this dish, Gordon likes Pegasus Bay Sauvignon

leted with skin on (retain bones for stock)
4 cups cold water

1 small onion, peeled and sliced

2 lemon grass stems (use the bottom 3/4 inch of stalk after removing outer 3 layers and reserve trimmings for broth)

16 medium asparagus (snap off thick ends)

1 teaspoon salt

4 kaffir lime leaves or peel of 1 lime

1 large thumb fresh ginger, peeled and finely sliced

1 clove garlic, peeled and finely sliced

1 teaspoon sugar

2 green onions, finely sliced at an angle

1 handful cilantro leaves

1 red chile, finely sliced

2 juicy limes or lemons

Thai fish sauce, to serve

Yields 4 servings.

Preheat oven to 350 F. Place fish bones in a large pot with water, onion, lemon grass trimmings, asparagus ends and salt. Bring to a boil and simmer very gently, covered, for 15 minutes. Strain through fine sieve into saucepan. You will have 4 fillets; cut each fillet in 1/2 lengthwise to give you 8 single fillets. Break each asparagus stem in 1/2. Lay fish fillets on a board, skin-side down, and place 2 asparagus tips and 2 bottoms on each, then roll up. Start with the fat end and roll toward tail. Secure tail end with a toothpick.

Place 4 wide oven-proof soup bowls on a tray in oven. Finely slice lemon grass into rings until it begins to feel a little woody. Discard woody bits. Place fish stock over heat. Add lemon grass, lime leaves, ginger, garlic and sugar. Simmer 2 minutes.

Remove bowls from oven. Divide evenly the soup and remaining aromatic ingredients in bowls. Place 2 fish rolls in each bowl. Bake around 5 minutes. Fish is cooked when middle is opaque. Serve Thai fish sauce separately and let your guests help themselves.

"Peter Gordon's World Kitchen" by Peter Gordon (Ten Speed Press; \$35).

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THE RECIPE

FLounder AND ASPARAGUS ROLLS IN CHILE, LEMON GRASS AND GINGER BROTH

2 medium flounder or sole, fil-



Blanc/Semillon 2004 New Zealand for its sauvignon blanc-semillon blend.

"It's a lovely balanced wine - a combination of ripe summer stone fruit, good acid and subtle oak. It carries the flavors of the food so well - the lemon grass and ginger especially. It also works well with the asparagus and the fish."

The Pegasus Bay winery has been family owned since the early 1970s. The Donaldsons are pioneer wine growers in the Waipara Valley on New Zealand's South Island, a 30-minute drive north of Christchurch.

The vines are sheltered but near the sea, resulting in warm days and cool nights, thus promoting the best combination of grape ripeness and good acidity. The blend of 80 percent sauvignon blanc shows passion fruit, gooseberry and tropical flavors. The 20 percent semillon introduces a slight herby spice flavor with a touch of plum.

"This dish looks great - it is actually quite simple and can be prepared a little in advance," he says. It is also versatile: "You get a soup and a meal in one. In fact, you could serve the soup, as a broth, for a first course, then serve the fish with the salad and cold noodles on the side for a light supper dish."

This dish calls for lemon grass, a perennial herb grown around the world from China and India to Paraguay. The plant's lemon fra-

when he was living in the coastal town of Wanganui, a kitchen accident nearly ended his culinary career - and his life. While cooking dinner, Gordon fell off a stool, pulling a deep-fryer full of hot oil onto the side of his face.

"Skin grafts and almost nine months in the hospital over the years didn't turn me off to cooking," he said with a chuckle. "And I have to say, I still do like deep-fried food!"

Surprisingly, at 16, the budding chef decided he wanted to be a winemaker. "I didn't even drink wine. But it seemed cool," he recalls. "So when I was 18 I headed to Australia to learn to make wine."

To make a living, Gordon started work as a waiter in Melbourne - he lasted one week. "It was there that I learned what real chefs did and realized that I really wanted to be a chef," Gordon said. He spent four years as an apprentice and became intrigued by the city's many ethnic foods - Thai, Italian, Vietnamese, Greek, Moroccan and more.

"I used the many ingredients at my home as it took my fancy," he said. "Little did I realize that I

"that I could see first-hand the techniques and flavors that would influence my culinary style."

In 1986, Gordon became head chef of The Sugar Club in Wellington, New Zealand. "It was the birth of my style of fusion food, combining techniques I learned as an apprentice and ideas gleaned from my travels," he said. "The restaurant was a huge success - the food was widely respected for its inventiveness and cheek."

The owners of The Sugar Club were so impressed with Gordon and the success of the restaurant that when he told them he was heading to London, they decided to sell and go with him. It took a while, but in 1995 The Sugar Club re-emerged in London's Notting Hill district. It became the hottest ticket in town.

In 1998 the restaurant relocated again to London's Soho neighborhood. Three years later, Gordon, along with four partners, opened The Providores and Tapa Room to wide acclaim. His London successes led to interna-

Sparky knew where to find The Bugle Do You?

NILES

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Oakton & Milwaukee Ave.

7-Eleven
Oakton & Milwaukee Ave.

A's Bar
8751 N. Milwaukee Ave.

Alliance Bank
7840 Milwaukee Ave.

Edward Jones
8141 Milwaukee Ave.

Food Mart
8000 Waukegan Rd.

Highland Tower
8815 Golf Rd.

Huntington Senior Home
9201 Maryland Ave.

Kokonut
6913 N. Milwaukee Ave.

Niles Chamber
8060 W. Oakton St.

Niles Library
Waukegan & Oakton.

Niles Senior Center
999 Civic Center Dr.

Northside Bank
8060 W. Oakton St.

Oak Mill Mall
7900 Milwaukee Ave.

Rose's Beauty Salon
7502 Milwaukee Ave.

St. Andrews Home
7000 N. Newark

The Park at Golf Mill
8975 Golf Rd.

Village Creamery
8000 Waukegan Road.

Village of Niles Town Center
1000 Civic Center Dr.

YMCA
6300 Touhy Ave.

PARK RIDGE

Bank of Park Ridge
104 S. Main St.

Einstein's Bagels
23 S. Prospect Ave.

Maine Park Leisure Center
2701 Sibley.

Maine Township Bldg.
1700 Ballard Rd.

Morningside
800 Devon Ave.

Park Ridge Chamber of Commerce
140 Euclid.

Park Ridge City Hall
505 Butler Pl.

Park Ridge Community Center
1515 W. Touhy Ave.

Park Ridge Senior Center
100 S. Western Ave.

Resurrection Nursing Home
1001 N. Greenwood Ave.

Scissorhands Barber
739 Devon Ave.

Starbucks
100 S. Northwest Hwy.

Starbucks
15 S. Prospect Ave.

Summit Square
10 N. Summit.

Uptown Train Station
Summit & Prospect.

Venus Restaurant
18 S. Northwest Hwy.

Walter's Restaurant
28 Main St.

MORTON GROVE

Bethany Terrace
8425 Waukegan Ave.

Entenmanns
7931 Golf Rd.

Family Pantry
9259 Waukegan Ave.

Jewel
5930 Dempster St.

Kappy's
7200 Dempster St.

Merline Muffler Shop
6108 W. Dempster St.

Morton Grove Chamber
6101 Capulina.

Morton Grove Library
6140 Lincoln.

Morton Grove Senior Center
6140 Dempster St.

Morton Grove Village Hall
6101 Capulina.

Produce World
8801 Waukegan Ave.

Road Runner Pantry
6315 W. Dempster St.

Super Cup Coffee Shop
8509 Femald.

CHICAGO

Kaages Korner
Northwest Highway & Oliphant
(Downtown Edison Park)



LIFE

IN FASHION

It's all in black and white

SHARON MOSLEY
Copley News Service

Think it's time to put away all those summer whites? Think again. This fall, white continues to be a major fashion player when teamed with the all-time classic favorite - black. It's a combination that has long worked for designers in their summer collections, and now they're taking a good thing and warming it up for the chilly months too. At Ellen Tracy the design team was inspired by nature, conjuring up visions of "dark, craggy granite cliffs" contrasted with "beech trees with their peeling bark." Now, bright whites and antique creams soften up the crisp, somber blacks and charcoals that have long been the backbone of many of our wardrobes. The mood this season is much more refined than seasons past when vivid brights ruled the runways. And let's face it, when you're working with black and white, it's much easier for even the fashion challenged to pull it all together. Here are 10 easy ways to get started:

- 1) The checked suit - Black and white checks are a versatile addition to any wardrobe - in any season. In jackets, trousers or coats, it's easy to mix and match with solid black pieces or brighten it up with the trendy color or accessory of the moment. (Ellen Tracy, 800-925-7979)
- 2) Black denim jeans - The white blouse with black pants is another classic look. Update it for fall with black denim jeans and jacket with white topstitching paired with an extra-special belt. (www.chicos.com)
- 3) The little black-and-white dress - Black and white teams up in some of the best dresses this fall, too. Think vintage and look for special details such as tulie overlays and contrasting embroidery detail. (www.maxstudio.com)
- 4) The romantic blouse - This fall, as the blouse returns to the fashion forefront, the old-fashioned luxury of the Victorian look also makes a comeback with jabots and bell sleeves - perfect to pair up with a swirly black pleated skirt or a cropped pinstripe jacket with matching pants. (www.bloomingdales.com)
- 5) A knee-length coat - Whether it's a black sweater coat embroidered with fanciful flowers or more of a Russian-influenced coat with empire styling or an antique white day jacket, this longer coat is the perfect accompaniment to black riding pants this fall when belted, tucked into



- black boots and worn over a creamy white lace blouse or tank top. (www.jcrew.com)
- 6) The velvet jacket - Another trend-setting piece found in a myriad of colors this fall. Opt for the classic black with a military silhouette and you'll be ready for any occasion. Or change it up and go for a creamy white jacket for a different twist. Dress it down for work with a basic white shirt, pearls and black trousers. Dress it up for dinner by adding a black lacy skirt and lace blouse. (www.saksfifthavenue.com)
- 7) The fur-collar jacket - Another way to add an instant update for fall. Give the classic black jacket a sophisticated glamour by adding a fur collar, fur cuffs or a fur stole. Then match it up with a winter white cashmere turtleneck and a knit skirt. Tres chic. (www.adriennelandau.com)
- 8) The evening top - In black-and-white animal print or shimmering sequins, the evening tops and shrugs this fall are the perfect way to jazz up black or white pants and heels. (Laundry by Shelli Segal at Neiman Marcus)
- 9) The shorter pants - For a dif-

ferent approach to fall, try a shorter, cropped or gauch-style pair of pants - in black for a slimming look when worn with black hosiery and heels or boots. Then team them up with a white blouse and black jacket for a not-so-classic suit or a white vintage-inspired blouse for cocktails. (www.nordstrom.com)

10) The accessories - Any black-and-white ensemble this fall can be easily be updated with new accessories. This is probably one of the easiest ways to breathe new life into your old fashion favorites. Go for anything trimmed with fur, knee-high boots, round-toed peep-toed pumps, black opaque hosiery, python handbags, leather newsboy caps, elbow-length suede gloves and lots and lots of jet black beaded necklaces. (www.net-a-porter.com)

Sharon Mosley is a former fashion editor of the Arkansas Gazette in Little Rock and executive director of the Fashion Editors and Reporters Association.
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TRAVEL AND ADVENTURE

Libya back on travelers' itineraries

NORMAN SKLAREWITZ
Copley News Service

Unlike many of us, the tourism industry doesn't seem to hold grudges. In fact, when it comes to returning to countries previously shunned, it seems quick to forgive and forget. Consider the People's Republic of China, for example. Almost the minute after the United States normalized relations with the Communist regime in the early 1990s tour operators tripped over each other to organize tours to Beijing, Shanghai and other cities long off-limits to Americans. Then how about Vietnam? Soon after the bloody war there ended with a Communist victory, Hanoi and Ho Chi Minh City (once Saigon) were must-see destinations for the more adventurous American travelers. Burma, renamed Myanmar, also attracts those captivated by its ancient temples and rich Buddhist tradi-

tions despite the fact that the country is in the grip of a repressive military government. And now it's the same thing with Libya on North Africa's coast. In American tourism circles these days, it's considered the latest hot destination. Yet it wasn't long ago that Libya was branded as a rogue state by the United States for harboring and supporting terrorists. After the bombing of Pan Am Flight 103 over Lockerbie, Scotland, and a subsequent disco bombing in Berlin in which American servicemen were killed, both blamed on Libyan agents, U.N. sanctions were imposed. The United States suspended all economic and political contact with the autocratic regime of Libyan leader Muammar al-Qaddafi. Then in September 2003, Libya paid compensation to the PanAm victims and, in an amazing turn-about three months later, gave up its program to develop nuclear weapons. U.N. sanctions were

lifted. Economic and travel restrictions imposed by the U.S. Treasury Department were dropped in September 2004. Even though the State Department still has a grim travel warning in effect, travel to Libya from the United States is rolling into high gear. Tour operator Adventure Center boasted that it was ready to book tourists the day after the embargo was lifted. That was possible, the company's president Trevor Saxty admits, because he is affiliated with a U.K. tour operator who was already sending Australian and British tourists to Libya on adventure tours. Bookings are great, according to Saxty. "It's something of a forbidden-fruit appeal," he said. Mountain Travel Sobek has a 14-day Libya Desert Adventure tour to what it describes as a "long-forbidden country." One-upmanship also comes into play. In promoting its tour, Sobek offers clients "a rare opportunity to be among the first Americans to see and feel a world apart."

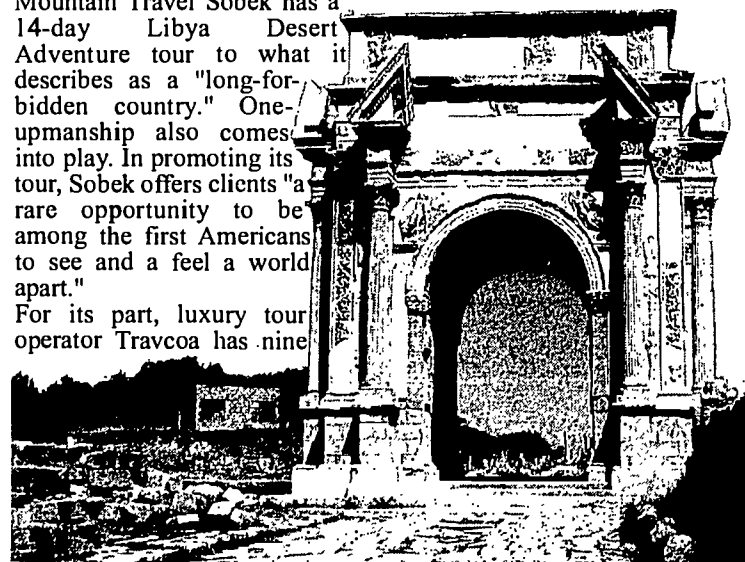
For its part, luxury tour operator Travco has nine

departures this year for its 13-day tour called Libya: The Forbidden Sahara. Not surprisingly, the cruise industry also wasted no time in realizing the appeal of this exotic country. Silversea Cruises was the first line serving the American market to incorporate Libya into an itinerary. It was a voyage that began in Port Said, Egypt, then called at Alexandria, Egypt, before the vessel on April 15 slipped into the tiny Libyan port of Derna to make a bit of cruising history. Ashore outside the tiny town of Susah, passengers tramped through ruins of ancient Apollonia, built by the Greeks in the seventh century B.C. Another shore excursion went to Cyrene, founded by the Greeks in the

sixth century B.C. and now a World Heritage Site. Two days later, the Silver Cloud pulled into Libya's capital city, Tripoli. Again, it was the ruins of ancient civilizations that sent busloads of passengers into the countryside. A 90-minute drive from Tripoli took many to Leptis Magna, a spectacular Roman city still to be fully excavated and also designated by UNESCO as a World Heritage Site. In Tripoli, of course, there was no getting away from being reminded who was the boss. Huge portraits of Qaddafi were everywhere, along with references to his "Green Book," a confusing and generally rambling expression of his strange political, social and economic philosophies.

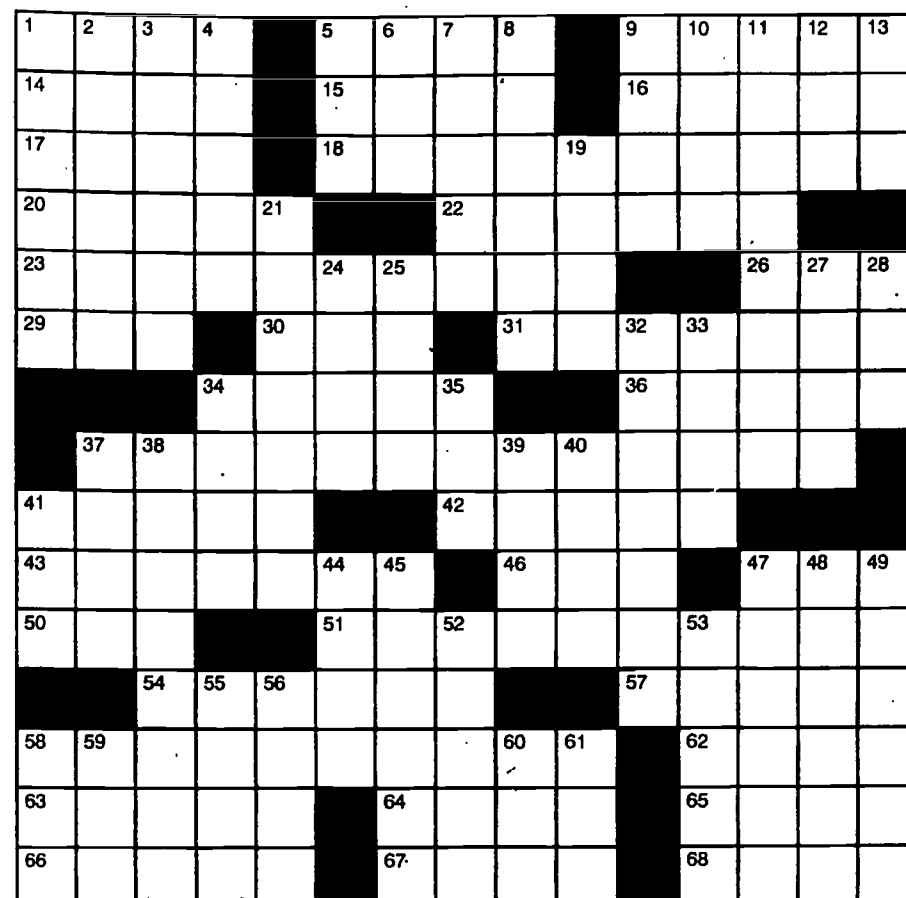
But don't get the idea that Qaddafi is throwing out the welcome mat for international travelers. He apparently knows that there's money to be made from such visitors, but he hardly makes life easy for tour operators or cruise lines. Officers aboard the Silver Cloud experienced some of the rather inconsistent and often confusing Libyan policies that pertain to international tourism. For example, many governments require that visitors obtain and pay for visas in order to visit. However, Libya requires a passenger to have a visa not just to enter the

Story Continues...
see TRAVEL page 21



LIFE

DWELLINGS



COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Machine parts
- 5 All there
- 9 Arctic abode
- 14 Sews
- 15 Zounds!
- 16 Din
- 17 TV's "Nick at ___"
- 18 Winter boredom
- 20 Voodoo
- 22 Lazy
- 23 Composer Heitor
- 26 Discumber
- 29 Fool
- 30 Debussy subject
- 31 Oceanic disturbance
- 34 Wickerwork material
- 36 Lively dances
- 37 Curds concoction
- 41 Buffalo player
- 42 Those not of the cloth
- 43 Loser
- 46 Due follower
- 47 Caesar's foot
- 50 With away
- 51 Frat affair
- 54 Flavors
- 57 Beethoven's Archduke, and others

DOWN

- 1 Comedienne
- 2 Suspected felons' outs
- 3 Motorists' abodes
- 4 Purloin
- 5 Wait a ___
- 6 Turkish chief
- 7 Powerful one
- 8 Greeley or Brown, e.g.
- 9 Dope, shortly
- 10 Exits
- 11 Uniforms for the help
- 12 Verb ending
- 13 Finished, to poets
- 19 ___ prius
- 21 Rodent pet
- 24 "Star Wars" princess

- 25 Salem's st.
- 27 Run in neutral
- 28 Plaines
- 32 Principle
- 33 Golfer's collection
- 34 Other, in Toledo
- 35 Pejorative suffix
- 37 Colombian city
- 38 Compulsively preoccupied with
- 39 Persian and Manx
- 40 Take on
- 41 Downcast
- 44 Miller's "Man With

- 45 Grieg's homeland
- 47 Kind of fear
- 48 Prima ballerina, e.g.
- 49 Part of CBS
- 52 Accepted practice
- 53 Lost a lap
- 55 Longfellow's bell town
- 56 Court action
- 58 Lid
- 59 Latin I word
- 60 Diamond
- 61 One of Sennett's finest

Last Weeks Puzzle
YOUNG'UNS

RADISH	ETAL	SAW
APOLLO	VINE	ALI
BILLY	THEKID	BOT
ISTS	TOR	RUTH
DHS	MULE	ADE
BABY	TAKE	ABOW
LOBED	THIS	AGA
ALADDIN	ANOMALY	
MIB	ENOS	TALES
BOYZ	THEHOOD	
ESO	GAMS	RPM
TWEE	SERA	SHEA
EON	GOLDENCHILD	
ELO	ABIE	IRONER
NFL	DIMS	STOGE

COPLEY NEWS SERVICE

TRAVEL:

Libya CONTINUED FROM PAGE 20

country but one for each city visited by their cruise ship. The Silver Cloud obtained a group visa covering its passengers taking shore excursions. The charge to each passenger for each of the two cities visited was \$15. It made no difference if you didn't go ashore, the \$15 visa was charged just the same. And no one was permitted to go ashore except on organized group excursions. Then there was the matter of a camera fee. For each still camera taken ashore in each city there was a \$4 charge; for each camcorder you were nicked \$8. Qaddafi's long arm even reached aboard ship. Libya is a dry country, but even in strict Muslim countries hotels catering to foreigners generally can serve liquor. However, when he came to power, Qaddafi ended access to alcohol by anyone. So when the Silver Cloud steamed into Libyan territorial waters, Capt. Marco Sangiacomo had to suspend serving all alcohol in the dining rooms and lounges. However, some savvy passengers took bottles into their suites, permitting them to enjoy cocktails behind closed doors while the ship was in port. It was a bit like Prohibition all over again, but without the Charleston and flappers. Despite all these irritations, the attraction of Libya among cruise passengers who have been "everywhere" already is reflected

in the fact that Silversea Cruises has scheduled three visits there this year and nine in 2006. But Libya is not the only country in the news that Silversea Cruises has put into its upcoming itineraries. Get this: Next year the line's ships will make three calls at Tartus, Syria. From that port, shore excursions will be offered to Damascus and Palmyra. Then there will be six visits to Beirut, Lebanon, and one to Khagab, Oman. And while no decision has been made, company executives have been quietly looking at Qeshm, Iran, as a desired destination for next year. IF YOU GO If a prospective visitor to Libya has a stamp in their passport indicating the person has been to Israel, they will be denied entry. To comply with that requirement, a new passport must be obtained. The United States does not have diplomatic relations yet with Libya but has opened a liaison office in Tripoli. For cruise details, visit www.silversea.com. Land tours: www.mtsobek.com; www.exodus-travel.com; www.travco.com. Norman Sklarewitz is a freelance travel writer. Visit Copley News Service at www.copleynews.com. © Copley News Service

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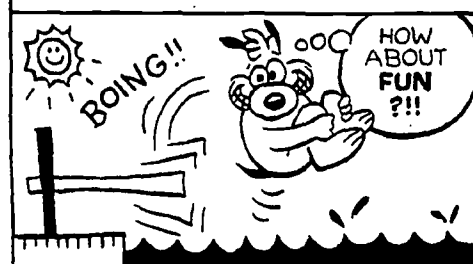
By J.R. Rose-Copley News Service

DRAW IT!

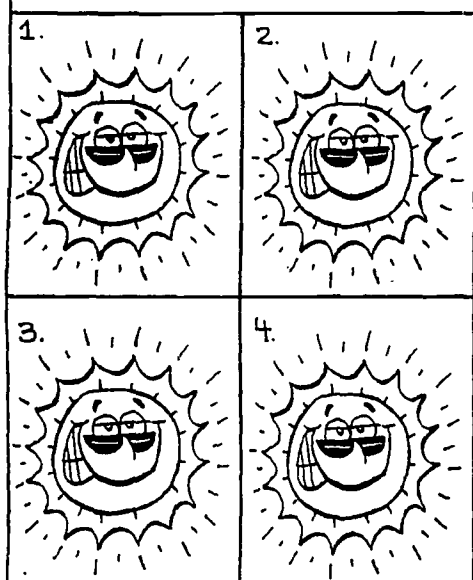
DRAW RAYS ON THE SUN...



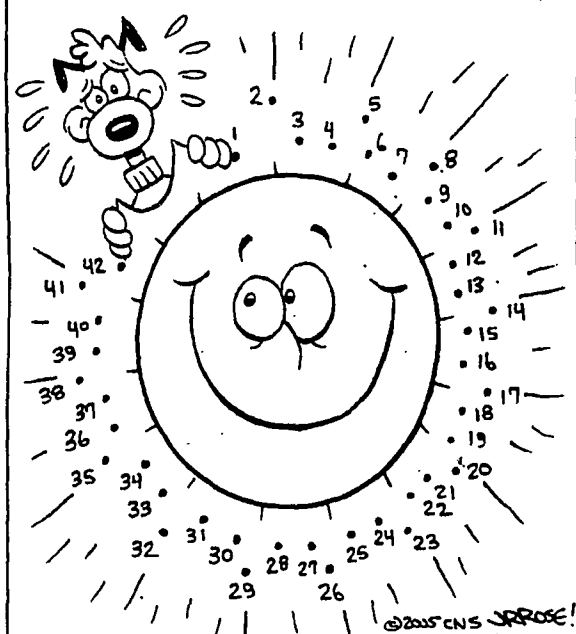
GIVE ME 5 RHYMES FOR SUN...



WHICH ONE IS NOT THE SAME ?



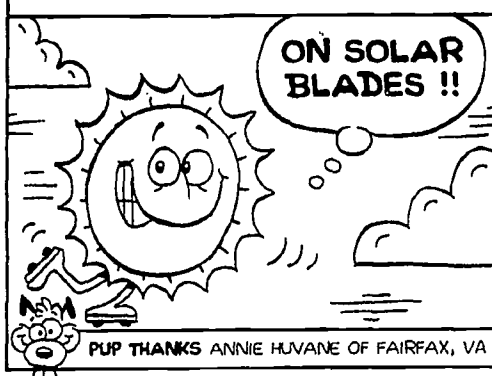
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HOW DOES THE SUN SKATE ?



Grammar Matters

by Patty Gibbons Saunier

Interesting Idioms: Body Language

Idioms are unusual expressions that have a different meaning from what the words imply. Every language has them. Can you match these "body" idioms to their meanings?

Get off my back	Ignore
Foot the bill	Confront a situation
Face the music	Pay for it
Give the cold shoulder	Equal or very close
Neck and neck	Leave me alone

Answers: Get off my back - Ignore; Foot the bill - Pay for it; Face the music - Confront a situation; Give the cold shoulder - Ignore; Neck and neck - Equal or very close.

Nature Newswatch

The beginning of the end

Unlike many wildflowers that mark the start of the warm temperatures of spring and summer, the bloom of the goldenrod marks the end, burling the landscape of old fields with their showy tops. Clusters of yellow-rayed blossoms add color to early autumn.

There are more than 60 species of goldenrod, making individual plants difficult to identify. To do it, taxonomists note whether their leaves are feather-veined or parallel-veined and group them according to shape: plumelike and graceful, clublike and showy, wandlike and slender, elm-branched or flat-topped.

Goldenrod gets the blame by many hay fever sufferers because it's the most obvious bloomer during hay fever season. But goldenrod's pollen is too heavy to be blown in the wind; it is instead transported by insects. The blame should more properly be assigned to the less-showy wind-pollinated neighbors in the fields, especially the green, prodigious and notorious ragweed.

Tall goldenrod *Solidago altissima*
2-8 feet
Habitat: fields, prairies, clearings
by Tim Herd © 2005 www.naturenewswatch.com



Photo by Tim Herd

REAL ESTATE

DECOR SCORE

Wood insets are colorful, creative floor decor

ROSE BENNETT GILBERT
Copley News Service

Q: The entry hall in our apartment is tiny, just a step-through, in fact, that opens into another small area that leads to the dining room on one side, the living

the handsome hardwood flooring. Lawson's rugs are actually mosaics made of different woods in a variety of wood tones - the technique is known as intarsia and dates to Italian artisans in the 15th century. Wood artists in

designs on existing wood floors. **Q:** What color should I paint the ceiling in my bedroom? It's only 8 feet tall, and looks even lower. **A:** Standard wisdom holds that low ceilings will look higher if they are painted white (but what white?), or a shade that is lighter than the wall color.

Bilhuber's Design Basics" (Rizzoli, publisher).

Designer Jamie Drake couldn't agree more. His best trade secret, he says, is "never forget to paint your ceiling a color, not just white." Drake's opinion counts: not only is he a leading colorist, known for his exuberant color combinations (for no less a client than New York Mayor Michael Bloomberg, he's also the design genius behind the latest restoration of Gracie Mansion, home to the city mayors for centuries now.

Q: My daughter, 14, is doing her room over and wants something really sharp for her walls. I'm stuck: All the wallpaper I can find is either too formal or too ditsy and cutesy for her taste. Have you seen anything that might be more mod and exciting?

A: I could send you back to the shelves in your local wallpaper store. Surely, in the thousands of

offerings on today's market, you could find a match for your young mod's yearnings. But instead, I suggest that you hunt down a new collection of scintillating wallpapers designed by the English team of Wayne and Gerardine Hemingway for a company called Graham & Brown. My fav in their new "4 Walls" collection is called "Ringo." No drums, just large, endless circles that practically pop off the walls. See it at www.grahambrown.com.

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

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room on the other. I am at a loss as to what to do with the space to make it more attractive. It's too small for a tiny table or even an umbrella stand.

A: But it must have a floor and a ceiling, two important and often overlooked opportunities for creative decorating.

However small its actual square footage, an entry can be hugely welcoming and inviting, if you light it well and find a way to impart a sense of arrival to those first steps into your home. New York interior designer Glenn Lawson (www.glennlawson.com) scores on both counts in this bitty entry hall. Lacking wall space on which to make a "statement," Lawson hangs an elegant, traditional glass lantern overhead and lays two "area rugs" to accent

the United States are still creating these remarkable designs - any design you want. For example, Thomas Osborn of Holyoke, Mass., (www.thefloorist.net) will translate any design you want into solid wood floor insets, anything from family crests and monograms to patterns incorporating stone, glass or pewter.

Often, such insets can be installed into existing floors. Expensive, yes, but think of them as a lifetime area rug. You can create the same effect at much less cost using different stains to lay in the pattern. Minwax, the stain manufacturer, offers how-to instructions. Click on www.minwax.com and ask for the issue of their magazine called "Wood Beautiful" that shows how to tape and stain

his high-end clients (check out his other color preferences in his helpful best seller, "Jeffrey

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REAL ESTATE

A GREENER VIEW

Getting to the root of problem plants

JEFF RUGG
Copley News Service

Q: Fall plant sales are starting, and I want to add to my perennial beds. I bought a few plants and began planting them. Some had roots all over the inside of the pot, and some had hardly any roots at all, even though the leafy area of both plants looked the same on top. Should I spread out the roots, or leave them tight in their pot-shaped ball? One plant's dirt ball fell apart and I could see a smaller square shaped ball of roots hidden inside it. Should I spread these roots out, too? Should I divide the tops of the plant to get more plants?

A: The fall is a good time to buy many plants because most retail nurseries don't want to try to keep them through the winter months. The plants will generally be in better condition in the spring, if they are sold at a discount and installed now.

These plants were ready to sell back in the spring, but didn't sell for some reason. It could have been that the retail location had too many. Or, it could have been that these leftover plants looked worse off than the ones that did sell.

These plants are definitely a buyer-beware situation. If you know enough about plants to evaluate their condition, then you should buy as many good ones as you can.

Look for plants that have a good number of leaves and branches. If there are broken branches or very few leaves, it should be discounted. If the plant is small enough that you can lift it out of the pot without damaging it, then slide it up to look at the root system.

Most plants should have white roots in all areas of the pot, not just the top or on one side. If the roots are brown on one side, it may mean the pot was sitting in the sun and the roots were killed by high heat of the sun shining on a black pot. If the roots are only on the top half of the pot, it could mean the pot sat in water and the bottom of the soil became waterlogged and the roots died.

Some plants, such as ferns, have thin root systems that may not look too full, but are doing just fine. Ask a knowledgeable salesperson for advice on the roots if you are not sure.

Some plants will be what is known as root-bound. The roots hit the side of the pot, drop down to the bottom of the pot and then begin circling around and around. They might be sending roots and possibly even new shoots out of

the pot's bottom holes.

As you noticed in the middle of one of your other pots, this can happen no matter how big the plant is.

As cuttings, many plants are stuck into small pots that are only an inch or two across. They can become root-bound in the small pot if they are not replanted into a larger pot soon enough.

When you saw the square area of roots, you saw a ball of root-bound roots that had been stuck into a larger pot without spreading out the roots.

Roots don't change paths after they have grown. If the roots are not spread out when the plant is moved into a larger pot or planted in the field in a nursery or in your landscape, the roots will stay in the square or circular pot shape.

The roots do expand in diameter as they grow. If a root is wrapped around the other roots and it expands, it could girdle them. Roots that wrap around others or around the trunk, strangle them; the plant dies.

It may take a decade or more for

a tree or shrub to die this way, and unless the roots are dug up, no one will ever find out the true culprit of the plant's death.

When you encounter a root-bound perennial pot, you can gently loosen the whole root system and spread the roots out in the hole when it is planted.

Cutting the sides of the root ball will prune some of the roots, causing them to spread out into the hole, but it doesn't always cut and separate the circular girdling roots. Large plants, such as shrubs, are easier to cut than to separate.

You can remove some roots if they are all interwoven. If you do too much damage to the roots, there may not be much of a root system. If the plant looks healthy otherwise, go ahead and plant it.

These days, most perennials are potted in a mix of peat moss and ground-up pine tree bark. This

mix is loose enough that water drains out quickly, yet the soil stays moist due to the water-holding capability of the peat moss.

Most people's plant beds are a mix of topsoil and clay or sand.

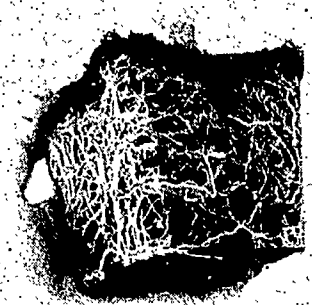
Story Continues...

see GREENER VIEW page 25

GARDEN TIP

Sizing it up

Pay attention to container size to avoid rootbound plants.



This plant has been left in its container too long.

When a plant's roots form a circular swirling mass or are coming out of the bottom of the container, step up to a larger size. Repot the plant before it gets to this point or you may stunt its growth. If there is nothing but white roots and no soil, you've waited too long.



This seedling needs to be "stepped up" into a larger container in a year. Most plants usually grow well in the same container for one to two years before needing a larger container. A root ball should come out with gentle tapping and "en bloc." If the dirt falls away from all the roots, the plant wasn't ready to be stepped up.

Copley News Service / Pete Chenard

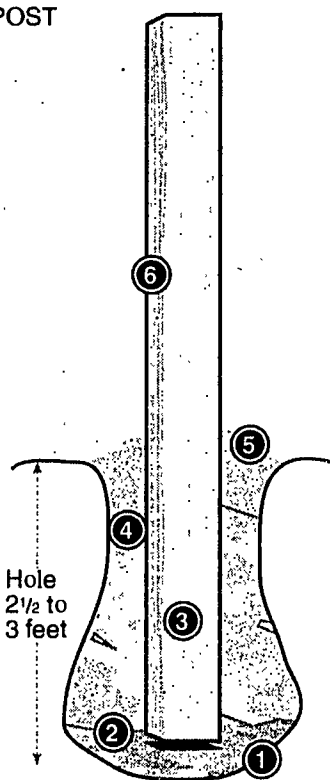
HOME HOW-TO

On the fence

Whether created from pressure-treated pine or a type of cedar, the natural beauty of a wood fence remains desirable in residential, commercial and agricultural applications. By following correct installation and treatment procedures, these fences will last for many years.

INSTALLING A NEW FENCE POST

1. Make a hole with a post-hole digger about 2 1/2 to 3 feet deep (the diameter of the hole should be at least 6 inches wider than the diameter of the post. The bottom of the hole should be twice as wide as the top of the hole. Begin to widen about a foot from the bottom).
2. Shovel about 4 inches of crushed stone into the hole and tap it into place with a sturdy piece of lumber.
3. Place the post in the hole and level it vertically.
4. Shovel more crushed stone into the hole and tamp it into place within about 8 inches of the surface.
5. Fill the remaining portion with concrete and slope it away from the post to aid drainage.
6. Protect the wood with a water-repellent stain, a wood preservative or a quality paint over a recommended primer.



SOURCE: American Fence Association, Inc. Copley News Service / Pete Chenard

REAL ESTATE

GREENER VIEW:

problem plants CONTINUED FROM PAGE 24

Since these two soil types are different in drainage and pH, it is a good idea to mix them together. Typically, the top inch or so of soil in the pot is dry and loose. Knock it into the hole, and knock off any loose soil mix from the bottom of the pot.

Stir some topsoil into the mix and use this to backfill the hole after the roots are in place. The roots will grow more rapidly through the

blended soil than if they have to make the transition cold turkey from the potted soil type to the landscape's soil. Spread mulch over the top and you are done.

When you are spreading out the roots, you may see more than one plant in the pot. This can have resulted from more than one cutting being stuck in the pot or from the plant sending up new shoots.

Use a sharp knife if necessary to cut

the roots and shoots apart. Usually, you can just loosen them by hand. Plant them at the normal interval for the kind of plant you have and you could double or triple your plantings.

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

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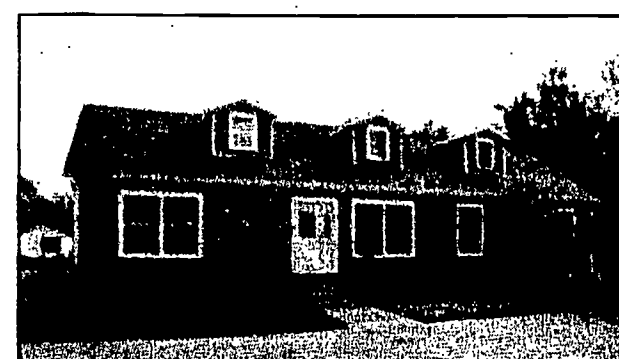
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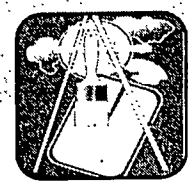
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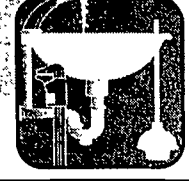
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Mark Maynard
Copley News Service

A two-seater with a six-cylinder that cranks out 610 foot-pounds of torque is either a hot rod from hell or a helluva hauler. In this case, it's a diesel pickup: the heavy duty Dodge Ram 2500 SLT regular cab with an 8-foot bed and the optional Cummins 600 diesel six-cylinder.

This isn't the pretty-boy street truck configuration. This is the hitch-it-up and get-the-job-done package. The clatter of the Cummins is a badge of honor as you make your way around the Home Depot parking lot. But even in this job-site configuration, a Cummins-equipped Ram exudes a beauty observed by diesel devotees. Technically, Dodge's regular cab is a three-seater, but the poor guy in middle gets no headrest and he'll fight for foot room with the passenger. However, the 40/20/40 split bench has its appeal for the good ol' fashioned guy-gal cruise night special.

And the oversized cab has good storage space behind the seat even when carrying a passenger or two. Plus there's big storage in the doors to toss a few hand tools and a flashlight, a Thermos of coffee and gloves. It's really that spacious. The center seat back folds to form a wide center console with space for a laptop, and there are handy troughs and trays throughout the dash. There's even a hook on the passenger side of the dashboard to hang a purse, work belt or carryout sack. Life is simple in this Ram work truck. Big visors with vanity mirrors, big rearview mirrors and no dumb ergonomics. The seats are large and long-haul supportive. The two-wheel-drive test truck - and its

long wheelbase - was easy on the spine for highway driving. Typically, trucks with a shorter wheelbase and four-wheel drive buck and chop all the way home. That's another plus for choosing a work truck over a chrome dolly. The standard transmission is a six-speed manual, and a four-speed automatic with tow/haul mode is optional. Tow/haul reduces gear searching by holding the lower gear longer. It also selects a lower gear under downhill

3500 models. The standard suspension - a two-stage spring package - on the 2500 has three leaves, which are thicker than the light-duty 1500 Ram; two for normal loads and an additional leaf for heavy loads. The Ram 3500 adds auxiliary leaves as part of the spring package. Four-wheel-drive trucks also use different transfer cases, compared with the Ram 1500. The standard engine is a 345-horsepower

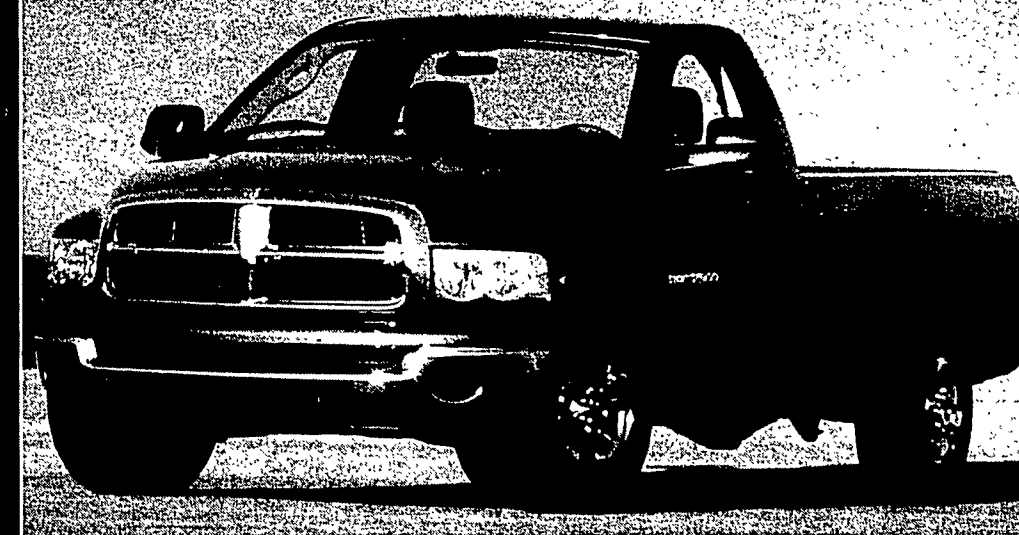
can move a 13,600-pound mountain, but the two-wheel-drive test truck did not exhibit tire-squealing launches, which no doubt helped the fuel economy. The inline 6 Cummins 600 still has the good-diesel snarl, but now it keeps the morning peace and is even quiet in the cab. Unless you're pouring on the throttle, the engine just seems to lope along at idle speed. And black diesel smoke? What smoke? It burns clean. The Cummins is a \$5,555 extra (that includes a 750-ampere battery) but engineers say an overhaul shouldn't be needed for 350,000 miles. The recommended oil change interval is up to 15,000 miles, depending on how hard the use.

Not that a Ram intender would consider a Ford or Chevy, but the competition also comes with galvanized qualifications. See the comparison chart for details.

A feature I consider useful on the Silverado diesel with the five-speed Allison automatic transmission is the electronic grade-braking mechanism that automatically downshifts to help slow the vehicle when the driver applies the brakes. Not all truckers like that feature, which is why Ram does it the old-fashioned way. Just press the overdrive button or move the column gear shift to D2. And Dodge may have another way to a trucker's heart in offering a dealer-installed Jacobs exhaust brake - better known as a "Jake brake." Just as on the big diesels, hit the button and an exhaust valve in the engine boosts braking power. The Mopar accessory is \$1,325 - and something every good diesel should have.

Mark Maynard is driving in cyberspace at mark.maynard@uniontrib.com. Visit Copley News Service at www.copleynews.com.

Dodge Ram



Diesel

conditions to utilize the engine's braking capability. The Ram 2500 and 3500 series are differentiated from the light-duty trucks by thicker gauge steel in the frame, rear axles with 10.5-inch ring gears on 2500 models and 11.5-inch ring gears on

er Hemi 5.7-liter V-8. With 375 foot-pounds of torque, the auto transmission will lift a 11,540-pound trailer or a payload of 3,240 pounds. The five-speed manual has slightly lower specifications. The diesel's 610 foot-pounds of torque

driving, will get 17 mpg around town and 19 on the highway. The 3500 series in 4WD will do 15/17. By comparison, the light duty Ram 1500 2WD with the Hemi V-8 is rated 14/18, and 13/17 with 4WD. It used to be that when you fired off the

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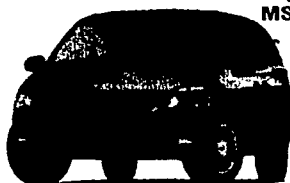
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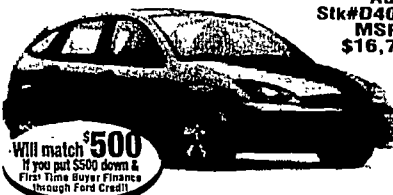
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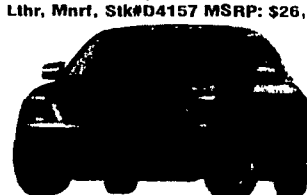
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