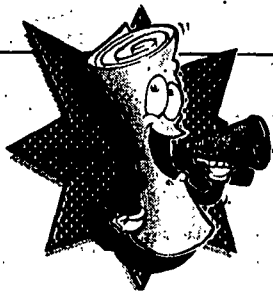


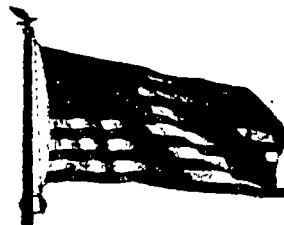


**NILES SENIOR TAPS
HER WAY ALONG
SENIORS, PAGE 11**



**BUGLE ADDS THREE NEW
STAFF MEMBERS
BUSINESS, PAGE 9**

THE BUGLE



SINCE 1957

THURSDAY SEPTEMBER 15, 2005

VOL. 49 No. 16

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

Niles Zoning Board gives nod to OTB

*Proposal must still
be approved by
village board*

BY TRACY YOSHIDA GRUEN
STAFF WRITER

An off-track betting facility is one step closer to possibly coming to Niles, after a special use was approved by the Niles Zoning Board/Plan Commission 5 to 0 at a meeting on Monday, Sept. 12.

After the CEO and president of Inter-Track Partners, Bob Bilocerkowycz, gave a detailed

description of the facility, several audience members from Niles and nearby communities asked questions and expressed their comments and concerns, some of which included security and safety, exposure of gambling to children and gambling addictions.

The planning commission approved the request given that there would be adequate security, lighting and security cameras in the parking lot and that they would look at restricting under age children to specific areas of the facility. This recommendation will soon go before the vil-

Story Continues...
see OTB page 2.

Retired police officer found dead in YMCA

BY JEFF BORGARDT
STAFF WRITER

Niles police had a grim job last week documenting the discovery of a dead retired police officer found in poor conditions the Touhy YMCA on Sept. 5.

Donald Pflaumer, 52, was discovered dead in room 431 after the man's brother contacted the YMCA out of concern.

The brother had not heard

from Pflaumer for 4-7 days.

A security guard then opened Pflaumer's room and discovered the dead officer unclothed in bed. There was dried blood in various places. Dried blood was found in the bedroom and bathroom and underneath Pflaumer's nose.

Police reports indicated retired Evanston police officer Pflaumer recently underwent

Story Continues...
see RETIRED OFFICER page 7.

Helping Those in Need



A volunteer holds a sign on Dempster St. in Morton Grove over the weekend. His daughter and several other school children from the area held a car wash over the weekend to benefit the victims of Hurricane Katrina. For more see, "Hurricane Katrina: The Local Response" on page 4.

Judge to rule on Park Ridge Uptown Lawsuit Oct. 13

Cook County Judge Richard Siebel will rule on a motion to dismiss a suit against the City of Park Ridge Oct. 13 after a hearing Friday in the Daley Center.

Siebel listened to arguments from lawyers representing Park Ridge Resident Chuck

Baldacchino, the City of Park Ridge, and Uptown Developer PRC Partners, LLC before deciding to wait until Oct. 13 to rule, citing what he called "due discretion."

Baldacchino is challenging the city of Park Ridge on a project

slated for Target Area Two, bounded by Summit Ave., Morris St., Touhy Ave. and Northwest Hwy. He claims that the development violates the city's own ordinances and that it will create a hazardous traffic situation for Summit Square Retirement Hotel, now his resi-

dents.

Attorneys for PRC argued that Baldacchino has no standing to bring the suit, since he moved into the Summit Square after he filed his suit. But Baldacchino's attorneys argued that, even if he had no standing, his joint-plaintiff,

Josephine Perry, a 17-year resident of Summit Square did.

Siebel said that he was troubled by the notion that an individual could "create" standing in the way that Baldacchino is attempting, but

Story Continues...
see RULING page 2.

NEWS

OTB: Board member: 'We're smarter than Morton Grove'

CONTINUED FROM PAGE 1

lage board of trustees.

The 26,000 sq. ft. "entertainment facility," if approved by the village board, would be located at 9215 Greenwood in the old Circuit City building near Golf Mill shopping center. It is projected that the Village of Niles and Cook County would each gain about \$500,000 a year from this facility, according to Bilocerkowycz, whose company owns and operates 16 off-track betting sites in the Chicago area and downstate Illinois. The facility would feature off track horse racing, a sports bar featuring flat large screen TVs, a full-service dining room and deli. There will also be an outdoor seating area with TVs and a drive-thru wagering window that will only be used on certain occasions.

"I think the area is in dire need of

a sports bar type of facility," said Bilocerkowycz, who said that the "big vacant box" has been an "eye sore" to the community. He said the new facility will have a whimsical/fun atmosphere and be visually captivating. The name of the facility would possibly be "Bookie Magee's," although the planning commission did request that the name be re-examined.

The location of the proposed off-track betting site was a negative factor for some of the audience members. Some people felt a gambling facility should not be located that close to residents' homes, or to Gemini school, a neighborhood park, and Golf Mill shopping center.

"I feel we're compromising values in pursuit of the dollar," shared resident Rosemary Palicki. She said that on the Village of Niles website it talks about how people and values count and she asked the board to consider voting against the proposal.

"My wife and I have lived here for 33 years and wouldn't want to live any place else," said Mike Shields, a resident who shared his concerns at the meeting. He believes that having an off-track betting facility in Niles would "degrade" the village socially

and he said that people may not want to move into Niles as a result of the facility. He also believes that JC Penney, located close to the facility, may want to close its doors as a result.

Rodger Eckert of unincorporated Des Plaines is unhappy that the facility would be right outside of his backyard. He said that he will "no longer feel safe" if the facility opened. He also mentioned that there will be people drinking in a nice residential area and that the school and peaceful park is only a couple of blocks away.

"I don't think people will not move here because of one business," said Dennis, an audience member. In reference to peoples' concerns about possibly exposing children to gambling, he replied, "There's so much more going on with television and the Internet."

"We operate responsibly and our reputation is excellent," said Bilocerkowycz. "Our facilities are clean, well managed and will be an asset to the Village of Niles."

One member of the audience asked why Morton Grove rejected it and why we're even considering it and commissioner Angelo Troiani said, "because we're smarter than Morton

Brownstein elected to County position

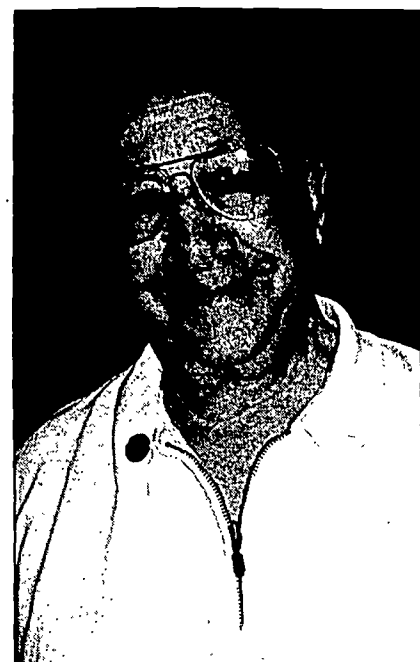
Niles Township Trustee Les Brownstein has been elected to a position on the board of the Cook County Township Officials Trustee Division as a director.

His responsibilities in the position will include working with Cook County Township trustees to further communication between the townships.

Brownstein was very flattered to be elected.

"I'd like to thank all those who voted for me," Brownstein said. "I look forward to serving in this position."

Brownstein gave credit for his election to the people of Niles Township.



RULING:

Summit may join case

CONTINUED FROM PAGE 1

that he wouldn't speak to his final

ruling.

Summit Square is also filing a motion to join the case against the city and PRC after it withdrew from an agreement to put a new facade on their building. The city had agreed to contribute \$950,000 to the project. Siebel is expected to rule on their motion at the end of September.

NEWS

North Maine Fire Dept. holds Open House Saturday

The North Maine Fire Department is hosting its annual Open House on Saturday, September 17, 2005, starting at 11:00 A.M. to 3:00 P.M. The Open House is commemorating thirty six years of service to the community.

This event is open to the Public. The fire station is located at 9301 Potter Road, unincorporated Maine Township; parking will be across the street in the Church Parking lot. Various Municipal Support Agencies will have displays and equipment set up for viewing and can answer questions that you may have regarding their respective agency. This will show how we all work together in everything we do. Cook County Sheriff's Police Canine Unit will perform a demonstration. The Fire Sprinkler Trailer also will be here to demonstrate how residential sprinklers can save a life when a fire starts, a new requirement in new construction in the District. Also, come and see what's new at the North Maine's Fire House. Free handouts with important fire safety information will be available too! MESS Canteen will be serving hot dogs, chips, and refreshments. Activities for all ages, everyone who attends will learn about Fire Safety and other important safety messages while having fun. Remember Fire Prevention Week this year, the dates are October 2nd through the 8th 2005.

Chief Richard C. Dobrowski is inviting everyone to attend this annual event. For additional information call 847-297-5020.

Niles Park District, village name Clare Whitman new youth coordinator

Clare Whitman is very excited about her new position as Niles youth coordinator and can't wait to become acquainted with the kids.

Whitman has worked with youth in after school programs and has a bachelor of science degree in psychology and recreation, parks and tourism. Whitman was chosen out of about 150 applicants to replace Christine Eischen who left the position to attend college.

"We determine she's got the drive and excitement that it's going to take," said Steve Vinezeano, assistant to the village manager. He believes Whitman will be able to take the Niles Youth Council to the next level.

"I'm really, really excited about this and I'm looking forward to getting to know the kids," shared Whitman. "It's nice to be a part of this good community."

Whitman has worked at the Howard Leisure Center for a few years prior to this position. She has also worked with kids at the Chicago Park District and St. Catholic schools.

Whitman said that she would like the kids to become involved in more volunteer work as well. "We had to act fast because Christine had to go off to college right away," said Vinezeano, who said they streamlined the hiring process as a result of the immediate need to fill the position.

The Teen Center is located at 7680 N. Caldwell and is open four days a week from 3 p.m. to 7 p.m. It is closed on the weekends and on Mondays. Vinezeano said there's generally about 15 to 25 kids at the center every day, and on movie nights or other special events they may have 50 kids or so.

Eischen did say that she would be willing to come back to help the new coordinator get the lay of the land. She even said that she hoped to volunteer when needed in order to stay involved with the Niles Youth Council.

Andrew Bateman
Park Ridge Alderman

John Brebeuf School.

One of Whitman's main goals as the new youth coordinator will be to try to get various schools in Niles involved in the program. She said that currently most of the children come from Culver School Dist. 71 and she will aim to get other schools involved, including more

THE BUGLE

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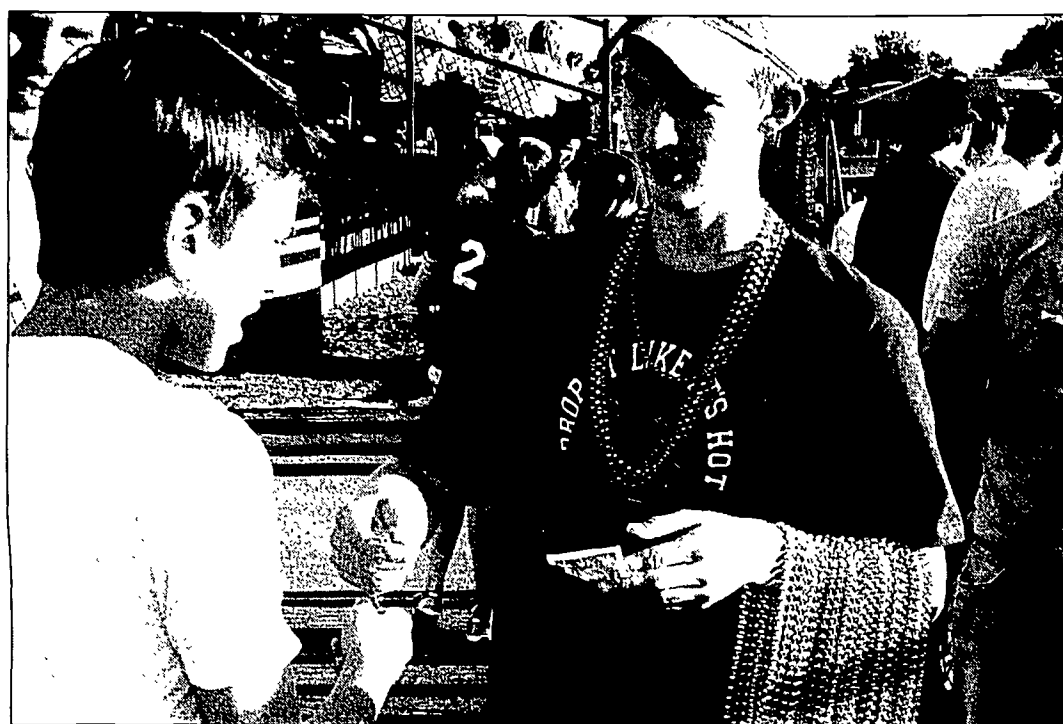
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HURRICANE KATRINA: THE LOCAL RESPONSE



The first shot is of senior John Johann (Niles resident) selling beads at Friday night's football home opener against Nazareth. The other is of a child who chose to show her support for the hurricane victims.

Notre Dame Bead campaign raises more than \$4,500

BY TRACY YOSHIDA GRUEN
STAFF WRITER

The sale of Mardi Gras spirit beads and monetary donations at Notre Dame High School have totaled more than \$4,500, showing what can be done when people join together to help those in need.

"The students have blown me away," said Tim Jarotkiewicz, history teacher and chief organizer of the spirit bead fund-raiser. "It's been amazing."

Students have been selling the colorful spirit beads at various football games as well as during lunch time. The sale has

been so successful that they have run out of spirit beads. Jarotkiewicz said the alums have also been very responsive by sending checks to support the victims.

"I'd like to keep going to \$5,000 and beyond," said Jarotkiewicz, who said that beads or no beads, they will continue to support the cause. He said that in one lunch period, students raised more than \$100 and he's been very impressed with their support.

The money raised will go to the Chicago-based McCormick Tribune Foundation and half of every dollar raised in the Chicagoland area will be matched, up until the first million dollars is reached.

Jarotkiewicz, the 1998 valedictorian of Notre Dame High School, has a personal tie to the Gulf Coast area. Through the ACE program, the Alliance for Christian Education, he taught at Redemptionist High School in Baton Rouge. When the horrific hurricane hit, Jarotkiewicz was devastated.

Every year, around Mardi Gras time, Notre Dame High School has a Mardi Gras fund-raising event that includes carnival games. This year, a portion of the proceeds will support Holy Cross School in New Orleans to help rebuild the schools that have been destroyed.



Mary-Kate Casey and her friend Beyza Ozer pose for a photo during their car wash to benefit the victims of Hurricane Katrina on Saturday.

Car wash raises over \$1K

Morton Grove 5th-Grader Mary-Kate Casey saw the images coming out of New Orleans and decided she wanted to do something.

So last weekend, Casey and some of her friends and their parents got together and held a car wash at Cambridge Bank on Dempster St. in Morton Grove.

"I saw what was happening and I just wanted to do something," Casey said.

Casey's parents helped coordinate with Loews, which donated all the supplies for the car wash and Cambridge Bank which donated its site for the car wash on both Saturday and Sunday.

For the two days of washing cars, they made \$1,075. Loews will match \$600 that Casey is donating to the American Red Cross. The remaining \$475 will go to Noah's Wish, an organization that helps animals.

Niles residents stop checks after scam solicitation

Two Niles Residents stopped their checks they had intended to go to the Red Cross after they learned they had been solicited by con artists.

According to Village Manager Steve Vinezano, the two elderly residents found out they were scammed after a neighbor contacted authorities. The two individuals were solicited over the phone to send money to a Washington, D.C. P.O. Box that was not the Red Cross's.

Vinezano urged Residents to make sure they are sending money to a legitimate organization. The best way to deal with phone solicitations is to only send money to a number you have called from a reliable source.

MORE NEXT WEEK

Our first responders, on the scene in New Orleans

Local schools, organizations, officials continue fund drive

SCHOOLS

Culver school year off to a good start

The first few days of school at Culver School in Niles was a success, according to principal, Alexandra Nicholson.

"Everything was smooth," said Nicholson. "It was great. The students seemed to feel very comfortable."

The total number of students at Culver School this year is 518. The enrollment is down from last year, because instead of three kindergarten classes they only have two this year.

"This is the first year in a long time that we had two kindergarten classes," said Nicholson.

Students will use a new writing

and math program and an updated science curriculum this year. With the new math series, students in the lower grades will be able to bring home sections of their text books instead of the whole book so they will have less to carry home. Grades three to eight will have access to a math CD and website that will allow them to practice their math skills.

Nicholson said that every five years it is good to evaluate the current curriculum and possibly update the curriculum. This year, Culver is looking at updating social studies, computers and student assessment.

The first day at Park View

School in Morton Grove went "beautifully," according to Supt. Gary Zabilka, who said that all the buses showed up on time and everything ran smoothly.

Zabilka is enthusiastic about the whole building now having air conditioning and said there were many positive comments made about how cool the school was during the hot weather.

Currently, there are 760 students enrolled at Park View. Last year, the school year started off with 760 students and ended with 800 so he believes they will gain more students as more people move into the area.

D219 BRIEFS

NILES WEST LIBRARY OFFERS PARENTS DATABASE ACCESS AT SPECIAL SESSION

Would you like to have access to thousands of newspapers, magazines and journals from around the world? How about being able to view full text transcripts of television and radio broadcasts? The Niles West Information Resource Center (IRC) is inviting parents to a special information session to be held at 7 p.m. on Wednesday, November 9 at the school, 5701 West Oakton, Skokie. Parents will be given special instructions on how to search all of the special fee-based databases that the IRC subscribes to; these are sources that parents would not have access to on their own. After the information session, parents will be able to browse all of these databases from the comfort of their own home computer to assist their child in research or gather information from specialized databases. For more information, please contact IRC Coordinator Penny Swartz at (847) 626-2700.

NILES NORTH SENIOR EARNS TOP SCORE ON ACT

Niles North Senior Walter (Brian) Chae earned a perfect score of 36 on the standardized ACT test. He is one of thirty students in Illinois to receive a perfect score for this particular testing day.

"I just went in hoping to do my best," said Chae. "A perfect score is nice, but as long as I did my best, that's all that mattered."

Chae prepared for the test by enrolling in an ACT Prep course, taking practice tests, and following his own course of study in the months leading up to the test. Chae also has a perfect track record in high school thus far—straight A's!

Currently enrolled in his final year of honors and advanced placement (AP) classes at Niles North, Chae is poised for a bright future. He is considering a major in either engineering or economics and is interested in studying at Massachusetts Institute of Technology (MIT), University of Illinois or Northwestern.

DIGITAL LIFE STORIES - D219 WORKSHOPS FOR SENIORS INTERESTED IN SHARING 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.

Maine East kicks off National Anthem Project

Maine East High School kicked off the nationwide celebration of the National Anthem Project with a school-wide performance of the National Anthem at the Homecoming Assembly on September 9, 2005.

Led nationwide by Honorary Chair, First Lady Laura Bush, the National Anthem Project is being prepared at Maine East by music teacher Pat Barnett and the Maine East Demonstaires who are teaching and reviewing the "Star-Spangled Banner" during daily PA announcements. History teachers are providing background information in classes about the history, setting and text of the anthem.

In addition English teacher David Hessert will do a poetry reading of the text as a PA announcement, and all students in band, orchestra and choir will be prepared to lead the performance after in-class rehearsals.

A video production of the event will be provided to the national office of the National Association for Music Education to encourage and set the stage for the September 14 nationwide event. (Due to standardized testing scheduled for September 14, 2005, Maine East's celebration took place on September 9).

Resurrection High School announces open houses

Resurrection High School, 7500 W. Talcott, will host an Open House on Thursday, November 10 from 6:30PM to 8:30PM and on Sunday, November 20 from 11:00AM to 2:00PM.

Resurrection High School is the largest, all-girl, faith-based, college preparatory high school on the northwest side of Chicago. For over eighty years, Resurrection has been dedicated to the education of young

women and to the development of their God-given talents. Res students enroll as girls and graduate as strong, confident young women, ready to take on the world.

Each student is offered the opportunity to excel academically; develop strong team building skills through peer interaction and a strong athletic program offering ten competitive sports; and to pursue personal growth through over thirty

clubs and association offerings.

Resurrection offers the largest PACC program in the United States through St. Mary of Minnesota. This program allows students the opportunity to earn advance college credit through dual enrollment at Resurrection and St. Mary's. Resurrection High School faculty members teaching these classes have been approved as adjunct professors for St. Mary's University in Winona, MN.



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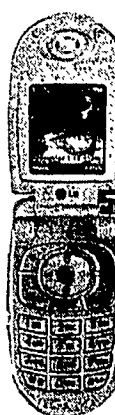
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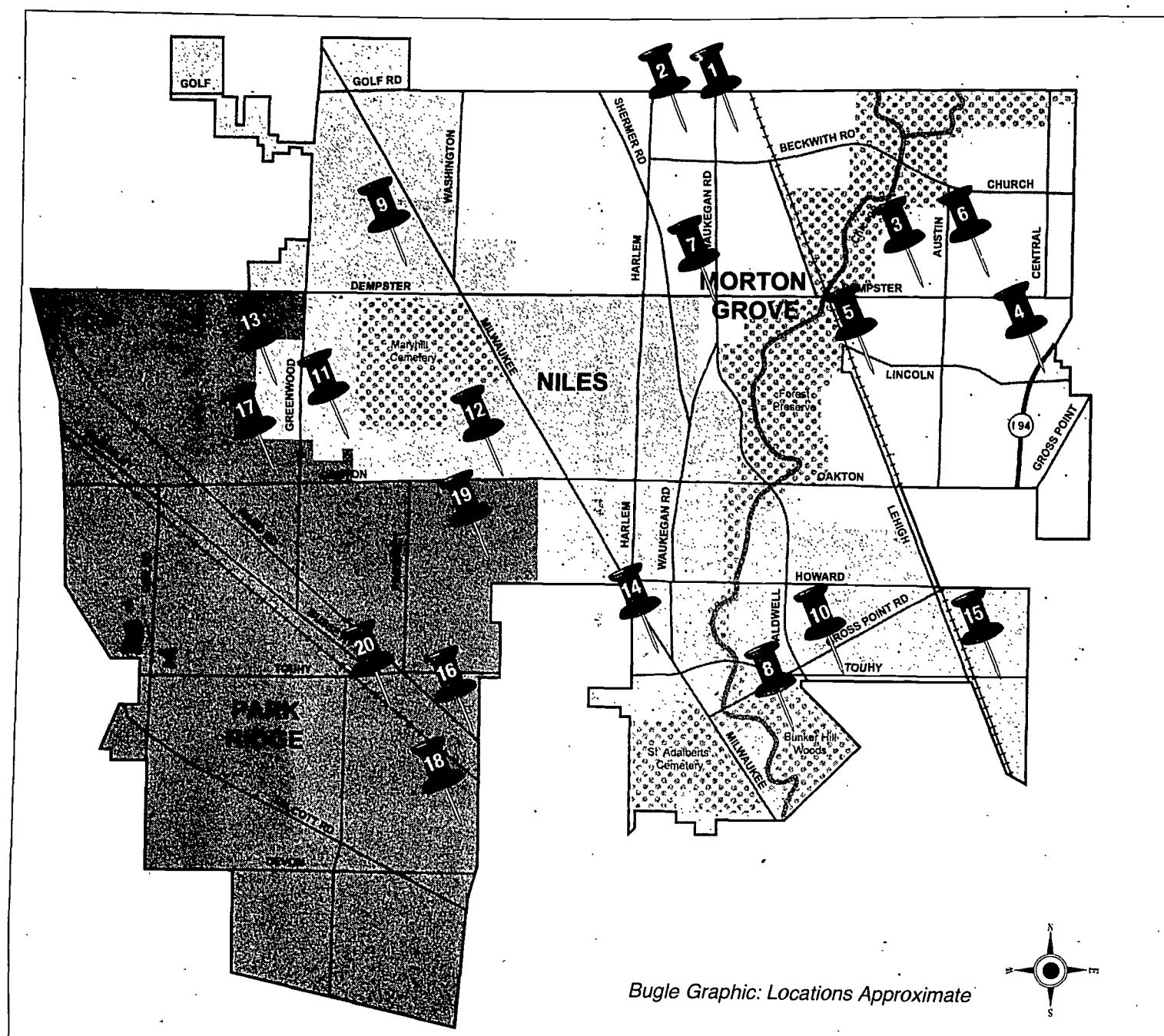
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POLICE BLOTTER



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. 9.

- 1 Gas Theft**
(9500 Waukegan)
A motorist driving a Lexus RX 300 drove off without paying for \$40 in gas. Police have contacted the owner of the car after the cashier told them the license plate number.
- 2 I'll Be Back with the Money**
(9500 Waukegan)
A man, 29, of Chicago pumped gas at a Mobil Sept. 1. After pumping, he told the cashier that he left his wallet at home. He'd return with the money right away. The man handed over his drivers license to the clerk as collateral however he never returned. Police found the man has a criminal background.
- 3 Parking lot beating**
(Dempster McDonalds)
A man, 28, of Indiana was

beaten in the McDonalds parking lot on Dempster last week. He was picking up his girlfriend's daughter when two men he knows lured him out of the car and beat him up. No charges have been filed and the man told police "I just want to go home."

- 4 Stray Parrot**
(8500 Frontage)
A man was mowing his lawn Sept. 6 when a parrot flew up. He looked at the bird and it perched on his shoulder. The bird was taken in by animal control.
- 5 Tenant Theft**
(8500 Fernald)
A landlord had furniture cleaned out when her tenant moved out. The tenant took about \$4,000 in landlord furniture while moving out including chairs, tables, a sofa and a dresser. The tenant was moving out on Sept. 3 due to a court order.
- 6 Tree Cut**
(8900 Mason)
Someone chopped up an evergreen tree last week on a residential yard between Aug. 31 and Sept. 4.

- 7 Vehicle Burglarized**
(6800 Dempster)
The vehicle of a Norwood bank manager was burglarized Aug. 31.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Friday, Sept. 9.

- 8 Front yard booby-trapped**
(6900 Concord)
A man, 48, booby-trapped the front yard of his home to repel trespassers. He placed spikes and sharp objects underneath the window and covered them with a dark net. He removed the spikes at the request of police. The home also seems to house a large number of cats, possibly 10 to 20 of them.
- 9 Assault**
(9100 Milwaukee)
A small shopkeeper was assaulted last week. A man walked into the shop and requested usage of a pen from the woman behind the counter;

51. She gave him the pen, he used it and left the store. Then, the man returned and asked for something else. She refused to provide it and the man swore, spit at the woman, kicked the door and then drove off on his bicycle.

- 10 Touhy YMCA burglarized**
(6300 Touhy)
Thousands of dollars in cash and jewelry were taken from large safes at the Touhy YMCA last week.
- 11 Doorbell yell**
(8400 N. Terrace)
A man in his 40's knocked on a door and then rang the bell Sept. 8. He told the residents he was there to collect money for a Park Ridge landscaper. The residents said they haven't used the landscaper since Oct. 2004 and were unaware of an outstanding bill. The man then yelled at them and got in his car and drove away.
- 12 Gas Drive Off**
(8000 Oakton)
A motorist drove off without paying for \$24 in gas she

pumped Sept. 3.

- 13 Suspicion**
(8300 Western)
A woman, 57, has noticed the same suspicious man lurking in the neighborhood on several occasions.

- 14 Drunk fall**
(7300 N. Neva)
A man, 51, was sitting on a chair in his driveway drinking Wednesday, Sept. 7 at midnight. He fell off the chair and was too drunk to stand back up. He was transported to the hospital and billed for ambulance services.

- 15 Shoplifting**
(5600 Touhy)
A woman, 23, of Chicago was caught stealing \$10 in cosmetics from Wal-Mart Sept. 7.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Monday, Sept. 12.

- 16 Condo burglary**
(400 S. Northwest Highway)
A condo was burglarized Sept. 8 sometime between 8 a.m. and 3:15 p.m. The burglar forced open the door to gain entry.
- 17 Burning bush**
(Parkside and Burton)
A bush was set aflame on the 1500 block of N. Parkside the evening of Sept. 6.

- 18 Liquid Splash**
(0-100 Imperial)
Someone splashed an unknown liquid substance onto a GMC sometime between Aug. 22 to Sept. 2.
- 19 Arrest**
(7300 Olcott)
An Ohio man, 20, was arrested on a Carol Stream warrant Sept. 5.

- 20 Fence paint**
(200 Columbia)
Someone graffiti spray-painted an alley fence Sept. 3. Police had no suspects and no dollar amount was set for the damage.

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

Morton Grove Library may go wireless

BY JEFF BORGARDT
STAFF WRITER

Those with new laptops or handheld internet devices may soon be able to walk into the Morton Grove Public Library and cruise the internet without a wire.

The Library Board approved

"It's been an interesting twelve days

Ben Schapiro
Morton Grove
Library Director

exploring WiFi for the library at their Sept. 8 meeting.

New library director Ben Schapiro said wireless internet networks are becoming more and more frequently used in public libraries.

"I'd estimate 30 percent of them have it. I know they have WiFi in Evanston and Skokie. I think they have it in Niles too."

The wireless internet network will allow people to conduct internet research on their own laptop computers rather than reserving one of the libraries six public internet computers.

RETIRED OFFICER: Man was with Evanston PD for 26 years

CONTINUED FROM PAGE 1

treatment for alcohol abuse in Michigan and had just returned to live in the YMCA.

In his wallet, Niles police discovered his Evanston police badge and a cash station receipt from the night of Aug. 29.

The badge was sent back to the Evanston police department for safekeeping.

His car was towed and will be transferred to his next of kin. The YMCA room was dead-bolted from the inside.

Using one's own computer is helpful for several reasons, Schapiro said. First, files and information can be downloaded onto one's personal computer and taken home.

Next, using ones personal computer is more comfortable than a public computer. "Teenagers or college students can stretch out anywhere in the library and surf the web on their laptop," the director said.

He noted that most new laptops and many PDA's now have WiFi internet capabilities automatically built-in.

Wireless internet networks are also becoming more frequent in college libraries and dorms.

On Sept. 8, the board approved exploring WiFi. There are no cost estimates available. The next step will be for the head of technology services to discuss WiFi with a library consultant.

The director said it is his desire to have the WiFi running in two months.

Schapiro's first day on the job was Sept. 1.

A 20-year-resident of Evanston, he formerly worked for a library software company and studied library content in college.

He said the most difficult challenge of taking the helm at the library is "getting used to a new organization."

"It's been an interesting twelve days," he said.

His toes and feet had begun to decompose and Niles officers smelled an odious odor when entering the room. Flies were buzzing around in the room.

A pair of men's underwear caked in dried blood was found in the bathroom.

According to the police reported "bodily fluid seepage." The color of his body was described as "gray."

The Cook County Medical Examiners said the cause of death was hypertensive cardiovascular disease. Cook County Dr. Kalelkar determined the cause of death Sept. 6 and it is considered a natural death.

Niles police did not find any signs of foul play.

Evanston police said Pflaumer of Skokie was an officer for 26 years.

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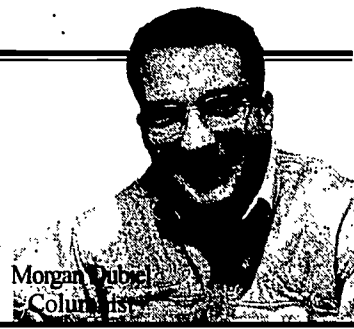
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COMMENTARY

Another Perspective



Morgan Bugle
Columnist

Underpants are private

Recently, I was able to save my young son from a fashion disaster. At a local grocery store my son noticed a young man in the next checkout line. This young man was otherwise properly groomed, excepting his powder blue underpants.

This is not something I wanted to see or know. He exposed them by having his pants hang down below his buttocks. This apparently normal middle-class teen thinks this is proper public attire. This particular fashion trend has its origin in our nation's prisons. It is worn to indicate willingness for sexual intercourse, but in an all-male prison the message is pretty specific. As an aside to his parents: Is "prison prostitute" the appropriate look for your boy?

The look screams "dunce" and how fast can you run while your pants are falling? I mean, when your girlfriend's father comes to the door and sees your baby blue briefs he will chase you away. He likely will intend bodily harm, thus insuring that you will remember the event and have a negative association with his daughter from then on. That the rudest and crudest elements of Hip Hop culture have been accepted as normal is perverse. Is this attire allowed in school?

There are other unsavory physical displays that cause worse harm. As a little boy I wanted tattoos like Pop-Eye. I went to get a haircut at an old fashioned man's barbershop, the kind where they shave you with a straight razor. A buzz-cut was standard and the place reeked of sweat, disinfectant, and Pinot Clubman. One client, a grizzled old timer with massive arms, had a particularly elaborate tattoo on his forearm. He must have killed a million men in WW2, I thought.

My mother told me not to stare, but that tattoo was just too macho. "What are you looking at?" he growled. "You think that tattoo is something great, eh?" he continued. "I don't even know that girl anymore, let alone like her. I was drunk, it is stupid

and I wish I never got it." That just about cured me and scared me too. A barely audible "Sorry" was all I could muster. "You will be if you ever get a tattoo. Tattoos are for dummies." The rest of the men all muttered and shook their heads in agreement.

These men knew something a little boy couldn't know: How you look says a lot about who you are, your potential, and it sets the tone for how you are esteemed. Tattoos, piercings, and other thoughtless fashion choices mark you as someone who does not make good decisions. Outside of the music, sports and exotic dance industries, no one who is successful defiles their body or intentional ruins their appearance. I would have some sympathy if you had grown up in a jungle on some lost island, but you did not.

Don't set yourself up for failure from square one. Would you trust a banker with your money if she had a large flower tattooed on her neck? How about a bowl of salad from a server pierced at tongue, lip and nose? Can you say hepatitis? If you can't you can still catch it. The skin is the first line of defense against all kinds of diseases, you toy with it at your own peril. Worse still, and contrary to what you have been taught, people judge you by the way you look. If you must be tattooed or pierced at least keep it private.

If you don't value yourself, no one else will. If you want to be unique, stop copying everybody else and be yourself. That is how you were made to be.

"We must accept life for what it actually is — a challenge to our quality without which we should never know of what stuff we are made, or grow to our full stature."

—Robert Louis Stevenson

Letters to the Editor

We need to ask questions about Niles OTB

Dear Editor,

As a long-time reader of your paper, I would like to voice a sincere opinion that the coverage of the proposed Off-Track Betting parlor in Niles has been underreported in the local papers. This would seem to be a major story with broad long-term implications for the people of Niles. I do appreciate that you can often only report what officials convey to you but this is a highly unusual case in which a lot is at stake for the people of Niles and the future of their town but, for some unclear reason, public information or discussion about the proposal has been almost non-existent.

By way of background, about a month ago this OTB story in Niles started when it was reported that Inter-Track Partners, which runs OTB parlors in Illinois, had approached Mayor Blase and the Village with a proposal to develop an OTB parlor in Niles; it was reported that the Mayor thought it would be a good thing for the Village but that he wanted feedback from the Niles community. There were no details reported except to say that it was an OTB parlor. About three to four weeks later, it was reported that the Mayor said that he received only about 15 calls with ten for and five against (I sent him a letter indicating against,) and

he therefore considered putting an OTB parlor in Niles a go - a non-issue. Interestingly, when The Bugle tried to get some questions answered by Inter-Track President Bob Bilocerkowycz, their calls were not returned. Finally, just in the past week, it was reported that the Niles Board of Trustees has given approval for Inter-Track to proceed to gain final Village approval (September 27th by the Board of Trustees) for their OTB parlor. The approval process, on this highly unusual OTB proposal has all happened amazingly fast, with few details reported, and with very minimal citizen input. Even the Village website has not posted anything on it in stark contrast to the large amount of information etc. posted on the current Milwaukee Ave. Corridor Development Project.

Let me emphasize that my concern over this lack of discussion and coverage has no political (I'm not running for office) or religious (I go to church sparingly) overtones. My wife and I have lived happily in Niles for 33 years and successfully raised our two now adult kids here. It is a wonderful place. My wife and I have also consistently voted for Mayor Blase and his Board of Trustees. Mayor Blase is a good Mayor and over the years has been responsible for many public improvements and progressive services, which are among the best in the Chicago suburbs. I like Mayor Blase and his performance as Mayor a lot and have told him that; my concern is really about the lack of citizen input on something as important to Niles as putting in a highly unusual OTB parlor.

Clearly, more gambling has

been legalized in the past 20 years in America but still one must ask the question as to whether gambling venues such as OTB parlors still have enough of a negative image that putting an OTB parlor in family-oriented Niles would risk not only raising the now buried ghosts, of Niles past but also dissuading solid middle class families from moving in to the degree they would otherwise, given the many choices of other towns they can choose to live in these days?

It seems that if a family had a choice of two towns to live in and one town allowed gambling establishments, many of these families would choose the town without gambling.

Is it that far of a stretch to imagine OTB parlors morphing into mini-casinos in the coming years? Do the citizens in a family-oriented town like Niles realize that their Trustees might unwittingly be approving not just an OTB parlor but very possibly a future OTB Casino, that could occur as soon as 2009? Do the citizens realize their town could require to some unknown degree its old former Vegas-like anything goes, image? Obviously, Niles would never return to its pre-Blase days of vice but wouldn't it take just one image, one OTB Casino, in town, to negate a lot of hard work that has gone towards cleaning up Niles, image over the past forty-four years?

Is Inter-Track Partners really abiding by the spirit of the 1987 OTB legislation by offering their deal to relatively well-off Niles vs. a town that could use the money more?

Mike Shields,
Niles

Professional Guide

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BUSINESS

We're Growing

Bugle adds three new staff members, expands into south suburbs

The Bugle Newspapers, Inc., publishing a weekly paper on Thursdays for Niles, Morton Grove and Park Ridge expanded its operations in the third quarter of this year, launching a south suburban Romeoville weekly newspaper and expanding its staff to include a new sales assistant and two new staff writers.

Sales Assistant Debra J. O'Connor is a long-time native of Chicago's northwest side and is very familiar with the communities served by The Bugle. She comes from a successful career in the banking industry, where she has supported all levels of management for the past 25 years.

"It is a pleasure working with the wonderful people here at The Bugle and getting to know all of our advertisers," O'Connor said. "I look forward to learning and being a part of all aspects of publishing a weekly newspaper."

Sales Director Barbara Karawacki said: "I am fortunate to have Debbie as part of the sales team and have every confidence our advertisers will enjoy

working with her. She is a wonderful addition to The Bugle family."

Jeff Borgardt was hired as The Bugle's first staff writer in over three years. He comes from a strong weekly publishing background including work at three weekly newspaper groups.

"I'm thrilled to be joining The Bugle's team," Borgardt said. "It's a pleasure to work for a newspaper with such a strong local identity and history."

Tracy Yoshida Gruen also joined the paper as a staff writer. She has written on a freelance basis in the past. She also has background in weekly and daily publishing.

"I'm looking forward to making a contribution to the newspaper and the community," she said.

The Bugle also launched a new Romeoville Edition in May of this year. Publisher Rich Masterson said that the new paper is the first in a planned expansion process for both the northwest and south suburban areas.

"We're glad to add the Romeoville Bugle to our list of publications," Masterson said. "We hope to be able to

offer our readers here and in Romeoville better newspapers as we expand."

Masterson also noted that a Reader Survey will soon come out in The Bugle and urged the community to let us know how we're doing.

"A survey will allow our readers to give us feedback," he said. "We hope they will take the opportunity to let us know how we're doing and where we can improve."

Andrew Schneider, who has served as The Bugle's managing editor since July of 2003 was also promoted. He will serve as the executive editor and oversee the content and layout of The Bugle and its south-suburban cousin, The Romeoville Bugle.

"I'll continue to do my best to deliver a competitive, innovative newspaper to our readers here while expanding our publishing company in the south suburbs," Schneider said. "We will continue our tradition of offering readers the most up-to-date local news, compelling features and useful syndicated features."

Bugle Welcomes New Staff



Debra O'Connor
Sales Assistant



Jeff Borgardt
Staff Writer



Tracy Yoshida Gruen
Staff Writer



BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones

Overcome "Inertia" When Managing Your Portfolio

If you remember your high-school science classes, you may recall Newton's first law of motion, which says, in essence, that an object at rest will stay at rest unless a net force acts on it. This principle is also called the *law of inertia*. But you don't have to be a scientist to be acquainted with this phenomenon; in fact, if you're an investor who hasn't done anything to your investment portfolio for a long time, you may be experiencing inertia first-hand — and that could be a problem.

Why is it potentially dangerous to ignore your investments? After all, if you did a good job picking them in the first place, can't you just leave them alone and let them prosper?

This argument certainly has some validity. In fact, employing a "buy-and-hold" strategy is an effective way of achieving your long-term goals — if you've built a diversified portfolio of high-quality investments. However, "buy-and-hold" does not mean "buy-and-ignore." At a minimum, you should review your holdings once a year. Consider the following:

- *Your situation may change.* Your life can change greatly in a short period of time. You could switch jobs, marry or divorce, add a new member to your family, send a child to college — the list goes on and on. And as your life changes, so will your short- and long-term financial goals. Consequently, you really need to review your investments and your strategies carefully, on a regular basis, to make sure you are still on track toward meeting your objectives.
- *Your investments may change.* Your investments, like your life, won't remain static. For example, you might have

bought a stock five years ago because its management was strong, its products were competitive and its industry was thriving. Now, five years later, the situation may be different in any or all of these areas. In fact, if you were to take a close look at this stock today, you might decide that it no longer fits your needs. And that's why it's important that you scrutinize this stock — and all the other investments you own. If they are no longer suitable for you, you would be better off selling them and using the proceeds to purchase other investments.

- *Outside factors may change.* Interest rates, inflation, corporate earnings, political turmoil and other factors regularly affect the investment climate. By and large, however, you probably don't want to continually revise your investment strategy in response to the "news of the day." But some events are far more significant than others. From an investor's point of view, consider the tax law changes of just a few years ago, which resulted in lower tax rates on stock dividends and capital gains. If you haven't thoroughly reviewed your portfolio since these changes, you could easily be missing out on opportunities to make moves that can benefit you in the long run.

Don't Grow Complacent

Even if you are generally satisfied with the performance of your investments, don't let "inertia" take over. Review your portfolio regularly and make changes as needed. By being a diligent investor, you can boost your prospects for ultimate success.

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

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Thursday, September 22, 2005
4 p.m. to 7 p.m.

Ben Stein Gymnasium at Maryville Academy
1150 N. River Road (at River & Central) — Des Plaines

For information, contact:

Des Plaines Chamber 847-824-4200
Niles Chamber 847-268-8180
Park Ridge Chamber 847-825-3121

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HAVE YOU HEARD

Smart Money Magazine Names Edward Jones Number One Full Service Broker

The financial-services firm Edward Jones was named the No. 1 full-service broker in the August edition of SmartMoney magazine, according to the 2 Niles Edward Jones investment representatives.

The firm placed ahead of seven other firms and received the highest possible ranking in all four categories surveyed by the magazine: stock-picking, customer satisfaction, trust survey and customer statements.

"Thousands of one-man offices welcome accounts of all sizes and win high marks for customer satisfaction," the magazine said. "Conservative stock picking helped during the downturn."

"I'm honored by this latest ranking from SmartMoney magazine," said Douglas E. Hill, Edward Jones managing partner. "We are committed to a long-term investment philosophy that emphasizes quality and diversification and believe that relationships with our clients are key."

We meet face to face with our clients to build strong relationships."

This year, SmartMoney gave brokerage clients a greater voice by adding the results of a customer-satisfaction survey from J.D. Power and Associates and a trust survey from Forrester Research.

Edward Jones ranked first in J.D. Power and Associates' annual survey of customer satisfaction among full-service investors. The ranking, released as the 2005 Full-service Investor Satisfaction Study, placed Edward Jones ahead of 19 other firms.

For the second consecutive year, Edward Jones was among the best advocates for its customers, according to a research study of U.S. financial-services firms conducted by Forrester Research, an independent research company.

Edward Jones earned an "excellent" designation for its

comprehensive, yet easy to read and understand client financial statements, according to a recent evaluation of customer statements by the Dalbar 2004 Trends and Best Practices in Brokers Statements.

The Niles investment representatives include: Nick Katsoolias and Jeffrey L. Cardella.

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

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

The Edward Jones interactive Web site is located at

Benefit For Kathy Berresheim

September 24, 2005

At 7 p.m.

Howard Street Inn 6700 West Howard Street Niles, Illinois
Live Entertainment Provided By The George Glass Band Pizza
Provided/Cash Bar

Kathy is a life long resident of Niles and has many family and friends with the Niles Police Dept. She is a member/alumni of St. John Brebeuf Church/School. Kathy has worked with and cared for children all of her life, many of whom are the children of area Police Officers. Daughter of retired Niles Police Auxiliary Lt. Fred Berresheim. Unfortunately Kathy is currently receiving treatment for a reoccurring Cancer. Tickets are \$25 each All proceeds of this benefit go directly towards Kathy's Cancer treatment.

For information/tickets contact Mary Christensen at (847) 340-4392 or if unable to attend, donations can be sent to: Kathy Berresheim Benefit, 7206 West Greenleaf, Niles, IL 60714



Golf Mill Shopping Center Hosts Miss Sunburst & Baby Contest

Golf Mill Shopping Center will host a Miss Sunburst and Baby Contest on Saturday, September 24, 2005. Winners will go to the state finals in May 2006 to represent their county. Entries are being accepted now. Everyone will receive a trophy.

The Baby Pageant is for boys and girls and begins at 11:00 am. The age groups are: baby/under one year, tiny/1 year, little/2 & 3 years. A king and queen will be chosen in each age group. They will receive a crown, trophy, banner and runners-up in each age group will receive a trophy. The Beauty Pageant is for girls,

ages 4 - 27 years old and begins at 12:00pm. The age groups are as follows: 4 - 6 years, 7-10 years, 11-13 years, 14-17 years and 18-27 years. A queen in each age group will receive a crown, trophy and banner and runners-up will receive a trophy. Golf Mill Shopping Center, located at Milwaukee Avenue and Golf Road in Niles, IL, is anchored by JCPenney, Kohl's, Sears, Target, Value City Furniture and includes more than 120 specialty stores. For more information please call Customer Service at 847-699-9440 or visit our website at www.golfmill.com.

Three-Chamber B2B EXPO

September 22nd at Maryville Academy's Ben Stein Gymnasium - Des Plaines

Have a business card? It doesn't really matter if you own the company, manage it, or just work there. Is yours a home-based business? That's OK too. As a matter of fact, all you need is a current business card as your admission to this year's Three-Chamber Business to Business EXPO, held Thursday, September 22nd at Maryville Academy's Ben Stein Gymnasium at Golf & Central Roads in Des Plaines.

From 4 to 7 p.m., there will be exhibitors from the Des Plaines, Niles and Park Ridge Chambers of Commerce displaying their products and services,

offering information along with prizes and giveaways to attendees. FREE food and refreshments will be provided by several restaurants and food providers from member chambers.

In addition to the free food, prizes, giveaways and refreshments, exhibitor Chicago Rush Football #1 Quarterback Raymond Philby will on hand to meet & greet, sign autographs and help promote Chicago Rush at their booth. Raymond just completed his second season in Chicago and has thrown 289 touchdown passes in 78 career AFL games and named Most Valuable Player eight times, as recent as May 1st against Las Vegas.

For information on the EXPO contact any of the following Chambers of Commerce: Des Plaines, 847-824-4200; Niles, 847-268-8181; or Park Ridge, 847-825-3121.

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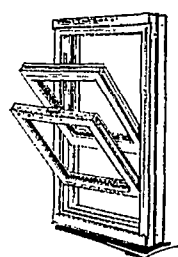


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SENIORS

Inside

Annual pet parade around the corner

Page 16

Want to know more about Civil Liberties

Page 18

Flu shot info and registration at Niles Senior Center closed

The September issue of Naturally Active, mailed out in early August, contained flu shot information regarding appointments and reservations. The Federal Government limited our vaccine order to 1400 shots. At this time all appointments have been filled.

Last year a shortage of flu shots meant that many seniors could not get them.



Niles Evelyn Ross poses with some of her dancing partners from a previous year.

Dancing Through Life Niles Senior taps her heart out for variety show

BY TRACY YOSHIDA GRUEN
STAFF WRITER

Evelyn Ross of Niles has been tapping her heart out in the Park Ridge Senior Center's variety show for 18 years.

This year's show will have a "Fabulous 40's" theme and will

"I've always loved dancing. It's a lot of work but it's fun."

*Evelyn Ross
Niles Senior*

be held on Sept. 24 and 25. These shows will also include a steak fry dinner. The popular variety show will feature senior dancers, singers, comedians and more. There will be another show intended for family and friends of the performers held on

Oct. 30.

When Ross was a young girl, she would love to dance around, but she never owned a pair of tap shoes until she took lessons after high school.

"I always loved dancing," said Ross. "It's a lot of work, but it's fun."

In the upcoming variety show, Ross will perform one tap dance, two soft shoe numbers and one precision routine. Ross is also on the costume committee as well.

Theresa Grodsky, the director of the Park Ridge senior center, is also the tap dance instructor.

"Theresa is wonderful," said Ross. "She makes it fun."

Grodsky said the 23rd annual variety show is a good fund-raiser for the senior center. The mistress and master of ceremonies are Viola Jager, who has been performing in the variety shows since they first began at the senior center, and Ed Buczynski.

"We've been practicing since June," shared Grodsky, who said that the seniors really work hard to polish up their routines.

Ross and other seniors take tap classes once every week and practice on their own as well.

"I can't believe it's been that long," said Ross, about her tap dancing, "but it has."

Terrace Suites

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available within the Terrace Suites. While our Terrace Suites program is new, we at Bethany Terrace have been providing excellent, comprehensive nursing care to seniors on the North Shore since 1965.

TERRACE SUITES' MANY OTHER AMENITIES:

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SENIORS

Palliative Care Center & Hospice of the North Shore Moves, Changes its Name

On August 26, 2005, the Chicago area's largest nonprofit palliative care and hospice organization moved... and changed its name. Palliative CareCenter & Hospice of the North Shore, which has provided thousands of patients and families with a continuum of high quality, compassionate and medically advanced end-of-life services for the past 25 years, has moved from Evanston and has consolidated its operations in a brand new, state-of-the-art, 56,000-

square-foot facility in Glenview, Illinois. The organization's nationally recognized Inpatient Hospice Unit will continue to be located on the campus of Rush North Shore Medical Center in Skokie, and regional offices will remain in communities such as Evanston, Lake County (Libertyville), Northwest Chicago (Norwood Park) and the South Suburbs (Olympia Fields). The facility offers the organization's staff new opportunities to more efficiently plan and man-

age its patient- and family-centered hospice, palliative care consultations, home health services, medical home visits, private-duty caregiving, grief counseling and special programs for children. Adults and children seeking support as they adjust to life without their loved ones will find not only an emotionally safe environment but also adequate and attractive space for individual and group support meetings. Some of the new building's other assets include:

- The capacity to offer profes-

sional and community education in a spacious atrium;

- Resources for healthcare professionals in a library-like setting;
- Information about palliative care and hospice services as well as current end-of-life issues in the resource center; and
- A memorial garden for reflection and remembrance.

In conjunction with the move, the organization has changed its name to Midwest Palliative & Hospice CareCenter. The new

name reflects the organization's growth, its leadership role in the palliative care field and its goal of influencing greater access to care for people of any age who are facing a serious, chronic or life-threatening illness. The organization is now located at 2050 Claire Court in Glenview. The phone number, 847/467-7423, remains the same.

For more information, call Kristin Gover at 847/556-1650 or Nina Kavin at 847/556-1608.

PR SENIORS: Tai Chi class also on tap

CONTINUED FROM PAGE 12

a.m. and the discussion group will meet on the first and third Monday of each month thereafter. Bill Nesbit will preside, as usual, but the experience and wisdom of the group provides the most interesting and valuable of insights.

So if you're puzzled by what's happening to gas prices, home prices, interest rates or the stock market, your will, living expenses, new Medicare prescription coverage, come to these meetings for an end-of-summer financial checkup and a chance to get started on the road to financial fitness.

CAMERA CLUB

A "Photo Safari in Kenya" will be the presentation of the Center's Camera Club on Tuesday, September 27 at 10:00 a.m. It will be a video by Elfriede Rieger with digital stills by Mary O'Brien. If he's available, special guest will be Alan Soloman, travel writer for the Chicago Tribune, who has written about that safari in the Sunday Section. Everyone is welcome.

TAI CHI

A new session of Tai Chi will begin on Tuesday, September 27 at 1:30 p.m. The instructor, Randy Visina, invites those who are new to Tai Chi to come to the first class free to see if it's the type of program that would work for you. This program helps greatly with your balance, coordination and overall fitness. There is a \$28.00 charge for the 8 week session.

YOGA

Also beginning a new session is Yoga. This class starts on Thursday, September 29 at 11:00 a.m. Some of the students in this class have expressed how much better they feel since taking yoga.

You need not have taken yoga before. Instructor, Donna Glavan, encourages new students. Class fee is \$20.00 for 8 weeks.

RESPECT

"Respect" is the show the Center is planning to see Wednesday, October 19. The tour leaves the Center at 10:30 a.m. and returns about 5:00 p.m. Lunch before the show will be at the Weber Grill Restaurant on State Street. The menu features salad, your choice of grilled BBQ King Salmon, BBQ Meatloaf or half slab of baby back ribs, potato, grilled roasted vegetables and double chocolate bundt cake. The show itself is a journey of women as told through Top-40 music. It combines the excerpts of 60 songs with women's own stories. The show has received rave reviews, is exhilarating and playing at the Chicago Center for the Performing Arts. Reservations are required in advance according to current registration policy. Cost is \$76.00 for lunch, show, and motorcoach transportation.

END OF LIFE ISSUES

The Tuesday, October 11, meeting of The Park Ridge Senior Center Men's Club will host a presentation on the very important subject covering "end of life issues." A twenty-four minute film will be shown followed by questions and answers.

Carol Wright will be there representing the Illinois Citizens for Life. She is a past president of that organization and is an experienced presenter regarding end of life issues involving nutrition and hydration. Also present will be Rev. Chris Gustafson, a Catholic priest as well as a lawyer who has been involved in end of life issues. Forms will be available, at no charge, for living wills and durable powers of attorney. Please contact Tom Brandt at 847-825-4426 if you would like to submit your questions prior to the meeting, or if you have any other questions. The meeting will be held at the Park Ridge Senior Center, 100 S. Western, and is open to everyone.

SENIORS

Aids for daily living a growing market as population ages

THE ALERT CONSUMER

BY FRANCESCA JAROSZ
COPLEY NEWS SERVICE

There's only so much sitting around LeRoy Lee can tolerate. The 87-year-old hates feeling confined to his room at Springfield's Montvale Estates retirement community in Illinois. In the past five years, he's lost 90 percent of his leg use because of complications from diabetes.

But Lee has found a way to make daily treks to Schnucks across the street, where he rents movies and shops: his 37-inch Pride Sonic scooter.

"Without a scooter, I have no place to go," Lee said. "This is my way out of hell."

Products that assist America's growing aged population, like Lee's scooter, have developed steadily during the past 10 years, industry experts said.

"The mature market is becoming such a huge force," said Connie Hallquist, founder and chief executive officer of Gold Violin, an online company that sells products to accommodate seniors. Kevin Cain, operations



manager at nearby Vono Medical Supplies, said the store had eight employees when it moved to its current location in 1993. It now has 48. He attributes the company's growth to the booming market for such aids.

Changing demographics seem to bear out that trend: In the 1990s, the 85-and-older population increased more than any sector of the 65-plus group with a 38 percent jump from 3.1 million to 4.2 million, according to the most recent 2000 census brief.

And the aged population has

daily living," gadgets such as long-handled brushes, sock pullers, key enlargers and warming dishes that make basic tasks easier. Some of those items are among Vono's best sellers, Cain said. Evelyn Theobald, 85, of Springfield, who has had both of her hips replaced twice and her left knee, said she "couldn't live without" her 24-inch metal stick with a grabbing clamp used to manipulate out-of-reach items.

"I untie my shoes, take off my hose and everything with it," Theobald said.

And as the variety of gadgets has evolved, so has the style quotient.

Lift chairs resemble La-Z-Boys, compression hose look like nylons, and scooters, well...

"You've got better colors on scooters than you've got on cars," Cain said.

Hallquist said she's seen an upswing in demand for stylish walking canes, which come in designs from metallic zebra print to hardwood with a shimmering jewel tone. Seniors, she said, are willing to pay higher prices for stylish canes that also make a fashion statement.

"There's a lot of pressure on manufacturers to make good, reasonably priced products," Cain said. A testament to that demand is the growing number of "aids to

Some products, such as the trendy and easy-to-grip Oxo International kitchen utensils, appeal to 20-year-olds as much as 70-year-olds, Ginzler said. Stylish products such as these promote independent living without labeling the elderly as disabled.

"We want these items to be manufactured in a way that's not stigmatizing," Ginzler said.

Despite the market's momentum, industry experts said there is room to grow before many products become mainstream. Hallquist said she's waiting for daily aids like zipper pulls to make the move from the shelves of medical supply stores to standard pharmacies.

Some predict that surge will occur about 2011, when the first wave of baby boomers turns 65.

Lee, however, isn't waiting that long. He's taking advantage now of the improvements made in gadgets that make life easier. He plans to replace his current scooter with a bigger and faster model so he can explore the restaurants and shops across from his residence on West Iles Avenue.

"I want to have mobility to move around on my own," Lee said. "If I can get around, I'll be very happy."

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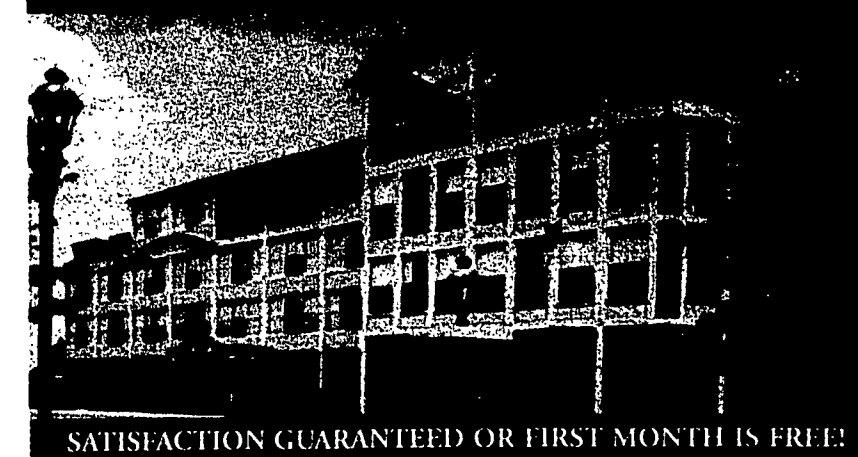
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SENIORS

Fourth annual 'pet parade' set for next month

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.

GRIEF WORKSHOP TWO SESSIONS REMAIN

On Wednesday, September 14, the Niles Senior Center held the first of a three-session grief workshop for Niles residents touched by the loss of a loved one. You are invited to attend one workshop or for the entire series. 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. The final two sessions will focus on the following areas:

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.

IMPORTANT FLU SHOT INFO

The September issue of Naturally Active, mailed in mid-August, contained information about this year's flu shots, as well as the Flu Shot Registration Form. Completed registration forms were due to the Senior Center no later than September

9th. The Federal Government limited us to only 1400 shots that were filled as the reservation forms were received. All 1400 appointments are now taken. If you do not have an appointment, contact your personal physician or local hospital to find out about flu shot availability. You can also contact the Suburban Cook County Health Department (1 708-492-2000) for other flu shot locations.

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. 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: 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.

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

MONTHLY GET ACQUAINTED MEETING 10AM - 11:00AM
Meet with the staff, learn what the Center offers in the way of classes, programs, and outings. You'll have a chance to tour the building, and ask questions. Meets the third Thursday of every month. If you are planning to attend the next meeting on October 20th, please register in advance by calling (847) 588-8420.

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SENIORS

Norwood Park Home to graduate 'Senior FITNESS' and 'Get Fit' class on Sept. 21

The public is invited to attend and share in the excitement of the graduation ceremony for 12 new members of the "SeniorFitness" and "Get Fit!" Strength Training Class at Norwood Park Home (NPH). The ceremony, in conjunction with Healthy Aging Month, will take place on Wed., Sept. 21, at 3:00 p.m., in the NPH dining room at 6016-20 N. Nina Ave. in Chicago.

Join in and celebrate the accomplishments of each NPH resident graduate of the "SeniorFitness" program along with "Get Fit!" graduates from the community. See their successes highlighted in a special audio-video presentation and hear how strength training improved their daily ability. Many previous graduates will also be on hand to greet their new alumni.

Norwood Park Home is encouraging all people 55 years of age or older to begin a regular exercise program that enhances mobility and reduces health risks. One way, they suggest, is to look for simple daily opportunities to exercise, using the buddy system, if necessary. Another way is to join a walking group or participate in sessions held in the Ralph C. Capparelli Strength Training Center at Norwood Park Home.

Two new pieces of equipment - a Nautilus Nitro Plus (hip abductor) and a Nautilus 2ST (leg extension/hamstring strengthening device) - were added recently to the other nine pieces of senior-friendly Nautilus equipment. Existing machines include a compound row, low back machine, triceps press, vertical chest, free weights, leg press, recumbent bikes, steppers, and treadmills. Norwood Park Home to Graduate "SeniorFitness" and "Get Fit!" Class on Sept. 21.

Members of the community are invited to enroll in the 12-week customized "Get Fit!" program.

Computers and more with Maine Township MaineStreamers

Maine Township
Senior News**INTRO TO COMPUTERS CLASS**

Mondays, Oct. 3 to Dec. 5
(No Class on Oct. 10 and Nov. 28)
9 to 10:30 a.m.
Instructor: William Warmouth
Cost: \$30 for 8 classes
A Computer Lap Top will be available to you throughout the class at no charge!

This class introduces you to the world of computers. Learn computer terminology, gain familiarity with the keyboard, plus learn how to use a mouse and the toolbar.

INTRO TO MICROSOFT WORD CLASS

Mondays, Oct. 3 to Dec. 5
(No Class on Oct. 10 and Nov. 28)
11 a.m. to 12:30 p.m.
Instructor: William Warmouth
Cost: \$30 for 8 classes.
Prerequisite: Introduction to Computers

A Computer Lap Top will be available to you throughout the class at no charge!

This class will review common computer basics, but will move quickly into an introduction to Microsoft Word and then Microsoft Excel.

INTRODUCTION TO THE INTERNET
Wednesdays, Oct. 12 to Nov. 16
6 sessions - 3:30 to 5 p.m.
Gemini Jr. High School Library
8955 N. Greenwood, Niles
Instructor: Kelly Rapaport
Cost: \$22

Make your entry into the computer world in this introductory hands-on class. Trips on the Internet will be taken with valuable information. Learn how to do searches and create bookmarks to keep track of your subjects. This practical hands-on course is what you need to surf the Web. Sponsored by the East Maine School District 63-Total Learning Community Program in partnership with the Maine Township MaineStreamers.

Day Trips

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

"HAYRIDE AND BONFIRE" TRIP
Bartlett, Illinois
Friday, October 21
10:30 a.m. to 5:30 p.m.
Trip Rate 2
\$44 member/\$49 guest

Celebrate Autumn on this trip as we enjoy a traditional adventure. We will start at the Villa Olivia Country Club for lunch in grand style. Choose from Chicken Monique-Boneless Breast of Chicken Stuffed with an Apricot Sage Dressing or London Broil served with Soup, Hot Rolls, Potato, Vegetable and Ice Cream for Dessert.

Following lunch, we head for the farm and the hayride.

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SENIORS

Learn about Civil Liberties at the Morton Grove Senior Center

Morton Grove Senior News

"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.

MALL SHOPPING

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Sept. 27 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniortrane. Home pickups begin at 10 a.m. with arrival at Golf Mill at 11 a.m. Trips are free for Senior Center Members and \$1 for all others.

DIABETES SCREENING

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme

hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Sept. 27. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

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.

"CIVIL LIBERTIES" FOUR-WEEK CLASS

Civil Liberties are a basic part of the American system of government. They distinguish American from most other nations. Many people speak of Civil Liberties but are not familiar with what Civil Liberties are and how they affect daily life. Due to recent events like: 1) the attack on September 11th, 2) efforts to prevent terrorist activity, and 3) the use of DNA evidence to reopen criminal cases; there is widespread concern that Civil Liberties are being compromised. This class will give background and understanding of what Civil Liberties are, how they developed, and their status today. Classes will be held from 1:30 to 3 p.m. on Mondays, Oct. 3, 10, 17 and 24

in the Morton Grove Senior Center and will be instructed by Richard Gibbs of the Oakton Community College Emeritus Program. The fee for the class is \$33 for Senior Center Members and \$38 for non-members. Please register for this class in person at the Senior Center Reception Desk or call the Senior Hot Line at 847/470-5223 for more information.

"CROCHET CLASS" EVERY FRIDAY

Learn basic and advanced crochet methods, knots, and have fun! All levels welcome to this three-month class from 9:30 to 11:30 a.m. every Friday from Oct. 7 through Dec. 30 in the Morton Grove Senior Center. There will be no class on Friday Nov. 25. The instructor once again will be the incomparable, Diane Brunger. The class fee is \$28 for Senior Center Members and \$32 for non-members. Please register in person at the Reception Desk of the Senior Center.

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.

TRACK YOUR OWN MEDS

Anyone who is taking medication (prescription and/or over-the-counter) should keep a list of those medications in their wallet or purse. This list should include the name of the medication, the dosage, and frequency. Free medication cards are available through the Morton Grove Seniors Center's Village Nurse, Marianne Long. Please call her at 847/663-6109 for the card or for more information.

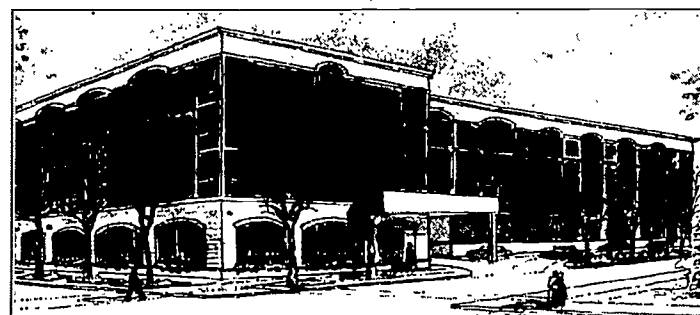
"ARE YOU O.K.?"

The "Are You O.K.?" telephone reassurance program is a free service for seniors or disabled individuals who live independently in Morton Grove. This is a telephone system that makes daily calls to a subscriber's home at the same time each day as designated by the subscriber. If the subscriber is okay, he/she simply hangs up the telephone after hearing a pre-recorded message. If the subscriber does not answer or if the telephone line is busy, three

more attempts will be made before the system activates an alert report. For further information contact the Morton Grove Police Department's Crime Prevention Bureau at 847/470-5200.

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 Seniortrane (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.

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SPORTS

Niles West Wrestler Earns All-American Honors



Information is available on Niles West 'youth wrestling' program

Dallas Monreal-Berner of Niles recently competed at the U.S. Junior National Freestyle Wrestling Tournament in Fargo, North Dakota and retained her All-American status by placing third in the women's division at the event.

Monreal-Berner had five wins, four by fall in the medal round of the competition, pitting her against the best women wrestlers in the country. The Niles West senior's only loss was to eventual champion Desiree Meama of Hawaii by a razor thing 3-2 decision.

"I didn't get cheated out there," she said, "I lost to a good wrestler and I hope to get another shot at her in the future. I always perform better the second time I wrestle a person. All things considered, I think the team represented Illinois well and hope that we can win it all next

year." Niles West High School was well-represented on the national team, along with Monreal-Berner, sophomore David Gould of Lincolnwood competed for Team Illinois in the Cadet divisions and won several bouts but did not make it to the medal round of the competition.

Both wrestlers should be in the thick of it this year, competing for the Wolves when the high school wrestling season starts in November. Gould and Monreal-Berner both wrestled in the Illinois Kids Wrestling Federation when they were in grade school. Niles West has a wrestling program for kids.

It will sign up members in October and start practice in November. More information is available from Niles West Coach Bryan Wittershiem at (847) 626-2822.

Niles Family Fitness Center News

FALL MEMBERSHIP SPLASH

3 MONTHS FREE WITH THE PURCHASE OF A NEW ANNUAL MEMBERSHIP PLUS \$0 ENROLLMENT (\$59 SAVINGS) Fall Registration Has Begun!

THE CLUBHOUSE

The Clubhouse is open to children 1 year of age and over. Reservations must be made in advance for all children under 2 years of age. To ensure the safety of all children, we reserve the right to limit the number of children. Unused punches are not refundable. Parents must remain in the building.

Please note: There is a 2 hour limit per day. The Clubhouse fee is \$ 4.00 per child. Ask about our Discount Package Program.

FALL CLUBHOUSE HOURS:

Monday-Friday	8 AM - 12:30 PM
Mon., Tues. & Wed.	4:30PM - 8:30 PM
Saturday	9 AM - 1PM

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Tues.	9-11 AM	9/13-10/25
Wed.	9-11 AM	9/14-10/19
Thurs.	9-11 AM	9/15-10/20
Friday	9-11 AM	9/16-10/21

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BUGLE KIDS

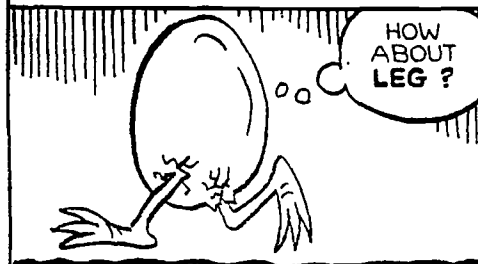
By J.R. Rose-Copley News Service

DRAW IT!

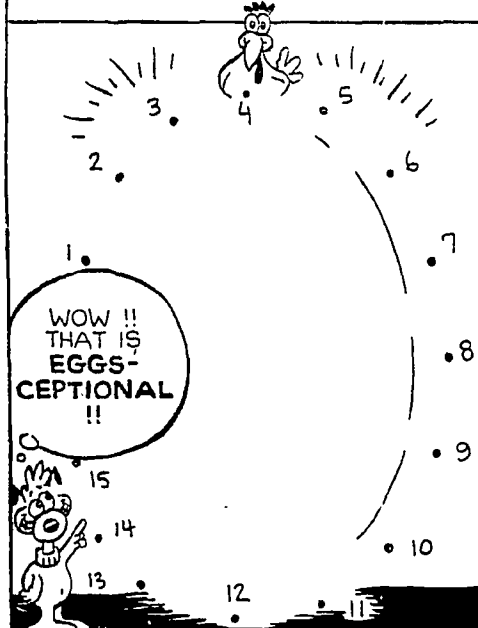
DRAW A CHICK COMING OUT OF THIS EGG...



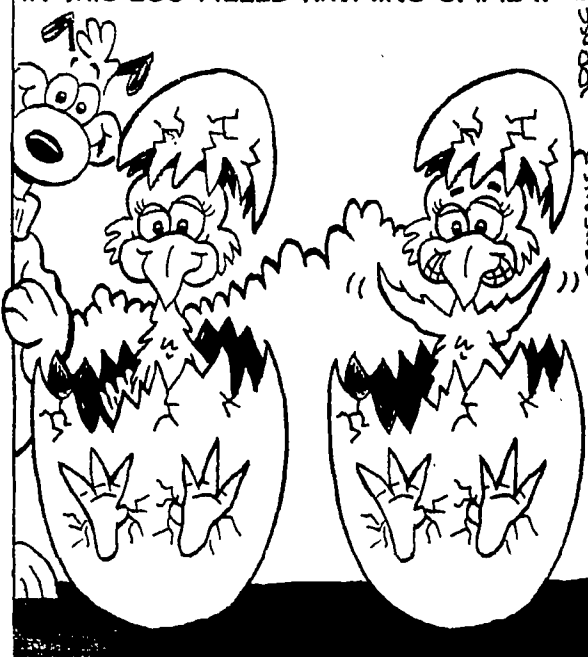
GIVE ME 5 RHYMES FOR EGG...



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WHY DID THE EGG LEAVE THE HENHOUSE ?



Grammar Matters

by Patty Gibbons Saunier

Thank You! Thank You!

Many Thanks to You!

Dear Grammar Matters,

Frank and I just returned from our honeymoon, and we have more than 200 notes to write. Can you settle a few things before we start?

1. Is it a thank you note or a thank-you note?
2. When we mention the amount of money given, should we write it in numerals or words? (Is it \$50 or fifty dollars?)
3. If a group of people went together on a gift, how should we address the envelope?

Answers:
1. It is a thank-you note - with a hyphen. However, there is no hyphen when you say, "Thank you for the towel."
2. Don't mention the amount at all. Instead, thank them for the generous gift and mention what you will do with the money.
3. They gave as a group but need to be thanked individually. Each person in the group needs his or her own thank-you note.

Nature Newswatch

Head wrangler



Annually shed and regrown, this year's rack of mule deer antlers has been growing since spring, triggered by lengthening daylight and nourished under velvet wraps by a network of blood vessels. By summer's end, the blood flow dries up, and it's time for the unveiling of a formidable primal weapon. Stripped free of the dried velvet on low branches and bushes, they polish to a hard, smooth surface, ready for the vigors of the breeding season.

By late November, testosterone fuels the annual rut as the bucks wrangle for dominance among themselves. With tines branching into a series of Ys and a spread of up to 4 feet, the fiercely wielded autumn crown is the sole offensive and defensive armament of the entire breeding battle.

As winter arrives and the need for such homegrown weapons is past, the surviving stags litter the wintertime woods with the discarded relics of another active antlered season.

Mule deer *Odocoileus hemionus*
Head and body: 4-6 feet
by Tim Herd © 2005
Habitat: forests, grasslands, brushy deserts
www.naturenewswatch.com

LIFE

PERFECT PAIRINGS

'Mushroom Czar' shares his 'thing for duck'

RON JAMES
Copley News Service

THE CHEF

Jack Czamecki is known as America's czar of mushrooms. During the day, he scours Oregon's forests for wild mushrooms. At night he adds them to almost every dish he serves at the acclaimed Joel Palmer House in Dayton, Ore. His fans over the years have included food legends Craig Claiborne, Calvin Trillin and James Beard.

Czamecki's passion for mushrooms was inherited from his father, a dedicated mushroom hunter. His culinary training was in the kitchen of the family's restaurant, Joe's, in Reading, Pa.

ing hard to create dishes that match the glorious wines of Oregon, especially pinot noir, pinot gris and chardonnay."

THE DISH

Czamecki combines two of his favorite foods in the recipe for this pairing: Duck with Ginger, Raspberries and Marinated Porcini Mushrooms. "I have a thing about duck," Czamecki notes, "It's a culinary addic-

up the marinade more quickly so don't marinate them for more than 10 minutes."

The mushroom



that include cherry, blackberry and plum, with undertones of spice and toast, and sweet, balanced tannins.

"The vineyard is made up of all Dijon-clone pinot noir vines," says Rosback, "which gives the wine a bright, lively acidity." Dijon-clone vines are the result of French research that discovered pinot noir vines that performed very well in cool climates.

Pinot noir vines are notoriously difficult to grow, and tend. "The Resonance vineyard is in an excellent location and the growers, Kevin and Carla Chambers, use biodynamic techniques that include the spraying of homeopathic teas."

Explained Rosback, "That is the key to its excellence - the combination leads to a big, round, mouth-filling wine. I like to say our growers achieve the potential of their respective vineyards. Kevin exceeds his."

room marinade can be made a

day ahead of time and stored in the refrigerator. Let it and the duck come to room temperature before making the dish. Alternatives to sauteing the duck breast is to either cook it and the mushrooms on an outdoor grill, or roast in the oven at 450 F for about 12 minutes.

Czamecki prefers to use ground ginger rather than fresh for the sauce. "It's easier to find and it works very well with this dish." Ginger gives the finished sauce a noticeable heat, which will be muted when eaten with the duck.

THE WINE:

"This dish needs a wine that can match well with the ginger and berries," Czamecki says. "A very good choice would be a big pinot noir. A lighter style of pinot wouldn't hold up to this dish."

His choice is a lively 2003 Sincann Pinot Noir Resonance (\$42) from the nearby Sincann Winery. "The earthiness of the pinot works well with the earthiness of the porcini," he says, "and the fruity flavors complement the sweetness of the ginger and berries in the dish."

Sincann owner and winemaker Peter Rosback agrees: "Pinot noir and mushrooms were made for each other." His pinot noirs are considered among the very best in Oregon. This deep, dark-colored wine has layers of flavors



Joe's evolved from a Polish workingman's saloon, established by his grandfather in 1918, to a nationally recognized restaurant famous for its use of wild mushrooms.

In 1997 Czamecki and his wife Heidi moved to the Willamette wine country in central Oregon where they had honeymooned 26 years earlier. It was a perfect setting for Czamecki, who had studied wine at the University of California Davis. "We are work-

tion - when we eat out, my 'I'll have the duck' is so common-place that my wife doesn't even bother to roll her eyes anymore."

And, of course, there are mushrooms. "I love porcini; it's my favorite," Czamecki explains. "It has a similar texture to the duck, so it works well in this dish."

Dried porcini will not work with this dish but, portobello mushrooms can be substituted for fresh porcini, "but they will soak

THE RECIPE

DUCK WITH GINGER, RASPBERRIES AND MARINATED PORCINI MUSHROOMS

Marinated porcini:
1/2 cup red or white wine vinegar

1/2 cup olive oil
1 tablespoon soy sauce
2 teaspoons sugar
1 small onion, finely chopped
1 teaspoon garlic, minced
2 large, fresh porcini caps, cleaned

Duck:
Salt, to taste
4 single duck breasts, trimmed of excess fat

1/2 cup dry red wine
2 tablespoons sugar
1 tablespoon dark soy sauce
2 teaspoons ground ginger
1 teaspoon arrowroot mixed in

Story Continues...
see PERFECT PAIRINGS page 22

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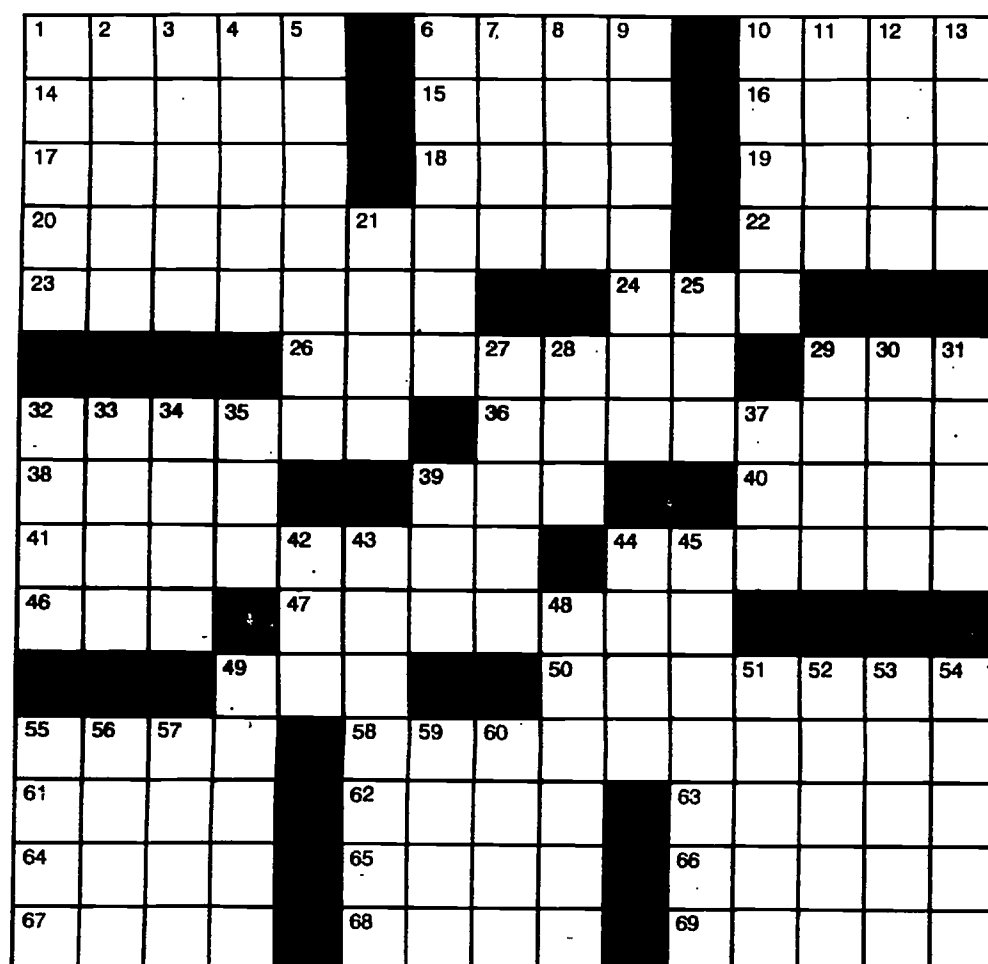
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LIFE

CLOSE, BUT NO CIGAR



COPLEY NEWS SERVICE

By Charles Preston

PERFECT PARINGS:

'thing for duck' CONTINUED FROM PAGE 21

1/2 cup cold water
1 tablespoon pickled ginger,
finely chopped (available in
Asian markets)
1/2 cup fresh raspberries
Yields 4 servings.

Combine vinegar, olive oil, soy sauce, sugar, onion and garlic in a bowl and stir until sugar dissolves. Add mushrooms and marinate for 15 minutes, basting frequently.

Preheat oven to 325 F. Remove mushrooms from marinade, place in baking dish, and bake for 7 to 9 minutes, depending on their size. Set

aside.

Lightly salt duck breast all over, then pat dry. Place a large saute pan over high heat. When very hot, add duck breasts skin side down and cook for 6 minutes. Turn breasts over, reduce heat to medium, and cook for 3 minutes. Turn duck over to skin side again and cook until skin becomes dark brown - about 1 to 2 minutes. Duck should be medium-rare. Remove and keep warm.

In small saucepan, combine wine, sugar, soy sauce and ginger. Add 1/2 cup water and bring to a boil. Simmer for 1 minute.

Stir in arrowroot mixture and heat gently until sauce thickens.

Slice porcini and arrange on 1 side of plate. Slice duck and arrange it on opposite side of plate.

Add pickled ginger and raspberries to sauce - pour over duck and serve.

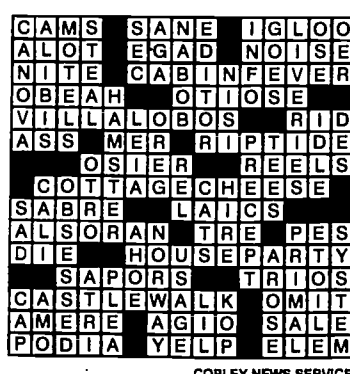
"A Cook's Book of Mushrooms" by Jack Czarnecki (Artisan, \$30).

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ACROSS

1 Paten
6 Jardin des Tuileries, par example
10 Quick guess
14 Bendix TV role
15 Place
16 Test
17 Lacking sense
18 dunk
19 Radius companion
20 High-spirited
22 Mimic
23 Govern
24 Governed
26 Edited Encyclopedie in 1745
29 It borders Ital.
32 Meal
36 Eschewer of paper money
38 Witt maneuver
39 Cry
40 Thought
41 Olympic winner
44 Constant
46 Late 20th Century phenomena: abbr.
47 Type of marble
49 Pindar specialty
50 Don Juan, e.g.
55 New Orleans specialty
58 Intrusive
61 Cream-filled cookie
62 Greek rainbow
63 Poe's bird
64 The real Popeye Doyle
65 Ristorante menu item
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69 Certainly not BMOCS

7 Singer Guthrie
8 Twenty quires
9 Idyllic locale
10 leader
11 Type of magazine
12 ? Kleine Nachtmusik?
13 Authoritarian figure
21 Emend
25 Flight info
27 Act theatrically
28 Johnny
29 Verdi opera
30 Type of car
31 Remain
32 Incline
33 Company VIP
34 Certain footwear
35 In the manner of
37 Prevaricate
39 Wind dir.
42 Launch and landing vessel: abbr.
43 List
44 Window part
45 Navigational aid
48 Burns? boy
49 Word with layer and hole
51 Custom
52 The Boys
53 Correct
54 Leases
55 Little and GI
56 Jason's ship
57 Alacrity
59 Greek goddess of discord
60 Code signals

Last Weeks Puzzle
DWELLINGS

COPLEY NEWS SERVICE

DOWN

1 Groom oneself
2 Ship
3 Winged
4 Tepees
5 Lash toppers
6 Went by

Be the First to send in the answers to this week's crossword puzzle and

your name will be listed in next week's Bugle.

This Week's Winner is...

Leo Mardura

Send your answers to the editor: Andrew Schneider Fax: 847.588.1911

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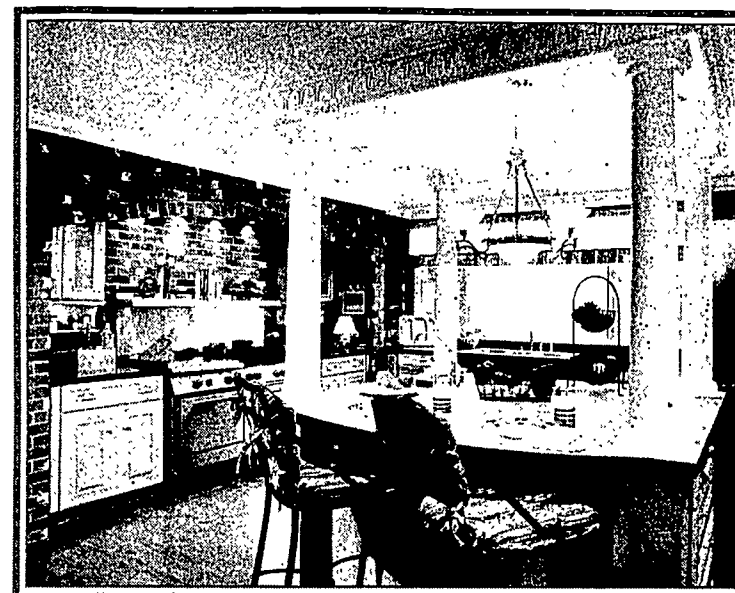
REAL ESTATE
DECOR SCORE

Love potion for a cramped sitting room

ROSE BENNETT GILBERT
Copley News Service

fort.

For openers, don't mourn your sofa. Designed to seat at least three, sofas seldom attract more than two people at a time anyway. Who wants to sit in the middle, following a conversation like a



time arranging the furniture. We got rid of the old sofa when we moved here. Now I'm wondering if we can even fit one in this space. I have always liked traditional decorating, and a lot of our accessories, like the coffee table, lamps and area rugs, were bought to go with 18th century Colonial. What can I do?

A: Think different, as the ad puts it, however ungrammatical that truism may be. Given the size constraints of your new living room, you'll simply have to look for new ways of meeting old needs for good looks and com-

tennis match?

A pair of love seats makes better sense - and better use of your limited floor space because you can split them up. In the tidy little living room we show here, two love seats face each other across a low table positioned in front of the fireplace - which, you'll notice, is flanked by two windows dressed exactly to match (in wide Country Woods blinds from Hunter Douglas).

Add in the two matching lamps on matching tables beside the matching love seats, and you see the perfect symmetry of the furni-

ture arrangement, and how that symmetry serves to calm the space and make it look and feel larger.

It's a device the Greeks and Romans understood and used so well that today, we equate symmetry with Classicism. Which should work well to give your living room a sense of grand Colonial Classicism, and never mind how small the floor space really is.

Q: I am removing wallpaper in my bath and kitchen. The walls will be smooth, but I can have them textured to match the walls in the rest of my house. Recently, I visited someone's home and they had rooms with both smooth and textured walls. They said the trend is to smooth walls, and a combination of smooth and texture is not a no-no. What is your opinion? Can I forgo the texturing before I paint?

A: Forgo, and don't look back! Nowhere is it written that all walls should match, no more than all floors should be tiled or covered in wall-to-wall carpeting.

In fact, if you are not planning to re-paper the bath and kitchen, you will want the walls to be smooth because the paint job will look better and last longer that way. Moreover, smooth walls, painted in a semi-gloss or even a glossy paint, are the easiest to take care of in rooms subject to spills and splashes, like baths and kitchens.

Q: I don't know what we

expected, but my daughter's dorm room is impossible to live in. She has two roommates and one tiny closet and no, repeat, no shelf space. There's not even wall space for a full-length mirror (which I couldn't live without). I know she's there to learn other things, but I wonder if you have any suggestions about how she can get more space from no space?

A: Look for double-duty furniture and lots of baskets to corral stuff in neatly. Among my favorite two-in-one pieces is a swivel mirror bookcase (about \$499,

from www.storehouse.com) that has foot-deep shelves on one side, then rotates to a 72-inch-tall mirror on the other. With a footprint only 18 by 12 inches, it makes an open-and-closed case for two-faced furniture.

Another good idea: Lift her bed as much as 7 inches higher and - voila - many more square feet of storage space to be put to work. Solid wood bed risers - about \$20 from sources like www.stack-sandstacks.com - will fit square and round bedposts. Buy a slightly longer dust ruffle and you can hide the undercover story handsomely.

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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REAL ESTATE

A GREENER VIEW

Leaves will reveal root of tree problem

JEFF RUGG
Copley News Service

Q: I have two liquidambar trees in my front yard; they are 50 years old. This year, the leaves turned yellow, then brown, on the ends and they look like they are shriveling up and are going to die. I can tell there is some kind of bug that has been eating at them.

I wondered if I should have them cut down. I did have a tree

toms that your tree has. It could be that this year the tree is showing the symptoms of several years' worth of stress.

Another common problem that causes the symptoms of yellowing leaves that eventually die around the edges is chlorosis. A soil that has a high pH will cause several nutrients that are necessary in small quantities to become unavailable. Iron and magnesium become bound to the soil particles so they can't be taken into

the American sweetgum (*Liquidambar styraciflua*) can be amazing. That alone would make this a tree worth keeping. There is a great deal of variation in the fall color, with some trees even staying green. They lose their leaves very late so they spread out the leaf-raking period.

The dark green star-shaped leaves provide a nice shade in the summer. The young trees start out cone-shaped and often mature into a round or oval crown. The

only drawback is the dreaded sweetgum balls that it produces to protect its seeds. These golf-ball-sized woody capsules are great for identifying the tree in the winter and equally great as a weapon in the hands of kids.

The genus name of *Liquidambar* comes from the fragrant, yellowish sap that seeps from the bark, hardens, and takes on an amber color when exposed to air. The common name of sweetgum comes from the fact that the sap is sweet and has a gummy consistency.

Round-leaf sweetgum (*Liquidambar styraciflua*)

"Rotundiloba", was discovered in 1930 near Pinehurst, N.C., by R.E. Wicker. The leaves are rounded on the ends, rather than pointed. This sterile variety of sweetgum produces few fruit, making it very useful in the landscape. It usually only has male flowers, but under stress it can produce fruit - and sometimes entire branches revert to the original sweetgum form. These branches should be pruned from the tree. The fall color varies from yellow to dark burgundy.

Q: A while back, you mentioned that if you have an unused side yard that it would be a good place to establish a cutting garden. I would love to have more plants to bring inside. Can you suggest some plants that can be used in a cutting garden?

Story Continues...
see GREENER VIEW page 25

GARDEN TIP

Yellow and brown leaf ends more than just fall color

Discoloration and mortality of sweetgum leaves can be caused by many factors:

- urban pollution
- poor soil health found in many city and suburban yards
- drought conditions
- dry soil
- stress
- chlorosis (nutrient anemia from high soil pH causing green veins on a yellow leaf or a green area around the base of the leaf)

Stress-induced brown ends

Chlorosis caused these green patches

Copley News Service / Pete Chenard

man come and look at them. He suggested I put laundry soap on them and maybe that would get rid of the bugs. I know nothing about trees, so I don't know what is making the trees look like this. The leaves are still on the trees. Any help you could guess at would be appreciated.

A: The sweetgum tree ranges throughout the southern two-thirds of the country and along both the east and west coasts. Its natural habitat is the moist bottom lands along rivers, where it gets good soil nutrients and moisture.

It is not particularly fond of urban pollution or the restricted soil areas found in many city and suburban yards. It especially doesn't like the drought conditions many areas of the country have experienced the past few summers.

Dry soil could cause the symp-

the root system.

Look closely at the tree's leaves and see if the whole leaf is yellow, or if the veins are green and the areas between the veins are yellow. Green veins on a yellow leaf typically indicate a high pH problem. In severe cases, only the small area around the base of the leaf is still green.

Some do-it-yourself products are available to lower the soil's pH, but a licensed arborist should be consulted to be sure of the diagnosis and the treatment.

While there may be bugs on the tree, they don't typically create the yellow and brown symptoms that you have. Spraying an insecticidal soap may be appropriate for some specific insect problems, but laundry soap of any kind is never appropriate. I would not hire the tree man who suggested such a solution.

The beautiful fall color from

HOME HOW-TO

Get plumbing to pipe down

To relieve the clanging sound of a water hammer, get air back into the air chambers by draining all the water from the plumbing system.

TO DRAIN THE PIPES:

1. Shut off the water at the main valve at the water meter.
2. Partially turn on every hot and cold water faucet in and outside of the house.
3. Disconnect washing machine and dishwasher hoses from their faucets and open them.
4. Leave these faucets open for 20 minutes, to drain any unwanted water from air chambers.
5. After 20 minutes, turn on the main valve.
6. Shut off the open faucets as water begins to flow.

Leave all faucets open for 20 minutes, to drain any unwanted water from air chambers.

"Pipes that still hammer after this procedure could indicate some corrosion, a clogged air chamber or that the original plumbing never incorporated air chambers in the system. If this is the case, water hammer arrestors can be installed."

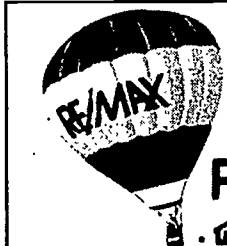
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REAL ESTATE

GREENER VIEW:

tree problem CONTINUED FROM PAGE 24

A: Almost every landscape has some unused portion that is only seen when it is mowed. These areas are sometimes in the sun and sometimes in the shade, so any recommendations must consider the actual growing conditions. Some annuals that seem to stand up well after cutting in the vase and that continue to send up more stems for cutting are baby's breath, bachelor's buttons,

calendula, cleome, cockscomb, coleus, snapdragon, stock, zinnias and many varieties of Sunflowers.

The following perennials work well, too: aster, chrysanthemum, coreopsis, echinacea cone flower, goldenrod, hosta, iris, liatris, salvia and many ornamental grasses.

Many shrubs will supply flowers in the spring and maybe a

fall color shoot or two. A few, like red-twig dogwoods, also have good winter color. Add an evergreen shrub for some additional winter interest.

E-mail questions to Jeff Rugg at info@greenerview.com.
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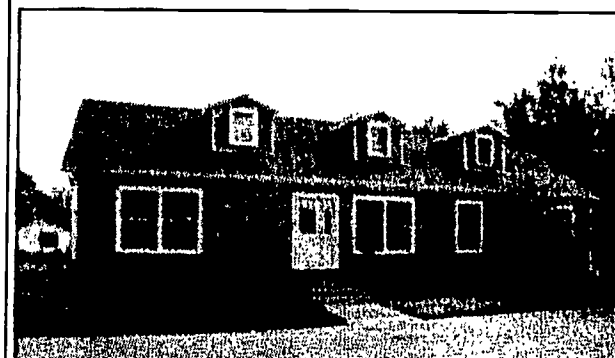
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Fall Is Here! Now's The Time To Prep For Winter?

Check out these areas and see for yourself:

Roof. Replace any loose or missing shingles to avoid costly leaks.

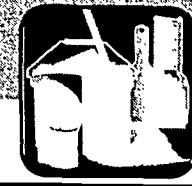
Gutters & Downspouts. Clean out any debris that may have collected over the winter.

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

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

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

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



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Garage Sale, 8351 Normal Ct.,
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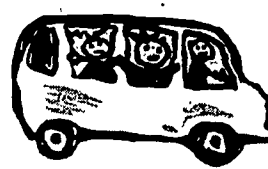
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LEGAL NOTICES

The Village of Niles Plan Commission and Zoning Board of Appeals will hold a public hearing on **Monday, October 3, 2005, at 7:30 P.M.** at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s): **05-ZP-18** - Nada Milivjevic, 8414 Clara Drive, Niles. Requesting a variation to Sec. VII (C) (9) to reduce the required six foot (6') side yard to four foot-one inch (4'-1") to construct an addition at 8414 Clara Drive. **05-ZP-19** - Vivian & Peter Veloso, 7455 Monroe Street, Niles. Requesting a variation to Section VII (C) (3) to reduce the required lot size from 6250 SQ. Ft. to 4671.6 Sq. Ft. and a variation to Section VII (C) (4) to reduce the required lot width from 50 Ft. to 37.18 Ft. to construct a single family home at 8201 Olcott. **05-ZP-20** - Gerald Romanek, 8439 Ottawa, Niles. Requesting a variation to Section VII (C) (5) to increase the maximum floor area ratio (FAR) from .525 to a maximum floor area ratio (FAR) of .574, and variation to Section VII (C) (8) to reduce the required front-yard from 25 Ft. to 23 Ft. to construct a second floor addition at 8439 Ottawa. **05-ZP-21** - Thomas Scesniak 1754 Wise Road, Schaumburg. Requesting an amendment to existing Special Use by adding 2 service bays at 8575-8595 Dempster Street. The Village of Niles will comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Mary Kay Morrissey, Village Manager. 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.



AUTO SCENE

Vintage Cars Return to Road America for Festival

Elkhart Lake, Wis., September 12, 2005—Road America will host Vintage Sports Car Drivers Association's (VSCDA) Elkhart Lake Vintage Festival, September 16-18, 2005. Along with Bugatti, the featured marque, the event will celebrate 50 years of Elva.

Ettore Bugatti designed and produced one of the most highly regarded luxury cars and successful racing cars of its era. Over 40 examples of this rare car will be in Elkhart Lake for a week of road rallies, excursions, and racing at Road America. The 1927 Grand Prix Bugatti Special, originally raced and owned by Helle Nice,

the famous Grand Prix racer of the 1920s and 30s will be at the track. Many Bugatti activities will be held throughout the weekend including the Bugatti Grand Prix race on Sunday.

The Elva 50th Anniversary Reunion celebrates the contributions Frank G. Nichols who built nearly one thousand racing, sports racing and road cars powered by a range of motors from Climax to Porsche to McLaren.

The name Elva is derived from the French phrase "elle va" which means "she goes." Elva sports racers and formula cars were very competitive in club racing

events in the United States. Later the road-going Elva Courier was produced and was a hit among sports car enthusiasts in the U.S. Elva owners and fans from across the country will gather this weekend to participate in activities including the All-Elva Feature Race on Sunday.

The Vintage Sports Car Drivers Association is a Midwest based not-for-profit organization of 800 members. It holds wheel-to-wheel competition race weekends at major tracks in Illinois, Indiana, Wisconsin and Michigan. Participants are afforded ample opportunity for track time and

friendly competition via practice and qualifying sessions, sprint races, handicap runs and enduros. VSCDA believes that vintage cars should be driven and their goal is to offer safe, friendly competition

with on and off-track camaraderie. Information can be found at www.roadamerica.com

60 YEARS OF VESPA



Mark Maynard
Copley News Service

Vespa is launching the LX motor scooter - LX being the Roman numeral for 60 - in an anniversary tribute to the clever design and innovation that has made the company an enduring global icon. Sold with a 50-cubic-centimeter or a 150-cc engine, the LX 50 has a starting price of \$3,199, and the LX 150 starts at \$4,199 (Add \$200 for freight). The LX 150 will cruise up to 59

mph. And both models meet California emissions standards, as do all Vespas.

Colors include graphite black, Excalibur gray, diamond white, aurora blue and daring plum. A range of accessories are available, including helmets, a top case for more onboard storage, chrome kits and an electronic anti-theft device.

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

Ford Captures Half Of The Nextel Cup Chase Field

Despite having the fewest numbers of full-time teams among manufacturers (eight), Ford has the most qualifiers as five Taurus qualified for the final 10-race Chase for the Nextel Cup.

All five of the Roush Racing Fords owned by Jack Roush made

the field as Greg Biffle, Mark Martin, Kurt Busch, Carl Edwards and Matt Kenseth all finished in the Top 10.

Five cars is the most for a single manufacturer in two years of the chase format. Last season there were four Fords, four Chevrolets

and two Dodges in the 10-car field. Martin, Busch and Kenseth are repeat visitors to the Cup. Chase while Biffle and Edwards are newcomers.

Busch will be looking to win the Cup for a second straight time.

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2005 FORD Explorer XLT 4X4 3rd Seat. S1K#D4165 MSRP: \$33,275 \$1,000 FMCC Bonus Buy it for: \$26,097	2005 FORD Focus S Auto. AC. S1K#D4170 MSRP: \$16,345 \$1,000 FMCC Bonus \$500 if you put \$500 down & First Time Buyer Finance through Ford Credit Buy it for: \$13,300	2005 FORD F150 Ext Cab XLT Tow Pkg. S1K#D4139 MSRP: \$30,750 \$1,000 FMCC Bonus Buy it for: \$24,498	2005 FORD 500 FWD SEL Lthr. Mnt. S1K#D4157 MSRP: \$26,585 Buy it for: \$22,701

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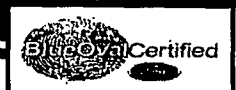
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