

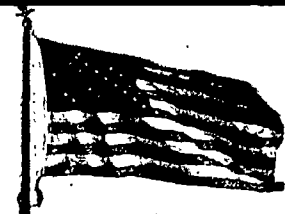
WET SPRING MEANS GREAT GARDEN FOR RESIDENTS

NEWS, PAGE 12



SINCE 1957

THE BUGLE



THURSDAY MAY 25, 2006

VOL. 50 No. 1

NILESBUGLE.COM • PARKRIDGEBUGLE.COM • MORTONGROVEBUGLE.COM

New law allows cameras at rail crossings

Law will go into effect Jan. 2007

BY TRACY YOSHIDA GRUEN
STAFF WRITER

A new state law will give local governments the ability to use photo enforcement at railroad

crossings and Niles Police Chief Dean Strzelecki is a strong supporter of this new law.

Gov. Blagojevich signed the traffic safety measure in order to make railroad crossings safer on May 16. A camera will take a picture of vehicles that drive around lowered gates or stop on railroad tracks. When a violation is recorded, the owner of the vehicle

will receive a Uniform Traffic Citation in the mail. Violators of the new law will receive a \$250 fine or 25 hours of community service for a first offense. The second or subsequent violation will be a \$500 fine and can lead to a six month suspension of vehicle registration.

"I'm for photo enforcement anywhere," said Strzelecki. "I think

they're effective."

In Niles, Strzelecki said there are only two railroad crossings, one at Touhy and Lehigh and one on Howard. Although he said that they don't hear about too many accidents on the railroads, he believes that one accident of this kind is too many and he is supportive of any safety measure that will help save more lives.

The legislation came in response to an accident the night before last Thanksgiving when a Metra express train crashed into several vehicles that were trapped in rush-hour traffic at the Grand Ave. railroad crossing in Elmwood Park. Sixteen people were injured in this incident.

The new law will be in effect on Jan 1, 2007.

Marking Syttendemai



Individuals of Norwegian Descent marched in last weekend's Norwegian Independence Day parade in Park Ridge. The annual event was held on Sunday and celebrates the May 17 Independence of Norway from Danish rule.

Niles Board to discuss new retail development

Stores will be about the same size as 'Shops of Niles'

BY TRACY YOSHIDA GRUEN
STAFF WRITER

A petition for referral for a one-story retail center on Milwaukee Ave. was on the agenda at the Niles Village Board meeting on Tuesday, May 23.

The item was expected to be referred to the plan commission for a first reading on June 12 due to variations for reduced rear yard and

reduced parking requirements in order to construct the retail building.

According to the Village of Niles community development director, Chuck Ostman, the proposed retail center is similar in size to the Shops of Niles. If approved, the new retail center would be located on Milwaukee Ave. between Touhy and Harts.

Ostman said the lot is 125 ft. deep and he said they would try to fit two rows of parking in that location.

"We're going to try to get in as much parking as possible," said Ostman. "It's not a very deep lot." The specific address of the retail center is 7007-7035 N. Milwaukee Ave.

Niles North High named 'School of the Year'

Niles North High School was given the title of "National History Day Illinois School of the Year" during the annual Illinois History Expo that took place on May 3 in Springfield.

"The Niles North program is an example of what studying Illinois history should be like, motivating students in ways that profoundly affect their lives, and encouraging them to discover their precious heritage," stated Illinois Historic Preservation Agency (IHPA) Director Robert Coomer, in a press release.

The Agency sponsors the Expo

along with the Chicago Metro History Education Center. More than 1,400 junior and senior high school students participated in the expo on May 3.

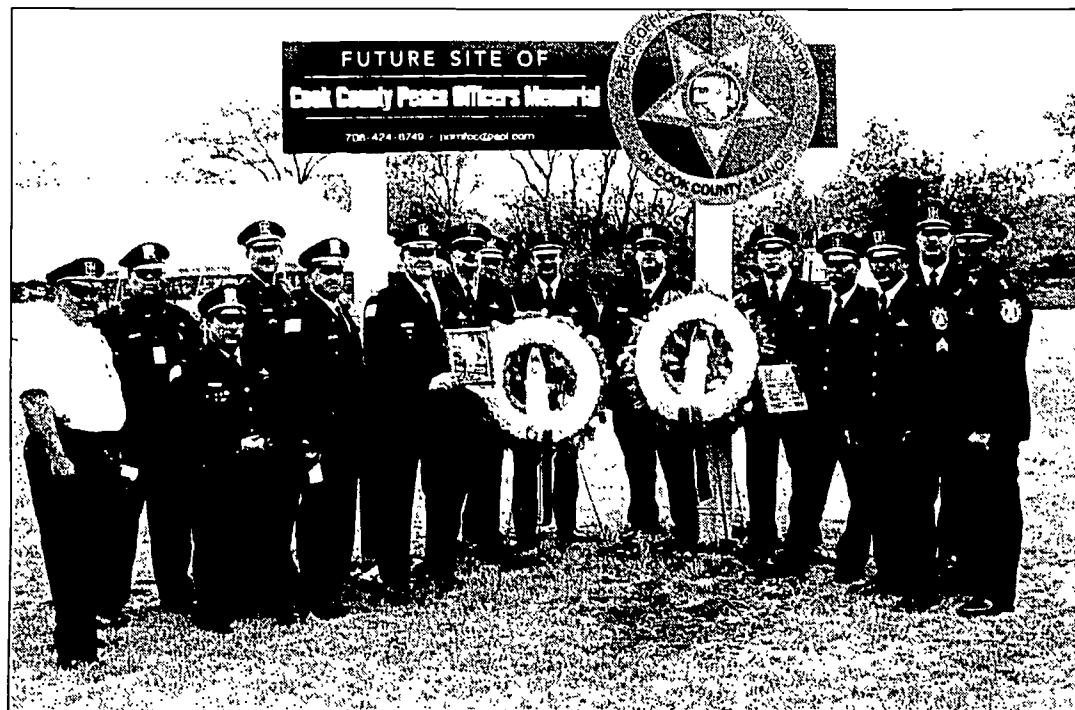
Niles North High School history and American Studies teachers have enthusiastically offered History Fair participation to their students for more than a decade.

For seven years, Niles North has hosted the Suburban Regional History Fair and is committed to continuing that role in the future. Niles North teacher Barbara Buzan, who is retiring this year, has guided the school's participation in the History Fair program.

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NEWS



Niles Officers attend Memorial Dedication

Niles Police Officers as they attend the dedication of the Cook County Peace Officers Memorial future site. Niles Police Officer Steven Zourkas, who died in the line of duty in 2005, will be one of the officers honored at

the site as soon as construction is completed. Anyone wishing to donate towards the construction cost can contact Edward Sajdak at 312-315-9629 or via e-mail at www.cook-countypeaceofficersmemorial.com.



Page Two

By Andrew Schneider
Editor

Culture for Sale \$17.95 a Yard

Like many people, I love books. I've spent hours of my youth reading them, arranging them, rearranging them, stacking them in piles on the floor.

I've carried them around; I never go on a trip without books. Often I carry more books than I do clothing. My parents used to hate the fact that I spent most of my time on vacation in a lounge chair reading a book.

As I've grown older, my obsession has taken over much of my living space. Every available spot in my house has been filled with books or bookshelves, book carts or book stands.

But here's the rub: I've read them. Or at least, most of them. There are a couple of shelves that have books I plan to read but haven't gotten around to. I guess what I'm trying to say is that I would never buy a book that I don't intend to read. And there are a great many books that I won't buy.

Not every book is *A Tale of Two Cities*. Publishers print books that will sell and the public's appetite for books is notoriously fickle. The recent craze for books on the Founding Fathers made a bundle for publishers but they've since started to panic because there are no more Founding Fathers to write about.

So thirty years down the line a

few million copies of *Founding Brothers* could be selling for a nickel a piece at your neighborhood garage sale.

Or, you could buy it and about twenty other books for \$17.95 a yard. Because even if what's inside the binding isn't worth the paper anymore it still looks good

“Thirty years down the line a few million copies of *Founding Brothers* could be selling for a nickel a piece...”

”
on a shelf.
I was browsing in a local used book store last week when I noticed that there were boxes on

Story Continues...
see PAGE TWO page 4.

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NEWS

Cops raise funds for Special Olympics

There were more cops than usual at the Dunkin' Donuts on Dempster in Niles on Friday, May 19.

And they weren't inside ordering glazed donuts and coffee—They were up on the rooftop participating in the 2006 Cops on Top fund-raising program for the Special Olympics torch run, waving to pedestrians and vehicles nearby.

Niles police officers took turns standing up on the roof from 6 a.m. to 2 p.m.

Niles Police Officer Ron Brandt said that last year Niles police raised \$1,800 for the law enforcement torch run held in June. He said this year their goal was to raise \$2,000. They were collecting donations inside and outside of the store and selling merchandise, such as T-shirts at the Dunkin' Donuts.



Niles Police officers participated in an event called "Cop on Top" last week at the Dunkin' Donuts on Dempster St.

This is the fourth year of the Cops on Top program in Illinois in order to raise money for the Illinois Law Enforcement Torch Run that is the single largest year round fund-raising event that benefits the Special Olympics in Illinois.

Every year, more than 3,000

MG Officers receive 'Top Cop' awards

Morton Grove Sergeant Brian Fennelly and Detective Robert Zielinski recently returned from Washington D.C., after receiving TOP COPS awards by the National Association of Police Organization.

Fennelly and Zielinski were honored at the 13th annual award ceremony for their actions subsequent to a brutal home invasion that took place in Morton Grove in January, 2005. These officers, assisted by Chicago Sgt. Richard Plotke, were conducting a search when they were confronted by two offenders who opened fire on the police officers. The officers were forced to return fire and the offenders died from their wounds in the exchange of fire. Sgt. Fennelly was struck by an offender's bullet but his life was saved by his body armor.

The award recipients were nominated by fellow officers and were selected by an independent awards committee from hundreds of nominations. Officers from the top ten were chosen as the 2006 NAPO TOP COPS.

The master of ceremony for the 2006 awards program was John Walsh, the host of America's Most Wanted on Fox television. Scheduled celebrity award presenters were Jeremy Ratchford of CBS's Cold Case, Eddie Cahill of CBS's CSI: New York, Pauley Perrette from CBS's NCIS, Adrian Zmed from TJ Hooker and Jack McGee of FX's Rescue Me.

CLUB NEWS – IMMEDIATE RELEASE

Music, Music, Music. Ending another year of great programs and entertainment, (because we do not meet in June, July and August), the Niles Historical Society is bringing you a fun musical program of many favorite songs of a bygone era. If you have one or two you would love to hear by a top-notch singer, join your friends and neighbors at the Niles Historical Museum on Sunday, May 28 at 2:00 p.m. Clap your hands, tap your toes, and maybe even sing along. You are sure

PAGE TWO:

CONTINUED FROM PAGE 1

the floor with a sign advertising books for sale by the yard for \$17.95. At first, I thought I may have stumbled on a great deal. But then I realized that I couldn't pick the books.

"They're actually selling pretty well," the clerk said when I asked about the product.

"Interior designers really buy them."

Because they're hardbound books. They'd still look good on the shelf, even if the book's about as useful to modern readers as the 1950s "Good Housekeeping Guide to Being a Wife."

Though my first reaction was shock and anger, it's since moderated to cautious vigilance. The books-by-the-yard deal can be

both intellectually honest and dishonest. If an interior designer purchases five yards because he or she has shelves to fill and doesn't care what's on them, it's honest: any reader would walk up to the shelves and realize the books were solely decorative. But it also offers the opportunity for the pretentious to "stuff" their book cases, alternating books they read on the shelves with books they never intend to read.

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SCHOOLS

Art Takes Center Stage at St. Juliana School



On Monday, May 8, 2006 the students of St. Juliana School participated in a celebration called "Fine Arts Day" held in the Rev. Donald Ahearn Activity Center. The parents of the Fine Arts Committee planned and hosted this event. Throughout the school year this parent group meets to promote activities for the students that bring art and music to the children. During the school year, volunteer Art Parents visit classrooms bringing replicas of artwork from Chicago's Art Institute for the children to view and discuss and then leading them in an art lesson based on their discussion. The Fine Arts Committee also produces the spring musical each year.

During Fine Arts Day the students rotated between stations offering sam-

ples of different art media. They learned to do line dancing led by parent Mrs. Lord. Mrs. Hain and Mrs. Montague had a display of various musical instruments that the students were able to try out. Charades, led by Mrs. Wittenberg, gave the students a chance to practice their acting skills. With sketchpads in hand the students practiced cartoon drawing with Mrs. Sherman. On display throughout the Activity Center were samples of artwork created by the students during the school year.

"Fine Arts Day" was a resounding hit with all the students at St. Juliana



School. St. Juliana School Principal Mrs. Kathleen Barton noted that, "We are so grateful for the wonderful support and enthusiasm of the St. Juliana School parents who make events like "Fine Arts Day", the Art Parent Program, and the Spring Musical a reality for the children."

SJB Students Celebrate Ribbon Day

The students of St. John Brebeuf School helped the Eighth Grade celebrate Ribbon Day with a special liturgy this spring. The eighth graders received their ribbons which represent the number of years of education that they received at St. John Brebeuf.

Theresa Casey welcomed everyone to the celebration and told us the ribbons indicate that

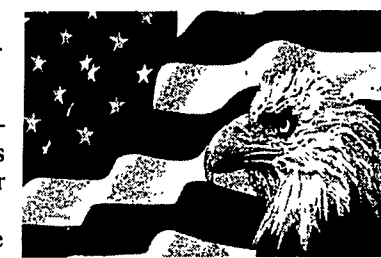
the eighth graders will soon be graduating SJB. She asked the eighth graders to wear their ribbons as an example of feeding all those they meet with love and "Good News".

The first reading was read by Yassaman Shemari. The Intentions were read by Samantha Moser, Matthew Perchess, Gina Orlandi, Eric Carrabotta, and

Stephanie Pepin. The altar servers were Maddy Geden, Eric Hagman, and Kevin Nguyen. The presentation of the gifts were given by Alyssa Faye Tomas and Rick Tuvilla. Towards the end of the Mass, the eighth grade teachers, Mrs. Lynn Baer and Mrs. Penny Guerri called each student and his/her parents to receive their ribbons. Father Thomas May and

principal Margaret Whitman presented the ribbons to the parents and the parents pinned their son or daughter.

After Mass, the seventh grade students and parents treated the eighth graders to a luncheon. Ribbon day represented a step forward towards graduation and a special day to remember their years at St. John Brebeuf.



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Raymond Hendee Rotary Scholarship Recipient Announced

Margaret Warzocha is the recipient of this year's Raymond E. Hendee Scholarship, presented by the Rotary Club of Park Ridge. Ms. Warzocha is a music teacher at Roosevelt School in District 64.

The annual scholarship provides teachers with an opportunity to improve their teaching skills by supporting and encouraging

programs of continuing education. The scholarship will allow Ms. Warzocha to work toward the second level of certification in the Orff-Schulwerk method of music teaching.

She has been a music teacher with District 64 for five years. Warzocha teaches students in kindergarten through fifth grade and would like to apply the Orff-

Schulwerk method to instruction with the older students. This method uses patterns, rhythmic movements, and special instruments with a step-by-step approach to teach children about music in a natural way.

The scholarship is presented each year in memory of the late Dr. Raymond Hendee who was Superintendent of District 64

schools from 1970 - 1990. The scholarship recognizes and commemorates Dr. Hendee's dedication to the children of District 64, his support of the teaching staff, and his commitment to serving the community as a member of the Park Ridge Rotary.

Margaret Warzocha will be honored at a Rotary Club meeting and luncheon on May 19.

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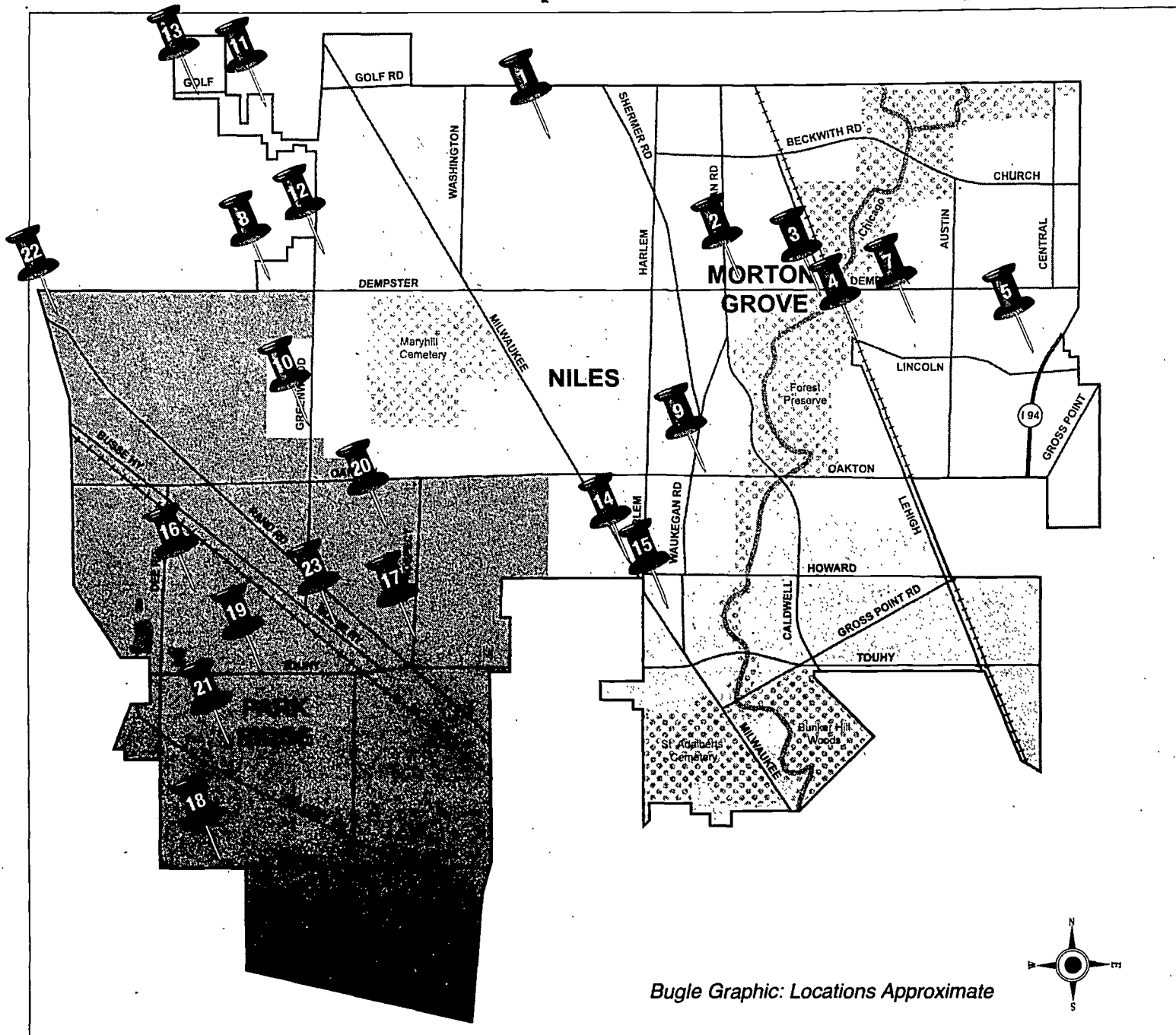
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POLICE BLOTTER



Bugle Graphic: Locations Approximate

20 and May 21. The offender(s) took 1,000 phone cards, each with a value of \$5. They also took \$150 in USC from the register and more than \$400 in USC from a wooden box.

12 Driving On the Grass (8900 block of Greenwood)
Police said that unknown offender drove on the grass adjacent to the southwest side of the school building between May 15 and May 16. The driver spun the rear wheel and drove approximately 10 feet on the grass.

13 Two Women Arrested/Retail Theft (9000 Golf Rd)
Police said two 18 year olds were arrested for stealing clothing items from a store on May 19. One offender was from Des Plaines, the other from Chicago. One woman took \$115.89 worth of items, the other took \$71.91 worth of items. The women were observed by store security on the floor and by the store camera system.

14 DUI Arrest (7600 block of Milwaukee Ave)
A 22 year old Chicago man was arrested for driving under the influence of alcohol, improper lane usage, and violating the minimum speed regulation by driving 10 mph in a 35 mph zone. Police said the man crossed over the yellow line on to the opposite lane of traffic.

15 Revoked License Arrest (7600 block of Milwaukee Ave)
Police said a 45 year old Morton Grove man was arrested for having no license or insurance on May 19. The officer noticed the driver was driving recklessly southeast bound on Milwaukee Ave. from Dempster. The offender was weaving in between lanes. Bond is \$2,000 and the court date is June 27.

PARK RIDGE

The following was derived from the official reports of the Park Ridge Police Department for the week ending Monday, May 22.

16 Attempted Burglary (300 block of N. Home)
Police said victims were in the process of moving in and were inside the residence when they heard someone trying the front door knob on May 13. They observed a male dressed in black running northbound on Home.

17 Criminal damage to Motor Vehicle (500 block of W. Elm St)
Unknown offender(s) threw eggs at a victim's 2005 Ford Explorer while they were driving westbound on Elm on May 12, said police.

18 Smashed Garden Light Into Vehicle (800 block of S. Blotter Continues...
see BLOTTER next page.

MORTON GROVE

The following was derived from the official reports of the Morton Grove Police Department for the week ending Friday, May 19.

1 BB Fired Through Window (9500 block of Ozark St)
A resident of a home heard the sound of glass breaking and a BB gun being fired between May 14 and May 15. The residents have been victimized before so they set up a video camera in order to record the street in front of their home, said police. They did capture the event on video and the video is being used as evidence.

2 Wallet Stolen from Locker (6800 block of Dempster)
Police said an offender cut the lock off the victim's locker and stole his wallet on May 15, while he was in the hot tub.

3 Possession of Cannabis Arrest (Dempster St. at Lehigh)
Police arrested a 17 year old man from Chicago for the possession of cannabis during a traffic stop on May 17. A police vehicle was almost struck by a Ford Explorer

and the man arrested was a passenger in the front seat of the vehicle. Police found 4.5 grams of cannabis in the vehicle. The court date is June 14 and the offender posted \$100 cash bond.

4 DUI Arrest (Lincoln Ave. Railroad tracks)
Police responded to a vehicle that was stopped on the railroad tracks just north of Lincoln Ave. on May 17, police said. The driver of the vehicle, who was arrested for driving under the influence of alcohol, said that he does not know how he ended up on the Railroad tracks. He said he was coming home to Glenview from Park Ridge.

5 Asphalt Strikes Vehicle (8500 Mango)
A 1989 Buick Regal was struck by a piece of asphalt that smashed the front windshield of the vehicle on May 15, said police. The victim believes the damage could have been done by a passing construction dump truck hauling asphalt.

6 Arrested for a Suspended Driver's License
A 21 year old Chicago man was arrested for a suspended driver's license/insurance. The court date

is May 31 and the man was bonded out.

7 DUI arrest (Capulina at Fernald)
Police arrested a 45 year old female of Morton Grove for driving under the influence of alcohol on May 13. The woman drove past a stop sign at a high rate of speed and came to a stop when she was completely through the intersection.

NILES

The following was derived from the official reports of the Niles Police Department for the week ending Monday, May 22.

8 Stolen Dog (8700 block of Dempster)
Police said the victim went inside a store and left his dog outside the west doors unattended and an unknown offender took his dog on May 14, said police. The offender entered a black colored vehicle and left the parking lot in an unknown direction of travel. Police said the dog did not have any tags.

9 Suspicious Phone Calls (6900 block of W. Oakton)

A complainant got a phone call from a male that said, "There is a man on your playground with a gun" on May 15. Police said the complainant dialed 911 and students were held in their classrooms. The Niles police checked the area and had negative results. The complainant said it sounded like the caller was trying to disguise his/her voice. The complainant tried to get the phone number from the phone display and she called a number that it "may have been" back and a woman answered and said it was her home phone and she was home watching her kids.

10 Unwanted Subject (9200 block of Greenwood Ave)
A suspect was observed picking up tickets and asking other patrons for money on May 16, said police. The suspect was asked to leave the business and he did so willingly. No alcohol was involved in this incident.

11 Grocery Store Burglarized (8900 Golf Rd)
Police said unknown offender(s) damaged the window and reached in to unlock the front door of the store to gain entry between May

NEWS

BLOTTER:

CONTINUED FROM PREVIOUS PAGE

Hamlin)
Sometime between May 12 and May 13 unknown offender(s) removed a decorative garden light and smashed it against the passenger window of a victim's 1998 BMW Roadster. The estimated cost of the damage is unknown, said police.

19 Stolen I-Paq (1515 W. Touhy Ave.)
Unknown offender stole the victim's hand held I-paq that he placed on a bench in the locker room while he was changing on May 10, said police.

20 Spray painted Vehicle (300 block of S. Fairview)
Police said unknown offender(s) spray painted a white streak across the driver's side of a victim's 2004 Range Rover sometime between May 9 and May 16. The estimated damage is unknown.

21 Arrested for Possessing Concealed Weapon (1500 N. Stewart)
A 17 year old Niles man was arrested in the school parking lot at 1500 N. Stewart on May 13, said police. The man was arrested for possessing a concealed weapon

and trespassing. He was released on his own recognizance. The court hearing date is June 13.

22 Charged with Battery (2601 Dempster)
Police said a 17 year old from Des Plaines was charged with battery after he and another student were involved in a physical altercation on May 11. Police said he was released on his own recognizance. The court date is June 20.

23 DUI/Drug Paraphernalia Arrest (Northwest Hwy and Elm)
Police arrested a 22 year old man from Lake in the Hills for disobeying traffic control device, possession of drug paraphernalia and a DUI on May 11. Police said bond was \$1,000 and the court date is June 19.

Notice

All items listed in The Bugle's Police Blotter were provided by the respective Police Departments. Publication in the Police Blotter does not necessarily assume guilt or innocence which can only be determined by a court of law.

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Dean's SOUR CREAM 89¢ Ea Pint	Dean's 2% MILK \$1.99 Ea Gal with \$5.00 Purchase Limit 3	Assorted TROPICANA JUICE 2 FOR \$5.00 Ea 64 Oz
GROCERY/FROZEN		
Danah Extra Virgin OLIVE OIL \$19.99 Ea 3 Lt	Old Orchard JUICES \$1.99 Ea 64 Oz	Sweet Baby Ray's BBQ SAUCE 2 FOR \$3.98 Ea 18 Oz
Antica Italia PEELED TOMATOES 99¢ Ea 28 Oz	Aris GREEK BEER \$4.99 Ea 6 Pack	FILLET OF SOLE \$5.99 Lb
		SEA SCALLOPS (JUMBO SIZE) \$9.99 Lb

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COMMENTARY

EDITORIAL

Decode This: It's Fiction

The Da Vinci Code" opened in cinemas last weekend and was panned by most critics throughout the world. It wasn't panned because it was irreligious or disrespectful. It was panned because it was a bad movie. And, like most films it was in part or wholly fictional. There are people who stand behind some of the facts in the film and book of the same name. They are Michael Baigent, Richard Leigh and Henry Lincoln, authors of Holy Blood, Holy Grail.

They sued Dan Brown, author of The Da Vinci Code. They argued, unsuccessfully, that his book borrowed materially from theirs. Brown even named a character in his book after them.

But part of the reason they failed was that Brown's book is a work of fiction.

The critics panned a work of fiction.

Yet, media outlets have been reporting a religious backlash against the movie from those who seem to think that it somehow defames Christianity in general or Catholicism specifically.

It's a particularly hot topic since the publication of cartoons in Danish newspapers that depicted the Islamic Prophet Muhammad. Some are arguing that religions, all of them, deserve the deference that Islam is demanding.

Perhaps they should receive it. But like most things in our democracy, it should be voluntary.

When President George W. Bush announced the government's donations to Southeast Asian Tsunami Relief he acknowledged that some would criticize the government of the United States for apparent stinginess. But he also said that those critics would ignore the largest source of charity from the United States, what the president called the generous heart of the American people.

What his statement implies is that the American people and the American government are two separate entities. That charity to victims of the Tsunami would be a voluntary process. Similarly, respect for religion and religious institutions is an individual virtue.

Only one major daily newspaper in the United States reprinted the cartoons of Muhammad in their pages. They were political cartoons meant to convey a political and very real message.

"The Da Vinci Code," while potentially offensive to Christians, is a fictional thriller with little or no basis in fact. It should be taken as such.

Besides, the box office receipts are probably the greatest measure of what the American people think of "The Da Vinci Code." A bad opening weekend is probably the greatest condemnation that anyone, religious or otherwise, could offer the film.

"Brown's book is a work of fiction."

Drug Dogs make sense

Dear Editor,

The use of Canine Dogs for Drug Detection in the Dist 207 high schools has not been finalized or adopted by the District 207 Board of Education. I am asking that each of you contact the board and encourage their positive consideration and implementation of Canine Dog Detection Services. The topic is on the agenda again at the June 5th 7 p.m. board meeting.

Why MCYAF supports the use of Dog Detection Services and why you should also: -It is a deterrent to those who try to utilize school as a place to distribute drugs.

-It is a deterrent to those who use and bring drugs onto school grounds.

-It assists school personal in identifying drug users and getting them to the help they need.

-It creates a safer environment

(decreasing the chance for confrontation/pressure by those wanting to create more users) for the majority of our kids who choose not to use and supports those positive choices (86% of our kids are NOT illegal or illicit drug users).

-Current perception of peer drug use & drug availability among our children is extremely high.

-Canine units are available to the District at no cost through the Des Plaines Police Department.

-There is an intervention system and resources in place to assist the young person using/abusing drugs.

The more barriers to access we create, the harder it is to use/abuse, the less users there are in the long run - science has proven that time and time again. This is one strategy among many that we as a community have to engage in, in order to keep our children safe (both from poor choices and those that would do them harm).

Mr. Eric Leys, cleys@maine207board.org, Ms. Donna Pellar, dpellar@maine207board.org, Dr. Jeffrey Bergen, jbergen@maine207board.org, Mr. Roger Crawford, rcrawford@maine207board.org, Ms. Joann Braam, jbraam@maine207board.org, Mr. Edward Mueller, emueller@maine207board.org, Ms. Marijo G. Bustos, mbustos@maine207board.org

Or mail a letter to District 207, 1131 Dee Rd., Park Ridge, IL 60068 Or call and leave a message at 847-692-8005.

Please contact board members and encourage adoption of Canine Detection Services in Maine Township District 207 High Schools.

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Tear-downs bad for Morton Grove

Dear Editor,

We should all be happy about all these new tear downs in Morton Grove. After all, they are increasing our tax base, and we have to make up for those dollars that Niles is fleeing out of their OTB patrons. But reality paints a different picture. I see some new homes that are somewhat tasteful, but even more that are nothing but

ugly boxes, often crammed into under sized lots. We have a law to prevent oversize homes being built, but somehow we are slipping up on the esthetics of how they fit into the surrounding neighborhood. I'm sure we all welcome the increased tax dollars, but one day we will wake up and look around saying, what happened to that pleasant uncrowded suburban neighborhood we once lived in? I

feel sorry for the people next to some of these big boxes who look out their windows to now see a brick wall. We might as well live in the inner city and save gas on commuting to work. We need tougher laws on new house construction, not just something based on square footage of house vs. lot size.

Sherwin Dubren, Morton Grove

ABOUT COMMENTARY

The Bugle editorializes on issues of interest to the community of Romeville and its residents on this page, hoping to foster discussion and to encourage action. Editorials represent the consensus of the editorial staff and the newspaper's publisher, but do not represent the opinions of any one individual employed by The Bugle Newspapers, Inc.

The Bugle also welcomes letters to the editor. These

letters can deal with topics of community interest the newspaper or any other topic of general interest. Letters or comments should be addressed to The Bugle, 7400 N. Waukegan Rd., Niles, IL 60714, faxed to the editor at (847) 588-1911 or e-mailed to editor@buglenewspapers.com. Please limit your comments to no more than 300 words.

Letters should also include a day time phone number for verification purposes (not to be published). They must also be signed, though names can be withheld by request.

BUSINESS

Don't hesitate; shift the 401(k) money directly to IRA account

BY LYNN O'SHAUGHNESSY
COPLEY NEWS SERVICE

It's only human nature to postpone unpleasant chores. Some are easier to put off than others. While there are obvious consequences to not emptying a diaper pail, there may appear to be no downside to leaving your 401(k) alone when it's time to clean out your workplace cubicle and move on.

But for most people who choose this path, the consequences are far more hazardous than smelling stinky diapers. When you choose to strand your money in an old 401(k), you are limiting your loved ones' future inheritance options and you can also be jeopardizing your own investment returns.

If your money remains parked in your 401(k), 403(b) or 457 plan, its value will plummet if certain family members ultimately inherit what's left. Suppose, for instance, that a father leaves his 401(k) to his

daughter. If the daughter is financially savvy (or has read my two previous columns on the virtues of inherited IRAs), she'll want to stretch this retirement account over her own lifetime.

She'd do this by leaving the money nestled in its tax cocoon and withdrawing only the amount that the Internal Revenue Service would require each year based on her life expectancy.

This may sound like a great idea, and choosing this route is OK with the IRS. As a practical matter, however, nearly all workplaces would politely tell the daughter to take a hike. Companies don't want the hassle of indefinitely handling the 401(k) of a dead worker, even if he earned a bunch of employee-of-the-month plaques.

An employer, who doesn't give a hoot about stretching IRAs, would be free to cut a check to the daughter. The daughter would pay income tax on the money. Story Continues... see MONEY page 10.

Niles Chamber News

EVENTS THIS WEEK:

COMMITTEE MEETINGS:

There are no committee meetings this week.

UPCOMING EVENTS:

Tuesday, June 6
Business After Hours @
Murphy's of Niles

5:00 p.m. - 7:00 p.m.
Murphy's of Niles, 7305 Waukegan Road, Niles

This event is open FREE to all chamber members and their employees. To register call Brenda (847) 268-8180 or email events@nileschamber.com

om> with your full name and company.

Wednesday, June 21
Women in Business
Networking Lunch @ Lucky
Magee's Racino Grill & Sports Lounge

12:00 p.m. - 1:00 p.m.
9215 N. Greenwood Ave., Niles (Southwest Corner of Golf Mill Mall) There is an \$8 charge for this event. This event is open FREE to all chamber members and their employees. To register call Brenda (847) 268-8180 or email events@nileschamber.com

om> with your full name and company.

Tuesday, July 18th
Annual Golf Outing @ Oak Meadows Golf Course, Addison

Check In & Lunch: 11:30 a.m.
Shot Gun Start: 12:45 p.m.
Cocktails & Dinner: 5:00 p.m. - 6:00 p.m. Registration and sponsorship forms are attached. Don't miss this event. It sold out last year.

For information and to register please contact Brenda (847) 268-8180 or email brenda@nileschamber.com, at (847) 358-7901.

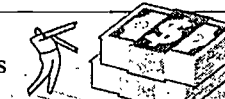


Tracking the national debt

U.S. national debt increased since March 8, 2005 by:
The new total is:

\$124,354,177,009
\$8,404,154,387,560

The national debt is debt owed by the federal government. It is made up of debt obligations such as Treasury bills, Treasury notes and Treasury bonds.



Your share of the federal debt is **\$28,155.02**

SOURCE: U.S. Treasury Department

COPLEY NEWS SERVICE/UNION-TRIBUNE



BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones

Help Your Children And Grandchildren
Become Smart Investors

To become a good saver and investor, you probably had to learn some hard lessons along the way. Wouldn't you like to save your children or grandchildren those troubles? You can — by teaching them, early on, about the basics and benefits of investing.

Here are a few ideas for getting young investors off to a good start:

•**Suggest a savings strategy** — If you give young children an allowance, suggest that they divided it into two pools — "saving" and "spending." And if they earn money babysitting or mowing lawns, offer to match whatever they put in to a savings account. They will be pleased to see how their balance grows, and, hopefully, they will be motivated to keep putting more in.

•**Make "stock-picking" fun** — A lot of adults believe their children or grandchildren would not be interested in something as "grown-up" as the stock market. But that's just not true: Kids are often fascinated by the idea of owning shares of a company. And the more they understand about owning stocks, the more interested they become. So, consider playing a family "stock-picking" game. Have everyone in your family choose a stock to follow for a month or so. At the end of that time, award a small prize to the person whose stock has done the best. You also may want to add some "qualitative analysis" by examining the different factors that may have caused the winning stock to outperform the rest. Keep all explanations fairly simple, but don't underestimate your children's ability to grasp fairly sophisticated concepts. Children love to learn —

and they're often better at it than adults.

•**Give stocks** — You can go beyond the stock-picking game and actually give shares of stock to your kids. Try to find companies that make products with which your children are familiar — provided, of course, that the stocks are of high quality and have good prospects. When you do give stocks to your kids, be aware of the "kiddie tax." According to the kiddie tax rules for 2006, the first \$850 in unearned income — interest, dividends and capital gains — is tax-free, and the next \$850 is taxed at the child's tax rate, which is typically 10%, or 5% for long-term capital gains. If your child has unearned income of more than \$1,700, he or she will be taxed at the rate that would apply to you if this money were added to your taxable income. Children 14 and over pay taxes on all unearned income at their own rate.

•**Show the right behavior** — Children are great imitators — so if you show them how you are saving and investing for the future, it's likely to leave a strong impression. Let them know when you've reached a particular savings/investment goal — enough money for a new car, for example. Show them the statements for the accounts in which you are investing for their college education. Make sure they understand the concepts of setting objectives, making regular contributions, delaying gratification, etc.

By following the above steps, you'll be providing your children or grandchildren with the knowledge and skills necessary to help them become savers and investors. And those lessons can last a lifetime.

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

PROFESSIONAL GUIDE

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Lincolnwood, IL 60012
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1018 W. Touhy Ave.
Park Ridge, IL 60068
847.825.0693

BUSINESS

MONEY:

CONTINUED FROM PAGE 9

taxes on the windfall and the tax protection on the remaining cash would be shredded into confetti. You may have noticed that I used a child and not a spouse for my example. Husbands and wives do enjoy an option that will prevent the workplace plan from splintering. Only a widow or widower can transfer the money from a deceased spouse's workplace plan into an IRA, where the money can remain protected from taxes.

If you need another compelling

reason to roll your 401(k) cash into an IRA, here it is: By doing this, you may dramatically enhance your investment returns. You see, many - if not most - 401(k) and other workplace plans are stuffed with mediocre investments that pass along outrageous fees. Working stiffs, however, assume that their workplace accounts are free, so it's rare to find an indignant employee who rails at paying for caviar and receiving kibble instead.

Workers, by the way, aren't aware of being gouged because expenses are withdrawn from workplace accounts automati-

cally. If people started receiving bills for their pathetic funds, maybe we could expect some revolts.

Even if your workplace plan isn't picking your pockets, moving the money into an IRA is a better option because it frees you from continuing to invest in a cramped list of funds. Millions of people are stuck choosing funds from a short lineup that someone in corporate might have approved on an off day.

Sometimes the dreadful funds are hand-picked by a stockbroker, who happens to play golf with the boss. If you establish an IRA rollover at a financial insti-

tution, you can select inexpensive mutual funds that work best for you. If I had that opportunity, I'd stick exclusively with index funds and exchange-traded funds.

Lots of things can go wrong when retirement money is in transit, so when it's time to move the cash, pretend that your account is a Fabergé egg. What you should absolutely avoid doing is having your employer mail you a check. If you choose that route, you've got 60 days to get that money into an IRA rollover. This might not sound difficult, but countless people blow this simple task. If that

check doesn't make it into an IRA in 60 days, it's goodbye retirement account. Instead, tell your employer you want the money moved in a direct trustee-to-trustee transfer. This way the cash is dispatched right to your new brokerage firm, bank or mutual fund company, without using you as a middleman.

Yet even then you should remain vigilant for possible screw-ups. Double check to make sure that the financial institution puts the money into an IRA and not in a taxable account. Catastrophic mistakes like this happen all the time and you certainly don't want to be one of the casualties. Of course, most workers who leave their jobs end up taking the worst possible option. According to Hewitt Associates, a global human resources firm, 45 percent of departing employees grab their 401(k) cash and run. And the most financially irresponsible are employees in their 20s - 66 percent choose instant gratification.

You may have a better time resisting temptation if you appreciate how much even a modest 401(k) can grow over time. Suppose a 25-year-old moved \$5,000 from her 401(k) into an IRA rather than spending it on a trip to Maui. If the account generated an 8 percent annual return for 40 years, she'd have more than \$108,000 when she retired, instead of some faded photos of a sandy beach.

While an IRA is the very best place for your old workplace cash, it's often not a hospitable destination for company stock that's sitting inside your 401(k). Next week, I'll explain what to do with that.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at lynnoshaughnessy@cox.net. Visit Copley News Service at www.copleynews.com.



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847-965-1022

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Niles, IL 60714
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F: (847) 268-8186
www.nileschamber.com

Morton Grove Chamber of Commerce
Where Membership Grows Your Business

Women's Power Luncheon
Thurs., May 25 11:45am

Chick Evans Golf Course
to host May Women's Power Luncheon

The Morton Grove Chamber of Commerce's May 2006 Women's Power Luncheon is our first ever "Plantic!"

It is going to be held at Chick Evans Golf Course, 6145 Golf Road (East of Willow Road), Forest Preserve Golf Pro Chuck Young will be giving us hands-on golfing tips. Join us for the fresh air and fun!

Time: 11:45-1pm
Place: Chick Evans Golf Course
6145 Golf Road

\$10.00 pre pay
\$12.00 at the door
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NEWS

Laptop Computer Sale May 27 to Benefit Senior Program

Maine Township is upgrading its technology in order to offer seniors the best possible education. There will be a sale on used laptop computers on Saturday, May 27 from 9 a.m. to 1 p.m. at Maine Township Hall, 1700 Ballard Road in Park Ridge. This will be a first-come, first-

served cash sale. According to Supervisor Bob Dudycz, who is organizing the event, the proceeds will go towards the cost of acquiring new equipment for the Township's popular senior computer classes.

The Township has over 60 laptops available from Toshiba,

Dell and Micron. They are equipped with Pentium I's and II's and range in price from \$75 to \$125 each. They are all ready for immediate use.

For further information, please call Viki at 847-297-2510 or visit the Maine Township website at www.maintownship.com.

Another Perspective

BY MORGAN DUBIEL
COLUMNIST



Are Girls Valuable?

MTV, the music video station, has a name for girls - Midriff. A Midriff is a stereotype, like a Barbie doll, that has no basis in reality. Actually the Barbie example is a bit tame. A Midriff is prematurely adult, sexually precocious and understands that her power and value come from her ability to sexually control males.

The Midriff is consumed by her look, fitting in, and being attractive. At the apex of feminist thought what we have given our young women is really a collection of the same old sexual clichés, but repackaged as a new kind of female empowerment. Not much progress over the last forty years, eh?

MTV is just one aspect of the powerful media messages sent to girls. A recent article on female recording stars like Britney Spears states that the message to girls is "your body is your best asset, flaunt your sexuality even if you don't understand it." Girls are encouraged to be focused on personal satisfaction and physical appearance. In short shallow and self-absorbed.

Television, movies, magazines, radio, music, fashion and other media all carry this same stereotype. If you think your kids are watching and listening to "about the same type of music and TV I listened to and watched", as one parent recently told me, think again. Music and television are no longer filled with just sexual illusion and innuendo as they were a generation ago. Lyrics and dialogue are explicit - women and girls are sexed up and their best and high-

est use is pleasure. This theme is carried over to dress and fashion. It is all about appearance.

Where does all this lead? In the end it coarsens the relationships between men and women. It erodes traditional cultural norms and devalues the intrinsic value of each individual. If the expectation is that you are a "sexual creature" then the expectation is that you will have sex. If we accept as "normal" a teenager having sex with another teenager what comes next? If it is not a big deal that a 15 year old has sex with a 14 year old, then why not a 17 year old with a 14 year old? What if the sex occurs when that same 17 year old turns 18, 19...25 or 30?

Of course low expectations create lower expectations. At Niles North High School a 22 year old janitor is charged with aggravated criminal sexual assault for allegedly having sex with two female school students at a Cook County Forest Preserve, ages 14 and 16, in one case multiple times. This event is symptomatic, the disease is moral ambivalence and the low standards that presume you are little more than an animal and will behave as such. Tragedies like this are the result of tolerating a media culture that sexualizes girls and breaks down the normal psychological barriers that normally protect children. The effects are devastating, but unless we fight back the downward spiral will continue.

We need to raise our standards and stop the debasement of our children.

Story Continues...
see GIRLS page 12

Medication Disposal Drive May 31

The third annual "Unwanted Medication Disposal Drive" will take place on Wednesday, May 31 from 8 a.m. until 3 p.m. at 23 different locations in suburban Cook County and the City of Chicago.

The goal of the event is to collect old or unused prescription or non-prescription medicine for safe disposal by law enforce-

ment. All medications will be collected, but no hypodermic syringes will be accepted.

The event is sponsored by the Cook County Sheriff's Police, Chicago Police Department, Chicago Department of Aging, Chicago Department of Public Health, Illinois Attorney General's Office and the Metropolitan Water Reclamation

District of Greater Chicago.

Flushing drugs can kill beneficial bacteria responsible for breaking down waste at sewage treatment plants. Medicine can also damage septic systems and ultimately the environment. Also, if drugs are placed in the trash, drugs can be scavenged and illegally sold or poison animals.

VFW to distribute Poppies today

Buddy Poppies will be distributed by the Veterans of Foreign Wars in Park Ridge on May 25.

The Buddy Poppies are assembled by disabled veterans and the proceeds of the fund-raising campaign are used solely for the benefit of disabled and veterans in need. The basic theme of the campaign is to "Honor the Dead by Helping the Living."

The Mayor of the City of Park Ridge, Howard Primark, urges citizens of the community to wear a Buddy Poppy as mute evidence of their gratitude to the men and women of the nation who have risked their lives to protect the freedoms that U.S. citizens enjoy every day.

The annual distribution of the Buddy Poppies has been endorsed by government leaders since 1922.



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NEWS

Memorial Day parade Sunday

A Memorial Day parade will march down streets in Morton Grove on Sunday, May 28 at 1:30 p.m.

The parade is organized by the Morton Grove American Legion Post 134. Participants will assemble at 12:30 p.m. in the post parking lot at 6140 W. Dempster St. at Callie.

Frimark urges new emergency fund

Park Ridge Mayor Frimark asked the Human Needs Task Force to focus on finding the needs in the community and to put together an emergency fund at a recent task force meeting on May 9.

The mayor also asked the group to focus on raising funds, starting food drives again and continuing to network. The group

The parade route kicks off at 1:30 p.m. and continues east on Dempster to Austin, south on Austin to Lincoln, west on Lincoln to the library for a ceremony honoring the United States and its veterans who have risked their lives to protect America and its freedoms, north on Georgiana to the post.

Patriotic floats, all groups and

music are needed. Please contact the post at 847 965 0503 for more information.

There will also be an exclusive patriotic performance by the U.S. Coast Guard rescue boat, the U.S. Navy, U.S. Marines and special ROTC band unit. Residents are encouraged to wave their flags and show their pride for America.

home parties, Kids will suffer penalties for being busted, such as not being able to receive scholarships for college or to obtain a drivers license until they are an adult.

The Maine Township energy assistance program has been extended to May 31. If families reapply, they can get more assistance.

will come up with guidelines for emergencies. Terrorist acts do not fall into that category and they will be handled by government agencies instead. The food raised from food drives will go to all the agencies that have food pantries in the City of Park Ridge.

Also at the meeting, it was reported that Park Ridge and Des Plaines are "cracking down" on

GIRLS:

CONTINUED FROM PAGE 11

dren and our culture. If our children are our future is this really the kind of future we want to give them? As we get saturated with this kind of news we presume that this is normal. Parents need to intervene and monitor closely the lifestyles that their children are being pro-

grammed to emulate.

A dear friend of mine in the twilight of her life said that, "it was too late to turn back the clock." I disagree. It will not be easy, but we must re-establish the best and highest standards we can. As parents, families, friends, neighbors and teachers we should have and set high expectations for our children. Parents have a particular calling to guide their children and rear them

properly. This is not a time for finger pointing, but support, concern and love.

Girls are valuable and they need to know that, regardless of their shape, size and appearance, they are loved. There are many men who would like to spend a night with your daughter. Is that how she should spend her virtue? Isn't the goal to find someone who will spend a lifetime with her?



Roberta Schrader and her mother, Opal Schrader share a true love of gardening.

Morton Grove Garden Club members enjoy wet spring

Spring is in the air and along with the warm weather also comes colorful, vibrant flowers.

Roberta Schrader and her mother, Opal Schrader share a true love of gardening.

Roberta is the president of The Garden Club of Morton Grove and her mother was past president. They both are long-time residents of Morton Grove and have a garden filled with flowers and plants. "I just love gardening and I love the friendships," said Opal, about being a part of the garden club for over 40 years. Opal said every May her daughter plants tree peonies in their garden.

"She's made our yard a showcase," said Opal.

Roberta said she developed her love and passion of gardening from her parents and her grandparents.

Roberta enjoys planting all types of flowers and plants in her garden. "I've had flowers since February," said Roberta. In February, she planted Snow Drops. In the spring time, daffodils and tulips are popular to plant.

Roberta said now is the time for people to clean-up their yards and get ready to start planting. She generally starts planting spring flowers around Mother's day.

The Morton Grove Garden Club was started in 1953. It contains members from Morton Grove, Northbrook, Glenview, Niles, Skokie and Park Ridge. The group meets every month and a program is presented on a different topic.

On Tuesday, Apr. 25 at 7:30 p.m. at the Austin Park Field House, 8336 Marmora, a program called "Taking the Garden Through the Seasons" was given by Candy Cleveland.

There are currently about 30 members in the garden club, but all

of the public is always invited to attend the meetings.

"It's fun to hear about everyone's garden," said Roberta. "We tease each other."

Roberta said that in the past few years they have received district awards for increasing their membership. They have a lot of senior citizen members, but recently they have also gained some new younger members. Roberta is excited about that and she said they have new and different ideas to contribute to the club.

"For a small group we get some pretty good speakers," said Dolores Valenziano, publicity chairperson for the group. "It's a nice little group."

Valenziano said that some of the past programs discussed topics such as container gardens, caring for one's lawn, fall flowers, and more. They also have fresh flower workshops for members only. This May, they will have a speaker who is a volunteer at the Botanical gardens.

Valenziano said she enjoys the social aspects of being part of the club and she said you can always learn something new.

Roberta believes Morton Grove is a great community.

"There are two areas that we are proud of," she explained. The Garden Club of Morton Grove provides funding for plantings at Shermer and Harlem and on Central.

Roberta said that she recommends that gardeners take photos of their spring garden so they know where the plantings are and they do not dig the bulbs out.

The Tuesday after Mother's Day, the club holds an annual luncheon that attracts between 175 to 200 guests.

SPORTS

Niles Baseball League begins season

The Niles Baseball League kicked off their 48th season with their annual opening day parade that was held on May 13.

The parade started at the Notre Dame parking lot on Dempster St. in Niles. Participants marched

from Ozark to Main St. to Oketo and finally to Grennan Heights Park, where the opening day ceremonies took place. The event involved about 200 tee-ball players and 250 girls softball players from the Niles Park District and more

than 400 NBL ball players.

The NBL was chartered in 1958. Many of the NBL players have participated in the program since Tee Ball and are continuing to participate in the A.A. and A.A.A. upper leagues.



RAIDERS ROUNDUP

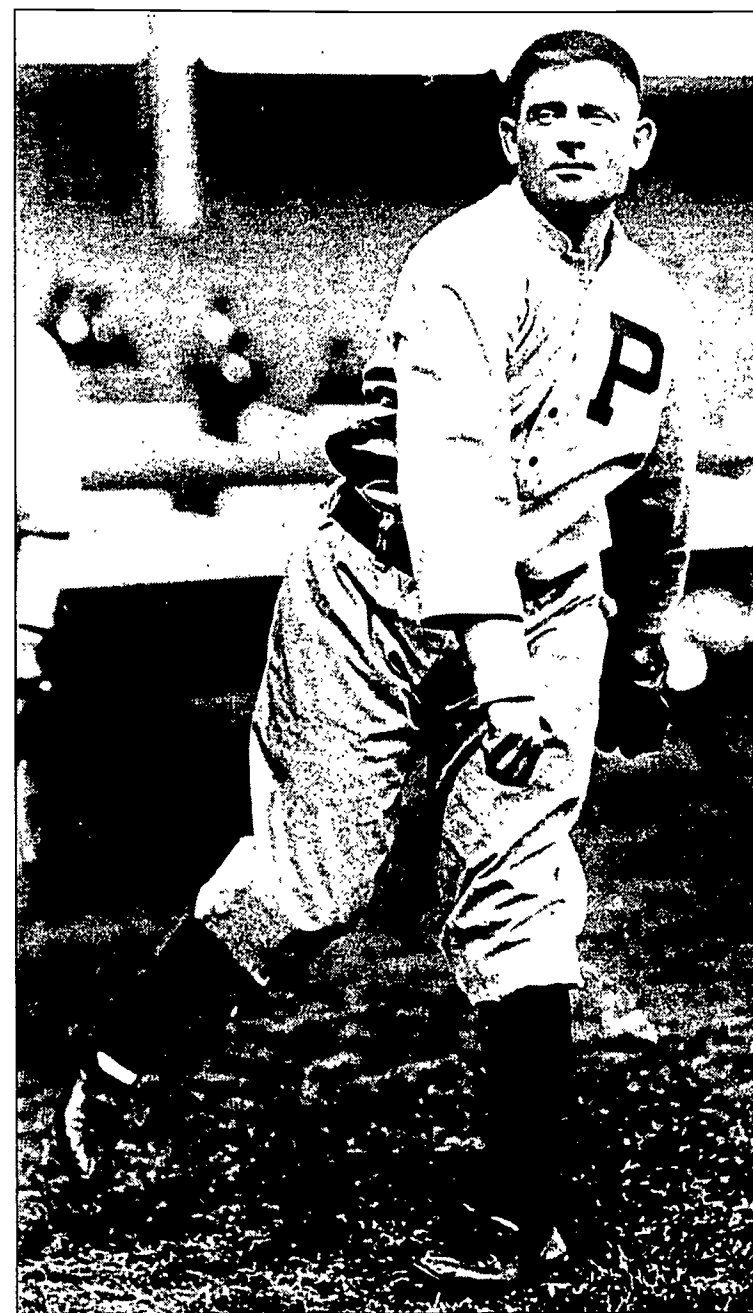
Week of May 20, 2006

ished the season with 41.

BASEBALL (BASEBALL (40-17-1, 11-3 Skyway Conference) Coming to a Close: Oakton's season came to end on Monday, May 15 as the Raiders lost 1-0 to Highland in the National Junior College Athletic Association (NJCAA) Region IV Division II Baseball Sectionals, a double-elimination tournament. The previous day, Oakton fell to Kankakee 4-1. Oakton's 40 wins is the most since 2003, when the Raiders fin-

TRACK & FIELD Keeping Tabs: Pat Savage, Oakton's former cross country, track, and marathon coach, has been named the interim head coach for the men's and women's cross country and track teams at DePaul. From 1971 - 2003, he enjoyed tremendous success at Oakton coaching 39 NJCAA All-Americans and four NJCAA national champions. In 2002, his team won the NJCAA national championship

in the marathon. Savage has mentored over 200 All-State athletes and 19 Skyway Conference cross country champions and his Oakton teams have won eight NJCAA regional titles. An eight-time NJCAA Region IV Coach of the Year, Savage was elected to the Illinois Track and Cross Country Coaches Hall of Fame in 1989. An exceptional collegiate runner for the Blue Demons, he also was inducted into DePaul's Athletic Hall of Fame in 1993.



Long before Ruth, Cravath was the one setting records and making headlines

SPORTS ROUNDUP

BY JERRY MAGEE
COPLEY NEWS SERVICE

The baseballs Clifford Carlton "Gavvy" Cravath hit were dead, and so is he, his deeds as a home run hitter lost in the dust of history.

A pity, and arguably an injustice. Cravath, the first native of San Diego County to play in the major leagues, was Ruthian before Babe Ruth. When he hit 24 home runs, then an astounding total, for the Philadelphia Phillies in 1915, his total exceeded the number of home runs by most of the 16 teams then in the major leagues.

Baseball historian Bill Swank said Robert W. Maxwell, for whom the Maxwell Award is named, once

proclaimed Cravath "the greatest home run hitter in the history of baseball."

Cravath's reward: to be excluded from baseball's Hall of Fame, which is closed to him forever. The last year in which players whose careers were before 1920 were eligible for admittance was 1999. Cravath would die in 1963 at the age of 82 without being tapped for an honor Swank believes should have been his.

"He was baseball's first home run hitter," Swank said.

His time in the game was during the "dead ball" era, when baseball was different and so were the baseballs.

"The home run wasn't important," Swank said. All the teams

Story Continues...
see CRAVATH next page.

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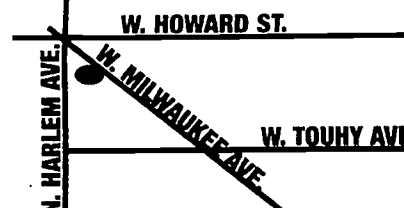
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SPORTS

Cravath's numbers

Year	Team	AB	R	H	HR	RBI	Avg.
1908	Boston (AL)	277	43	7	1	1	.256
1909	Chi-Wash (AL)	56	7	9	1	9	.161
1912	Phil (NL)	436	63	124	11	70	.284
1913	Phil (NL)	525	78	179	19	128	.341
1914	Phil (NL)	499	76	149	19	100	.299
1915	Phil (NL)	522	89	149	24	115	.285
1916	Phil (NL)	448	70	127	11	70	.283
1917	Phil (NL)	503	70	141	12	83	.280
1918	Phil (NL)	426	43	99	8	54	.232
1919	Phil (NL)	214	34	73	12	45	.341
1920	Phil (NL)	45	2	13	1	11	.289
Total		3,951	575	1,134	119	719	.287

CRAVATH:

CONTINUED FROM PREVIOUS PAGE

played what is currently known as "little ball," bunting, using the hit-and-run, playing for one run at a time. "Hit 'em where they ain't" may not have been grammatical, but it was pretty good advice.

"It was Cravath who said, 'Hey, the way to score runs is to hit the ball out of the park,'" Swank said. And Cravath did, six times either leading the National League in home runs or tying for the lead. The baseballs he dispatched over fences were not the bright, shiny objects of today; they often had been discolored by much use and by tobacco juice or licorice, which made them difficult for a batter to see.

"I mastered a trick that helped in the late innings," Cravath told *The Sporting News* in 1941. "I would slant my bat and deliberately foul a black apple into the grandstand. Then we would get a new one, and I still would be at bat. Maybe the pitcher would be tired and couldn't put everything he had on the ball. Wham! I had another over the fence."

A muscular 5-foot-10, 185-pound outfielder and a right-handed hitter, Cravath profited through his seasons in Philadelphia by the proximity of the right-field fence at Baker Field, a home run haven. Many of his home runs went to right field, but he was hitting them when others were not.

When he hit 24 home runs in 1915, no one else in the National League hit more than 13. Cy Williams' total for the Chicago Cubs. Cravath's 24 homers would represent a post-1900 major league record for only four seasons, until 1919. By then, baseballs had been made more lively and the Babe hit 29 for Boston before more than doubling Cravath's mark the next season by crashing 54.

"The ball got more muscular," Swank said. "Now it's the players who have gotten more muscular."

In June 1921, Ruth eclipsed another Cravath standard when he connected off Cleveland's Jim Bagby for the 120th home run of a career that would span 15 additional seasons. Cravath, who held the post-1900 career homer record of 119, was managing the Salt Lake City Bees of the Pacific Coast

League when his mark was bettered.

Cravath was born March 23, 1881, in what is now Escondido, Calif.

"But when he would be asked where he was born, he would say San Diego," Swank said. "People didn't know where Escondido was. They probably couldn't pronounce it."

Cravath was a member of the Escondido High class of 1899. In high school, he played football and baseball. His professional career began in 1902 when he played on a San Diego team in the California League, which was not part of organized baseball. In 1903, the Pacific Coast League was formed and Cravath was signed by the Los Angeles Angels.

He would remain with that club through 1907, when he was the Coast League's MVP. After that season, his contract was purchased by the Boston Red Sox, but the Red Sox had Tris Speaker and Harry Hooper in their outfield. After trials in 1909 with the Chicago White Sox and the Washington Senators, Cravath found himself a member of the Minneapolis Millers of the American Association.

"And he couldn't get out of there," Swank said.

Not until 1912, as a "player to be named later," was Cravath assigned to the Phillies. He would become a player/manager of the club in 1919 and 1920.

Cravath and his wife, Myrtle, who is remembered as one of the first women in California to drive a car, had two daughters. In 1909, one of them, Barbara Jacobs of Prescott, Ariz., then 82, said her father never made more than about \$5,000 a year as a baseball player.

In 1927, Cravath, although he had no legal training, became a justice of the peace and a judge in Laguna Beach. His brand of justice was founded not in law books but of common sense.

On one occasion, he found a party guilty of illegally possessing abalone. Since he did not approve of the game warden's detection methods, he fined the guilty fisherman two cents.

Cravath was posthumously inducted into the San Diego Hall of Champions in 1985. He died in his sleep in Laguna Beach on May 23, 1963.

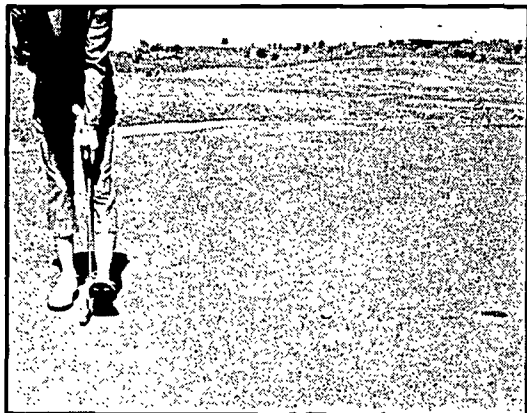
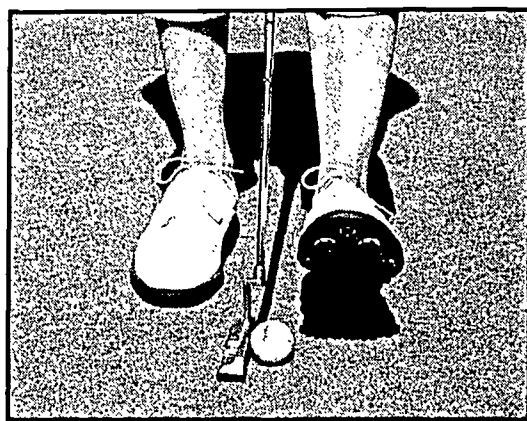
Professional Golf Tips With Tina Mickelson

Drill for better wrist position

The key to a good putting stroke is keeping the wrists solid and still. But that can be easier said than done. A friend of mine used to be way too "wristy" in his putting stroke but now his wrists stay completely solid throughout his entire stroke, making him a much more consistent putter. He told me the following drill helped him a lot:

- Set up to your ball as you would for a regular 5-foot putt.
- Move your left foot forward so it is just in front of your ball and, keeping your heel on the ground, lift the toes of your left foot.
- Make your regular putting stroke. What you will find is once you strike the ball it will roll under your foot however, the shaft will stop when it hits your shoe. You will find that it is impossible for your wrists to collapse.

As you repeat the drill you will understand what it feels like to keep your wrists firm. Not only will you enjoy your ball going straighter and find you have better distance control, but you will notice a different roll on your ball as well.



Copley News Service/Tina Mickelson, PGA

Photos by Paul Nasri

Pro Golf Tour Update

May 25 - 28, 2006

This Week's PGA Tournament

FedEx St. Jude Classic
Defending: Justin Leonard
Total Purses: \$5,200,000
Yards: 7,244
Par: 70

Tennessee. Most people have known this tournament as being hosted by Danny Thomas and his tireless work with the St. Jude Children's Research Hospital. Federal Express Corporation became the title sponsor in 1986 and that relationship has been intact ever since. One of the greatest golf accomplishments occurred at this tournament in 1977. Al Geiberger did the unthinkable and fired a 13-under par round of 59 during the first round on the longest course on the PGA Tour.

PGA Tournament FORECAST

Thursday	Friday	Saturday	Sunday
Isolated T-storms Hi: 89 Lo: 69	Partly Cloudy Hi: 87 Lo: 70	Partly Cloudy Hi: 88 Lo: 69	Partly Cloudy Hi: 89 Lo: 68

PGA Tour Player Profile

Tim Herron
Birthdate: Feb. 6, 1970
Birthplace: Minneapolis, Minn.
Residence: Scottsdale, Ariz.
Turned Professional: 1993
World Ranking: 60

2006 Earnings: \$1,469,705
PGA TOUR Victories: Four victories, the 1996 Honda Classic, 1997 LaCantera Texas Open, 1999 Bay Hill Invitational and the 2006 Bank of America Colonial.

Last Week On The PGA Tour

Tournament Results
Champion: Tim Herron
Purse: \$1,080,000
2nd Place: Richard Johnson
Purse: \$648,000
3rd Place: Rod Pampling
Purse: \$408,000

Tim Herron, without a PGA Tour victory since 1999, ended the drought with a play-off success in the Bank of America Colonial tournament at the Colonial Country Club in Fort Worth, Texas. Tim Herron and Richard Johnson had finished at 12 under par 268, two shots clear of Rod Pampling. Pampling, joint overnight leader with Herron, lost momentum with a double bogey at the 15th and had to settle for a level par 70 that left him two strokes out of the play-off. Johnson forced the play-off after birdies at the 17th and 18th gave him a final round of three under par 67. An edgy Herron had sank a nine footer for par at the last hole for a round of 68. In the play-off, Herron edged out Richard Johnson with a birdie at the second extra hole.

Golf Trivia

Which one of these states has NOT hosted a U.S. Open?
a) Georgia b) Minnesota c) Connecticut d) Texas

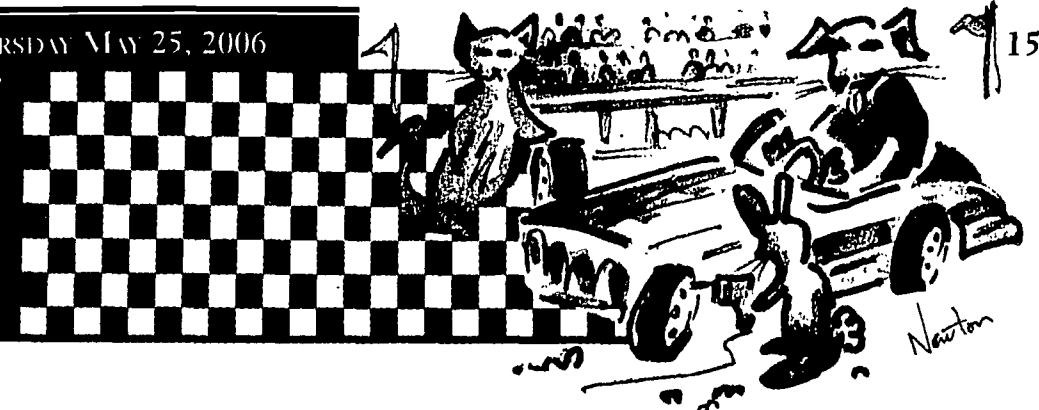
Answer: c) Connecticut

Golfing Tip

One of the biggest weaknesses that the amateur golfer has is the tendency to get very tentative when it comes to putting. We try to hit the putt so perfect that we are looking for it to "die" as it reaches the hole. This is a good strategy on long putts where you want to tag them near the hole, but we do it too many times on the short putts. You need to have the reverse mindset and try to aim the putt into the hole. The area within a couple feet of the hole is where everybody walks during their round. As a result, there is a greater likelihood of having more spikes marks in place to knock putts off-line. Therefore, you need to put enough authority into the short putts to make sure you keep the line. Even if you go past the hole more than a few times, this is a better way to make more putts in the future.

2006 Money Leaders			World Rankings			Driving Distance			Putting Average		
Rank & Player	Money		Rank & Player	Score		Rank & Player	Avg.		Rank & Player	Avg.	
1) Phil Mickelson	\$3,237,992		1) Tiger Woods	17.18		1) Bubba Watson	321.2		1) Phil Mickelson	1.706	
2) Jim Furyk	\$3,038,549		2) Phil Mickelson	9.66		2) J.B. Holmes	312.6		2) Tommy Armour III	1.710	
3) Stuart Appleby	\$2,685,675		3) Retief Goosen	8.20		3) Robert Garrigus	310.3		3) Brian Gay	1.712	
4) Geoff Ogilvy	\$2,580,759		4) Vijay Singh	7.75		4) Brett Wetterich	308.8		4) Retief Goosen	1.714	
5) Tiger Woods	\$2,485,083		5) Jim Furyk	6.63		5) Tag Ridings	308.3		5) Nathan Green	1.716	

the PET STOP



Mattingly's Full House
Lots of love for pets in Morton Grove House

BY TRACY YOSHIDA GRUEN
STAFF WRITER

"The cats were literally thrown away."

Gerald Mattingly
Morton Grove resident
on his two adopted
Tabby Cats found in
an alley.

"

Gerald Mattingly of Morton Grove has quite a full house. His pets include a silky terrier, named Cricket; a Japanese Chin named Presley (yes, after "the" Elvis Presley), a black pug named Peaches and two Tabby cats, Scampy and Socks. Mattingly and his wife have lived in Morton Grove for many years.

With the sound of Cricket barking enthusiastically in the background, Mattingly took the time to talk about his pets with the Bugle Newspapers.

A few of his animals have interesting stories behind them.

Cricket's story possibly stands out the most. In 2004, Cricket escaped from their back yard and was missing for six days. Mattingly said that they were very lucky that someone did find

him. When a lady who spotted him saw him near the forest preserves by the Skokie courthouse, she pulled up next to him and Cricket jumped in her car. She then tracked down Mattingly. Amazingly, Cricket traveled all the way from Georgiana in Morton Grove, across Dempster, across Church and across the busy street of Golf Rd.

Mattingly's Full House

The Pets:
Cricket, a silky terrier
Presley, a Japanese Chin
Peaches, a pug
Scampy, a tabby cat
Socks, a tabby cat

"He was a long, long way from home," said Mattingly. He said that today Cricket is doing great and he's very lucky to have him back home.

The two Tabby cats were found in an alley in Morton Grove off of Dempster St. after being abandoned by their owner. Mattingly said he believes they are brother and sister.

"The cats were literally thrown away," said Mattingly.

All of the pets get along with each other, although the cats seem to stick to themselves for the most part. Mattingly has a fenced in backyard so the dogs enjoy playing outside during the nice summer months. Every pet has "a very different" personality.

Mattingly said that the veterinarian bills for the animals could be as expensive as the medical bills for humans at times. He has one dog and one cat that have a

heart condition so medical costs can be rather high at times. The pets go to the Northshore Veterinarians in Skokie. Mattingly did have another pug, but he had to put him down due to his physical and mental condition.

When asked what Mattingly thought of the new animal ordinance approved by the Village of Morton Grove, he said that it seems fine. He said that two dogs on his block have been seen running around without a leash and he said that is very "irresponsible" on the owners part. He believes the owners should be given a ticket and the animals should have to be "bailed out of jail."

So, does the crystal ball show any more four-legged friends at the Mattingly household in the future?

Well, Mattingly said he's content with the pets that he has.

Does Polly really want a cracker, or is she chirping for something else?

PET TALK - THURSDAY, MAY 18, 2006

Dr. Darrel Styles, a veterinarian at the College of Veterinary Medicine & Biomedical Sciences at Texas A&M University, says birds can make great pets, but caring for them can be quite a job.

Dating back to the ancient Egyptian times, people have enjoyed birds as companions, says Styles. "People like them

for their colorfulness, inquisitiveness and intelligence," he says.

"They are also popular for their ability to mimic human speech."

Although birds can be very devoted pets, Styles says there are some things potential owners should know.

"They are not domesticated animals," he says. "When you own a bird, you have to be willing to endure the normal changes

that would occur in a wild bird such as sexual behavior and aggression.

"Birds are also likely to develop adverse behaviors if they are left alone for a long time," says Styles. "One serious behavioral problem that can occur in stressed birds is feather plucking."

If you decide you want a pet bird, Styles suggests researching the type of bird you wish to purchase beforehand.

"Many times people are unaware that different species of birds have different characteristics," says Styles. "Choosing the right bird species for you depends on your expectations of the animal. If you want an interactive bird, a parrot is a good choice. But if you want a bird that is amusing to watch, finches are very animated and entertaining."

Polly may want crackers, but are crackers good for her? "It's

necessary for birds to have variety in their diets," says Styles. "Plenty of seeds, fruits, vegetables and table food in moderation should be great for your bird." Birds should not be fed spicy or fatty foods, he adds.

In addition to a well-balanced diet, Styles says birds need medical attention just like any other animal.

Story Continues... see TALK page 15.

Hey Readers! Like our new "Pet Stop" Section?

We hope you're enjoying our Pet Stop Section. Jerry is our the Pet of the month this issue. If you think your pet is the most lovable, our next issue is June 22, so send or e-mail your photos to:

Pet Stop: Pet of the Month
The Bugle Newspapers
7400 N. Waukegan Rd.
Niles, IL 60714

Or e-mail: editor@buglenewspapers.com

Good luck!

PET STOP

Owner takes to heart dog's cardiac X-ray

POINTS ON PETS

BY R.G. ELMORE, D.V.M.
COPLEY NEWS SERVICE

Q: During the last routine physical examination of our 9-year-old male Doberman pinscher a few days ago, the new, young associate veterinarian in the practice where we take our dogs noted that an X-ray of the chest revealed an enlarged heart. Although our more experienced veterinarian did not seem too concerned about this finding, we have noticed that our dog is less energetic and does not seem to want to play nearly as much as he used to. We are worried. What should we do?

A: Because you are worried about this new finding in your aging dog,

you should ask your local veterinarian for a referral to a veterinary cardiologist. Most likely you will be referred to a specialist at a clinic associated with a veterinary college or a large veterinary specialty practice in an urban area. These institutions have very sophisticated diagnostic equipment, such as MRI machines and ultrasound equipment. You probably will be referred to a clinic where a board-certified veterinary cardiologist practices. Although a specialist might not be able to explain why your dog is less playful now than he used to be, you will feel better about having done everything possible for your dog. You will also have a specialist's opinion about your dog's heart.

Although the finding of an

enlarged heart might be insignificant, it is possible that your dog is developing a serious condition called dilated cardiomyopathy. This abnormality is most often diagnosed in large, middle-aged to older dogs such as Doberman pinschers, Great Danes, St. Bernards, Newfoundlands and Irish wolfhounds. Although this cardiac abnormality is most often seen in male dogs, it can occur in females as well.

Whenever dilated cardiomyopathy occurs, the muscles of both sides of the heart lose their ability to contract and pump blood. Eventually, the heart muscles become thin and lose tone. This eventually leads to erratic heartbeats and congestive heart failure, which results in death. Usually treatment for dilated cardiomyopathy is not effective.

A second opinion from a cardiac specialist will either ease your concerns or help you get your dog started on a treatment regimen as soon as possible. You faithful companion deserves the very best that veterinary medicine has to offer.

Q: Following the death of our dog recently, our veterinarian requested that we allow an autopsy to be performed. Our veterinarian felt that doing the autopsy would help explain why our dog died and would help him in treating similar cases in the future. We refused to have the autopsy done because we wanted to have a funeral and burial for our dog. We did not want our dog to be disfigured for the viewing. Did we make a bad decision?

A: Although autopsies can be performed on a pet in such a way that

the body can be returned to the owner for viewing and burial, you did not make a bad decision. It is difficult to make decisions at the time of the loss of a pet. You should not second-guess your decision. Your veterinarian understands your decision and respects you for doing what you thought was best for your lost friend. Hopefully, you can remember the good times with your dog. Losing a pet is never easy.

Send e-mail to copleysd@copleynews.com or write to Pets, Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190. Only questions of general interest will be answered in this column.

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Visit Copley News Service at www.copleynews.com.

PET OF THE MONTH - JERRY



Jerry, the Boston Terrier, is a frequent visitor to his "Grandpa" Dick Barton's office in Park Ridge. Here Jerry shows off his new favorite toy while "Mini Me" Jerry looks on.

To submit your pet for consideration as The Bugle's "Pet of the Month" send a photo and a description of why they should be selected to: The Bugle, 7400 N. Waukegan, Niles, IL 60714 attention "Pet of the Month."

TALK:

CONTINUED FROM PAGE 14

"Healthy birds usually require annual veterinarian check-ups," he says. "Birds also need maintenance visits twice a year, which include beak and nail trims and flight restrictions."

As far as shelter, Styles recommends buying cages from well-known manufacturers with a good reputation. "The type of cage depends on the species," says Styles. "Birds should be kept in a strong cage that is coated and made with safe materials like stainless steel."

In most cases and in a controlled environment, birds and other pets can get along.

"The animals should be carefully introduced to each other," says Styles. "If the introductions go smoothly, further playtimes should always be supervised."

As long as everybody knows his or her role, he says, interaction can

be good, but there are always risks. "My experience has been that pets can be taught birds are off limits, but the birds will always be nervous."

"Owning a bird is a long-term commitment, adds Styles. "You need to make a plan for your bird in case it outlives you. I've seen birds outlive two or three generations of people."

Birds can make great companions, but before you choose your new best friend, Styles recommends doing your research.

ABOUT PET TALK

Pet Talk is a service of the College of Veterinary Medicine, Texas A&M University. Stories can be viewed on the World Wide Web at <http://communications.tamu.edu/pettalk/>.

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SENIORS

Summer Evening program schedule in effect for Niles

Niles Senior News

NSC Highlights

For a detailed description of programs & activities or to ask about membership or registration 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.

MAY REGISTRATIONS

Drop off Registrations from the May Naturally Active

Were due at the Center on Friday, May 5. In-person Registrations for programs with space available began Wednesday, May 10th.

NILES SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 29th FOR THE MEMORIAL DAY HOLIDAY

SPECIAL SUMMER EVENING PROGRAM SCHEDULE GOES INTO EFFECT IN JUNE \$2.00 (with dinner) 5:00PM - 8:30PM. Beginning with the first Wednesday in June, Niles Senior Center will begin offering a weekly "Dinner and a Movie" featuring a broad spectrum of movie favorites from the 1930's to the present. Before the movie, enjoy the special \$2.00 Hot Dog Dinner served at 5:00PM and then relax and enjoy the movie. ADVANCED REGISTRATION IS REQUIRED if you are planning to join us for dinner. If you want to come for the movie only there is NO charge and you are not required to register in advance. The June Movie Schedule is as follows:

June 7 ~ Family Stone (2005 PG13) with Sarah Jessica Parker, Luke Wilson, and Diane Keaton.
June 14 ~ Wizard of Oz (1939 G) Judy Garland
June 21 ~ Just Like Heaven (2005 PG13) Reese Witherspoon & Mrk Ruffalo
June 28 ~ Casablanca (1942 PG)

Humphrey Bogart

MOONLIGHTERS TRIP TO TOMMY GUN'S GARAGE, Thursday, June 15th \$50

The Roaring Twenties come alive at Chicago's original Speakeasy Dinner Theater. You'll be transported back to the 20's for an interactive musical comedy revue. Choice of Entrée! 5:00PM check-in at the Niles Senior Center; return approx 10:00PM. For info on ticket availability, call Jaymi 847 588-8420.

IS YOUR HEART HEALTH WORTH 15 MINUTES OF YOUR TIME? Wednesday, June 14, 9:00-4:30 by Appointment ONLY (847) 956-6850 \$70

The Niles Senior Center and the Alexian Brothers Hospital Network are taking the first step in stroke and heart attack prevention by offering the innovative Alexian Brothers Assessment Program. The Screening consists of Carotid Artery Ultrasound, ABI (a test for blockage in the legs), EKG, AAA (scans for aneurysms of abdominal aorta), Blood Pressure and pulse,

Body Fat Measurement, Health Education Materials, Immediate Results and Consultation. Anyone can participate. The cost is \$70. Registration is REQUIRED - call 847 956-6850. A limited number of appointments are available.

OVER 90's CELEBRATION, June 22, 2006

Are you or someone you know celebrating your 90th (or over) birthday in 2006? If so, this celebration is for you! Please contact Jaymi Ostman at the Niles Senior Center for more information about this wonderful celebration.

NEW MEMBERS INVITED TO GET AQUAINTED WITH THE CENTER, June 15 from 10-11:00AM

Newcomers are asked to call the Niles Senior Center to reserve a place at our June 15th NEWCOMERS MEETING and TOUR. Take a tour of our beautiful facility and meet members of our staff. 847 588-8420.

HEALTH ISSUES ADDRESSED

AT THE CENTER

Be sure to take advantage of the many Health related programs and lectures offered at the Niles Senior Center. In addition to the regularly scheduled programs, the Center will offer the following during the month of May. Registration required. Call for more info (847 588-8420).

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Park Ridge Seniors plan trip to Botanic Gardens

Park Ridge Senior News

BOTANIC GARDEN TRIP

The Park Ridge Senior Center has planned a trip Tuesday, June 20 to the Chicago Botanic Garden. The motorcoach departs the center at 10:45 a.m. with a special lunch stop at Lovell's of Lake Forest. This restaurant is owned by former

astronaut Captain James Lovell. In addition to being an excellent restaurant, you will be able to see some of his space memorabilia. The lunch menu includes salad, your choice of North Atlantic Salmon or a boneless breast of chicken with capers and artichoke hearts, and chocolate mousse for dessert. After lunch, it's on to the Chicago Botanic Garden. A tram ride has been arranged to see the

Events Continue...
see PR SENIORS next page.

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SENIORS

AARP Driving program to be held in Morton Grove

Morton Grove Senior News

AARP DRIVER SAFETY PROGRAM

AARP's "Driver Safety Program" is an eight-hour two-day course for motorists age 50 and older. It focuses on the physical changes that accompany aging and on ways drivers

can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they may receive a discount on a portion of their automobile insurance. Courses are now offered monthly in Morton Grove with the next course times from 9 a.m. to 1 p.m. on Saturdays, June 3 and 10 at the Morton Grove Senior Center; and from 12 noon to 4 p.m. on Tuesday, July 11 and Thursday,

July 13 in the Prairie View Community Center. The cost of the course is \$10. Register by calling the Senior Hot Line at 847/470-5223.

MORTON GROVE HISTORICAL MUSEUM TOUR

Take a look back into the history of our Village by joining this free tour of the Morton Grove Historical Museum at 1 p.m. on Monday, June 5. Please register by calling the Morton

Grove Senior Hot Line at 847/470-5223 before May 30.

CHOLESTEROL SCREENING

The Morton Grove Senior Center's monthly Cholesterol Screening will be held at 9 a.m. on Wednesday, June 7. Swedish Covenant Hospital will administer the screening, which provides a full lipid profile including total cholesterol, HDL, LDL and triglycerides. Results will be available within seven working days. Reservations can be made by calling the Morton Grove Senior Hot Line at 847/470-5223. Fasting for 12 hours is also required but water and medications are allowed. The cost is \$10 for residents age 65+ and \$12 for non-residents and residents under age 65.

SEXUALITY & THE OLDER ADULT SEMINAR

Mr. Jay Lewkowitz, Executive Director of the Oakton Pavilion and Oakton Arms facilities in Dcs Plaines will visit the Morton Grove Senior Center at 1:30 p.m. on Thursday, June 8 to discuss "Sexuality & the Older Adult." There is no charge for this Seminar, but please register

by calling the Senior Center at 847/470-5223.

"SUN SAFETY & SKIN CANCER PREVENTION"

Long-term exposure to the sun's rays is one of the leading causes of skin cancer and other skin conditions like age spots and wrinkles. Come and learn some tips on how to enjoy the sun safely at 1 p.m. on Monday, June 12 in the Morton Grove Senior Center. The Village of Morton Grove and the American Cancer Society is sponsoring this presentation by Donna Krickl, R.N. The cost is \$1 so please register in-person at the Senior Center.

"BELMONT VILLAGE" TOUR

Morton Grove seniors are invited to hop on board for a tour, lunch and bingo at Belmont Village in Glenview. The bus will depart from the Morton Grove Senior Center at 10:30 a.m. and return at 1:30 p.m. on Tuesday, June 13. The cost is just \$2. Please register in-person at the Senior Center before May 30.

PR SENIORS:

CONTINUED FROM PREVIOUS PAGE

gardens. There will be time to walk around the garden and visit the gift shop. Return to Park Ridge will be about 4 p.m. Reservations are required in advance and made according to current registration policy. The charge for the day is \$55.00. Indicate your menu choice at time of registration.

MONTHLY LUNCHEON

The monthly luncheon for June will be the day for the annual Senior Center meeting. The date is Monday, June 19 with the doors opening at 12 noon and lunch served at 12:30 p.m. Menu will be sloppy joes with cole slaw, chips, and dessert. After lunch, there will be reports given by Center officers and committee chair people. The winners of the Senate election will be announced. Reservations are required and should be made according to current policy. There is a \$6.00 charge for lunch. If you do not want to come to lunch, but would like to attend the annual meeting, please let the Center know at 847-692-3597. This is a good way to learn how things operate at the Center.

CUBS VS. MILWAUKEE GAME
On Wednesday June 28 there is a trip to the Cubs vs. Milwaukee planned. The bus departs at 10:45 a.m. This trip lunch is on your

own, in or around the ball park as there will be time before the game starts. Grandstand seats have been reserved for the game. Return to Park Ridge will be after the game probably around 6:30 p.m. Reservations are required and should be made according to current policy. There is a \$27.00 charge for game ticket and motor-coach transportation.

FOOD DRIVE

For about a month the Center has been collecting food and it has been very successful. Sixteen boxes of food and other items were collected and will be distributed by the Maine township Food Pantry. Thanks to all.

A SEASIDE HOLIDAY

A Seaside Holiday is the name of a 5 day trip to Cape Code and Boston planned for September 12-16, 2006 featuring Martha's vineyard and Nantucket. There will be stops at the John F. Kennedy Memorial and the Korean War Memorial, tour of the whaling museum, Plymouth Rock and the Mayflower and much, much more. A \$200.00 deposit per person is required to reserve your space and final payment due by July 3, 2006. Total cost is \$1498.00 person for double occupancy. \$1729.00 single occupancy. American Classic Tours is the tour company. You can call the center for more information.

HAVE YOU HEARD

COMMUNITY ANNOUNCEMENTS

Liberty Bank for Savings to Host Free Shredding Days

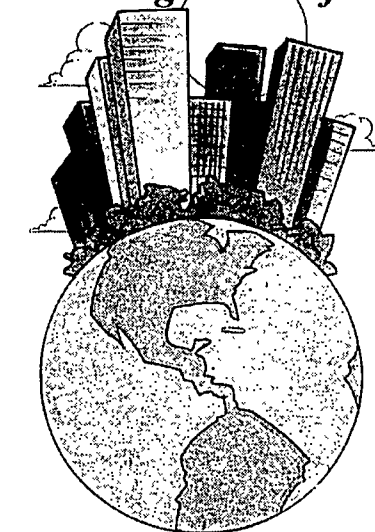
The public is invited to attend two free shredding days at Liberty Bank for Savings Norwood and Lincolnwood locations. The first will be held Saturday, June 10 at 7111 West Foster Avenue in Chicago. The second will be the following week; Saturday, June 17 at 6666 North Lincoln Avenue in Lincolnwood. Both events will be held from 9:00 AM to 12:30 PM.

Liberty Bank will provide free shredding of unwanted personal documents as a service to keep the community safe from identity theft. There will also be an opportunity for participants to win a free personal shredder which will be raffled off at each event.

Established in 1898, Liberty Bank for Savings has been a member of the Chicago business community for over 108 years offering a variety of products to meet the financial needs of individual and business customers.

Edward Jones Offers Investing in Action Program:

"Making Sense of International Investing"



Edward Jones investment representative Nick Katsoulas of Niles is hosting a free broadcast presentation titled "Making sense of International Investing" at 10:30-11:30am or 5:30-6:30pm, Tuesday, June 6, 2006 at our offices at 7627 N. Milwaukee Avenue.

More Americans are investing in foreign companies now than ever before. During this one-hour interactive program, participants will find out how to diversify their assets, take advantage of growth beyond U.S. borders and navigate the risks inherent to international investing, such as

currency fluctuations and political and economic events.

Edward Jones financial experts will help make sense of investing internationally and give their midyear economic update.

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

To reserve a seat or for more information about the Tuesday, June 6, 2006 program, call Katsoulas at 847-663-1650. For those unable to attend, additional viewing opportunities are available.

Fun Run Benefits The Midwest Children's Brain Tumor Center

The seventh annual Annie Ryan Fun Run that benefits the Midwest Children's Brain Tumor Center at Advocate Lutheran General Children's Hospital in Park Ridge was held on Sunday, May 21.

The event that was held in Elmhurst included a 5K/3.1 mile

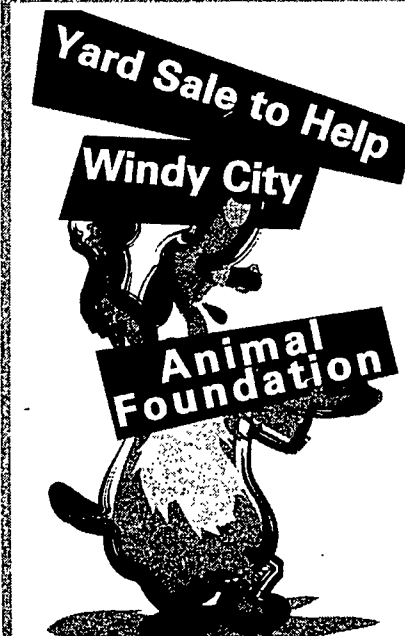
run and a "Kids Running For Kids" one-mile dash.

The event was established by the family of former Illinois Attorney General Jim Ryan and his wife Marie to honor and celebrate the life of their daughter, Annie Marie Ryan, who lost her life to a brain tumor at age 12.

At the event that more than 2,000 people were expected to participate in, the Jesse White Tumblers performed, and there was face painting, raffle prizes and ice cream served.

The Midwest Children's Brain Tumor Center of Lutheran General Children's Hospital is

NEW DOG AND CAT RESCUE IN CHICAGOLAND RAISING FUNDS THROUGH HUGE YARD SALE.



Windy City Animal Foundation to place unwanted, discarded, abused, and neglected dogs and cats in loving and caring homes, by Patricia Robles (Mortgage Consultant in Niles, Scenario Mortgage) and Joy Culver (Branch Office Admin at Edward Jones in Niles, Edward Jones) in January 2006.

We are raising money for food, shelter, and medical expenses for our animals. All proceeds will go to Windy City Animal Foundation. Please join us for a day of grilling and yard sale goodies. If you can't make it and would like to donate any of your old or unused items, please email or call for a drop off address near you:

probles@windycityanimals.org

or call 773-991-1837.

Niles Park District Offers College Promotion



Niles Park District Offers College Promotion-Special Fitness Membership Rate! Now through September 1, 2006, college students may

sign up for a Niles Park District Fitness Membership at a special rate. Sign up for the rate of \$99, and you will have access to fitness rooms at Tam Tennis & Fitness and Golf View Recreation Center, unlimited fitness classes, and the walking track. For additional information; please call (847) 967-1529.

St. John Brebeuf's Hosts Annual Super Flea Market

St. John Brebeuf's annual Super Flea Market, sponsored by the

SJB's youth ministry and boy scouts will take place on Saturday, June 3.

The event will take place in the school parking lot at 8307 N. Harlem from 9 a.m. to 3 p.m. Food and beverages will be available throughout the day at nominal prices.

Admission is 50 cents. There are a few vendor spaces remaining. For information call Kathy Bamat at 847 255 3543.

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MEMORIAL DAY

MONDAY MAY 29 2006

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We honor them and show our eternal gratitude for their sacrifices by keeping alive their memories alive in continual dedication to the goals of peace and the preservation of liberty.

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STANDARDS of RESPECT Flag Etiquette



The Flag Code

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

- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used as a drapery, or for covering a speakers desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be dis-

carded after temporary use. Advertising signs should not be attached to the staff or halyard

- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.
- The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.
- The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

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

The flag should be cleaned and mended when necessary.

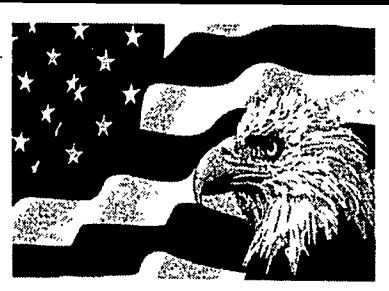
When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

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

Niles
CHAMBER OF COMMERCE AND INDUSTRY

Have a Safe & Happy Memorial Day

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www.nileschamber.com



The Bugle Wishes Everyone a Safe and Happy Memorial Day

The Bugle will be closed on
Monday, May 29th

LIFE

COOKING CORNER

Dairy returns to favor

SONYA EMBRY
Copley News Service

Sometimes it's the simplest of recipes that bring pleasure to the mouth on a hot June day. And when Jennifer DeHoog is doing the preparation, those recipes are sure to include a dairy product or two.

DeHoog, a nutrition educator with the St. Louis District Dairy Council, has grown fond of the Xtreme Chocolate Frappe, for example, that contains low-fat yogurt and milk. But sometimes she opts for a fruit and yogurt parfait topped with whole-grain cereal or granola.

"Really, you don't have to sacrifice flavor to eat healthy," said the registered dietitian. "What I enjoy for summer is mixing a cup of milk or yogurt with fresh fruit and ice cubes, or vanilla yogurt and mango."

She also makes a simple dip for strawberries using 6 ounces of vanilla yogurt, one-third cup of sweetened condensed fat-free milk and a bag of frozen berries. Plain yogurt also can be mixed with fresh herbs, or dry powder ranch or taco mixes, to create



dips for vegetables, DeHoog said. For June Dairy Month, she offered a number of recipes intended to encourage three servings of low-fat or fat-free dairy foods each day. Recent changes to the Dietary Guidelines increased the recommended dairy servings from two to three per

day, with a serving defined as one cup of milk, one cup of yogurt and 1 1/2 to 2 ounces of cheese.

"The majority of Americans only consume half the recommended dairy they need a day," DeHoog said. "I think that people are getting more conscious of (the need to eat healthy), but

habits are hard to change. The awareness is there, it's just doing it. It's important to start taking small steps."

Individuals can get personalized dietary recommendations at www.mypyramid.gov based on age, gender and activity level. Another handy resource is www.3aday.org, which offers suggested meal plans and recipe ideas.

According to the dairy council, three daily servings of dairy help individuals meet nutrition requirements for four of the seven most critical nutrients American adults lack - vitamin A, calcium, magnesium and potassium.

By choosing low-fat or fat-free milk and other dairy products, "you're saving in calories and fat without sacrificing the calcium and other essential nutrients found in milk," DeHoog noted. Here are some suggested recipes from the St. Louis District Dairy Council. The first three were developed by Chef Federico Elbl of Palermo Viejo in Louisville, Ky. Visit Copley News Service at www.copleynews.com.

COOKING CORNER

Continued To Page 22

XTREME CHOCOLATE FRAPPE
1/3 cup sugar
2 tablespoons cocoa powder
2 cups low-fat milk
1/4 cup light chocolate syrup
1 teaspoon vanilla extract
2 (6-ounce) containers low-fat chocolate, vanilla or plain yogurt
4 ice cubes
Bittersweet chocolate shavings or cocoa powder (optional)

Yields 6 servings.
Mix together sugar and cocoa powder in a small saucepan. Add 1/2 cup of the milk to sugar mixture; stir constantly over medium-low heat 3 minutes or until mixture is hot and sugar is dissolved. Pour mixture into a blender. Add the remaining 1 1/2 cups milk, chocolate syrup, vanilla, yogurt and ice cubes to cocoa mixture in blender. Process until smooth. Pour into glasses and sprinkle with chocolate shavings or additional cocoa powder. Nutritional analysis per serving: 130 calories, 6 g protein, 2 g fat (13.8 percent of total calories), 24 g carbohydrate, 10 mg cholesterol, 90 mg sodium.

EASY ITALIAN VEG-ETABLE PASTA BAKE
3 cups mostaccioli, cooked and drained
1 (27.5-ounce) jar light pasta sauce
1 (8-ounce) package Kraft 2 percent milk Shredded Reduced Fat Mozzarella cheese (divided use)
2 cups thinly sliced mushrooms
2 cups sliced halved yellow squash
2 cups sliced halved zucchini
Yields 6 servings.
Mix mostaccioli, sauce, 1 cup of the cheese and vegetables. Spoon into 13x9-inch baking dish; sprinkle with remaining cheese. Bake at 375 F for 20 to 25 minutes or until thoroughly heated. Note: You may substitute 1 cup each thinly sliced red and green peppers for 1 cup each of the squash and zucchini. Nutritional analysis per serving: 370 calories; 21 g protein, 7 g fat (17 percent of total calories), 56 g carbohydrate, 20 mg cholesterol, 690 mg sodium.

MUSTARD-CRUSTED STEAK SALAD WITH BLUE CHEESE
3 cups baby spinach, washed, dried
1/4 cup crumbled blue cheese
1 tablespoon Dijon-style mustard
3 ounces beef tenderloin, sliced thin
Non-stick cooking spray
1 slice red onion
3 cherry tomatoes
2 mushrooms, sliced
1 tablespoon balsamic vinegar
1 teaspoon olive oil
1 tablespoon toasted pine nuts

(optional)
Yields 1 serving.
Arrange spinach on a large plate; sprinkle blue cheese over top. Spread a thin layer of mustard over both sides of meat slices. Heat a small nonstick skillet over medium-high heat. Spray skillet with nonstick cooking spray and quickly cook both sides meat slices, about 1 minute per side or until browned. Center meat slices on top of spinach. Separate onion slice into rings and arrange around

salad with tomatoes and mushrooms. In small bowl, mix together vinegar and oil; drizzle over salad. Scatter pine nuts over top, if desired. Nutritional analysis per serving: 340 calories, 27 g protein, 18 g fat (47.6 percent of total calories), 19 g carbohydrate, 5 g fiber, 70 mg cholesterol, 750 mg sodium. Recipes such as Xtreme Chocolate Frappe can be part of a plan to help slim waistlines for swimsuit season. Triple-choco-

FRESH BERRY-STUFFED FRENCH TOAST WITH VANILLA-YOGURT SAUCE
1/2 pound (2 cups) mix of fresh blueberries, sliced strawberries, raspberries or blackberries
2 tablespoons powdered sugar
1/3 cup fat-free sweetened condensed milk
1 (6-ounce) container low-fat vanilla yogurt
1 small (10-ounce) loaf French bread
1 egg
1 egg white
1/3 cup low-fat milk
1 teaspoon granulated sugar
1 teaspoon vanilla extract
1/4 teaspoon ground cinna-

mon
Nonstick cooking spray
Yields 4 servings.
Place berries in small bowl and sprinkle with powdered sugar. To prepare sauce: Spoon about 1/4 of the berries, sweetened condensed milk and yogurt into a blender (or food processor) and puree until smooth; set aside. Slice bread into 12 (1 1/2-inch-thick) slices. From the top, cut into each piece almost all the way through to create a "pocket." With a spoon, stuff bread slices with remaining sweetened berries and press lightly to close; set aside. Reserve any unused berries for garnish.

Whisk egg, egg white, milk, granulated sugar, vanilla and cinnamon in a medium bowl. Heat a large non-stick skillet over medium heat. Spray skillet with non-stick cooking spray. Carefully dip stuffed bread slices in egg mixture to coat and cook until lightly browned on both sides, turning once. Spoon the reserved sauce onto serving plate; arrange French toast on top and garnish with any remaining berries. Nutritional analysis per serving: 370 calories, 14 g protein, 4.5 g fat (10.9 percent of total calories), 68 g carbohydrate, 3 g fiber, 60 mg cholesterol, 520 mg sodium.

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LIFE

IN FASHION

He's a natural: Men's spring and summer fashion hot list

SHARON MOSLEY
Copley News Service

It's sophisticated, but a little sloppy - I mean relaxed. "Sloppy" doesn't quite conjure images of the suave and debonair man about town, but the best-dressed men on the fashion runways showing off the latest spring and summer menswear trends were definitely taking it easy, strutting a new "relaxed elegance."

With designers using descriptive words like "distressed," "extreme broken-in" and "washed," for their men's clothes and pairing suits with vintage-style sneakers, flip flops and worn-looking wingtips, the time is right for men to let their hair down and go au naturel - at least for the next few months.

Feel free to mix it up a bit, and don't worry about matching it all - or ironing everything, either! Buying a gift for hip fathers has never been so easy.

Here are a few of the "hottest" trends of the season:

THE MILITARY INFLUENCE: It's that safari look with a modern twist - shirts and shorts with cargo pockets and epaulets, trench coats and lots and lots of khaki pants and blazers. (www.bananarepublic.com)

THE WHITE STUFF: Just like womenswear, white is one of the biggest trends for men who want to lighten up a bit and still sport an elegant air. Who cares if you've got to send that rumpled linen suit to the cleaners every time you wear it? White jeans might be a better choice. (www.neimannmarcus.com)

THE NEW TWEEDS: A tweed sportcoat or trousers in

the humid heat? Yes, if it's in a luxurious Italian linen or silk herringbone pattern. (www.jcrew.com)

THE NEW NATURALS: An easy way to put it all together, guys. Just take your chinos, add a creamy ivory or white jacket and a washed chambray shirt or white cotton T-shirt and slip-on sneakers or leather flip-flops and you've got the natural way to go this spring and summer. If you want to add a pop of color with your shirt - make it bold and bright. (www.polo.com)

THE COUNTRY CLUB PREPSTER: Always a classic, these items are warm weather favorites: striped rugby shirts, softly pleated linen trousers and shorts, V-neck sweaters with tennis stripes, pastel polos, seersucker suits, navy double-breasted blazers and patchwork or madras anything. (www.brooksbrothers.com)

THE JET SET: A whole other world for the man on the go in Euro chic suits, pin-striped shirts, striped ties and aviator sunglasses - screen-printed T-shirts are only for weekends. This trend is closer to rock-star glamorous than prepster. (www.michaelkors.com)



BOLD SHIRTS AND TIES: The natural hues may be front and center this year, but the brights are still playing a major fashion role in shirts that sport subtle tone-on-tone checks and plaids paired with colorful complementary ties. An instant way to transform a classic suit. (www.nordstrom.com)

THE ACCESSORIES: Go ahead and admit that you really need a big bag to carry around all that techie stuff and invest in a canvas messenger bag or soft leather flight-style bag. Leave the bulky briefcase behind for the summer and take a vacation from the heavy-duty stuff if you can get away with it. Pull on the leather thongs or distressed wingtips and slip into a retro sneaker. Add a braided rope belt to your jeans and getting dressed will be a cinch. (www.kennethcole.com)

Sharon Mosley is a former fashion editor of the Arkansas Gazette in Little Rock and executive director of the Fashion Editors and Reporters Association. © Copley News Service

Another reason apples keep the doctor away

CHARLYN FARGO
Copley News Service

Just what is it about an apple that is so good for you? Researchers at the University of California Davis have discovered a new way in which flavonoid-rich apples and apple products protect cells from damage that leads to heart disease and age-related cancers. The findings appear in the May issue of Experimental Biology and Medicine.

Proper communication between cells in the body is vital to every aspect of life, but when it is disrupted, cells can be damaged or die, according to researchers. The distinctive combination of nutrients in apples and apple products protects cells from destruction by fighting off damage caused by unwelcome intruders in the body. "It's almost like having a spam filter on your computer; the good e-mails get through and the bad e-mails get stopped," said Eric Gershwin, co-author of the study. "Here, the apple components we observed acted like the spam filter."

For an abstract of the study go to www.ebmonline.org/cgi; type

"apple extracts" into the keyword portion of the Quick Search box.

WINNING TIP

A switch to low-fat dairy from high-fat foods could reduce your risk of developing hypertension. Researchers at the University of Navarra in Spain tracked the diets of 6,000 people for two years, and found that those with the highest intake of low-fat dairy foods were 50 percent less likely to develop hypertension compared to people who regularly consumed higher fat dairy products. Lead researcher Dr. Alvaro Alonso suggests that consuming too much saturated fat might interfere with calcium's blood pressure-regulating properties. - Cooking Light magazine.

WINNING QUESTION

Q: What is the recommended limit of trans fat?

A: The National Academy of Sciences recommends that trans fat be kept as low as possible, but no specific limits have been set. Because small amounts are found in liquid vegetable oils, meat and dairy products, it's nearly impossible to completely avoid trans fat. Some experts recommend

adding together the amounts of saturated fat and trans fat on food labels; and choose the foods with the lowest combined value. - American Institute for Cancer Research

WINNING RECIPE

This recipe for Apple Chicken Stir-Fry, from the U.S. Apple Commission, offers good nutrition and a low-fat dinner.

APPLE-CHICKEN STIR-FRY

1 pound cubed boneless, skinless, chicken breast
1 1/2 tablespoons vegetable oil (divided use)
1/2 cup onion, vertically sliced
1 cup (2 medium) carrots, thinly sliced
1 teaspoon dried basil, crushed
1 cup fresh or frozen Chinese pea pods
1 tablespoon water
1 medium apple, cored and thinly sliced
2 cups cooked rice
Yields 4 servings.

Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet. Stir-fry onion, carrots, and basil in oil in same skillet until carrots are tender.

Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apple. Add to chicken, serve hot over cooked rice. Nutritional analysis per serving: 365 calories, 30 g protein, 33 g carbohydrates, 3 g dietary fiber, 9 g fat; 62 mg cholesterol, 71 mg

sodium.

Charlyn Fargo is a registered dietitian. You can write to her at Copley News Service, P.O. Box 120190, San Diego, CA 92112-0191; or e-mail copleysd@copleynews.com. © Copley News Service

COOKING CORNER
Continued From Page 21

BANANA AND YOGURT CREPES
1 3/4 cups low-fat (1 percent) milk
3/4 cup flour
1 egg
1 egg white
2 tablespoons honey or maple syrup (divided use)
1 (8-ounce) container low-fat banana or vanilla yogurt
1 banana, diced
1/2 teaspoon vanilla extract
Fresh mint sprigs (optional)
Powdered sugar (optional)
Yields 4 servings.

Whisk together milk, flour, egg, egg white and 1 tablespoon of honey in a medium bowl. Allow batter to rest 5 minutes at room temperature. Heat a 10-inch, nonstick skillet over medium heat and spray with cooking spray. Pour 1/4 cup batter into skillet;

quickly tilt and swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe. Purée yogurt, vanilla and remaining honey in a blender or food processor until smooth. Add diced banana. Spread each crepe with about 2 1/2 tablespoons of the yogurt mixture. Place 2 crepes on each serving plate and garnish with mint sprigs and powdered sugar, if desired. Nutritional analysis per serving: 270 calories, 12 g protein, 3.5 g fat (11.7 percent of total calories), 48 g carbohydrate, 2 g fiber, 60 mg, 125 mg sodium.

BUGLE KIDS

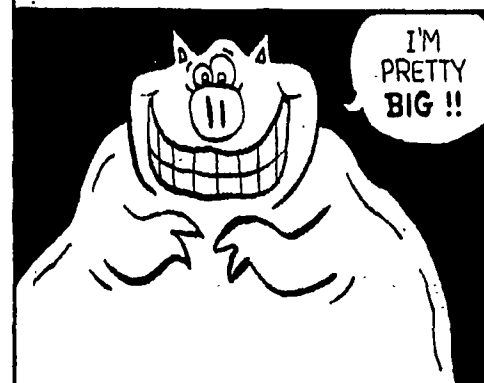
By J.R. Rosa-Copley News Service

DRAW IT!

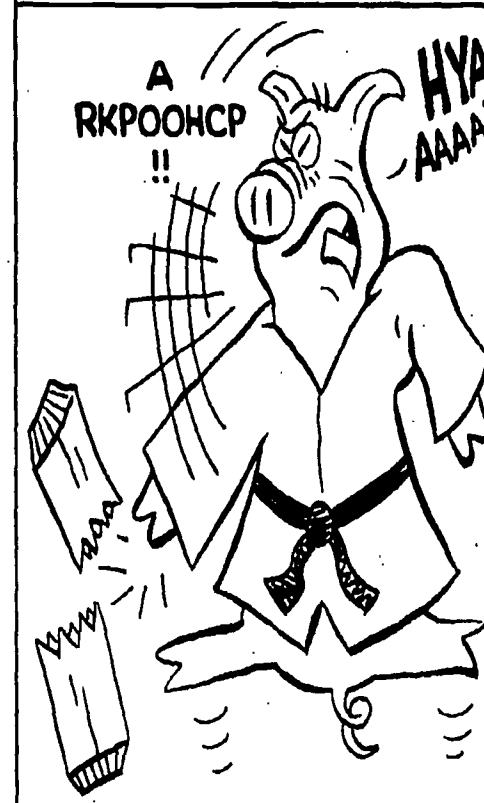
DRAW A
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TAIL
ON ME...



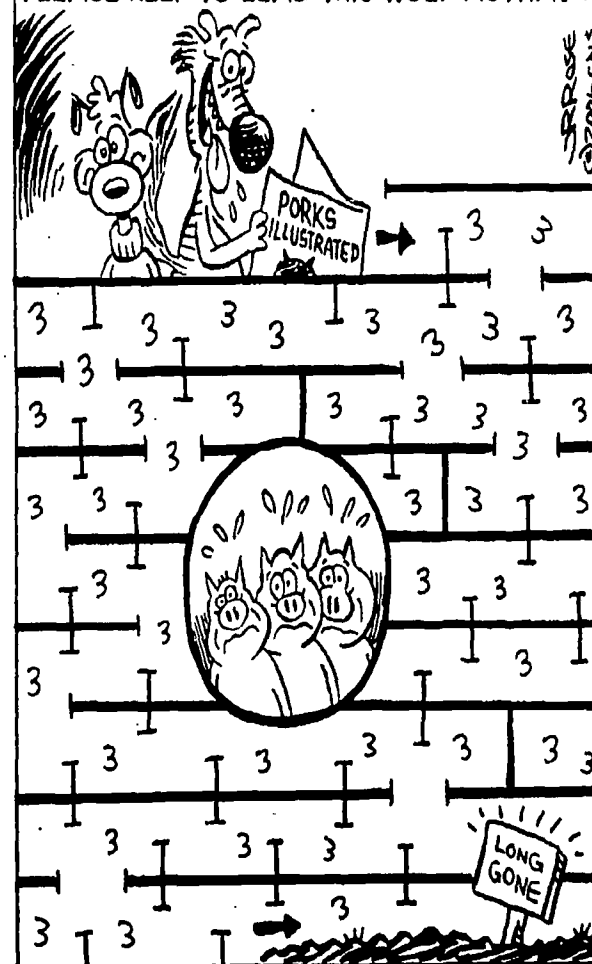
GIVE ME 5 RHYMES FOR
PIG...



UNSCRAMBLE THIS TO SEE
WHAT YOU CALL A PIG THAT
LOVES KARATE...

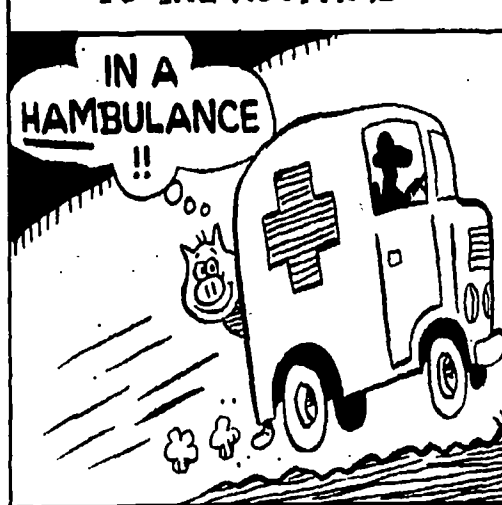


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HE'S LOOKING FOR THREE PIGS I SEE!
ALL THREE PIGS HAVE RUN FAR AWAY
PLEASE HELP TO LEAD THIS WOLF ASTRAY!



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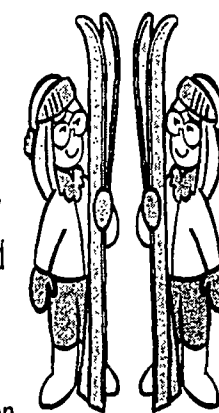
Grammar Matters

by Patty Gibbons Saunier

Other Thoughts

Choose the correct answer in the parentheses.

- After years of being apart, the twins arranged to meet (each other/one another) in Aspen.
- Renee, Ron and Tony were shocked to see (each other/one another) at the class reunion.
- The waitresses try to help (each other/one another) cover the busiest shifts.



Answers:
1. The twins met each other. (Use "each other" when only two people are involved.)
2. The three classmates were shocked to see one another. (Use "one another" when more than two people are involved.)
3. Both phrases are correct. (When the number is indefinite, you may use either "each other" or "one another.")

Copley News Service

Nature Newswatch®

Springtime's triple crown



Among the current bloomers of the flora fraternity is the triple-throated trillium, whose elegant and distinctive members sport three broad leaflets, three green sepals and three bold petals, which range from deep red to pink to white.

Thriving in the rich soils of eastern woodlands and western mountainsides, nearly 40 species of trillium show and spurt to an early lead in the competition for springtime sunlight. Quickly rising to pinnacle form, the triplets flourish and finish with a trophy bloom before the leafy canopy banishes them to shadow and memories for the rest of the year. Like many flowers, red trillium produces a scent to attract insect pollinators, but its intended suitors are not the usual crowd of sweet savors. Mimicking rotting flesh, it lures blowflies and carrion beetles into a deceptive but ultimately fruitful relationship, winning both seed production and future honors as the handsome triple crown of the springtime woods.

Red trillium

Also known as: purple trillium, stinking benjamin, ill-scent trillium, wake-robin
Habitat: moist woods
www.naturenewswatch.com

Trillium erectum

6-18 inches

by Tim Herd
© 2006

REAL ESTATE

DECOR SCORE

Stand tall when decorating spacious great room

ROSE BENNETT GILBERT
Copley News Service

Q: We thought we'd love the huge great room in our new house. We always lived in the family room and never used the "formal" living room. But this new house has nearly 18-foot-tall ceilings and opens off the kitchen so we feel a little intimidated by all the space. We're thinking of painting it a warmer color (it's bright white now), but what else can we do to make it feel less like Grand Central Station? We also thought of wallpaper but couldn't decide where it would end when all the space flows together. Help!

A: You're not the only one crying "help" in the wilderness of too much space these days. According to Gopal Ahluwalia of the National Association of Home Builders, the average height of today's ceilings is up to at least 9 feet, as opposed to the 8 feet that was standard a generation ago before the McMansion craze.

Your 18-footer may be twice the average, but it's not all that unusual, say builders, who cite today's larger rooms as the reason. You really need more ceiling height to balance all that floor space, they say.

In your case, I think painting puts you on the right track. As darker colors push forward - and downward - in the mind's eye, a warmer, richer color will seem to lower the space soaring over your head. So will more detailing that likewise engages the eye. You're probably right to eschew wallpaper, but do consider adding details like decorative moldings.

In the high, wide, and handsome great room we show here, an abundance of traditional moldings helps bring the space down to more human size. Wider crown moldings over the French doors, and classic detailing on the fireplace mantel and along the columned divider interrupt the sweep of the ceiling, so the room feels more manageable.

We borrowed this photo from Mary Ellen Polson's info-packed

"Trim Idea Book" (Taunton Press). It's a good place to research a possible cure for your high over-head-ache.

HIGH POINT SURPRISE

What was the surprise toast of The International Home Furnishings Market in High Point last month?

Home bars. An increasing number of manufacturers included in their collections home bars that put up an innocent front until 5 o'clock cocktail time. Although furniture for storing and serving wine is designed to be shown off, front and center in kitchens, dining rooms and family rooms, hard liquor tends to be hidden - during the day, that is.

Not even the preacher might guess that bottles are stashed behind the mirrored or hand-painted fronts of some of these handsome hideaways. And although you'd never know it from just looking, many bar surfaces are being specially treated so they can shrug off alcohol spills. We certainly would drink to that.

What may be the ultimate home bar from a guy showed up at Stetson Home. Totally wrapped in vegetable-dyed leather, it features a top that splits

and slides to each side to reveal drink-making space. To see more, go to www.flambro.com or call (404) 352-1381.

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

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REAL ESTATE

HERE'S HOW

Ay, there's the rub: abrasive scrub can ruin fiberglass tub

GENE GARY
Copley News Service

Q: We have molded fiberglass tubs and shower stalls in our 15-year-old home. Over the years they have become dingy and dirty in appearance. Regular bathroom cleaners have failed to brighten them. Can you recommend any products that might restore brightness and luster to these units?

A: Avoid any abrasive cleaners, which will scratch the surface, as well as household bleach, which can also damage the finish. If the surfaces of your units have not already been too badly damaged with strong, abrasive cleaners, it is very likely you can brighten their appearance.

There are a number of commercial products and home-mixed formulas that can be used. One is Comet Heavy Duty Bathroom Cleaner, which is nonabrasive and contains no bleach. Home centers and hardware stores carry a variety of such products. It's important to read labels carefully to be sure that the product you choose is both nonabrasive, bleach-free and, even better, recommended for fiberglass.

One deep-cleaning agent for fiberglass is a water conditioner such as Calgon. Mix as a thick paste and apply to the surface. Leave it on overnight, then flush away with fresh water. Baking soda mixed as a thick paste and applied in the same manner also is effective.

Combining two tablespoons of salt with one-half cup of turpentine is another excellent solution for deep-cleaning fiberglass and porcelain. Apply the mixture with a sponge or a nylon brush, but don't allow it to go down the drain. Use paper towels to remove the turpentine formula and rinse with fresh water. Make sure there is plenty of ventilation in the room when using this mixture, as the fumes it produces can be quite strong. Allow the used paper towels to dry prior to disposing of them to prevent any fire hazard.

Nonabrasive commercial bathroom cleaners that contain EDTA (ethylenediamine tetracetate) are also effective fiberglass cleaners, such as Gel Gloss.

Marine stores carry a range of products for use on fiberglass boats that can be used effectively

on your fiberglass tub and shower fixtures. Some of these products should be used with a buffer for best results in restoring the original luster and whiteness of your fiberglass.

When experimenting with any new cleaner, test in an inconspicuous area first to check results and ensure that the cleaner will not mar the surface.

Q: We have a cut-glass vinegar cruet whose stopper is stuck and cannot be loosened. I have attempted the following solutions: soaked in hot water, soaked in cold water, soaked in white vinegar (both cruet opening and stopper). I am hoping you can suggest a solution.

A: A mild heat source such as warm tap water or heat applied by a hair dryer can help loosen a stopper if you suspect glue is present.

But often this is not the case when a glass stopper has become firmly lodged in the neck of the bottle.

Here's an almost foolproof solution: Use a strong piece of string, similar to fishing cord of yesteryear. Recruit a friend to help you. Loop the cord one time around the neck of the bottle. While one person holds the bottle, have the second person pull the cord very rapidly back and forth for at least three minutes. The neck of the bottle will heat up and swell. The glass stopper will not.

If at first you don't succeed, try again. This method works almost every time; and you don't need to force the stopper.

Q: I just purchased a light fixture that requires four individual bulbs. A sticker on the fix-

ture advises that the wattage on each bulb should not exceed 60 watts. Most of my light bulbs are 100 watts and seem to be fine for most fixtures. Why would this fixture call for lower-watt light bulbs?

A: The bulb wattage warning is there to protect you from a fire hazard. The higher the wattage of a light bulb, the more chance there is for heat buildup. This is true of incandescent lights only (fluorescent tubes do not produce excessive heat).

Multiple lamps within a fixture are often limited in wattage to curtail the overall heat buildup in that particular fixture. This is particularly important in recessed and flush-mounted ceiling light fixtures, where there is no air circulation around the fixture to cool the bulbs.

To keep heat buildup in a safe range so that there is no risk of fire, be sure and follow the manufacturer's directions on wattage limitations.

Send e-mail to copleysd@copleynews.com or write to *Here's How*, Copley News Service, P.O. Box 120190, San Diego, CA 92112-0190. Only questions of general interest can be answered in the column.

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HOME HOW-TO

Restore brightness and luster to fiberglass tubs and showers

If the surface hasn't been damaged by abrasive cleansers or bleach, there are few commercial products and home-mixed formulas that you can try:

Sponge a thick paste of Calgon, a deep-cleaning agent for fiberglass. Let set overnight then flush away with fresh water.

Baking soda mixed in the same manner is also effective.

Try a combination of 2 tablespoons of salt with one-half cup of turpentine applied with a sponge or nylon brush. After drying, remove with paper towels and rinse with water.

Stop up the drain so none of the formula goes down; use in a well-ventilated area.

Wear protective gloves to apply.

Copley News Service / Jay Wing

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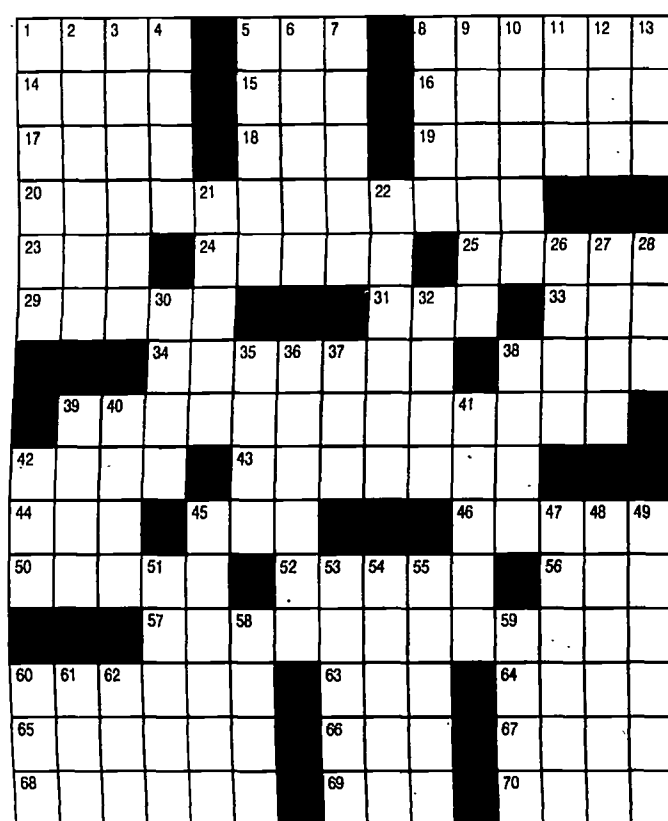
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CROSSWORD PUZZLE

SCARY MOVIES



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By Charles Preston

ACROSS

1 Cong. meeting
5 Pouch
8 With 68 Across,
Dickens novel?
14 Nip's partner
15 Altar vow
16 Exemplars
17 In need of
liniment
18 Evergreen
19 Twit
20 Nationwide?
23 Cockney idol
24 Actor Davis
25 Fine fur
29 Stall
31 Mauna ____
33 Scull
34 Perched
38 "____ Alone"
39 1967 Paul Newman
film?
42 Comment from Felix
43 Sunshade
44 Urban conveyance
45 Soisson seasoning
46 Marsh birds
52 Zagreb native
52 N.Y. city

DOWN

56 Goddess, in old
Rome
57 1981 Faye
Dunaway flick?
60 Fleet
63 Legal thing
64 Facilitate
65 Enters
66 Funny Philips
67 Suit to ____
68 See 8 Across
69 Dodo
70 Laura or Bruce

DOWN

1 Not impromptu
2 Card game
3 Train
4 The ____ the limit
5 Culls
6 Ta-ta, in Tijuana
7 Welsh breed
8 Memorable violinist
9 Ukrainian port
10 "Gin-a body ____
body ____". Burns
11 Naughtily
12 Under the weather
13 Language suffix

Last Week's
Puzzle Answers

EPSILON TAU



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Be the First to send in
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This Week's
Winner is...
Lorraine Truskolaski

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Fax: 847.588.1911
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LEGAL NOTICES

LEGAL NOTICE

The Village of Niles Plan Commission and Zoning Board of Appeals will hold a public hearing on
Monday, June 12, 2006, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive,
Niles, Illinois, to hear the following matter(s): 06-ZP-11 - James M. Troch, 8247 N. Waukegan Rd.,
Niles, requesting a variation from the required 10' separation to 3' between accessory structure and
dwelling to construct a new garage. 06-ZP-12 - Nick Black, Mega Realty, 4849 N. Milwaukee Ave
#302, Chicago, requesting a variation to the rear yard minimum requirement of twenty feet (20') to ten
feet (10') and requesting a variation to reduce the minimum parking requirement of 121 spaces to 100
spaces (21%) to construct a retail center. 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 accommodations for a Village service or have any questions about
the Village's compliance, please contact George Van Geem, Village Manager,
1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

LEGAL NOTICE

The Niles Park District will receive sealed bids for re-paving and color coating tennis courts within the
District. The work required under this specification shall include all labor, material, equipment and
services necessary for total completion of tennis courts. The contract document for said work may be
obtained and will be available after Thursday, May 25, 2006 at the Howard Leisure Center, 6676 W.
Howard Street, Niles, Illinois, 847/967-6633. Sealed bids will be accepted until 2:00 p.m. on Thursday,
June 08, 2006. Bids will be opened and read aloud at 3:00 p.m. All bids received after 2:00 p.m. will be
returned unopened. A properly certified check, bank draft, cashier's check or bid bond payable to the
Niles Park District for not less than ten (10) percent of the total bid amount will be required for each
bid. Niles Park District will require the successful Bidder to furnish a satisfactory performance and
labor and material payment bond for the total contract amount of this project. All wages paid by the
Contractor and Sub-Contractors shall be in compliance with the Illinois prevailing wage rate act.
Bidders will also be required to comply with the applicable equal employment opportunity and sexual
harassment provisions. The Niles Park District reserves the right to accept or reject any or all proposals,
to waive any informalities or technicalities in any bid and to accept the bid which it deems to be in
the best interest of the Niles Park District.

Joseph V. LoVerde, Jr.
Secretary of the Board
Niles Park District

LEGAL NOTICE

The Niles Park District will be making chemical applications during the next two (2) weeks in various
parks throughout the District for the purpose of weed control and fertilizer on turf areas. In addition,
each park will be posted with signs in the specific application areas. Signs will be posted 24 hours in
advance of the applications and will remain up to 24 hours after applications. All procedures concern-
ing notification and application of turf management chemicals will strictly adhere to the guidelines
outlined in the Niles Park District's Board of Commissioners Statement of Policy.

Niles Park District
S/Joseph V. LoVerde, Jr.
Secretary

ASSUMED NAME/LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the
conduct or transaction of Business in the State," as amended, that a certification was filed by the
undersigned with the County Clerk of Cook County, FILE NO. D06102478 on May 10, 2006. Under
the Assumed Name of Warren Construction Services with the business located at P.O. Box 5003,
Skokie, IL 60076. The true name(s) and residence address of the owner(s) is:
Quinn Calahan, 5354 Davis St., Skokie, IL 60077.

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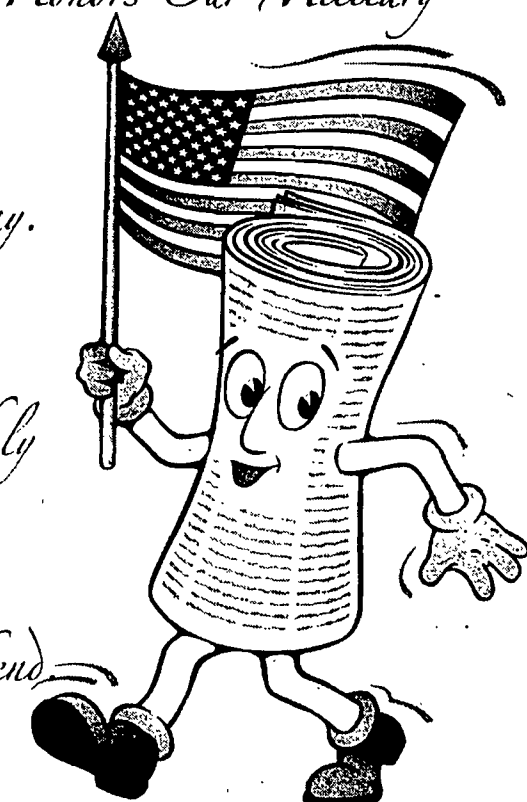
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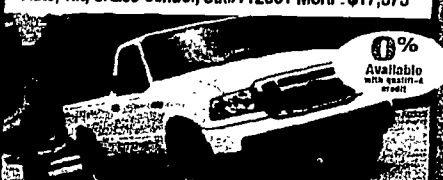
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'01 Ford Focus ZTS 72K MI, Silver, Stk#D4315A Landmark: \$6,450	'03 Nissan Altima S 65K MI, Silver, Stk#P4552A Landmark: \$12,795	'00 Toyota Scion XB 14K MI, Blue, Stk#P4402 Landmark: \$15,750	'00 Ford Focus S 4 Cyl, Red, 3K MI, Stk#P4541 Landmark: \$18,950	
'02 Chevy Malibu Tan, 41K MI, Stk#P4548 Landmark: \$8,495	'00 Ford Expedition Green, 107K MI, Stk#T12891A Landmark: \$12,950	'04 Saturn ION Black, Stk#P4402 Landmark: \$15,950	'00 Ford Explorer XLT 30K MI, V6, Blue, Stk#P4556 Landmark: \$18,400	
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'02 Ford Windstar Green, 65K MI, Stk#D4255A Landmark: \$10,950	'04 Chevy S-10 Pick Up Crew Cab Pewee, 40K MI, Stk#P4504 Landmark: \$13,950	'00 Mitsubishi Galant 14K MI, Red, Stk#P4555 Landmark: \$16,950	'04 Ford Expedition XLT Sport 4x4, 52K MI, Stk#P4506 Landmark: \$21,950	
'00 Ford Expedition Red, 104K MI, Stk#T12896A Landmark: \$10,950	'03 Nissan Altima Stk#P4490 Landmark: \$14,550	'04 Ford F-150 4x4 62K MI, Stk#T12872A, Silver Landmark: \$18,950	'04 Pontiac GTO 6K MI, Red, Stk#P4510 Landmark: \$22,400	
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'01 Jeep Grand Cherokee LTD 4x4, Stk#P4519 Landmark: \$11,950	'00 Mercedes E320 Stk#4348A Landmark: \$14,950	'00 Ford Focus S Grey, 3K MI, Stk#P4537 Landmark: \$17,450	'02 Lexus RX300 50K MI, Silver, Stk#P4547 Landmark: \$24,950	
'03 Ford Explorer EB 104K MI, Red, Stk#P4522A Landmark: \$12,675	'00 Dodge Stratus SXT 13K MI, Silver, Stk#P4553 Landmark: \$14,950	'04 Ford Escape XLT 2WD, 16K MI, Black, Stk#D4312A Landmark: \$18,750	'04 Volkswagen Touareg Green, 24K MI, Stk#P4530 Landmark: \$28,950	

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