

## THEY'RE ENGAGED

Strzelecki, Tokarz engagement  
NEWS, Page 14

## HALI-WHAT?

With what should you pair Halibut?  
LIFE, Page 20

# THE BUGLE



AUGUST 10, 2006

BUGLENEWSPAPERS.COM

VOL.50 NO.12

## Niles animal ordinance limits house pets

No more than eight animals allowed per residence

By Tracy Yoshida Gruen  
STAFF WRITER

Twenty cats and dog in a house? Until recently, it was a possibility.

Prior to an updated animal control ordinance being recent-

ly approved by the Niles village board there was no limit to how many pets residents could have in their home.

Now, there can be no more than eight animals (dogs, cats or ferrets) per household and there is a limit of three cats per household.

Prior to the new ordinance, residents were allowed to have two dogs per household, but now they are allowed to have

three dogs.

Peter Babikan, animal control officer for the Village of Niles, said that they talked with other villages and discovered they were one of the few that did not have any limits on the number of animals per household. In order to be proactive, they wanted to make a change in the ordinance.

As before, the village animal permits are free, but now they

are good for the lifetime of the animal. Pet owners must prove that their pets are up to date on their vaccinations, but now they do not need to purchase a new permit each year. Babikan said this makes it more convenient for the pet owner.

Babikan also said that the village made the penalties for vicious dogs harsher as well. When asked if there were any specific incidents in the village,

such as dog bites that triggered an examination of the ordinance, Babikan said incidents in other towns have caught their attention.

If the chief of police or his designee declares an animal to be vicious, it is possible that the chief of police requires the animal to be impounded, requires the animal to be euthanized, requires the animal to be

See Ordinance, page 14

## 'Night Out' in Niles a success

Residents of Niles once again came together Aug. 1 to take a stand against crime and drugs at National Night Out event.

"Everyone did a great job," said Charles Giovannelli, of the Niles Police Department. He said there was about 300 people who attended this year's event. "We always want more."

The event held at Notre Dame High School included K-9 demonstrations, a drunk driving simulation, dunk a cop, police demonstrations, crime prevention tips, food and games. The teenagers also



Participants in Niles National Night Out march through the streets on the night of Tuesday, Aug. 1 in a symbolic gesture. Officials said the event was a big success.

## 106 years

Niles bids farewell to Josephine Gumieniak

By Tracy Yoshida Gruen  
STAFF WRITER

Most people can only dream of living to be 106. But for Josephine Gumieniak, of Niles, it was a reality and she was a true survivor.

One of the nation's oldest Polish-Americans, Josephine Gumieniak lived through three wars that were fought around her. She struggled to keep her family alive when they were deported to Siberia and later traveled around the world in search of freedom.

Born in the town of Dubno, what is now Ukraine, Josephine

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## Community Garage Sale benefits disadvantaged children

Spaces are selling quickly but reservations are still being accepted on a first-come, first-served basis for the Second Annual Community Garage Sale & Craft Fair to be held Saturday, October 14 from 9 a.m. to 3 p.m. in the parking lot of Maine Township Town Hall, 1700 Ballard Rd., Park Ridge. This year's event will include the crafts on the same grounds instead of being separated as in the past. Proceeds from the events benefit the Maine Township Adventure Camp for disadvantaged youth and Emergency Food Pantry.

Residents are invited to participate in a number of ways. People can reserve a space to sell their own treasures at either event. Spaces are \$20 for the Garage Sale and for the Craft Fair. Residents can also make a donation of cash or merchandise to the Garage Sale. Donated merchandise will be sold by Township staff to help raise funds.

Maine Township will not accept donations of clothes, large and/or heavy furniture, firearms, explosives or any type of weapons. Donations of the following are especially sought:

small working electronics, children's games, children's furniture and accessories, garden tools and small hand tools.

"These are fun events to raise money for two worthy causes — disadvantaged children and hungry families," says Township Supervisor Bob Dudycz. "We encourage our township residents to participate, to give financial support, or just come by to shop."

For more information or to obtain a space reservation form contact one of the following:

■ Garage Sale participants call Marie at 847-297-2510, Ext. 270.

■ Craft Fair participants call Therese at 847-297-2510, Ext. 241.

Information is also posted on the Township website [www.mainetownship.com](http://www.mainetownship.com).

Garage Sale proceeds will help buy food to stock the Emergency Food Pantry run by the Township. The pantry serves an average of over 200 families per month throughout the year and even more during holiday periods.

The Craft Fair proceeds will benefit the summer camp program coordinated by the Township's MaineStay Division.

See Sale, page 2

## Birth Announcement



## Alexandria Elizabeth Masterson

The Bugle is pleased to announce that there has been another birth in its family. The Masterson Family said that their newest addition, Alexandria Elizabeth, was born in Central DuPage

Hospital on Aug. 4. She is the daughter of Richard Masterson III and Melissa, son and daughter-in-law of The Bugle's publisher. She was 19 inches long and weighed 6 lbs. 2 oz.

## It would be better to subscribe

As a member of the "main stream media" I like to read what my competition and peers produce. Not only does it keep me up-to-date on the comings and goings of the world but I'm also able to learn tricks for writing and design by reading newspapers and magazines extensively.

But I learned quickly that, as with most things it's better to buy in bulk. That's why I subscribe to newspapers. At least it would be cheaper, if I didn't have to buy two.

Why would I buy two copies of a day's paper? Because some jerk keeps taking mine.

Last week I only was able to pick up two newspapers because every other issue that week was stolen.

I live in a 26-unit apartment building and I haven't even been able to determine yet whether the individual that is absconding with my paper is a resident of the building or just some passerby. But I plan on staking out the front of my building sometime in the next week to find out.

But I have been forced to ask myself some hard questions



Page Two

ANDREW SCHNEIDER | EDITOR

about my newspaper subscriptions. For instance, if I'm paying for it twice, and I can't count on having it delivered then shouldn't I just cancel them?

The reason I subscribe is for the convenience of having a paper dropped off at my door. That convenience allows me to rise early from bed and read it over breakfast before work. If I can't do that I often don't have time to buy another copy at a convenience store before work so I often just don't read a paper that day.

What are my alternatives? Generally the alternative I choose is to visit my favorite news websites and read them online. The problem with that is no newspaper has yet been able to successfully transfer the

experience of reading a paper to reading it online.

Without sounding too concerned about my job, what use is an editor when everyone can be their own editor?

Instead of sifting through all that news about the Middle East or the latest human interest story you can just quickly read through the headlines and pick five or so stories that interest you out of the bunch.

What's the result?

You probably don't have as broad a knowledge of events around the world, your country or even your own city. But does that matter?

It always bothers me. If I haven't read at least one paper in the morning I feel really out of touch. When I have the chance to read them I often find myself clipping articles to send to friends and family because of mutual interest. It also helps me understand some of the things that are going on which don't interest me but are definitely important. Things I might not go out of my way to read about but might be touched, troubled, horrified, educated or even pleased by.

## IDNR announces quarantine to fight emerald ash borer

The Illinois Department of Natural Resources was joined by the Illinois Department of Agriculture and members of the United States Department

of Agriculture to announce an emergency regulation that bans firewood from all quarantined areas at property managed or owned by the IDNR.

The goal of the emergency regulation is to prevent the spread of the emerald ash borer, the pest that destroys Ash trees, which has been found in Kane County and Wilmette and Evanston in Cook County.

More specifically, the regulation prevents the spread of the insect to state park, fish and wildlife area, conservation area, recreation area, natural area or other property owned or managed by the IDNR.

The announcement was made on Thursday, July 27 at Chain of Lakes State Park in Spring Grove, Illinois.

## Sale

continued from page 1

The camp program serves disadvantaged children, ages 8 through 13, to participate in cultural and recreational experiences to which they may not otherwise have access. The popular camps are run in cooperation with the Cook County Sheriff's Department which provides transportation and supervision.

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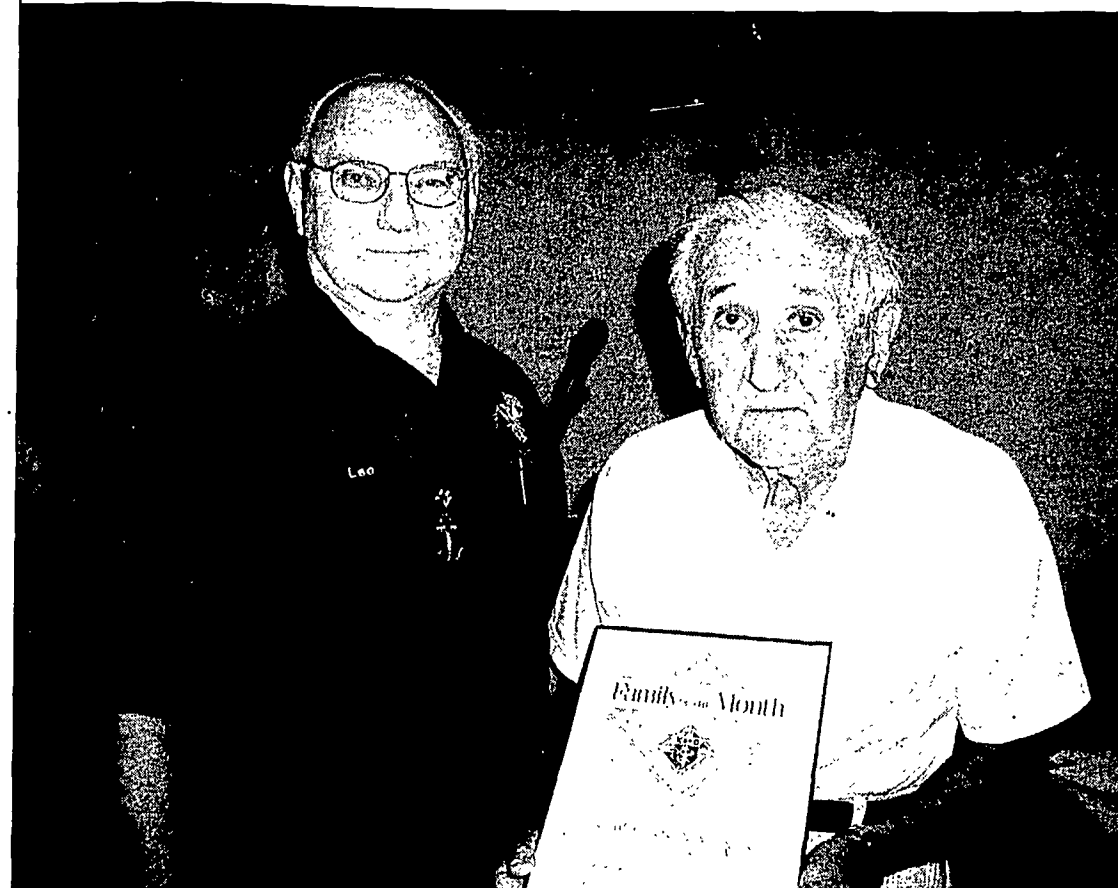
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## SJB 'Knights' honor family



At the August 2nd meeting Grand Knight Leo Weis, of the North American Martyrs Council 4338 the Knights of Columbus, presented Mr. Matt Araszewski the "Family of the Month" award. Matt and Florence Araszewski celebrated their 64th Anniversary on August 1, 2006. The award is presented to families that inspire the parish, community and council by supporting and strengthening Christian Family Life. Matt is a Life Member and has been a member of the Knights of Columbus for 59 years.

## Niles holds line on property taxes

An ordinance setting the property tax levy for the Village of Niles at \$4,142,485, which is at the same level as the 2005 total levy was presented at the last village board meeting.

"It's the board's effort to keep the Village of Niles an affordable place to live," said Scott Neukirk, finance director for the Village of Niles, who was the former finance director for the Village of Morton Grove.

The total funds to be levied is \$4,142,485; with a general fund of \$2,445,347; the street and bridge fund of \$47,138 and a municipal waste agency fund of \$1,650,000.

The total in the general fund is \$35,570,041, with \$11,169,798 for the police department; \$8,200,889 for public services department; \$7,764,969 for the fire department; \$2,376,542 for general government, etc.

## Women's WorkOut World to close

Women's WorkOut World located at the Four Flags shopping center on Golf Rd. in Niles will be closing on Aug. 15 after six years in that location.

The work out center that offers a variety of fitness classes is hoping to find a new, more visible, location on So. Milwaukee in Niles.

According to Claire, of the Niles Women's WorkOut World, due to a lack of visibility the business was not doing well financially, which is the

reason for it shutting its doors.

Claire said that most of the women that come to work out at that particular center are middle aged or older. Prior to being located at the Four Flags center, they were located across the street.

The Niles location has two floors, one for cardio and the other for weight training. A variety of fitness classes, such as Pilates, Creative Cardio, Turbo Kick, Step Jam, Yoga, Ultimate Abs, Boot Camp and more are offered at the center.

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## Survivor training assists cancer victim bike



By Jack Williams  
COPLEY NEWS SERVICE

When Steve Skwarlo talks high-tech training - everything from lactate threshold to peri-

## FITNESS FORUM

odization - you may need an endurance-sport encyclopedia to keep up.

But it's not hard to get the drift: This guy's in cycling for the long haul.

At 59, he's even thinking about completing his first triple crown, a sort of tour de resilience that most recreational cyclists find eminently resistible. It consists of three 200-mile endurance rides within a year, something the Skwarlo of old never would have considered.

"In the past three years, I made more progress than I had in the preceding 30," he said.

Much of it is due to a customized training program designed for cyclists of all levels by Chris Carmichael, longtime coach of seven-time Tour de France winner Lance Armstrong. For Skwarlo, the Armstrong

connection is profoundly multi-dimensional.

Both are cancer survivors. And both are going the extra mile to raise money for cancer research. A series of events known as the Livestrong Challenge, sponsored by the Lance Armstrong Foundation, is as empowering for Skwarlo as any foolproof training regimen.

Just ask him about the days when he couldn't so much as find a support group.

"Cancer was a dreaded disease, and nobody wanted to talk about it," he said. "There was nobody to deal with the financial matters or to help you realize you could fight it."

His on-again-off-again relationship with cancer goes back to 1969, when he was diagnosed with malignant melanoma after breaking an elbow. Since then, there have been a variety of less-threatening skin cancers, all of which were detected early. "I'm kind of the poster child for early detection," he says.

His latest bout? Six years ago, when a merkel cell carcinoma skin tumor was surgically removed.

Although he's never at the head of the pack, Skwarlo is easy to spot in any endurance cycling event. He's the guy with the long-sleeved yellow jersey, the better to protect his arms from exposure to the sun.

About half the time, he trains indoors on a stationary trainer, a sort of treadmill for cyclists in a controlled environment.

## Road Skill

Working his training around his job as head of information systems for Naval Air Reserve San Diego, Skwarlo averages about 10 hours a week on the bike. Saturday is his longest workout, from 3 1/2 to four hours with fellow members of the Cyclovets, reaching speeds up to 24 miles an hour. He'll ride for two hours, usually at a more leisurely pace, on Sundays. Mondays are relative rest days, often including a brisk 45-minute walk around his Mission Hills neighborhood.

## Fitness Feedback

By measuring parameters such as speed, heart rate and watts generated on a power meter, Skwarlo monitors the training effect of his rides. One of the objectives is to increase lactate threshold, the highest steady-state exercising intensity you can maintain over time. The idea is to peak for the most important events. That's a product of periodization, building to a high level, then backing off during the course of a year to recover.

## Doubly Durable

Skwarlo completed his first double century ride April 8 in Hemet. He added the 72-mile Alpine Challenge 20 days later and the 100-mile Livestrong Challenge in Orange County in June. He started his cancer-benefit rides in 2003 with the 62-miler in Los Angeles as part of the national Tour of Hope. In 2005, he rode ahead of Armstrong in a support vehicle, navigating riders and a support team on a 3,300-mile course from San Diego to Washington, D.C., over nine days.

## Training Table

Fruit chopped into steel-cut oats jump-starts Skwarlo in the morning. Lunch is often 8 ounces of tofu or chicken with vegetables. He'll down apples between meals and enjoy chicken or fish in the evening. "I might have red meat a couple of times a month," he said.

## Niles Family Fitness Center news &amp; events

## Aqua-Arthritis

This class provides an opportunity for people with arthritis and post rehab conditions to help improve flexibility, coordination and muscle strength. This class is sanctioned by the Arthritis Foundation. A doctor's note is required

10:15 - 11:00 AM  
Tues 9/12-10/17  
10:15 - 11:00 AM  
Thurs. 9/14-10/19  
\$35 Member  
\$48 Non-Member

## Tai Chi

Tai Chi, an ancient form of Chinese exercise, is a low impact, gentle, physical activity. Tai Chi helps improve circulation and maintain a healthy

range of motion in the joints, as well as providing a source of relaxation and spiritual fulfillment.

Continuing 8 Weeks  
10:05-11:00 AM  
Tues 9/5-10/24  
\$49 Member  
\$64 Non-Member

Beginning 7 Weeks  
11:30 -12:30 PM  
Mon 9/11-10/23  
\$46 Member  
\$58 Non-Member

## Latin Dance

Including Salsa, Cha-Cha Bachata and Merengue. Find a rhythm that suits you as Enrique Ganoza, Latin dance instructor, choreographer and performer, brings dance les-

sons to the Niles Family Fitness Center.

No partner needed  
7:30-8:30 PM  
Wed. 9/06-10/25  
\$99 Member  
\$120 Non-Member

## Tae Kwon Do

6 years-adult  
Learn the Korean Art of Tae Kwon Do and develop your physical, mental and muscular strength. Classes taught under the direction of Master Instructor San Chel Chung of Chung's Tae Kwon Do Academy. No Class Week of Thanksgiving

6:00-7:00 PM  
Mon/Wed 9/11-10/18  
\$83 Member

\$108 Non-Member

## Youth Core Conditioning Basics

9-12 years  
This class is designed to develop torso / core strength by working with the BOSU. Increasing core stability and strength will both enhance the athleticism of kids involved in sports and functionally train them for their daily activities.

4:15-5:05 PM  
Mon 9/11-10/23  
\$49 Member  
\$59 Non-Member

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TUES/THURS 9/5-10/19

\$189 Member  
\$219 Non-Member

## Advantage training

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9:00-9:30 PM  
TUES/THURS 9/5-10/19

\$124 Member  
\$144 Non-Member

## Research indicates dietary fiber plays role in weight gain

By Charlyn Fargo  
COPLEY NEWS SERVICE

While diets low in carbohydrates and high in protein continue to attract attention, researchers at the University of Texas report that normal-weight adults tend to eat more fiber and fruit than those who are overweight or obese.

## NUTRITION NEWS

The researchers looked at dietary intakes of more than 100 people of generally the same age and height, half considered of normal weight based on body mass index and other measurements, and half considered overweight or obese. The researchers found the diets of the two groups were similar in many ways, including consumption of sugar, bread, dairy products and vegetables. The main difference was the amount of fiber consumed by the normal-weight adults - 33 percent more dietary fiber and 43 percent more complex carbohydrates each day (per 1,000 calories).

"Obviously, no magic formula exists for weight loss," the researchers write in the Journal of the American Dietetic Association June issue, "but our results indicated that a diet containing more than average amounts of fiber, complex carbohydrate and fruit was associated with normal body fat stores and

Winning Recipe  
Creamy Tarragon Chicken Salad

Using reduced-fat sour cream and mayonnaise has lightened this recipe for Creamy Tarragon Chicken Salad, from Eating Well magazine, and the flavors intensified by poaching the chicken breasts in broth and toasting the nuts.

2 pounds boneless, skinless chicken breasts, trimmed of fat  
1 cup red. sodium chicken broth  
½ cup walnuts, chopped  
¾ cup reduced-fat sour cream  
½ cup reduced-fat mayonnaise  
1 tablespoon dried tarragon  
½ teaspoon salt  
½ tspn freshly ground pepper  
1 ½ cups diced celery  
1 ½ cups halved red seedless grapes  
Yields 8 (1-cup) servings.

Preheat oven to 450 F.

Arrange chicken in a glass baking dish, large enough to hold it in a single layer. Pour broth around chicken. Bake until chicken is no longer pink in the center and an instant-read thermometer inserted in thickest part of the breast registers 170 F; 30 to 35 minutes.

Transfer chicken to cutting board until cool enough to handle, then cube. Discard broth.

Meanwhile, spread walnuts on a baking sheet and toast in oven until lightly golden and fragrant, about 6 minutes. Let cool.

In large bowl, stir together sour cream, mayo, tarragon, salt and pepper. Add celery, grapes, chicken and walnuts; stir to coat. Refrigerate until chilled, at least 1 hour.

Nutritional analysis per serving: 227 calories, 25 g protein, 10 g carbohydrate, 10 g fat, 70 mg cholesterol, 1 g dietary fiber, 357 mg sodium.

standard weight for height." American Dietetic Association

## Winning Web

Here's a fun site for 8- to 15-year-olds that will help them eat healthy and have fun. The site, [www.whyville.net](http://www.whyville.net), is an interactive nutrition awareness

game, "WhyEat," that Whyville designed in partnership with the University of Texas Health Science Center at San Antonio in order to sensitize children and young adults to the importance of good nutrition and its impact on the quality of life.

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Aug. 13 Oriole Pool Closes  
Aug. 17 Park Board of Commissioners Meeting  
Aug. 19-20 Family Campout at Harrer Park sponsored by mb financial bank

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# Pool chair dispute causes one to copy license number

## MORTON GROVE

### 1 Disturbance at Swimming Pool (6200 Dempster)

A complainant and subject got into an argument over a lawn chair while at the pool on Aug. 3. The complainant left and was followed by the subject to the west parking lot. Police said the subject copied down the complainant's license plate information and then entered her vehicle in the east lot and drove away.

### 2 Wallet Taken From Locker (6800 Dempster)

Police said unidentified subject(s) removed the victim's wallet from his pants that were secured in a locker on July 27. The wallet contained \$10 in USC, credit cards, a driver's license, state ID, and the total loss was about \$80.

### 3 Disturbance on the Street (6100 Oketo)

A complainant said that a subject stood on the sidewalk and verbally abused employees entering the building on July 31. The complainant said the subject was a member of Local 225 Stone Cutters union and harassed employees who are members of the union who are not participating in a planned strike. The complainant said the subject videotaped license plates in the parking lot. A witness told police that the subject was a union steward and was just saying good morning to employees.

### 4 Theft of Gas (9500 Waukegan)

Police said an employee/witness saw a female pump \$25.87 in her white four door, '90s vehicle, and then drive southbound on Waukegan Rd. without paying on July 29. The witness has no license plate information.

### 5 Man Found In Parkway (9500 Oconto)

A man was discovered by his neighbor laying on the parkway near his residence on July 28, with blood dripping from him. Police said that due to intoxication he fell off his front step out onto the walkway.

### 6 Suspended Driver's License Arrest (8900 Marion)

Police arrested a 19 year old Morton Grove man for driving with a suspended driver's license on July 31. The bond was set at \$2,000 and the court date will take place on Sept. 8.

### 7 Immigration Violation-Warrant (Beckwith/Sayre)

Police arrested a 24 year old male of Chicago for a warrant-immigration violation, Aug. 1.

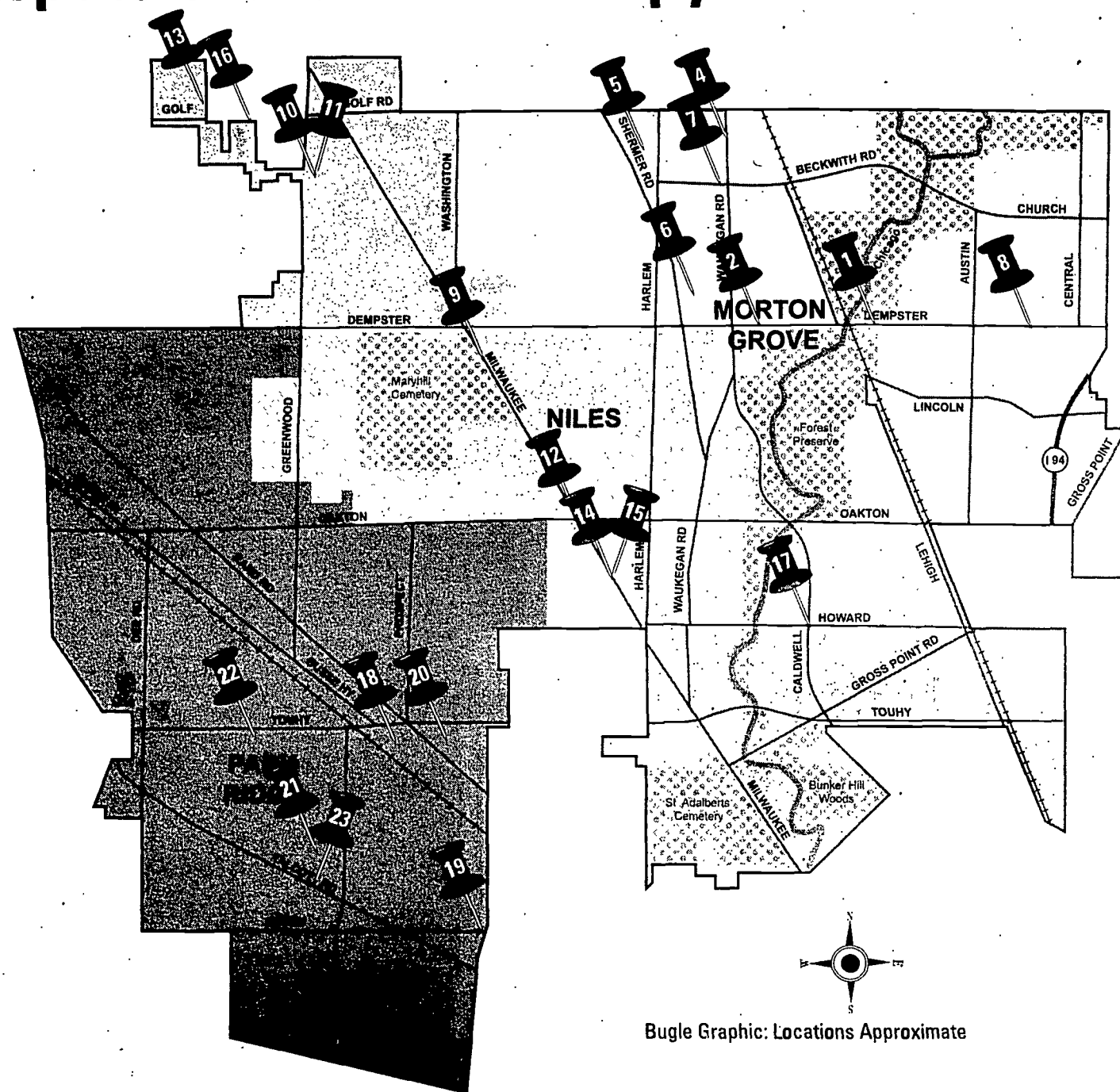
### 8 DUI arrest (Dempster at Mansfield)

A 38 year old Chicago man was arrested on Aug. 2 for driving under the influence and failing to reduce speed. The subject was involved in a traffic accident.

### 9 Fight Involving Minors (8700 Milwaukee Ave.)

Police said multiple subjects were involved in a fight that took place on Aug. 4 inside the business. The fight involved

See Blotter, page 7



Bugle Graphic: Locations Approximate

## Blotter

continued from page 6

two seventeen year olds, one nineteen year old, one twenty year old and a 23 year old. Tickets were issued to the business owner for underage subjects in the bar.

### 10 Public Indecency (200 Golf Mill)

Police said the subject was parked next to the victim and was touching himself inappropriately, with his shorts pulled down, on July 27. The victim was walking to go inside the mall and said she saw the subject following her. The subject told police that he dropped off his fiancé at work at the mall and was driving around the parking lot for 30 minutes. The subject was banned from mall property.

### 11 Burglary to Vehicle (200 Golf Mill)

Unidentified subject(s) removed an MP3 player from the dashboard of a vehicle on Aug. 2. Entry was reportedly made through a partially opened passenger side window.

### 12 Unlawful Acquisition of Controlled Substance (8000 Milwaukee)

Police said a victim said that on July 31 she received a phone call from a doctor at Gottlieb Memorial Hospital questioning her about a prescription for Hydrocodone. The victim said she didn't know anything about the prescription that was being filled in her name. A copy of the stolen and/or fraudulent script that was given to Walgreens was obtained.

### 13 Attempted Burglary (9000 Terrace Drive)

Police said the victim returned to his home and found that the front door was broken open on July 31. The door was damaged by brute force, said police. The victim said that nothing appeared to be missing.

### 14 Theft at Pool (7800 Milwaukee)

Police said unidentified subject(s) removed a wallet from a swimming pool bag that was left unattended on a lawn chair on the pool deck on Aug. 2.

### 15 12 year old from Niles Arrested (7800 Milwaukee)

Police arrested a 12 year old Niles girl for disorderly conduct at the swimming pool on July 27. The girl was reportedly asked to leave the pool area after disrupting the on duty lifeguards. The girl left, but threw rocks over the fence, which landed in the pool. The

Niles Police Department has had eight contacts with the girl in the past 12 months.

### 16 DUI Arrest (8600 Golf)

Police arrested a 23 year old man from Glenview on Aug. 2 for driving under the influence of alcohol, speeding 57 mph in a 35 mph zone, not wearing his seatbelt and having a BAC of .096. Bond was set at \$1,000 and the court date is Aug. 2.

### 17 Park Ridge Male Arrested (6800 Howard)

Police arrested a 44 year old man from Park Ridge on Aug. 1 for speeding, having an expired registration, no valid insurance and a suspended driver's license. Bond was set at \$2,000 and the court date is Aug. 15.

## PARK RIDGE

### 18 Subject Throws Down Artificial Tree (First Block of S. Prospect)

Police said unknown subject(s) threw down an artificial tree in the plaza causing damage to the three and lights sometime between July 26 and July 27. The estimated cost of the damage is unknown.

### 19 Climbing the Roof (First block of W. Devon)

Unknown subject(s) entered the business by climbing the roof and breaking a skylight to enter on July 31. The owner of the business was given a missing property form.

### 20 Thermal Window Broken (100 S. Washington)

Unknown person(s) broke a thermal window of the office building and a report was made on July 31. The estimated damage is at \$1,600. Subsequent to the incident, unknown person(s) vandalized the bathrooms in the building and turned on the outside water.

### 21 Hammock Theft (800 S. Chester)

Unidentified subject(s) took victim's hammock worth \$125 from the yard of the residence on July 29.

### 22 Bicycle Stolen (100 S. Western Park)

Police said subject stole a victim's unlocked Mongoose bike worth \$200 that was by the bike rack at the park on Aug. 1.

### 23 Non Force Burglary (900 S. Chester)

Police said unknown offender(s) entered the victim's detached garage by unknown non-force means. The victim's vehicle was parked in the garage also had several dents and scratches.

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## Letters to the Editor

## Resident shares thoughts on MG TIF meeting

Dear Editor,

The following letter to the editor is in reference to the recent TIF meeting held at the American Legion Memorial Civic Center on July 26, 2006. The structure of the meeting was excellent as an influx of residents were present at the meeting to share their ideas, thoughts and opinions about the TIF project which has been in the works for more than a few years. S.B.

Friedman & Company as well as Farr Associates had a well executed 'plan' if we can say for the evening which seemed rushed.

The following list was supplied on one side of a handout with a 'Proposed Illustrative Framework Plan' on the other side of the handout at each of the tables <For Discussion Purposes Only> VERBATIM:

- Preliminary List of Key Projects:
1. New Metra Station
  2. New Minimized-Use Parking Structure
  3. Pursue Senior Housing Project
  4. Develop New Public Library
  5. Improve Lincoln/ Lehigh/ Ferris Crossing
  6. Improve Lincoln Avenue Streetscaping
  7. Close Old Lincoln Crossing Construct New Capulina Crossing
  8. Realign Lehigh Avenue

9. Construct Railwalk/ Bike Path
10. Provide Pedestrian Overpass at Main Street
11. Provide Public Access to Forest Preserve Land
12. Create Open Space Access to Forest Preserve Land
13. Reconstruct Old Lincoln along Forest Preserve
14. Reconstruct Main Street
15. Realign Chestnut Street or Provide Public Easement Around Site E
16. Realign Roads Around Site F

As the groups at each of the tables were only allocated a certain amount of time, several people didn't feel enough time was spent on the above issues; let alone we couldn't even make a dent in hitting all 16 points.

The Village also put out a flyer for comments on the Lehigh/Ferris Redevelopment District Community Workshop - all those who couldn't make the meeting should let their voices be heard by writing to our Village Administrator Joe Wade at the Village of Morton Grove, 6101 Capulina Avenue, Morton Grove, Illinois 60053.

At the bottom of the page it explicitly states: "The Village respects a citizen's desire for anonymity; however, please remember we cannot respond without your address and/or phone number."

Eric M. Poders,  
Morton Grove

## Thanks to Pickwick employees

Dear Editor,

I would like to thank three young ladies and a teenager who works at the ice cream parlor on Northwest highway near the Pickwick Theatre.

After walking my wife to the dentist, I took a short cut through a parking lot off Washington, fell and smashed my head, and bruised my wrist and ankle on the asphalt. I continued walking on Northwest Hwy. when one of the two young ladies told me I was bleeding and should go to the hospital. Another young lady offered me her cell phone. I refused both offers and was talked into going to the ice cream parlor for a band-aid. I was bleeding terribly.

The teenager offered me ice cream and I thanked her. I never had such nice people look after me like that. I told them I would go to the hospital. I thanked the ladies and teenager and left. I walked outside and the paramedic and the fire engine pulled up and took me to Lutheran Hospital. I ended up with three stitches to my forehead. This happened on July 27. I'm feeling much better now and never realized that Park Ridge had such caring people.

Thanks again to you gals.

John De Cecco,  
Niles resident

## QUOTE OF THE WEEK

"These are fun events to raise money for two worthy causes - disadvantaged children and hungry families. We encourage our township residents to participate, to give financial support or just come by the shop."

Bob Dudycz, Maine Township Supervisor on the agency's Garage and Craft sales, Community Garage Sale Benefits disadvantaged children, page 1

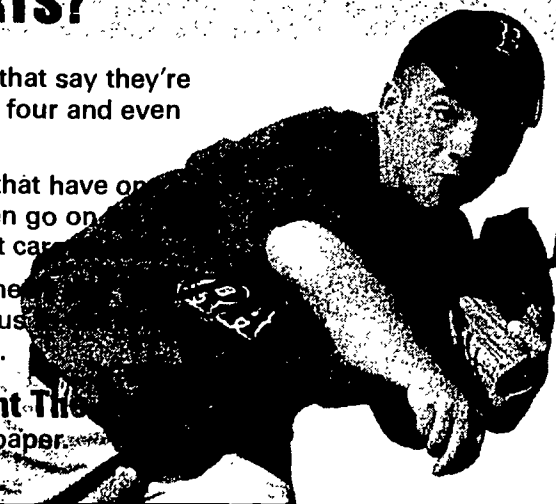
## WANT LOCAL SPORTS?

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## What senior citizens [should] fear the most

After my wife's grandmother died we went to her house to help clean up and put things away. In the course of doing this I came across her Social Security check stubs. She lived on \$561 a month. She was 95 years old when she died. Her home had no mortgage, but her property taxes ate up 20% of her income. This does not include her gas, electric, water or other living expenses.

What she and so many of our seniors fear most is outliving their savings. Great-grandma was a careful planner. Imagine thirty years ago (her husband had been dead for a year or so) planning out how much money you would need to live. Life Expectancy Tables at the time would have shown she had maybe another ten years to live. Medical advances and improvements changed that. Her own life is testament that people are living longer than ever. That is a good thing, but it is also a risk.

The adage states "nothing is certain, but death and taxes." Yet, there can be an even worse fate - inflation. Great-grandma's tax assessment went from \$150,175 in 2005 to \$207,394 in 2006. This is a 38% increase and way beyond the rate of inflation or normal growth. Add to that the "mad scientist" calculations used to determine your assessment and property tax levels and you have a recipe for trickery.

It is sheer robbery. Rest assured, she had done nothing to upgrade the home since she purchased it half a lifetime ago. The estimated market values are usually 1/3 to 1/5 under what the market estimates your homes true value as. What is



Another Perspective  
MORGAN DUBIEL

with that? Are the assessors that dense? No, they and the politicians are wise as serpents. Who wants to challenge an assessment that is already "low"? So most people knuckle under and pay their taxes. But, this article is about inflation not property tax tricks played on taxpayers.

Over the last ten years, a period when inflation has been described as tamed, the cost of what you could have bought for \$100 in 1995 has risen to \$124.42. Bondholders get whacked by inflation as well as it lowers their return on investment. The alleged safety in bonds is destroyed by inflation. Worse governments at all levels benefit from rising prices because it boosts their tax revenues, whether on income taxes, sales taxes or property taxes. Plus, inflation lowers the real cost of government debt, sometimes reducing it to 0% interest.

There are two solutions to inflation risk. The first is indexing. All taxes, including property taxes, should be indexed to inflation. All talk about freezes and caps are just gimmicks. Who cares if the tax cap is held to 0% if your assessment increases by 12% a year (or worse 38%)?

A home purchased for \$25,000 in Chicago in the early 1900s is worth over \$1 million today. See Perspective, page 13

## About Commentary

The Bugle editorializes on issues of interest to the community of Romeoville 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.

## Equity indexed annuities can come back to bite you

By Lynn O'Shaughnessy  
COPLEY NEWS SERVICE

An elderly woman in my community learned not too long ago that she needed den-

## MONEY &amp; YOU

tures. She had enough money to pay for the new teeth, but she discovered that her funds, while technically hers, couldn't be touched.

The bad guy in this pitiful case was an insurance company, which had capitalized on an ingenious way to make money off an easy mark.

What the woman with the bad molars had bought was an equity indexed annuity. Promoters attract unsophisticated investors by suggesting that buying an EIA is like owning a handful of magic beans and a golden goose. An EIA, they say, will allow you to enjoy stock market gains without any of the risks.

After listening to them, it would be easy to conclude that only a chump would continue to invest in mutual funds or individual stocks. If you put your money into one of these annuities instead, your EIA flak jacket will withstand all the nasty stuff that Wall Street tries lobbing at you.

In reality, however, EIAs aren't a miracle investment. And they certainly aren't risk-free for those who experience buyer's remorse. Hidden inside these things are incisors that can tear customers' investments apart if they decide they need the money.

EIAs are actually complicated insurance products that are being marketed to senior citizens who are terrified by stock market losses. The upside potential for EIAs, say the salesmen, is great, but if the markets crash, an EIA's return can't dip into negative territory. These annuities guarantee a base annual return, which is often 3 percent, for the length of the contract.

One drawback to EIAs is their complexity. While many EIAs are partially linked to the fortunes of the Standard & Poor's 500 Index, for example, there are plenty of ways that an insurer can shrink the annuity's return.

For starters, a customer might be promised a 50 percent, 70 percent or even 100 percent share of the S&P 500's annual

performance. But that's misleading, because an EIA excludes the S&P 500's dividends as part of the return. Insurers also often put caps on the returns that you can capture. Just how much the performance will shrink can depend on which of the dozens of crediting methods that an insurer uses.

"There are probably 100 different ways to credit interest in an EIA, and you literally need a degree in industry methodology to understand," suggests Scott Dauenhauer, president at Meridian Wealth Management in Laguna Hills, Calif.

Critics contend that many of the best-selling EIAs rely on crediting calculations that provide customers with the most anemic returns.

Why would someone recommend an EIA that stinks up the room? Hmmm. Would it shock anybody out there if I said that some insurance agents routinely select the EIAs that provide the highest commissions for themselves? Many popular EIAs pay agents 8 percent, 10 percent or higher. Some lucky guys can even get 12 percent on a sale.

Because the sales commissions are so generous, insurance companies need the buyers to stay put for a long time so the insurers can recoup what they paid the agents. They keep customers by hitting them with surrender charges if they try to liquidate.

EIAs, however, will typically allow investors to pull out 10 percent a year without a penalty. Surrender periods will sometimes last longer than the clients. Imagine an 80-year-old widower buying an EIA that locks up her cash for 15 years. It was one of these lengthy lockup periods that tripped up the woman needing dentures.

Ronald A. Marron, an attorney in San Diego who has filed numerous lawsuits against EIA insurance providers, including two class-action suits, says he's seen surrender charges as high as 25 percent.

And Marron insists that ditching an EIA can involve more than paying the surrender costs. He says one of his clients, who put \$1.5 million into an EIA, would have had to pay \$263,000 to bail after being hit with a double whammy: a surrender penalty and something called a market value adjustment charge.

See Money, page 10

## Grand Opening - Yianni's Grill



Yianni's Grill at 8850 N. Milwaukee Ave. (just north of Dempster) is now open for breakfast and lunch. A brand new look, but the same great cooking of owner Jimmy Bertso's has returned. Mayor Nicholas Elase joined the Bertso's family, the Niles Chamber Board members and Ambassadors for a ribbon cutting on Tuesday, August 1st.

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## Sight-saving drug helps make company eye-catching

By Malcolm Berko.  
COPLEY NEWS SERVICE

Dear Mr. Berko: I have two questions for you. About four months ago when you were

### TAKING STOCK

addressing our group in Tampa, you really blasted the Food and Drug Administration for taking Vioxx off the market. My brother-in-law, who helped gather the research supporting the Vioxx recall, thinks you are all wet. As a recent retiree of the National Institutes of Health, I must agree with him. The potential negative consequences of long-term Vioxx use are very dangerous. Both of us support the recall, and if you have any "objective" information to the contrary, we'd be happy to receive it and discuss it with you.

My second question concerns Genentech. What do you think of its new drug called Lucentis? Do you think this will have a promising impact on Genentech's revenues and net profits? And if you do, would you buy 200 shares if you think this new drug will be a blockbuster?

G.H.  
Fort Walton Beach, Fla.

Dear G.H.: I have two answers for you.

Dr. David Graham, head of the FDA, concluded that based upon 98 million Vioxx prescriptions written in a four-year period between 1999 and 2003, that "Vioxx may have contributed to 28,000 heart attacks and sudden cardiac deaths." The operative words here are "may have."

Now because heart attacks and strokes occur so frequently in the general population, it's

impossible to correctly say that a person had an event because he or she was taking Vioxx. An average of 7,000 deaths a year for four years computes to less than 0.03 percent per year of those who used Vioxx.

Your former employer (NIH) tells us that transfats are responsible for 33,000 deaths a year. So why don't they take transfats off the market? Did you know that 85,000 people die from alcohol-related deaths every year? Why doesn't the FDA ban the sale of alcohol? Tobacco kills 435,000 smokers each year, yet your kids can buy those coffin nails 24/7.

These numbers are larger and more devastating by orders of magnitude than the 7,000 very "iffy" Vioxx-related deaths. The Vioxx recall hasn't helped those who need the drug, but it has put hundreds of millions in the pockets of lawyers.

Now let's get to the good stuff. Lucentis is a new prescriptive for (wet) macular degeneration from Genentech Inc. (DNA-\$79.50). This is an age-related disease that blurs the eye's central vision and affects activities such as driving, reading, bowling, sewing, etc., and afflicts about 1.8 million Americans. The results from recent clinical trials were so superb (patients with 20/200 vision after three injections over three months had watched their vision improve to 20/25) that the FDA may allow DNA to put this drug on the market before this column is published. So as you can see, Lucentis not only stops wet macular degeneration from becoming worse, it improves the patient's vision, too.

However, the cost per injection will be somewhere between \$1,500 and \$2,000, which is

rather high, and I doubt the price will come down soon. The market is young and Lucentis' only competition is Pfizer's Macugen, which slows progression but does not reverse it. Meanwhile, DNA is discussing reimbursement plans with Medicare. However, Lucentis will contribute about \$250 million a year to DNA's revenues - not enough to affect the market value of the stock, which is still trading near its 12-month low.

DNA is a leading biotech company known for its novel cancer treatments and impressively fecund research and development capabilities with operating margins of 35 percent. This year, DNA should book \$8.6 billion in revenues with a net profit margin of 19.5 percent. Within five years, the Street reckons that DNA will take about a dozen new products through its pipeline, boost revenues to \$18 billion, with operating margins at a fantastic 44 percent while net profit margins improve by one-third to 26.5 percent. Those conservative projections should advance share earnings from 2006's \$1.55 to more than \$4 a share by 2011 and free cash flow from \$2.25 to more than \$5 per share.

Now those uncommonly superb numbers are the best reason I can find to own DNA at today's price. However, I don't think DNA will continue to trade at 60 times earnings and believe a 35 price-earnings ratio makes sense, so I think the stock could trade in the \$140 to \$150 range by 2011.

Please address your financial questions to Malcolm Berko, P.O. Box 1416, Boca Raton, FL 33429 or e-mail him at malber@adelphia.net.

## Only eight townhouses left at 'Woodlands'

### 70 townhouses sold at residential project

Eight of the original 78 townhouses at the Woodlands of Morton Grove are still available for purchase, according to the Elliott Group.

In addition, there are 405 condo units on site and of those, there are six still available.

According to a representative at the information center, everything is going "right on schedule."

The townhouses are distributed among 15 traditional two-story brick and stone buildings and feature private entries and their own two-car

attached garage.

The townhouses include granite kitchen counter tops, ceramic tile floors in baths, premium wall to wall carpeting in the living areas, vinyl flooring in foyers, kitchens, laundry rooms and garage entries.

The Woodland sales and information center is located at 8400 Callie Ave., 1 1/2 miles west of the Dempster Ave. exit from the Edens Expressway (I-94), south of Dempster on Lincoln at Callie in Morton Grove.

The office is open from 10 a.m. to 5 p.m. Monday through Saturday and from noon to 5 p.m. Sundays, or by appointment.

## Success

continued from page 1

enjoyed a "glow stick dance party."

The participants went on a flashlight walk through the neighborhood surrounding Notre Dame High School to show that the community is sticking together to fight crime. There were many children and adults of all ages who participated.

Giovannelli said that they will soon have a meeting to discuss ways to attract even more people to the event. He said that they may have the event at a park next year, or somewhere that is more in the middle of a neighborhood. Giovannelli wanted to acknowledge the hard work that the organizers contributed to make the event a success.

## Money

continued from page 9

There are other reasons why EIAs are troubling.

Insurance agents, who don't possess securities licenses, are forbidden from selling stocks, bonds, mutual funds or even lowly certificates of deposit. They can, however, sell all the EIAs they want, thanks to the way they are regulated.

The U.S. Securities and Exchange Commission and the NASD don't consider EIAs to be investments - at least not yet. Consequently, these regulators don't have the authority to tell agents, who often market EIAs through free seminars, what they can or can't do even if the

advice is reckless.

Some EIA promoters, for instance, are urging people to refinance their houses or take out reverse mortgages so they can free up cash to buy EIAs. Obviously, that's nuts. The NASD did issue an investor alert on EIAs last year, which you can find on the regulator's Web site (www.nasd.com). It's also auditing EIA practices at some brokerage firms, while the SEC is conducting its own investigation.

The NASD urges investors to understand how a particular EIA works before buying one. But that's a recommendation that even the people selling these complex annuities could have trouble following.

# HAVE YOU HEARD

## Norwood Crossing Celebrates 110 Years Of Caring At Annual Picnic

White tents on green grass under a canopy of trees, the music of yesteryear, games for the entire family, home-made specialties, and barbecue favorites are all planned for the Annual Picnic at Norwood Crossing (formerly Norwood Park Home). Sponsored by Norwood Life Care Foundation, this not-for-profit organization will celebrate its 110th anniversary on Sun., Aug. 20, at 6016-20 N. Nina Ave. in Chicago, from noon - 4 p.m. Admission is free.

There'll be plenty of barbecued finger licking treats, including American favorites, such as brats, hot dogs, chicken breasts, hamburgers, corn-on-the-cob, soft drinks, and ice cream to buy. If you're ready for some Norwegian specialties, try the open-face sandwiches, the fløtrot, julekake, and krumkake.

There will be a Jumping Jack and face painting for kids and games for the entire family. The Medinah Clowns will provide laughs with their crazy antics and other fun surprises.

Entertainment will be on the menu, too, with the Normennenes Singing Society, the Irish Heritage Singers Chicago, Bill Bender and His Musical Notes, Ray Nilsen and his accordion, and the Norwegian Folk Dancers of Chicago. The sale of resident-made crafts and a raffle that offers an assortment of interesting and exciting prizes will round out the afternoon.

Back by popular demand is the 2nd Annual Book Fair with records added as a new feature. You won't want to miss browsing through the many hardcover and paperback books and records, all at

attractive prices. In conjunction with the picnic, the Resale Shop across the street from Norwood Crossing will be open with bargains galore from collectibles, jewelry, household items, clothing, and more.

"We welcome our residents, their families and the local community to join us in celebrating the anniversary of our not-for-profit while sharing in some good old fashioned fun designed for the young and young-at-heart," said Trish Hinkes, executive director of Norwood Life Care Foundation. "This is a wonderful opportunity for all of us to join together in celebrating Norwood Crossing and its partnership with the historic Norwood Park community."

The first picnic was held in 1897 to celebrate the first anniversary of the purchase



Each year, kids line up for facing painting, one of the most popular attractions at the Annual Picnic held at Norwood Crossing (formerly Norwood Park home, 6016-20 N. Nina Ave. in Chicago). This year's event will take place on Sunday August 20th, from noon to 4:00 p.m.

of the Norwood Park Hotel that became Norwood Park Home. It has been held every year since, bringing family, friends and the community together for some good times,

good conversation and great food.

For more information about or to volunteer for the Annual Picnic, call Trish Hinkes at (773) 577-5367.

## Back To School Night at Pioneer Park

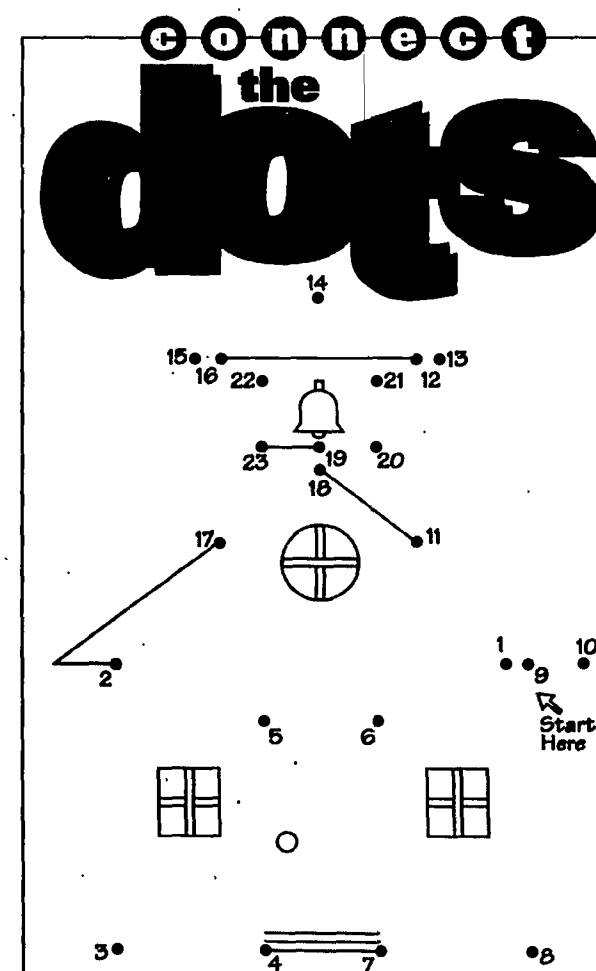


New this summer is our "Back To School Mini-Golf Night". Event participants will receive school supplies at each of the 18 mini-golf course holes. This special event will take place Thursday, August 10 (rain date Fri, Aug. 11) from 7:00-9:00 p.m. The cost is \$5 per child. Our goal is to bring families together to celebrate the beginning of the school year, and to enjoy a fun recreational evening. Pioneer Park is located at 7135 N. Harlem. Please contact Julene Valle at (847) 647-6777, Ext. 8 or (847) 583-2746 for more information.

Park District Director Visits Congresswoman Schakowsky



Morton Grove Park District Director Jeff Fougere recently visited with Congresswoman Jan Schakowsky in Washington D.C. Director Fougere was able to spend time with the Congresswoman discussing a couple projects the Park District is planning on pursuing in the immediate future.



## LIBERTY BANK SPONSORS POPULAR FRIDAY NIGHT CONCERT



Liberty Bank, Park Ridge, sponsored the popular Friday night concert in Hodges Park, Park Ridge. Here, l to r, Bank Mgr. David Flores, Fine Arts Society Musical Director Barbara Schubert, and Bank Loan Officer Mary Carlson get acquainted in the Liberty VIP customer area. The night's theme was a Salute to the Music of the '60's.

## Liberty Bank Hosts "Best of Branson" Trip

The public is invited to join Liberty Bank for Savings' on a trip to the top family entertainment destination in the U.S. - Branson, Missouri. The trip Oct. 3-7 will be a relaxing tour with big name entertainment, great meals and first-class accommodations.

The Best of Branson will include the Showboat Branson Belle Dinner Cruise, Doug Gabriel, Lost in the 50's, Yakov Smirnoff and Shoji Tabuchi shows. The cost is

\$789 for a double occupancy room and a \$50 per person advance deposit is needed. Reservations are required. For more information and further details, please call 773-489-4679.

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## D207 president declines TIF service

### Eric Leys opts out of Des Plaines TIF District service

President of The Maine Township High School Dist. 207 board Eric Leys recently sent a letter stating that he no longer would serve on the Joint Review Board for the proposed establishment of a TIF District in a 5-corner area of Des Plaines.

Leys told David Niemeyer, city manager of Des Plaines, that since the City of Des Plaines determined to contin-

ue to convene the Joint Review Board beyond the normal timeframe, he had other responsibilities on behalf of Dist. 207 and he had to discontinue his service on the review board.

Leys was appointed by the Dist. 207 board of education to the Joint Review Board in April and he served as chairman of the board.

Joann Braam, a Dist. 207 board member, will fill the vacant position left by Leys and serve as the Dist. 207 representative on the Joint Review Board.

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was raised in a family with 10 other siblings in a patriotic Polish family. Her father, whose family had been deported to Russia after participating in the November uprising of 1831 against czarist rule, required the children to speak Polish at home.

Gumieniak personally witnessed many attempts of foreign powers to control a portion of Europe. Gumieniak was the mother of four children and remarried after her first husband, a cavalry officer, had died due to illness. Her family took care of a farm that she inherited from her first husband. He was granted the property by the Polish govern-

ment for his involvement and actions in the Polish-Soviet War of 1921.

On Feb. 10, 1940 her family woke up to a pounding at their front door. A Soviet commissar gave them a half an hour to pack up their clothes and nothing else. They were sent in the bitter cold on a horse-drawn sleigh to a train station 100 kilometers east. Along with another 1.7 million Polish citizens, her family was deported by Soviets to Siberia.

Gumieniak contracted two types of typhoid fever but she persevered, afraid of being left in the Soviet Union. Her family was forced to split up. Gumieniak was left behind and tried to cross the border several times. After being at a refugee camp and not seeing

her children for almost a year, she met her oldest daughter on the street one day. Her youngest son, however, had succumbed to malnutrition.

After five years in the refugee camp, Gumieniak was able to join her youngest daughter who had moved to Chicago.

Gumieniak was survived by three children, seven grandchildren and 11 great grandchildren; as well as one great, great grandchild.

One of her children, Theresa Sokolowski is a resident of Niles.

A funeral mass was held at the St. John Brebeuf Catholic Church in Niles and interment took place at Maryhill Cemetery. Arrangements were made by the Skaja Funeral Home in Niles.

### NEWS FROM OAKTON COMMUNITY COLLEGE

#### Oakton Offers 'Cooking with the Chefs' Series

Embark on a culinary adventure in the kitchens of three professional chefs in a new cooking series being offered this fall by the Alliance for Lifelong Learning at Oakton Community College.

Taught by executive chefs in their own working kitchens, Cooking with the Chefs meets at three different locations: Shallots Bistro, 4741 W. Main St., Skokie; DelecToGo, 3455 W. Dempster St., Skokie; and David's Bistro, 623 N. Wolf Road, Des Plaines.

Fresh and Unique (HEC F87-01) introduces students to upscale French-American kosher cuisine from Laura Frankel, an award-winning and classically trained chef. Three-session course meets 8 a.m.-12 p.m., Sunday Aug. 27; 7-9 p.m., Tuesday, Sept. 19; and 7-9 p.m., Tuesday, Oct. 17, at Shallots Bistro. Course fee is \$165.

Baking and Pastry Arts (HEC F58-01) shows students how to

create gourmet pastry and other mouth-watering creations. Course is taught by Mark Kwasigroch, an owner of DelecToGo, who also teaches pastry arts at Kendall College School of Culinary Arts. Five-week course meets Tuesdays, 7-9 p.m., starting Aug. 29; at DelecToGo. Course fee is \$374.

Bistro Cuisine (HEC E28-01) shows how to prepare traditional bistro fare and contemporary cuisine. Full dinner, wine, and recipes are included. Three-week course meets Wednesdays, 6:30-8 p.m., starting Sept. 13, at David's Bistro. Course fee is \$115.

For a complete Alliance for Lifelong Learning class schedule, including registration and fee information, visit [www.oakton.edu/cont\\_ed/all/index.html](http://www.oakton.edu/cont_ed/all/index.html), or call 847-982-9888, press 3.

#### Work of Dickens, Piaf, Brel in Oakton Emeritus Classes

The work of author Charles Dickens and French singers

Edith Piaf and Jacques Brel are featured in fall Emeritus Program courses at Oakton Community College. Classes meet at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Dickens, London (HUM B23-61) examines the conditions, events, and institutions of 19th century London, and how Charles Dickens incorporated them into his novels. Three-week course meets 1-2:30 p.m., starting Thursday, Aug. 17. Course fee is \$50.

Edith Piaf and Jacques Brel: European by Birth, Globalists by Song (MUS B10-91) looks at the careers of two popular French musicians from the 1940s and '50s. Two-week course meets Wednesdays, 10-11:30 a.m., starting Aug. 23. Course fee is \$30.

Oakton's Emeritus Program offers credit and noncredit courses, lectures, seminars, and tours, while providing a chance to share learning experiences with peers age 50 and over.

For more information about the Emeritus Program, including costs of featured lectures, call 847-635-1414 or 847-982-9888, press 3. For a complete list of Emeritus classes, course fees, seminars, and events, visit [www.oakton.edu/emmeritus](http://www.oakton.edu/emmeritus).

#### Oakton Golf Benefit

Oakton Community College hosts its inaugural golf outing, a four player, "best ball" scramble, Monday, Aug. 14, at Chevy Chase Country Club, 1000 N. Milwaukee Ave., Wheeling. Proceeds go to support the women's athletic teams at Oakton.

The outing begins with a shotgun start at 11 a.m. Entry fee is \$125 per golfer, which includes green fee, cart, box lunch, and buffet dinner. Prizes will be awarded for longest drive, closest to the pin, and top scores. A raffle and silent auction featuring restaurant, hotel, and golf gift certificates, and tickets to local sporting events follows the dinner.

Golfers must register by Thursday, Aug. 10. For more information, contact Lisa Bolinder at 847-635-1729, or [lbolinde@oakton.edu](mailto:lbolinde@oakton.edu).

#### Open Auditions for 'Last Train to Nibroc' at Oakton

Open auditions for the Performing Arts at Oakton staged reading of Last Train to Nibroc by Arlene Hutton are scheduled 6-9 p.m., Wednesday, Sept. 6, and Thursday, Sept. 7, at Oakton Community College, 1600 E. Golf Road, Des Plaines.

Last Train to Nibroc follows the lives of May, a young, bookish woman, and Raleigh, a military veteran, who meet on a

cross country train trip in 1940. Raleigh invites May to attend the popular Nibroc Festival near their Kentucky hometowns, but fate has other plans.

The director is casting one man and one woman to play in their early 20s. Actors may prepare a short monologue or do a cold reading from the script.

Last Train to Nibroc will be presented 8 p.m., Saturday, Sept. 30, at Oakton's Des Plaines campus and 2 p.m., Sunday, Oct. 1, at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. For ticket information, call the Oakton Box Office at 847-635-1900.

#### Travel the Emerald Isle with Oakton

Explore Ireland on a two-week study/travel tour sponsored by Oakton Community College. The final trip in 2006 departs on Sept. 7.

Begin in Killarney, known for enchanting lakes and mountains, and drive the "Ring of Kerry." Travel through County of Cork and kiss the Blarney Stone before arriving in historic Cork City, home of the Shandon Bells. Tour the Waterford Crystal Factory and Wicklow Hills. In Dublin, visit Trinity College and St. Patrick's Cathedral, among other landmarks.

Throughout the journey, travelers will enjoy seeing historic castles, forts, and breathtaking scenery. Participants also will experience Ireland's culture through daily encounters with residents, informative lectures, and theater and traditional music performances.

For complete itineraries and costs, call Bea Cornelissen at 847-635-1812.



Boy Scout J.J. Palliser poses with Niles Mayor Nicholas Blase. The scout is collecting used cell phones to be donated to victims of domestic violence.

## Cell phones wanted for charity

J.J. Palliser, a life scout in Boy Scout Troup 175 from St. John Brebeuf Parish in Niles, is currently working on an Eagle Scout community service project that will benefit domestic violence survivors.

Palliser is collecting cell phones and equipment on behalf of Call to Protect, a national non-profit organiza-

tion that is concerned with the protection and support of survivors of domestic violence.

Cell phones, cell phone batteries, chargers, accessories, pagers, and PDAs/Blackberries will be collected and then repaired, reprogrammed and distributed to the survivors.

With a goal of collecting 500 cell phones, the collection drive will run until October. The collection boxes are located throughout various areas of the community.

In order to find a nearby location or for more information, those interested can contact JJ Palliser at BSAS-COUT175@gmail.com.

## Perspective

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seventies is selling for near \$300,000. For many homes half or more of their value is simply due to inflation. What cost \$300,000 in 2005 would cost \$59,548.47 in 1970.

Look at the following example: You sell a house for \$300,000. You purchased it in 1970 for \$25,000. You have a gain of \$275,000, right? Wrong. In the previous paragraph your real gain would be the difference between the inflationary sales price of today and the house's value back in 1970. Now subtract \$59,548.47 from your purchase price of \$25,000 and your real gain is \$34,548.47.

That's a big difference from \$275,000. Where did the balance of the money go? It was eaten up by inflation. Imagine what it is doing to wages?

The best policy would be to accurately reflect real values across all homes. This would eliminate the chicanery behind property taxes and assessments. Then the rates could be lowered to reflect these true values. The whole process would be transparent and clear to everyone involved.

"You sell a house for \$300,000. You purchased it in 1970 for \$25,000. You have a gain of \$275,000, right? Wrong. Your real gain would be the difference between the inflationary sales price of today and the house's value back in 1970. Now subtract \$59,548.47 from your purchase price of \$25,000 and your real gain is \$34,548.47."

The other side is to link assessments to inflation and discount that amount going forward. This should be done to all taxes: income, property, capital gains, etc. Seniors are right to fear inflation as it steals savings. Inflation is a secret tax used by politicians to balance their budgets, spend beyond their means, and cheat the people of their property values and hard earned money.

Inflation is a monster eating all in its path. It makes living more expensive and destroys hard earned savings. It raises taxes without raising taxes and in the end: It is the cruellest tax of all.

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## Engagement Announcement



## Strzelecki | Tokarz

Mr. And Mrs. Dean Strzelecki and Mr. And Mrs. Walter Tokarz are happy to announce the engagement of their children, Deana Marie Strzelecki and Brad Walter Tokarz.

Deana is a graduate of Maine East High School.

Oakton Community College's Physical Therapist Assistant program, and the Chicago School of Massage Therapy. She currently is working at the Abington of Glenview as a physical therapist assistant and the Niles Family Fitness Center as a massage therapist.

Brad is a graduate of Notre Dame High School and Valparaiso University with a bachelor's in English and Business economics. He is an account executive with Countrywide Home Loans. The couple plans for a 2006 wedding.

## Weick graduates from basic training

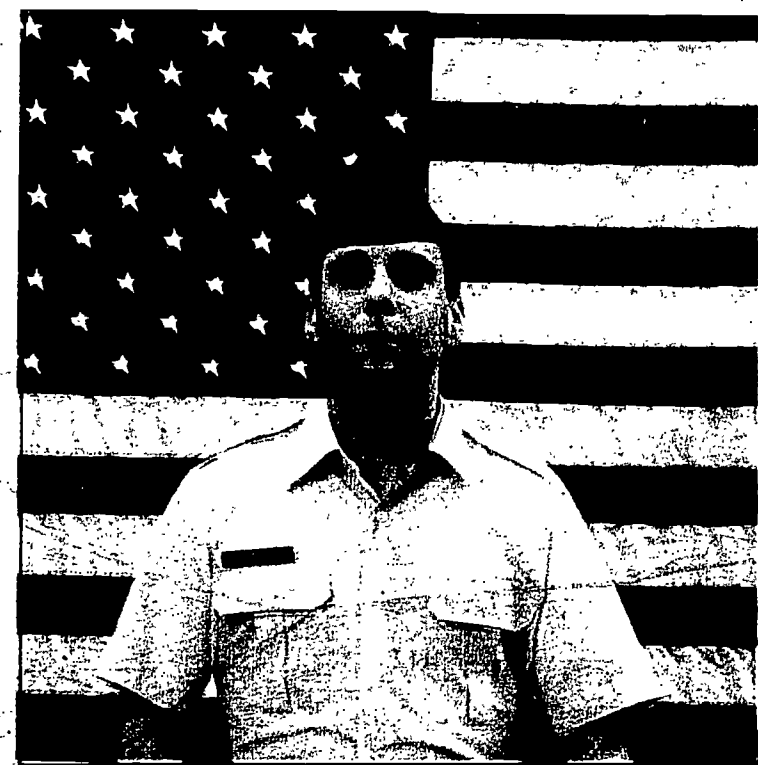
Air Force Airman Robert A. Weick Jr. has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Weick is the son of Robert Weick Sr. of New England, Morton Grove, Ill.

The airman is a 1996 graduate of Loyola Academy, Wilmette, Ill.



## Ordinance

continued from page 1

spayed or neutered at the owner's expense, requires a microchip to be implanted under the skin of the animal by a licensed veterinarian (the

microchip identifies the owner), requires a warning sign stating "Warning—Vicious Animal—Keep Away" in a prominent place where the animal is confined and/or requires the animal be evaluated by a certified behaviorist at

the owner's expense.

The ultimate purpose of the ordinance is to protect animals from abuse, neglect and rabies and to protect residents from annoyance, intimidation and rabies by animals, officials said.

## Niles announces watering restrictions

To help conserve water, the Federal Water Administration and the Illinois Department of Transportation's Division of Water Resources requires municipalities to enact outdoor water sprinkling restrictions.

In Niles, all outside watering between the hours of 12:00 p.m. (noon) and 6:00 p.m. is prohibited on every day of the week from May 15th through September 15th.

Generally, watering during this time of day is ineffective

due to the fast evaporation rates, therefore delaying watering to the best possible times helps conserve water. Should we not properly enforce the restrictions, the Federal Government has threatened to cut Niles water allocation. Therefore, all Niles citizens are urged to follow the sprinkling restrictions. This will help maintain adequate water pressure for fire fighting as a protection for your home or business.

## IDOT, insurer offer tips to avoid road rage

Road construction delays, soaring gas prices and traffic that seems to never let up are only a few reasons that spark moments of frustration and even aggression in drivers.

Aggressive drivers—those who tailgate, cut others off, run red lights, honk their horns, yell or make obscene gestures—are a danger to themselves and others. If you are an aggressive driver—or should you come into contact with one—your safety and that of your passengers and others on the road is seriously compromised.

Stress from off-the-road situations such as problems at work, the loss of a job, a divorce, or the death of a loved one can trigger road rage, even in a person who normally practices safe driving habits.

"Aggressive driving can affect anyone. Even drivers who are usually calm can get angry or frustrated and act out those feelings in dangerous ways," says Allstate agent John Goularas. "In

addition, poor traffic conditions such as crowded roads and traffic jams can be the 'last straw' for a driver who is already stressed or upset."

To protect yourself and others from the hazards of aggressive driving, the Illinois Department of Transportation (IDOT) and Allstate recommend the following:

Don't drive when angry—Take time to cool off. Go for a walk, breathe deeply, talk to someone, or, if you're already driving, pull over and wait until your heart rate and breathing have slowed before getting back on the road.

Think positively about driving—Take pride in driving safely and always consider how your driving might affect others.

Chill out—Listen to soothing music, allow plenty of time to reach your destination, avoid traffic jams or choose less busy roads, and keep up with traffic and weather reports to learn of delays or hazards.

## Low-cost legal counseling

Contact The Center of Concern for low-cost legal counseling, including the preparation of wills and powers of attorney for health care and property.

"We are very fortunate to have legal professionals available to offer this service," said Center executive director Mary Schurder. "We greatly appreciate their expertise."

Wills preparation costs \$50 for a simple will (\$75 for a married couple). A durable power of attorney for health care or prop-

erty is \$12.50 per person. A living will costs \$10. All legal services require an appointment. Please call The Center at 847-823-0453.

The Center of Concern also offers in-home health care referrals, housing counseling for older adults and persons seeking affordable housing, friendly visitors for the homebound, and low-cost counseling regarding Medicare and personal matters. The Center is located at 1580 N. Northwest Highway, Suite 310, in Park Ridge.

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## Niles White Sox win world series



The Niles White Sox Team 304 won the Little League World Series 20-2 against the Marlins. The coaches of the team are Anthony Calderone and Chuck Krone. Members of the victorious team include Kenny Serwa, Andrew Krajcecki, Anthony Morys, CJ Krone, Anthony Calderone, Fabio Schmelzle, Gary Lynch, Tyler Stephens, Brad Cooke, Michael Massari and Ryan Reichert.

## PR swimmers heat up the pool at State

The weekend of July 28-30, 2006 was one of the hottest of the summer. Park Ridge Swim Club II members were just as hot as they swam in Illinois Swimming Inc. State Age Group Championships. Ten and under Boys Andy Lui (10) and Charlie Majewski swam a total of three events. Breaststroke specialist Lui recorded a 19th place in the 50m with a time of: 48.07 and a 23rd in State in the 100m

Breaststroke, touching the wall in a 1:46.48. Both swims were personal best times. Charlie Majewski finished 20th in the 100m Free in a new team record of 1:18.15.

Andrew Salomon of the 13-14 Boys, didn't let moving into a new age group stop him when he recorded new personal bests in the 400m Free (4:55.06) and 100m Free (1:01.12), a new team record. Andrew also swam in the 50m and 200m free events.

## Bowling league seeks members

The Catholic Women's Bowling League is looking for anyone who can lift and throw a bowling ball to join their league.

The league is searching for bowlers, regular and subs, for

the Wednesday night Catholic Women's Bowling league at Class Bowl. They meet at 7:30 p.m. starting on Aug. 30.

Those interested can call Mary Wasilewski at 847 965 7366.



## Smith swims to finish

Richard Smith, 71, won three medals for swimming at the Senior Olympic Competition held to accommodate all participants in 50-year age brackets. This year he won the Golf for the 50-yard backstroke, gold for

the 50-yard freestyle and silver for the 100-yard freestyle.

Smith is an instructor at the Niles Family Fitness Center, coordinating the Senior Men's Fitness for Fun program.

## Learn your consumer rights at Niles Senior Center

## Niles Seniors

## Bringing the Islands Alive

Friday, September 8 11:00AM - 2:30PM \$12.

Tickets are going fast for this annual event. Lunch features the always tasty hamburgers and brats, freshly grilled to perfection by our master chefs. Then "journey to the islands" with the Royal Polynesian Review. Reserved seating! Cost includes lunch, entertainment and raffle.

## Home Repair: Know your Rights

Wednesday, Sept 6 11AM - Noon

If you are planning a home repair/improvement project, it is important to ask the right questions to protect your investment. Ginger Troiani, Senior Citizen Construction Advocate for the Niles Senior Center, will discuss ways to protect yourself and minimize the possibility that a misunderstanding may occur. Time will be allotted for questions. FREE but registration is required.

## Pet Parade

5th Annual Pet Parade: Monday, October 9th 1:00PM

The animal kingdom will reign supreme at our annual Pet Parade. Whether large or small, cute or scary, four-footed (or three), costumed pets and their adoring humans will take center stage to thrill animal lovers of all ages. All Niles Pet Owners are invited to enter their pets. Advanced pet registration required.

## Effective Communication Group

A supportive, informational

group that deals with hearing loss issues and the latest in assistive technology. We welcome anyone with Hearing Loss issues to the Effective Communication Group, which meets the last Thursday of the month. If you have any questions or want to look at assistive device catalogs, please contact Trudi Davis (847 588-8420)

## Summer Movies

Summer Evening Movie Schedule \$2.00 (with dinner) 5:00PM

This summer, join us for Niles Senior Center's weekly "Dinner and a Movie" featuring a broad spectrum of movie favorites from the 1930s to the present. Before the movie, enjoy the special \$2.00 Hot Dog Dinner (Hot Dogs - Pizza rotation started in mid July) 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. Following is a list of upcoming movies:

August 16 ~ Guys and Dolls (1955) Frank Sinatra, Marlon Brando (Pizza)

August 30 ~ Take the Lead (2006 PG-13) Antonio Banderas, Alfre Woodard (Hot Dog)

## Last Fishing Outing

The Last "Hooked on Fishing" outing of the year will be held Friday, Sept. 15. We meet at the selected site at 8:00AM. Cost includes bait, morning snack, lunch and prizes. A valid Fishing License is required. Call MaryAnn (847 588-8420) for

more information.

Friday, September 15 - Busse Woods, \$12 - Meet at the specified site at 8:00AM.

Friday, October 13 - BANQUET at DesPlaines Elk Club 4 - 6:30PM \$15

## Social Scrabble Wants You

If you enjoy playing scrabble, this group is for you! We meet every Friday at 10:00AM in Room 231. We have the games, but we need the participants. Drop on by and get acquainted.

## Get Acquainted with the Center

Newcomers are asked to call the Niles Senior Center to reserve a place at our August 17th NEWCOMERS' TOUR. Take a tour of our beautiful facility and meet members of our staff. If you would like a tour, please register at the Front Desk at least one day in advance. 847 588-8420.

## Lunch with the Red Hatters

On August 16th lunch is at Tsukasa of Tokyo, 561 Milwaukee Ave in Vernon Hills. Please register at least one week in advance. Call Kelly for costs, car pooling and/or directions. Red Hats and Purple Outfit required.

On Monday, September 11th, it's Red Hatter TRIP TIME. Take a two-hour trolley tour of Chicago and see where motion pictures have been filmed. Following the tour, we'll stop at Lawrey's downtown for a fabulous lunch. Cost \$40.

## Grief Workshop

Beginning Wednesday, September 13, the Niles Senior Center will hold a three-session Grief workshop for residents

touched by the loss of a loved one. For more information, please call Bev Wessels, MSW, LSW, ACSW, or Melanie Amin, LCSW (847 588-8420).

The workshops will meet on Wednesdays from 1:30 - 3:00PM and will focus on the following areas:

Workshop #1, Sept. 13 - "What Has Happened to Me?" Trying to make sense of the many feelings you experience after the loss of a spouse or a loved one is a difficult process.

Workshop #2, Sept. 20 - "Dealing with Expectations of Ourselves and Others"

Dealing with other peoples' feelings and concerns can raise anxiety, especially when they want us to "move on" or "be happy again."

Workshop #3, Sept. 27 - "Adjusting to a Difficult Lifestyle." We will explore the stress of living alone and ways to adapt to new social roles and responsibilities.

## The Educated Caregiver

"Educated Caregiver" video series begins Wednesdays, Sept. 6

Please contact Bev Wessels or Melanie Amin for more information about this program.

On Wednesday, September 6, at 1:00PM, the Niles Senior Center Caregiver Group will premiere the first part of our three-session "Educated Caregiver" Video Series.

Our first session will help community members learn how to cope effectively with the demands of caregiving for spouses or other family members. This program is offered at no charge but enrollment is necessary.

## You would not want to be caught dead without a will

By Doug Mayberry  
COPLEY NEWS SERVICE

Q: Being a widow and just having had my 65th birthday, I find myself more and more impatient.

## DEAR DOUG

I feel like I am living on borrowed time and want to get things done right now. I lost my husband to brain cancer two years ago, and I realize it's time to get my personal affairs in order for the kids. One mistake he made was not naming in writing which of our sons was to receive his antique car. Our sons are still fighting over whose car it is. My father died before my mother, and he left behind a legal mess of papers, which caused her two years of effort, extra taxes and expenses. Having suffered through this, why am I still procrastinating?

A: Because you are still grieving.

Your sons may have to flip a coin to see who gets the car. Claim your power now and designate in writing who gets what. Letting our loved ones go is difficult, but now is the time to move on. In our hurry-up world of fast food, microwaving, digital photos and instant coffee, we get upset when things don't get done immediately.

Ease your concerns by finding a qualified estate attorney. Share the details of your assets and how you want your gifts distributed. If you already have some of the legalities in place, it shouldn't be a major effort and expense to update them to guarantee your wishes. Recheck beneficiaries,

See Doug, page 19

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# Diabetes screening held at Morton Grove

## Morton Grove Seniors

### Diabetes Screening

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Aug. 22. Screening is free for Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

### Brain Games Part II

As we get older, we often begin to see changes in our mental functioning, having difficulty with memory, processing information more slowly, or having that "tip of the tongue" phenomenon. Many of these are natural changes yet there are many things that can be done to help combat their effects on brainpower. Come and learn about some of the functions of the brain along with some fun and interactive exercises at 1:30 p.m. on Monday, Aug. 21 in the Morton Grove Senior Center. There is no cost but please register before Aug. 14 by calling the Senior Hot Line at 847/470-5223.

### Mall Shopping

Morton Grove seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Aug. 29 should call the Senior Hot Line at 847/470-5223 to reserve a seat on the Seniortran. Home pick-ups begin at 9:15 a.m. with arrival at Golf Mill at 10:15 a.m. Trips are free for Senior Center Members and \$1 for all others.

### Baby Boomers Trip Cancelled

The Morton Grove Senior Center's "Navy Pier & Ed Debevis" Trip scheduled for Aug. 29 has been cancelled due to insufficient pre-registrations. Please call the Morton Grove Senior Center at 847/663-6127 for more information.

### 'Lovestruck.com'

"Love Struck.Com" - a musical, is coming to the Morton Grove Senior Center

on Sept. 1, 2, 3, 8, 9, and 10. This production is the story of a dating agency and the problems of late-in-life dating. The North Shore Players will make audiences stand up and cheer. Don't miss this show! Written and directed by Helen Magid! The tickets are only \$12 each, for the best show in town! Tickets are now available at the Morton Grove Senior Center. Stop at the Reception Desk and make your reservation. For more information, call Bernie Friedman at 847/568-9242 or Betty Garcia at 847/251-3241.

### Art Institute Senior Celebrations

Morton Grove seniors will be traveling to the Art Institute of Chicago on Wednesday, Sept. 6 to enjoy a special tour entitled, "Senior Celebrations" which includes lunch at the Institute. The bus leaves the Senior Center at 9:45 a.m. and returns at 2:45 p.m. The cost is \$25 for Senior Center Members and \$29 for non-members. Register in-person at the Senior Center before Aug. 24.

### Tamarack Retirement Living

A tour and lunch at Tamarack Gracious Retirement Living in Palatine is scheduled on Thursday, Sept. 7. The bus will depart from the Morton Grove Senior Center at 10 a.m. and return at 2 p.m. The cost is just \$2 for Morton Grove Senior Center Members and \$2.50 for non-members. Please register in-person at the Senior Center before Aug. 25.

### 'What did you Say?'

For people who are having problems hearing or who ask others to repeat what they've said, this free seminar and screening is for you. Linda LeBlanc, M.S., CCC-A (Clinical Audiologist) will be at the Morton Grove Senior Center at 1:30 p.m. on Tuesday, Sept. 12 to discuss different types of hearing loss and ways they can be helped. After the discussion she will be conducting free hearing tests. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223 before Sept. 6.

### 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 12 noon to 4 p.m. on Tuesday, Sept. 12 and Thursday, Sept. 14 in the Prairie View Community Center; and from 9 a.m. to 1 p.m. on Saturdays, Oct. 7 and 14 at the Morton Grove Senior Center. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

### 'Ten Little Indians' at Drury Lane

In true Agatha Christie fashion, a mysterious mansion full of strangers watch as each one disappears, keeping the audience guessing until the very end. The plot twists and turns keeping the audience on the edge of their seats while many of the odd characters provide the hilarity. This show is a must-see for mystery fans and Morton Grove Seniors will depart from the Senior Center at 10:30 a.m. on Thursday, Sept. 14 and return at 5 p.m. The cost is \$55 for Senior Center Members and \$62.50 for non-members. Please register in-person at the Senior Center before Aug. 17.

### Trash or Treasure

The Morton Grove Senior Center is now accepting contributions for its Third Annual "Trash or Treasure" Rummage Sale which will be held on Saturday, Sept. 16. Donations of all kinds including clothing, tools, household items, books, music, and knick-knacks are gratefully being accepted by the Center. Clean out those closet drawers or attic and basement accumulations and donate goods to: the Morton Grove Senior Center, 6140 Dempster Street in Morton Grove. All contributions are appreciated and proceeds will be used to enhance activities at the Center. The Center will accept goods from 9 a.m. to 4:30 p.m., Monday through Friday. For more information please call 847/470-5223.

### 'Shear Madness'

Join the Morton Grove Senior Center for "America's favorite whodunit comedy" on Wednesday, Sept. 27 in the quaint downstairs theatre at one of Chicago's best-known venues. On an ordinary day at the Shear Madness hair salon, the regulars stop by for their weekly set and style, a little gossip, or an old fashioned shave. But when a scissor job gone bad leaves the upstairs landlady dead as a doornail, the crazy company of customers and stylists below find themselves locked in and fingered for murder. Full of mischief and mayhem, constantly snappy and sassy, and bursting with up-to-the minute laughs, "Shear Madness" brings a wacky cast of characters to life. The bus will depart from the Senior Center at 12:30 and return at 5 p.m. The cost is \$56 for Senior Center Members and \$65 for non-members. Register in-person at the Senior Center before Sept. 1.

### Computer Classes

The "Computer Keyboarding Class" is great for the "hunt and peck" keyboarders as well as "old world typists" who want to increase their speed and accuracy. This one-day class from 9 to 11 a.m. will be held on Saturday, Sept. 23 at the Morton Grove Fire Station #4 at Lincoln and Callie Avenues. The fee is \$10 for Senior Center Members and \$12 for non-members. Please register in-person at the Senior Center before Sept. 8.

"Getting Started with Computers" is a class designed for students with little or no computer experience. There will be lots of hand-on exercise and loads of fun in this four-week course from 9 to 10:30 a.m. starting Sept. 30 through Oct. 21 at the Morton Grove Fire Station #4 at Lincoln and Callie Avenues. The fee is \$32 for Senior Center Members and \$37 for non-members. Please register in-person at the Senior Center before Sept. 15.

The "Internet" course is designed for beginner Internet users and explorers who want to increase their Internet knowledge and proficiency. This four-week series meets from 11 a.m. to 12:30 p.m. starting Sept. 30 through Oct. 21 at the Morton Grove Fire

Station #4 at Lincoln and Callie Avenues. The fee is \$32 for Senior Center Members and \$37 for non-members. Please register in-person at the Senior Center before Sept. 15.

### The Music Cole Porter

Join the music lovers from the Morton Senior Center for an evening performance celebrating the music of Cole Porter on Thursday, Oct. 5 in Evanston. The audience will be thrilled to discover neglected Cole Porter gems composed between 1919 and 1945 in this tuneful, sophisticated revue by Ben Bagley, a proven master of revue. The bus will leave the Senior Center at 6:45 p.m. and return at 10:45 p.m. The cost is \$26.50 for Senior Center Members and \$30.50 for non-members. Please register in-person at the Senior Center before Sept. 18.

### Crochet Class every Friday

Learn basic and advanced crochet methods, knots, and have fun! All levels welcome to this twelve-week class from 9:30 to 11:30 a.m. every Friday from Oct. 6 through Dec. 29 in the Morton Grove Senior Center. There will be no class on Friday Nov. 24. The instructor once again will be the incomparable, Diane Brunger. The class fee is \$28 for Senior Center Members and \$32 for non-members. Please register in-person at the Senior Center.

For more information about senior services and activities, call the Morton Grove Senior Hot Line at 847/470-5223. Membership in the Morton Grove Senior Center provides these benefits: six issues of the Seniors in Morton Grove newsletter; three issues of the Travelin' Times newsletter; free Diabetes Screening; free passage on the Seniortran (for residents); free Computer usage in the Senior Center Library; 15% discount on trips and classes; an annual members-only party; and a photo i.d. card. Membership registrations are accepted any weekday morning between 9 a.m. and 12 noon at the Senior Center, 6140 Dempster Street. The membership fee is \$15 for an individual resident; \$25 for a resident married couple; \$25 for an individual non-resident; and \$40 for a non-resident married couple.

## Maine Township Seniors

### MaineStreamers

The Maine Township MainStreamers program offers a variety of opportunities for residents 55 and older. All residents and property owners are invited to apply for membership. Membership includes a free subscription to the MaineStreamers monthly newsletter, which details all activities for the upcoming month. Most activities take place at Maine Town Hall located at 1700 Ballard Rd. in Park Ridge. Members pay individually for whichever activities they want to participate in. For more information contact the MaineStreamers at 847-297-2510 or visit us at www.Mainetown.com.

### A Visit with Jack Benny

Thursday, August 17, 10:30 a.m. to 12 noon, No Charge -

### Registration Required

Come and enjoy some of Jack's funniest moments in radio, TV and film. We will look at this great man's life and laugh with Rochester, Phil Harris, Dennis Day and the rest of the greatest cast in history.

### Men's Group

Tuesday, August 22, 11:30 a.m. to 1:30 p.m., Cost: \$3 - Lunch Provided, Registration Required

Enjoy lunch together as we socialize. Sarah Martinez, a comedian who has worked at the Comedy Club, will perform a comedy/variety show following the meal. Don't miss this special program.

### Coping with Loss Program

Wednesday, August 30, 10:30 a.m. to 11:30 a.m., No Charge - Registration Required

As we age, the losses we experience tend to add up - loved ones, physical health, social roles, etc. How do we

turn these losses into building blocks of wisdom and joy rather than despair? Dr. Lisa Campbell will share stories and ideas that help us consider the possibilities presented by losses of all kinds. Dr. Campbell is a licensed clinical psychologist with the Willow Wellness Center, which specializes in psychological care for adults 50 and older.

### Handyman Guide Available

Fresh off the press... the brand new Handyman Guides are available to residents at no charge. The guide lists numerous handymen that offer services that included plumbing, painting, roofing, remodeling, snowplowing and many more. The book MUST be picked up at the Town Hall and is limited to one per household.

### Passport Requirements

Township Clerk Gary K. Warner reminds everyone that U.S. Citizens will need pass-

ports to travel by air and sea to Canada, Mexico, the Caribbean, Bermuda and parts of Central and South America beginning in January 2007. Passports or other secure documents, such as the passport card currently under development, will be required for all land border crossings to Canada and Mexico beginning in January 2008. Clerk Warner invites everyone who needs a passport to apply in the Maine Township Clerk's Office. We thank you for this opportunity to serve you.

### Day Trip

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

Harrison St. in Des Plaines.

### 'Saugatuck' trip

Thursday, August 17, 7:30 a.m. to 9:00 p.m., Cost: \$68 members/\$73 guests

Join us as we visit Saugatuck, Michigan—the embodiment of small-town America—a picturesque harbor village where visitors discover its beauty and simplicity. While there, enjoy a dune buggy ride, browse the town and take a cruise on board the "Star of Saugatuck."

Following our dune buggy ride it's time to relax and discover Saugatuck on your own. Take a leisurely stroll along the boardwalk and visit the many art galleries. Enjoy lunch on your own at the many restaurants.

After lunch we board the "Star of Saugatuck" for an afternoon cruise. The narrated tour will take you past the beautiful harbor and down the scenic Kalamazoo River.

## Senior Citizens

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Everyday Except Sunday

Sr. Men's Clipper  
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LOCAL NEWS

# Learn to drive defensively with Park Ridge seniors

## Park Ridge Seniors

### Defensive Driving

A defensive driving class is scheduled for Tuesday and Thursday, August 29 and 31 from 9:30 a.m.-1:30 p.m. A certificate of insurance from this class may entitle you to a discount on your automobile liability insurance. The cost is \$10 per person and must be paid in advance. Checks are preferred and should be made payable to AARP. Class minimum is 15 students, so don't wait to sign up as low enrollment may cause the class to be cancelled.

## Doug

continued from page 17

new grandchildren and even divorce issues that are new. People often change their minds over time.

Make sure your health durable power of attorney is named and your document can be quickly retrieved if medics are called. A good spot is in a manila envelope taped to your refrigerator.

Write an informal, tangible personal property letter in which you list item by item your major gifts, including furniture, jewelry, collections, paintings, silver and other possessions.

### On-going activities

Humanities discussion continues to meet during the summer on Thursday mornings at 10:15 a.m. The timely topic of immigration was a recent subject of discussion. New participants are always welcome.

Bob Pfandner continues to lead the Science Club every Wednesday afternoon at 1 p.m. so come over...there's always something interesting being covered.

The Women's Club planning meeting will be held on Wednesday, August 23. The group is working on a number of activities for the remainder of the year. The group wel-

comes new members and ideas. The meeting starts at 1 p.m.

### Special Senior Services

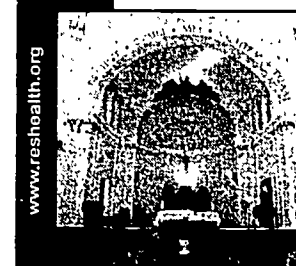
Social worker, Joyce Garb will be back on her former schedule beginning the first Wednesday in September. She will be available for appointments every Wednesday morning from 9:30 until noon. Joyce is a very helpful person. She has good suggestions for sometimes difficult issues and is a great resource for information you might need.

### Craft Fair

September 16 from 9:00 a.m. to 3:00 p.m. is the day and time of the annual Craft Fair of the

A: According to the Journal of Clinical Nursing, the least-lonely people are those of us 50 and older. In a short study they also found loneliness rises in the 20s and peaks in the 40s.

A major factor that fosters loneliness is when an individual chooses to withdraw from participation in life by isolation. Health and financial issues are also major contributors. Whatever the reasons, experts agree that accepting a negative attitude and deliberately finding reasons not to stay in contact with old friends, not attempting to make new ones, or caring about other people's lives drives us down a lonely road.



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For All of You, All of Your Life



# Oregon pinot blanc just for the halibut

By Ron James

COPLEY NEWS SERVICE

## The Chef

One of the world's most respected restaurants is Alice Waters' Chez Panisse in Berkeley, Calif. Some of the chefs to have come out of that hal-

## PERFECT PAIRINGS

lowed kitchen include Mark Miller, Suzanne Goin, Judy Rodgers and Jeremiah Tower. It's no wonder that young, ambitious chefs vie for any job there, regardless of the hours or pay. Dan Silverman was no different.

"A friend of mine told me one of the chefs at Chez Panisse was going to leave soon, so I went in and applied for the job," said Silverman. "They had a one-day-a-week opening until the full-time position opened. So I took it, even though I still had a full-time cooking job at the time."

"Every time I came in to work, I checked to see if the chef was still there," Silverman said. "And she was - staying on, she said, 'Just a little longer.' Then I realized that turnover at Chez Panisse was practically nonexistent and the chef who was supposed to leave probably never would. So after a few months of this, I left and eventually went back to the East Coast."

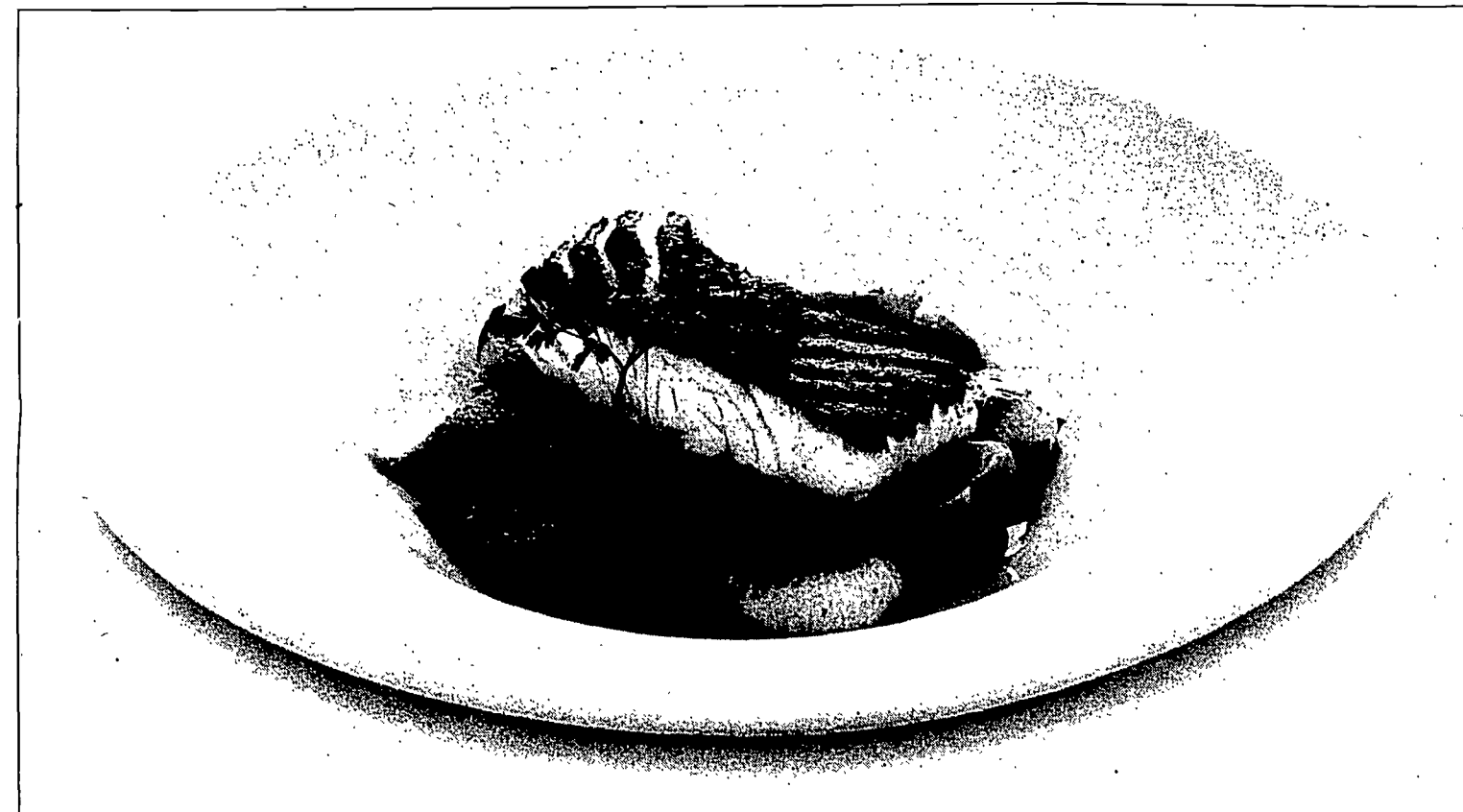
But not before he got two more hot San Francisco Bay-area restaurants on his resume. In his brief time on the West Coast, Silverman worked at the Zuni Cafe and Wolfgang Puck's Postrio. Silverman, a New Jersey native, now had impressive credentials and a passion for everything fresh.

It was from his family that Silverman derived his passion for food. "From the time we got up in the morning," Silverman said with a laugh, "it was, 'What are we going to have for dinner? Where are we going to get it? And how are we going to cook it?'"

"I didn't plan on being a chef. I got a degree in English literature and went into publishing. I hated it. So I decided to go to culinary school and give cooking a shot."

Studies at the French Culinary Institute in Manhattan led to work at one of New York City's premier restaurants, Bouley, under star chef David Bouley. Silverman worked his way up to sous chef (second in command of the kitchen).

Silverman's first executive chef job was at the 75-seat Alison



## Halibut with Roasted Baby Beets, Cipollini and Fines Herbes

1 (½-pound) bunch baby candy-striped beets (chioggia), unpeeled, rinsed with all but 1 inch of greens trimmed  
1 (½-pound) bunch baby golden beets, unpeeled, rinsed, all but 1 inch of greens trimmed  
¼ cup extra-virgin olive oil (divided use)  
Kosher salt and freshly ground black pepper, to taste  
4 whole star anise  
½ pound cipollini onions, peeled  
1 cup nage (recipe follows)  
3 tbsps unsalted butter  
4 (6-ounce) halibut fillets  
Pinch of cayenne pepper  
2 tbsps canola oil  
2 tbsps pounded fines herbes (recipe follows)  
Fresh chervil or flat-leaf parsley, for garnish  
Yields 4 servings.

Preheat oven to 375 F.  
Place beets in small roasting

pan or glass baking dish and toss with 2 tablespoons of olive oil to coat; season to taste with salt and pepper. Arrange beets in single layer and pour in enough water, about ¼ cup, to reach about ¼ of the way up sides of beets. Scatter anise on top and cover pan tightly with foil. Roast beets until tender, about 30 to 40 minutes, depending on size and freshness of beets.

Meanwhile, place onions in mixing bowl and toss with remaining olive oil to coat. Season to taste with salt and pepper. Place onions on small sheet pan. Place pan in oven on rack separate from beets and roast, 15 to 25 minutes, until tender and beginning to color. Cool to room temperature and reserve.

To check beets for doneness, insert paring knife into centers. It should slide in without resistance. Allow beets to cool. Using your hands, slip off beet skins. Cut beets in ¼ or quarters,

depending on size.

In saucepan over medium heat, warm nage (recipe follows). Add beets, onions and butter and slowly bring to simmer. Season lightly with salt and pepper, to taste.

While beets and onions are heating up in liquid, season halibut to taste with salt, black pepper and cayenne pepper.

Place large saute pan over medium-high heat and coat with canola oil. Add halibut fillets and cook until bottom side is golden, about 2 to 3 minutes. Flip fish and cook remaining side 2 to 3 minutes; the fish should be just cooked through and buttery, not dry in the slightest.

When vegetables are heated through, stir in 2 tablespoons of pounded fines herbes. Ladle scoop of vegetables and herb-infused nage into each of 4 bowls (you can preheat them if you'd like). Lay seared halibut fillet on top of beet-onion mixture; it should be resting in broth, not submerged. Garnish with sprigs of chervil or parsley.

## Pounded Fines Herbes

¼ cup fresh chervil leaves and very fine stems only  
2 tbsns fresh tarragon leaves  
¼ cup fresh flat-leaf parsley  
Kosher salt  
½ to ¾ cup extra-virgin olive oil  
Yields about 1 cup.

Toss together chervil, tarragon and parsley. With mortar and pestle, begin pounding ¼ of herbs with 1 tablespoon of kosher salt. Add a little olive oil, and continue to pound herbs into green paste. Add sprinkle of salt and more herbs in increments as they are mashed. The salt provides a bit of grit to mash with. Continue adding more herbs and slowly add more oil until you've used all of herbs (you may not need all the oil).

If using a food processor, simply add all the herbs, 1 tablespoon of salt, and the olive oil all at once and pulse to combine. The herb mixture should be a bit soupy, a little oily, and very fragrant. It might

See Recipe, page 21

on Dominick, where his star took off. Gourmet magazine selected the restaurant as one of their top tables two years in a row, and Food & Wine magazine honored him as one of America's Top 10 Best New Chefs. After five years at Alison, Silverman became executive chef at the Lever House in New York City.

Silverman's "The Lever House Cookbook" (Clarkson Potter, \$45) was released this summer.

When asked about cooking at home, Silverman chuckled,

"When my kids get up, it's, 'What are we going to have for dinner? Where are we going to get it? And how are we going to cook it?'"

## The Dish

We've selected a dish that reflects Silverman's philosophy and style - Halibut with Roasted Baby Beets and Cipollini Onions in Nage. Nage is a sophisticated vegetable broth.

"Over the years, I've learned

to make my food more simple rather than more complex," Silverman said. "I look at a dish and ask myself what can I take away from the dish so that it still is a great dish."

Silverman loves fresh beets.

"The recipe calls for candy-striped beets, which are also known as chioggia," he said. "These beautiful scarlet-red beets have interior rings of red-dish pink and white. This specialty Italian variety is notable for its attractive color and rela-

tive absence of bleeding, making the halibut a picturesque and colorful dish."

To ensure freshness, make sure the tops are on the beets. The tops can be saved and sauteed for a great vegetable side dish.

Cipollini are small, flattened, yellow onions known for a somewhat bitter yet sweet flavor. Because of their size and shape, cipollini are ideal for roasting and serving whole. They are usually available in the fall at

See Pairings, page 21

## Pairings

continued from page 20

specialty markets. Any small, sweet onion can be substituted.

## The Wine

The golden straw color of Four Graces 2003 Estate Grown Pinot Blanc (\$15) from Oregon complements this dish. The wine's melon flavors and floral aromas work with the spices in the nage as well as the vegetables and halibut.

Steve and Paula Black started the 110-acre Willamette Valley vineyard in 2003 in the premier growing area of the Dundee Hills. When the Blacks went to christen their wines, they chose the names of their four daughters - Alexis, Vanessa, Christina and Jillian - their "four graces."

The wine is fragrant with honeydew and cantaloupe and slight floral overtones. It has a crisp, clean taste with green apple and fig flavors on the finish.

## Recipe

continued from page 20

taste salty, but keep in mind that fines herbes will season and perfume the beets and onions.

## Nage

½ onion, halved  
¼ tomato, cored  
¼ fennel bulb, halved  
1 celery stalk, halved  
¼ carrot, halved  
2 garlic cloves  
1 ½ tpsns white peppercorns  
1 ½ tpsns Szechwan peppercorns  
1 ½ tpsns fennel seeds  
1 ½ tpsns cardamom pods  
1 ½ tpsns sea salt  
1 bay leaf  
¼ cup white wine vinegar  
1 cup dry white wine  
2 quarts water  
Yields about 2 quarts.

Place all ingredients in large soup pot over medium-low heat. Bring to a boil slowly over medium-low heat. The goal is to gently extract as much flavor as possible from vegetables and spices and into liquid. Reduce to low and simmer slowly, uncovered, for 3 ½ hours. "Low and slow" is the mantra, there should not be a lot of evaporation. Skim any impurities that surface. Turn off heat and let nage steep 10 minutes and cool a bit. Slowly pour broth through strainer into another pot to remove solids. Don't press ingredients. Broth should be clear, not cloudy.

Adapted from "The Lever House Cookbook."

Ron James welcomes comments and suggestions. E-mail him at ron-james@perfectpairings.us.

# "A jubilee of corn-pone vulgarity"

COPLEY NEWS SERVICE

## New Releases

### TALLADEGA NIGHTS

"Talladega Nights: The Ballad of Ricky Bobby" is a NASCAR comedy, though surely one approved less by the National Association for Stock Car Auto Racing than by the Native Alliance for the Satirical Confederacy of All Rednecks.

It stars Will Ferrell, who is in tall cotton candy. Dancing to the edge of his talent, Ferrell hasn't had so much broad, sassy fun since "Anchorman: The Legend of Ron Burgundy" in 2004. A jubilee of corn-pone vulgarity, crazed colors and speed blasts, and even an appearance by Dale Earnhardt Jr., the movie takes some comic risks. A Columbia Pictures release. Director: Adam McKay. Writers: Will Ferrell, Adam McKay. Cast: Will Ferrell, John C. Reilly, Pat Hingle, Gary Cole, Jane Lynch, Michael Clarke Duncan. Running time: 1 hour, 38 minutes. Rated PG-13. 3 Stars.

### 'BARNYARD: THE ORIGINAL PARTY ANIMALS'

Cows are the heroes of "Barnyard: The Original Party Animals," which must be a breakthrough on the PC (pro-cows) front. For writer and director Steve Oedekerk it's a major advance in species empathy beyond "Ace Ventura: When Nature Calls." It has its levels of wit and significance. The animals have a vivid, secretive life kept from the humans. Leader of beasts is big bovine Ben, protector of the yard - and especially of the chickens - from roving coyotes. Still, "Barnyard" often seems a feathered, leathery or four-legged footnote to the late 1970s gags: parties, music, ripping chases, duke-downs, folksy gals, even motorcycles. A Paramount Pictures release. Director, writer: Steve Oedekerk. Voice cast: Sam Elliott, Kevin James, Courteney Cox, Danny Glover, Andie MacDowell, Wanda Sykes. Running time: 1 hour, 27 minutes. Rated PG. 3 Stars.

## Recent Releases

**SCOOP** - It takes place in a London pub instead of a New York deli, and they're journalists, not comedians, but the opening of "Scoop" will remind Woody Allen fans of "Broadway Danny Rose." Would that this film had the



Will Ferrell's newest movie, "Talladega Nights," stars him as 'wonder' race car driver Ricky Bobby.

life. Or the jokes. "Scoop" is not an adaptation of the classic Evelyn Waugh novel, but an original comedic thriller - light on comedy, light on thrills - and the second film Allen has shot in London. Like "Match Point," it features Scarlett Johansson, this time around as Sondra Pransky, a bubbly, slightly bubble-brained rich-lege student visiting rich British friends. She's also a reporter for her school newspaper. One night she attends a magic show featuring Splendini (Allen), a third-tier American prestidigitator who draws her from the audience to be placed in a box and made to disappear. As her molecules are supposedly being scrambled, she receives a visitation from crumpled journalist Joe Strombel (Ian McShane), who died only days before. While being transported across the river Styx with other recently departed souls, Joe got a tip on a great story: The Tarot Card Killer, who has been terrorizing London, may be none other than Peter Lyman (Hugh Jackman), the upper crust of the upper crust. Joe gives Death (on loan from "The Seventh Seal" and "Love and Death") the slip and ends up as an apparition. Sondra must of course pursue this lead and break the story. A Focus

Features release. Director and writer: Woody Allen. Cast: Evelyn Waugh novel, but an original comedic thriller - light on comedy, light on thrills - and the second film Allen has shot in London. Like "Match Point," it features Scarlett Johansson, this time around as Sondra Pransky, a bubbly, slightly bubble-brained rich-lege student visiting rich British friends. She's also a reporter for her school newspaper. One night she attends a magic show featuring Splendini (Allen), a third-tier American prestidigitator who draws her from the audience to be placed in a box and made to disappear. As her molecules are supposedly being scrambled, she receives a visitation from crumpled journalist Joe Strombel (Ian McShane), who died only days before. While being transported across the river Styx with other recently departed souls, Joe got a tip on a great story: The Tarot Card Killer, who has been terrorizing London, may be none other than Peter Lyman (Hugh Jackman), the upper crust of the upper crust. Joe gives Death (on loan from "The Seventh Seal" and "Love and Death") the slip and ends up as an apparition. Sondra must of course pursue this lead and break the story. A Focus

**THE ANT BULLY** - In "The Ant Bully," little Lucas, whom his mother calls Peanut, is just such a wanton boy. Sassy, bored, shrimpy and picked on by the local bully, he in turn bullies not flies but ants, whose colony in his front yard is a stage for the cadet sadism called mischief.

Unknown to Lucas, underfoot is Zoc, an ant wizard, who devises a potion that can make a small boy bitty. Soon, some ants tower over the pest they call the Destroyer. Reduced, Lucas goes from water pistol terrorist to apprentice ant, even leading his tutors to the "sweet rocks" (jelly beans) they crave. John A. Davis directed a delightful entertainment. Beautifully crafted with rich spatial and color nuances, it has animation vivid but not plastering, a restrained score, first-rank voices (Nicolas Cage as Zoc, Julia Roberts as a fem-ant sweetie, Meryl Streep as the radiant colony queen, plus Lily Tomlin, Paul Giamatti, Regina King, Ricardo Montalban). It's a likable movie, perhaps loveable. You

might go home to move the bug spray farther back on the shelf. A Warner Bros. release. Director: John A. Davis. Writer: John A. Davis, John Nickle. Voice cast: Nicolas Cage, Meryl Streep, Julia Roberts, Ricardo Montalban, Lily Tomlin, Paul Giamatti. Running time: 1 hour, 27 minutes. Rated PG. 3 stars.

**LADY IN THE WATER** - Just the idea of Paul Giamatti doing heroic underwater swimming is funny. It's the sprinkling of humor that could help you to stick with the floating whimsies of M. Night Shyamalan's "Lady in the Water." As janitor and fix-it man for an apartment building, Cleveland Heep (Giamatti) is not a happy man. In fact, he is haunted by past tragedy. His drab life takes a dramatic turn when he detects a strange visitor in the pool at night. She (Bryce Dallas Howard) is a narf, a creature who has risen from "the blue world." Heep bonds with her and must protect her from ugly, grass-haired wolves called scrunts.

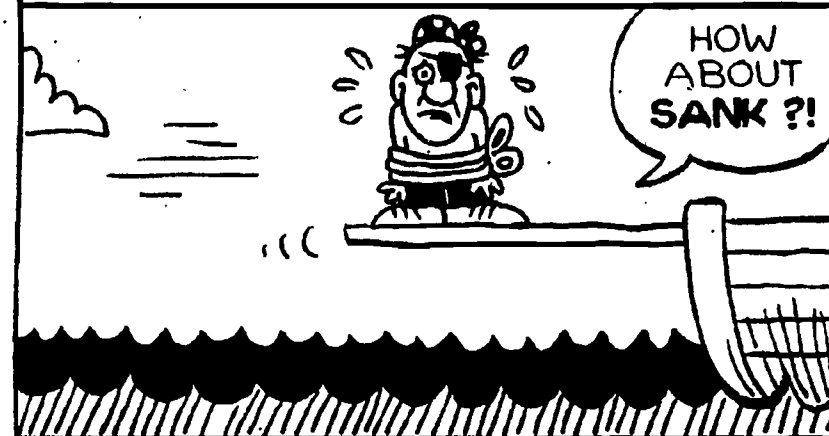
A Warner Bros. release. Director, writer: M. Night Shyamalan. Cast: Paul Giamatti, Bryce Dallas Howard, Sarita Choudhury, M. Night Shyamalan, Bill Irwin, Bob Balaban. Running time: 1 hour, 46 minutes. PG-13. 2 stars

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## Decorating a teen room on the cheap

By Rose Bennett Gilbert  
COPLEY NEWS SERVICE

**Q:** I'm beginning to think it's not possible to decorate for kids! My daughter is 11, going on 18, and wants to paint her room shocking pink and black.

### DECOR SCORE

I'm the one in shock. I remember a column you once wrote about a woman whose son wanted an all-black room and you said "Give it to him." Should I just give in?

**A:** Ask not whether you agree

"Ask not whether you agree with your daughter's taste; ask why she should not be able to express her own personality in her own room. Besides, she'll soon be on to something else - probably something much less "shocking."

with your daughter's taste; ask why she should not be able to express her own personality in her own room. Besides, she'll soon be on to something else - probably something much less "shocking."

Before you touch that paintbrush, however, you should hear about a new peel-and-stick wallpaper system that's guaranteed to energize any 'tween's or teen's room without exercising Mom's anguish. Called "WallPops!" for obvious reasons, the system includes dots, blocks and stripes in Zowie! colors like "Way Cool Blue," "Totally Orange" and "Oh Pear" (I did not make these up).

Witness the vibrant environment in the teen's room we show here, where "WallPops!" stripes and blocks really rock from wall-to-wall.

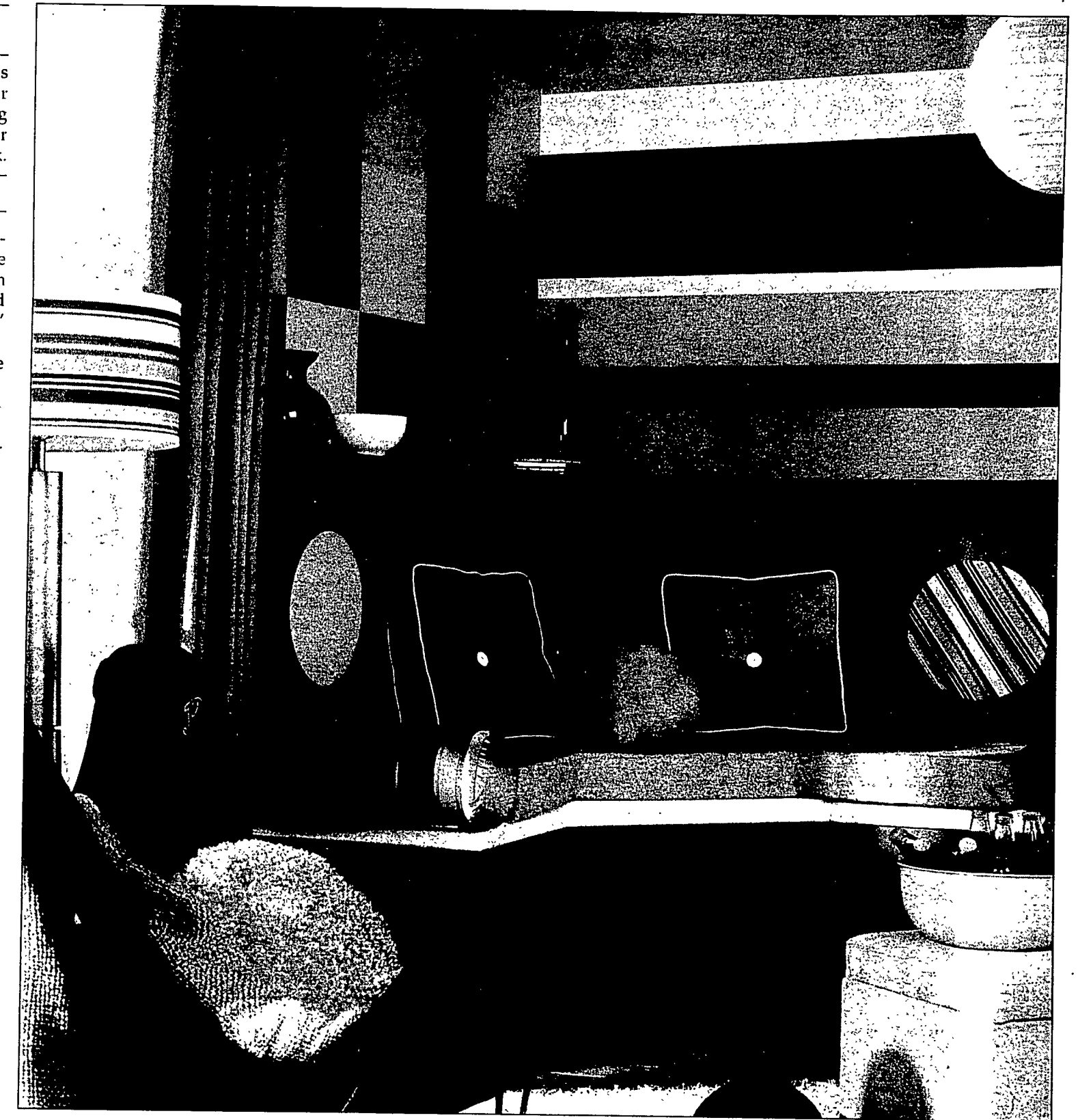
The pieces are repositionable, so your young artist can peel-and-stick her own personal background statement, then pull it down and start all over, if she likes. Here today, cooler tomorrow. Check it out at [www.brewsterwallcovering.com](http://www.brewsterwallcovering.com) or call 800-366-1700.

**Q:** We are doing over our kitchen - new cabinets, new countertops and floors. Here's the question: we love the dark-stained cherry cabinets we've

found. If we decide to go with hardwood floors, do they have to match the cabinets? It would make the kitchen too dark, we think. If we have to match, we'd rather use another material, like tile. What's your opinion?

**A:** Forget matching wood tones, or anything else in decorating, for that matter. As any interior designer will tell you, "matchy-matchy" decorating is old-think. The word for today is "blend," whether you are talking about wood tones or colors in paint or fabrics. When things match exactly, the eye has nothing to see and a room

See Decor, page 24



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# Harmful pruning not tops for trees' health

By Jeff Rugg  
COPLEY NEWS SERVICE

Q: I've got two black olive trees in my front yard that took a beating from Hurricane Wilma. They were also pruned

## A GREENER VIEW

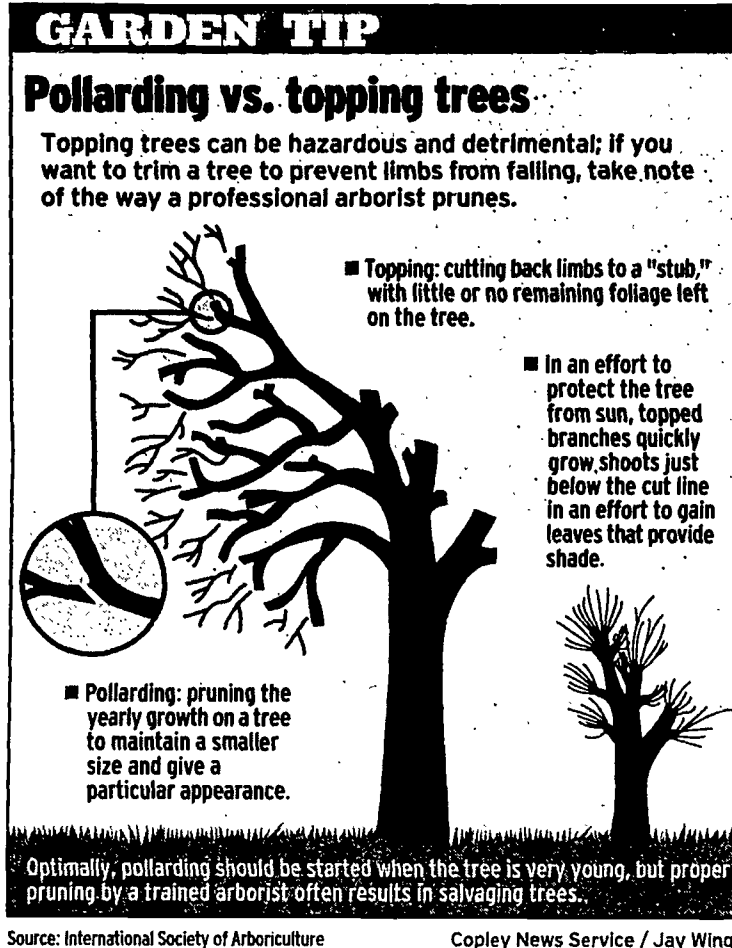
by someone years ago (before I bought the house) who had no idea of what they were doing. The result is large branches that look like clubs. All new growth is from the end of the clubs. Imagine your forearm as the branch and your fist has a branch or two growing in every direction. What is the remedy?

A: There are two types of pruning that cause what you have described. Neither are particularly good for the tree's health and both are expensive to maintain. Let's take the worse case first.

Your tree was likely topped - or, regionally, it may be called headed, tipped, hat-racked or rounded over. It is the most harmful pruning method used on trees. Commonly, people do it because they want to reduce the size of a tree, thinking it is growing too large or that it will become a hazard. Ironically, chopping all the branches off creates a much more hazardous tree in the future.

Cutting off so much of the tree causes the tree to go into a defensive mode as it tries to replace its leaves. The tree forces the rapid growth of many new branches from what is left of the old branch. These new branches are attached only just under the bark, not fully attached into the old wood as were the removed branches.

The tree is under a lot of stress as it uses resources to grow new branches, while at



the same time, large wounds begin to heal as the exposed sap is attracting insects and decaying disease organisms.

The exposed stubs are the worst possible pruning cut, because the branch cannot heal over the exposed ends, allowing decay organisms a direct path to the center of the tree.

Hollow trees of any size are much less safe than large, healthy trees. The fast growth and weak attachment on the new branches makes them prone to breaking off. The longer and larger they grow, the more hazardous they become.

A tree that has been topped will not regain its naturally

pretty shape. Topped trees lower property values because it is considered an unsafe and unacceptable method of pruning.

Topped trees must be pruned so that the small branches don't grow too large. Never hire the person who topped the trees to do more pruning.

Trees can easily be reduced in height with proper pruning methods that cut lateral branches back to the parent limb with a small cut that will easily heal over. This type of pruning is healthy for the tree and easily maintained in the future. A licensed arborist will know how to do this.

The other high-maintenance

method of pruning similar to what you have described is called pollarding. It can be seen at some tourist attractions in the states and in many European cities. I have seen it done near Niagara Falls and on Lombard Street (the "crookedest" street in San Francisco).

With pollarding, trees are pruned on a yearly basis. Eventually, a large ball of wound tissue and old pruned off stubs is created at the end of the old, large branches. In the summertime when fully leafed out, these trees look like the lollipop trees kids draw - a large circle of leaves at the top of a big stick.

It is best to start pollarding on young trees so a smaller branch that might heal over is cut first. Continued pollard pruning is necessary, or else the tree will end up becoming a hazard, just like a topped tree. Pollarded trees that have been neglected require careful pruning in the future to rebuild a proper, safe shape.

Some trees have strong wood that is resistant to decay and breakage. The long, strong stems that come off the pollarded tree can be used to make canes and other wooden sticks. Some oaks, ashes, crape myrtles, maples and lindens can be pollarded. Others, such as willow and poplar, make hazardous pollards.

Unfortunately, not every tree gets pruned by people at all. Hurricanes and tornadoes can damage trees so they look like they were topped. Many times, right after a storm, people are unconcerned about a tree's long-term health; they just want someone to cut off the broken pieces. If such trees are to be kept in the landscape, a

licensed arborist should begin managing the care of the tree.

Now that you own the tree and are caring for it, check out the International Arborist Association's Web site, [www.treesaregood.com](http://www.treesaregood.com), for better care information and to find a local licensed arborist.

Q: After all my amaryllis bulbs bloomed this spring, they developed a bulb where the flower was. When that dried and opened, they were filled with many paper-thin black sheets. Were these seeds? If so, my yard is going to be one big amaryllis. I have about 25 plants and every one of the bloomed; some had two bloom spikes come up. They were just beautiful.

A: You are right in thinking that the wafer-thin sheets were seeds. A tiny seed is embedded in the center of the thin sheet. The purpose of the sheet is to help the small seed to blow away with the wind and not just fall to the base of the parent plant. One reason so many seeds are produced is that many of the seeds will land on locations that cannot support a plant after the seed sprouts.

If you want to grow amaryllis from seeds, you would need to take the seeds while they are still in the open seed pod stage and plant them in pots. From seeds, it takes about five years to get a new bulb large enough to bloom.

The flower colors will probably not be the same as the parent plant - they might even be better, but it will take time to find out.

E-mail questions to Jeff Rugg at [info@greenview.com](mailto:info@greenview.com).

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## Get a cultivated look with well-picked garden furniture

By Linda Pescatore  
COPLEY NEWS SERVICE

Hand-crafted wooden outdoor furniture complements the environment in a way no

## HOME ZONE

metal or plastic can. Blending with the colors and materials of the natural world, a rustic chaise or rocking chair can seem an extension of the lawn and garden around it.

The Washoe collection of outdoor furniture, by Reed Bros., a California manufacturer of handcrafted and hand-carved wooden furniture, uses Sonoma cypress for its pieces, which include a lounge chair and ottoman, sofas, love seats, chaise longues, dining sets, bar stools, tables and a rocking chair.

(A chaise longue, which translates to "long chair" in French, is also often referred to as a "chaise lounge" in this country.)

Sonoma cypress was chosen for its natural tannins, which make the wood highly resistant to decay and insect damage, according to the company. Cypress is durable and requires minimal maintenance - perhaps a light sanding if the grain swells after heavy rains, according to spokeswoman Mary Tanner.

Planned to reveal the grain, the wood is available in six finishes: doeskin, latigo, olive, sea ranch,

exterior nutmeg and, for indoor use only, lacquered nutmeg.

Adopting the simple, organic lines of the Arts and Crafts movement, the Washoe Collection was designed with Mission, Prairie or Craftsman style homes in mind, although its lack of ornamentation would allow it to mix with many other styles.

Washoe is one of 11 outdoor furniture collections the company offers. Their Barkwood collection, which features hand-hewn wood, has an even more rustic and primitive look. Other collections, including Europa and Carmel, offer more refinement and sophistication.

Reed Bros. hand-crafts each piece individually, so no two will be exactly alike. You can order them through design professionals.

For more information visit [www.reedbrosfurniture.com](http://www.reedbrosfurniture.com).

## No Deposit, No Return (of Dirt)

It's not your imagination: Glass shower doors get increasingly cloudy and more difficult to clean because glass begins to corrode from its first day in use, according to Patricia Kennedy, a marketing director with Michigan glassmaker Guardian Industries.

With constant exposure to hard water, soaps and household cleaners, the once-smooth finish becomes rough and pitted, allowing dirt and scale to

build up.

"What many people don't realize is that standard glass is porous, so basic, everyday use can lead to a shower that is almost impossible to clean," Kennedy said.

Hoping to solve the problem once and for all, Guardian, one of the largest manufacturers of glass in the world, introduced a process that coats glass shower enclosures with a diamondlike protective shield, keeping the surface smooth and easy to clean with just a wipe of a damp cloth.

Called ShowerGuard, the coating is applied with an ion beam on fresh glass, making it an option for new construction or remodeling - and 16 million Americans upgraded their bathrooms in 2004 alone, according to U.S. Census figures. Guardian's studies showed that more and more of those remodelers are choosing high-end floor-to-ceiling shower enclosures over shower curtains or sliding shower doors.

Unlike spray-on or wipe-on treatments, ShowerGuard doesn't require maintenance using any special products; just a wipe with a soft, damp cloth or sponge will do. The finish won't wear off or need reapplication; ShowerGuard is warranted for 10 years.

ShowerGuard is available through custom glass shops. More information, including a list of dealers, is available at [www.showerguardglass.com](http://www.showerguardglass.com).

**HOME HOW-TO**

**Deodorizing foul-smelling fridge**

Sometimes it takes more than one approach, but unless the smell has penetrated the insulation, with persistence you should be able to get rid of lingering odors.

Air out the refrigerator outside. Make sure to remove the doors from their hinges if there are children who frequently play in the area.

Wash the unit with a solution of 8 ounces baking soda mixed with 2 quarts cold water; a clean use scrub brush.

Be sure that you thoroughly wash all the cracks and crevices in places such as the door gasket.

Rinse the unit with clean rags soaked in clear, cold water.

Dry all the interior walls thoroughly with a clean, soft cloth. Close the door and restore the power.

Place the following items on the shelves and in the freezer compartment: Charcoal (the type used in your barbecue, broken up into smaller pieces), ground coffee or baking soda kept in open containers.

Copley News Service / Jay Wing

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## Decor

continued from page 23

grows quickly boring.

Hardwood is a smart choice for the modern kitchen floor. It's softer and warmer than ceramic tile underfoot and much more forgiving of dropped dishes. A floor that's, say, two octaves lighter than your cabinets will brighten your whole kitchen. And today's new protective finishes will brighten things for the cleanup crew, too. Learn more about hardwood and today's kitchens at [www.hardwoodinfo.com](http://www.hardwoodinfo.com).

Q: What kind of countertop should we choose for our kitchen and butler's pantry? We'd love to have granite, but we're into a major rehab project. Our house was built in 1929 and was in great need when we bought it! Can you suggest something that will be kind to our (rapidly dwindling) budget?

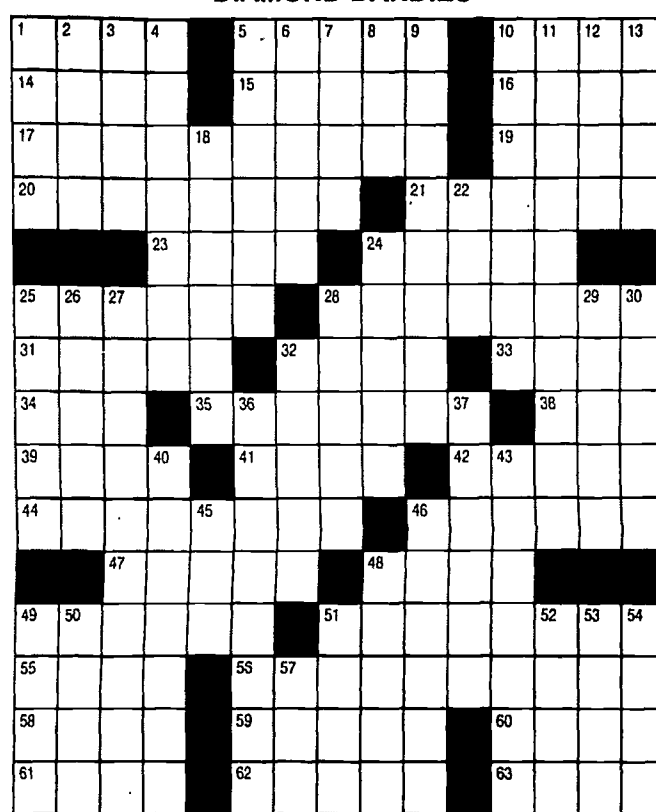
A: Manmades are your best budgetary bet. You can have the look of natural granite - or marble and other natural stones - for lots less money, and the faux are famously easier to take care of.

For example, there's a new granite-look surfacing material

that must have been made with you in mind. It's even textured to create the pits and fissures common to real stone, only shallower so they won't collect gunk and germs. I suggest that you take a close-up look at the High Definition Laminate line from WilsonArt Laminates. Go to [www.countertop.com](http://www.countertop.com).

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

## DIAMOND DANDIES

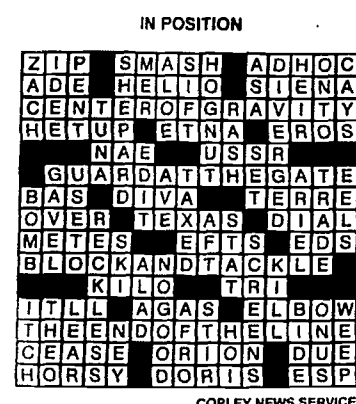


COPLEY NEWS SERVICE

By Charles Preston

## ACROSS

- 1 Frilly stuff  
5 Republic of Ireland county  
10 Slugger's credits, briefly  
14 Route for Ben-Hur  
15 Prepare to advance, diamondwise  
16 Hops kiln  
17 Pickle's area?  
19 Ms. Cinders  
20 Casual workman  
21 Barbecue bit  
23 1 and 66, e.g.  
24 Sick and tired  
25 Winning ways  
28 Fingemal scarf skin  
31 Diamond theft?  
32 Boot  
33 Polynesian pepper shrub  
34 Dry, wine-wise  
35 Like some loves  
38 Thirst  
39 What eneros start  
41 Airline destination  
42 In re  
44 Artistic compositions  
46 Richard III's request
- 47 Hangs on a line, perhaps  
48 Poet's cavern  
49 Silver-white element  
51 Athenian egghead  
55 Pass  
56 Avoid a bean ball  
58 Ascend  
59 Mother's side relative  
60 -Ala oblast  
61 Welfare problem  
62 Extremely zealous  
63 Senior or junior, say
- DOWN**  
1 Sylvester's weakness  
2 Westernmost of the Aleutian Islands  
3 Dead Dick Francis novel  
4 Nation on the Red Sea  
5 Cordwood measures  
6 Does nothing much  
7 Operatic prince  
8 Put the pedal to the metal  
9 Sweethearts, say  
10 Male deer  
11 Cotillion musician?
- 12 Capri, e.g.  
13 10 Across, e.g.  
18 Noted Ma or Pa  
22 Bad guy Amin  
24 Sidesplitting  
25 Major Indian tea center  
26 pool  
27 Military backup?  
28 Works with dumbbells  
29 Levels  
30 A votre  
32 Dijon dads  
36 Joined  
37 Punjab's capital  
40 Went wrong  
43 "Goes By": Sonheim  
45 Trouble  
46 "The rude bridge that the flood" that  
48 Don doing life  
49 Joe Miller material: sl.  
50 "From Muskogee"  
51 Try  
52 Domino piece  
53 Humorist  
54 Hall-of-Famer  
57 "tizzy": nervous

Last Week's  
Puzzle Answers

COPLEY NEWS SERVICE

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

This Week's Winner is...

1<sup>st</sup>  
Lorraine Truskolaski

2<sup>nd</sup>  
Dale Trebbs

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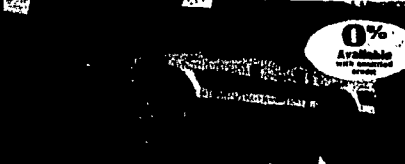


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Landmark: \$9,475

1999 Cadillac Seville STS  
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Landmark: \$9,795

'00 Ford Expedition  
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'00 Dodge Durango SLT 4x4  
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33K MI, White, Stk#P4575  
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51K MI, Silver, Stk#P4563  
Landmark: \$12,450

'03 Ford Focus ZTS  
Grey, 44K MI, Stk#P4580  
Landmark: \$12,950

'05 Dodge Stratus SXT  
22K MI, Stk#P4585, Gold  
Landmark: \$12,950

'02 Buick Regal GS  
59K MI, Stk#P460, Black  
Landmark: \$12,950

'02 Volkswagen Jetta 1.8T GLS  
49K MI, Silver, Stk#T129150  
Landmark: \$12,950

'04 Mercury Grand Marquis LS  
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Landmark: \$13,950

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14K MI, Silver, Stk#P4553  
Landmark: \$13,795

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37K MI, Stk#T12845A, Grey  
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'04 Chrysler Sebring Sedan  
15K MI, Stk#P4592, Green  
Landmark: \$14,545

'05 Toyota Scion XB  
14K Miles, Stk#P4519, Blue  
Landmark: \$14,950

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61K MI, Stk#T12765A, Blue  
Landmark: \$14,950

'06 Ford Focus ZX4  
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Landmark: \$19,995

'04 Ford Explorer Eddie Bauer 4x4  
Blue, 43K MI, Stk#P4583  
Landmark: \$20,950

'04 Ford F-150 Super Crew 4x4  
Red, Stk#T12861A  
Landmark: \$22,950

'06 Ford Five Hundred LTD  
16K MI, Stk#P4603, Blue  
Landmark: \$22,950

'03 Ford Expedition ES 4x4  
23K MI, Stk#D4183A, Red  
Landmark: \$23,950

'03 Lexus GS 300  
Black, 58K MI, Stk#P4583  
Landmark: \$27,950

'04 Lincoln Aviator MKD V8  
Tan, Stk#T12854A, 34K Miles  
Landmark: \$28,450

'04 Volkswagen Touareg  
24K Miles, Green, Stk#P4530  
Landmark: \$28,750

'04 Toyota Sequoia  
29K MI, Stk#P4609, Grey  
Landmark: \$29,545

'05 Chrysler 300C w/Hemi  
White, Stk#P4544, 26K Miles  
Landmark: \$29,795

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Tan, 43K Miles, Stk#P4579  
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