

THE BUGLE



JULY 12, 2007

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NDHS Honors Veterans at Special July 3 Event

By Tracy Yoshida Gruen
STAFF WRITER

Veterans from various branches of the military were seated on the field at Notre Dame High School and saluted for the sacrifices they have made for our freedom on Tuesday, July 3.

Friends, family and community members holding American flags sat in the bleachers. The field was decorated with red, white and blue and American flags. Many of the veterans wore a part of their uniform.

The event included a mass with communion, various songs, speeches by Father Ray Klees and Father Smyth, the presentation of colors by members of the army and more.

"Let tomorrow be about hot dogs and hamburgers," said Father Klees, with enthusiasm in his voice. "Let this night be about the deep meaning of independence, liberty and its high cost."

"The world has faced evil," said Klees, who mentioned Communism, Fascism, and conflicts from the Civil War to the current war against terrorism.

During the program, the various branches of the military stood up and were saluted with a specific patriotic song. The audience members applauded loudly as they stood proudly.

"I think it was wonderful," said George Lampere, of Mt. Prospect, who is a veteran who served in the army during the Vietnam War. "It was really nice to have the mass."

Lampere said it was great to be able to talk with other veterans of the army.

"It's like you can go up to anyone here and you have this instant connection," shared Lampere.

George Hyland and his son James Hyland, both dressed in uniform, felt the program was wonderful. George served in the airforce in World War II and James served in the army in the Vietnam War. The two are from Niles and Park Ridge.

"Today we have the brave among us," said Klees, after the event was completed. "I think it went exceptionally well."

As part of the event, more than 3,000 flags were also placed in the lawn along Dempster St. to honor the men and women whose lives were lost in Iraq and Afghanistan.



Sign named after Father John Hall upsets resident

By Tracy Yoshida Gruen
STAFF WRITER

A vanity street sign that reads "Father John Hall Way" has been installed at Our Lady of Ransom Church on Greenwood Ave. in honor of Father John who recently passed away.

"It was a request by a number of parishioners," said Niles Mayor Nicholas Blase. "It's a vanity sign. The street name is still the same."

Although many parishioners

"He has not been dead for six months. Who forgot about all the other priests that worked and dedicated their life to Our Lady of Ransom?"

Mike Beil | NILES RESIDENT

wanted to see a sign named after Father John, one resident contacted the Bugle Newspapers and wasn't so happy with the sign.

"He has not been dead for six months. Who forgot about all the other priests that worked and dedicated their life to Our Lady of Ransom?"

questioned Niles resident, Mike Beil. "Father Palock built the parish from an open field...what is up on Normal? Who has the clout?"

The resident referred to Father John as "a felon." Police
See Sign, page 7

Read the letter
Commentary,
Page 8

Job Shadow Day

Local teens matched with a area business for a day
Business, page 9

BBO Big & Bold

Mario Batali shows tailgaters what to cook before the big race
Life, page 19

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2007 proposed property reassessment notices mailed

34.7% Average Increase for Niles Township, File an Appeal through August 3, 2007

Niles Township Assessor Scott Bagnall reports that reassessment notices for Niles Township were mailed on 6/29/07. This reassessment will apply to property tax year 2007, which will be payable in calendar year 2008. The average Niles Township residential assessed value increase is 34.57%. An assessed value increase does not, in and of itself, necessarily mean a higher tax bill.

Assume that the total (the sum of all of the various taxing bodies relevant to a particular property) 2007 levy remains about the same as the total 2006 levy, then any property that has increased 34.7 % would pay the same tax for 2007 as will be due for 2006. Properties with less than a 34.7% increase would pay

ATTENTION

Bugle Readers, we have been supplied a limited quantity of the Township of Niles Assessment Notice. They are currently available at The Bugle Newspaper office located at 7400 Waukegan Road in Niles.

less and those with a greater than 34.7% increase would pay more.

All of this could change, however, because of any of three additional factors. One or more of the taxing bodies could have a large increase in its levy. This usually follows a voter

approved referendum to increase the maximum tax rate for that particular taxing body. The second factor results from a tax burden shift from one property class type to another. Three years ago, the 7% tax cap shifted tax burden from residential to commercial. But it was temporary. It might not be renewed. While the 7% tax cap has not been renewed by the legislature, it is generally believed that some form of property tax relief will come from Springfield. If not, there is potential for a shift back of tax burden from commercial to residential. The third factor, more theoretical than likely, involves a major decrease in the total Niles Township assessed value. Assume that for some reason

Niles Township loses the benefit of a huge retail/commercial/industrial taxpayer. The remaining properties would have to pick up the slack. Each of these factors tend to increase a tax bill irrespective of an assessed value increase.

Bagnall will sponsor a number of taxpayer assistance outreach presentations: July 9, 7:00 pm at the Morton Grove Village Hall; July 19, 7:00 pm at the Niles Township Assessor's Office; and July 26, 6:30 at the Skokie Public Library with Cook County Commissioner Larry Suffredin.

An opportunity for Niles Township taxpayers to file the first level of appeal, to the Cook County Assessor, will exist
See Reassessment, page 3



CELEBRATION AT THE Niles 4th of July Parade

Large crowd gathers for annual event

By Tracy Yoshida Gruen
STAFF WRITER

The Village of Niles Fourth of July parade attracted a larger crowd than usual this year.

"It was definitely a bigger crowd than we've had," said Denise Joseph, of the Village of Niles, who coordinated the event.

Joseph said they were thinking maybe since July fourth fell on a Wednesday this year not as many people took long trips so they were able to attend the festivities in Niles. She also noted that the good weather might have helped to increase attendance as well.

"We had 85 units participate in the parade," shared

Joseph, who said they generally have about that number of participants each year.

Residents put out their lawn chairs and claimed their spots early in the morning to get ready for the patriotic parade to march through their community.

The colorful parade units gathered in the Notre Dame High School parking lot and traveled to Grennan Heights Park on Oketo, where a post parade celebration was held. The Fabulous Murray Brothers provided musical entertainment.

Kids enjoyed pony rides, children's games, face painting, a water play area and much more.

"It was outstanding," said Walter Beusse, of the VFW

Post 7712, who enjoyed the parade very much. "There was a tremendous amount of people who set up their chairs early."

Beusse said they had three army humvees in the parade and about 15 members of the VFW marched in the parade.

Beusse was able to talk with some soldiers who served in Iraq and said they were all very polite and interested in the community. He said the VFW is always looking for new members and said that they are losing many of their members.

"We were very proud to lead the parade," said Beusse, about the Niles VFW Post 7712.



Photo by David Urquhart

Long-time Niles village employees honored upon their retirement

By Tracy Yoshida Gruen
STAFF WRITER

Housing Inspector Tony Scipione and Bus Driver Marv Symkowiak were honored for their dedicated service to the Village of Niles at the village board meeting on Tuesday, June 26.

Scipione is retiring after 16 years as an inspector for the community development, code enforcement division for the village.

Scipione, described as a ded-

icated, loyal and dependable employee, has attended various seminars in order to assist Niles residents and has enforced the code and ordinances of the village.

Symkowiak began working for the village as a part-time bus driver in 1985 and was later promoted to the position of full-time bus driver in August of 1986. He has worked in this position until his retirement in June.

One passenger said recently, "Marv may be a big guy, but

he's a real teddy bear when it comes to his passengers." The passenger also shared that he is so reliable that you could set your clock by his bus schedule and that he would always lend a helping hand to his passengers.

Symkowiak was also inducted into the PACE Million Mile Club in 2005. In order to be eligible for this status, a driver must drive 1,000,000 miles (which takes about 12½ years) without having a preventable accident.

New features enhance annual Greek Festival

Irresistible tastes and lively sounds of Greece will abound once again when Saints Peter and Paul Greek Orthodox Church hosts its annual Greek Festival July 28 and 29 on the church grounds at Lake Avenue and Wagner Road in Glenview.

"We've made some exciting changes this year to ensure our GreekFest is more family friendly than ever and that our fabulous food and entertainment are

plentiful," said festival co-chair Alex Machinis. "We're starting earlier on Saturday, at 1 p.m., expanding the children's activities and introducing some new entertainers to our line-up."

Live music provided by "A Night in Athens," from Charleston, SC, will begin at 5 p.m. each night. Traditional folk dances will be performed nightly at 8 p.m. by the Olympian Dance Troupe. "Magic by

Randy," a locally renowned magic act, will perform at 3 p.m. on Saturday and 6 p.m. on Sunday. Kids can also enjoy a variety of games and activities, or receive a balloon creation from the "Balloon Picasso" from 5 to 7 p.m. on Saturday and 4 to 6 p.m. on Sunday.

Festival attendees can choose from a variety of traditional favorites such as Grecian chick-

See Greek Fest, page 10

Reassessment

continued from page 1

through 8/3/07. There is no cost to the taxpayer for filing an appeal. Taxpayers need not hire an attorney or other property tax professional. The Niles

Township Assessor's office will assist with questions, concerns and/or appeals. Please stop by Bagnall's office at 5255 W. Main St., Skokie for assistance. Office hours are Monday - Friday, 9:00 - 4:30, so plan to arrive well before closing time.

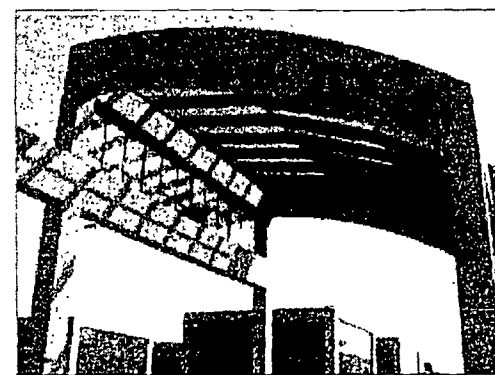
NORTHWEST STAFF

THE BUGLE

<p>Rich Masterson PUBLISHER EDITOR publisher@buglenewspapers.com</p> <p>Robert Leach SPORTS EDITOR rleach@buglenewspapers.com</p> <p>Barbara Karawacki SALES DIRECTOR barbara@buglenewspapers.com</p> <p>David Urquhart ACCOUNT EXECUTIVE dave@buglenewspapers.com</p> <p>Gloria Caputo RECEPTION glo@buglenewspapers.com</p> <p>Tracy Yoshida Gruen STAFF WRITER tracy@buglenewspapers.com</p>	<p>Laura Katauskas STAFF WRITER katauskas@buglenewspapers.com</p> <p>Neil Schierstedt PRODUCTION DIRECTOR production@buglenewspapers.com</p> <p>Keith Eilers PRODUCTION</p> <p>Luisa Briody PRODUCTION</p> <p>Pat Conway CONTRIBUTING PHOTOGRAPHER</p> <p>Contact Information Phone 847.588.1900 7400 Waukegan Road Niles, Illinois 60714 The Bugle is a publication of The Bugle Newspapers, Inc.</p>
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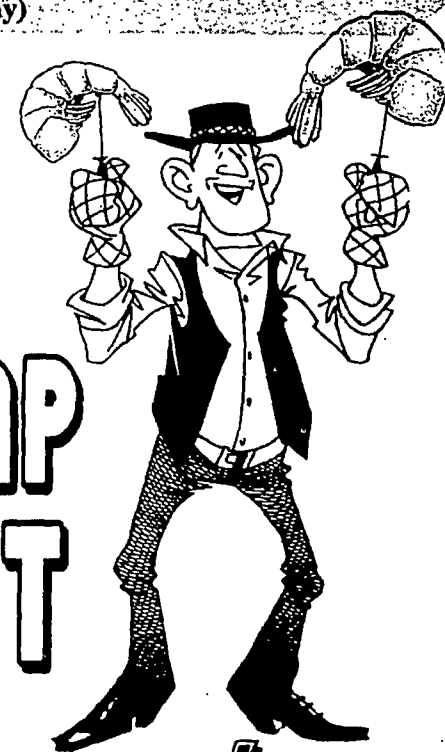
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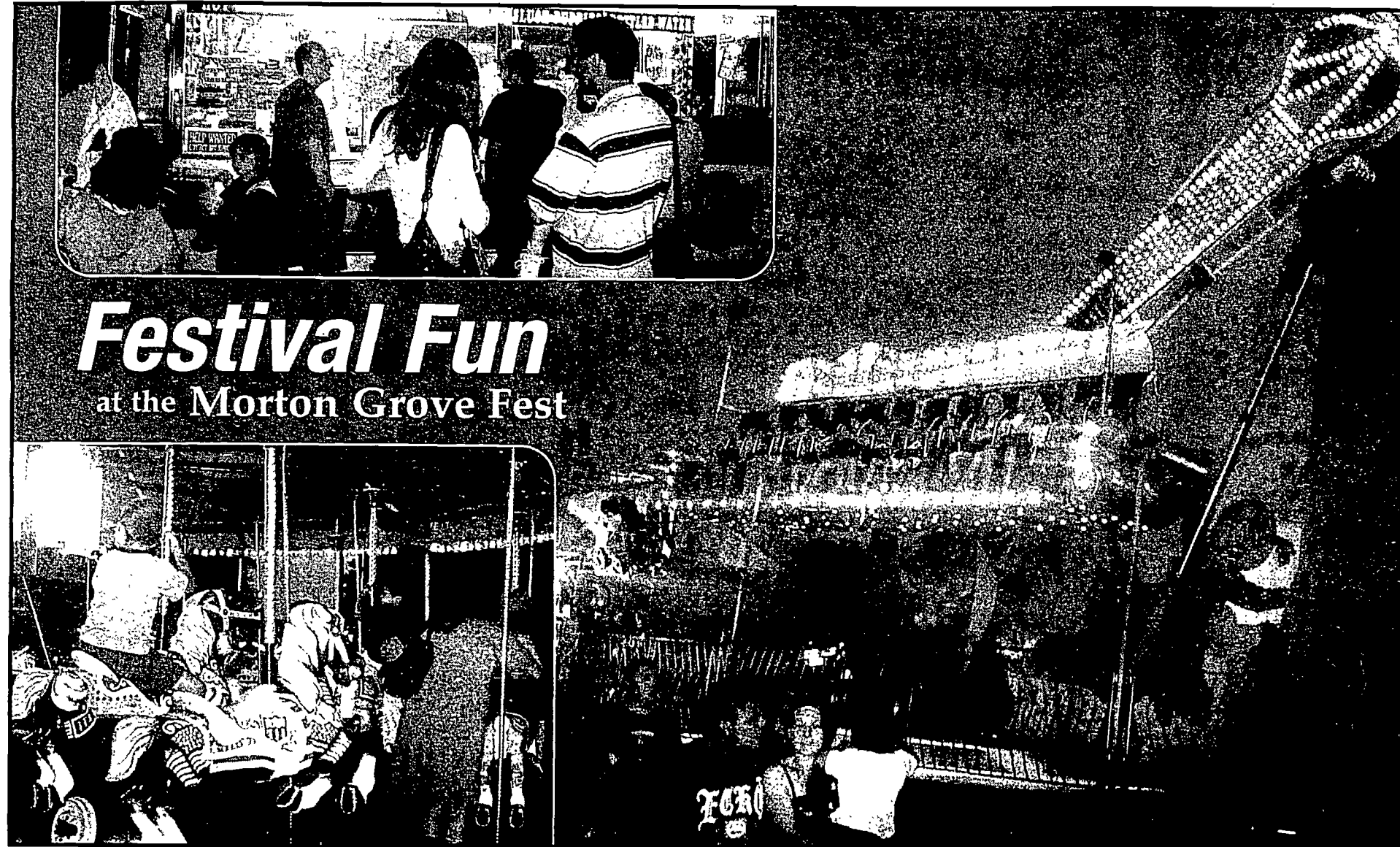
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Festival Fun

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Niles Scout is Regional Scholarship Winner

On Wednesday, June 27, EAGLE Scout Eric Neuhengen, of Boy Scout Troop 175, Niles, IL, was selected by Kohl's Department stores as a regional winner of their Kohls Kids Who Care Program, which provided a \$1,000 scholarship for his post secondary education. Eric is one of only 2 winners selected from over 1,400 store level winners submitted from the Midwest region.

Neuhengen was previously selected as the Niles, IL, store

winner in May and received a \$50.00 gift card. His photograph was placed on display within the store for viewing. Upon being selected as the regional winner for his efforts in his public service EAGLE project in 2006, Eric is now up for a \$5,000 Scholarship if he is selected as a National winner.

Last year Eric successfully completed his EAGLE Scout project, which included the painting of over 460 fire hydrants safety zones in the

Village of Niles. This Project gained him local recognition, the highest level in Scouting - EAGLE rank and other awards for his hundreds of hours in providing the community a great service.

The members and leaders of Troop 175 salute Eric Neuhengen for his selection as the regional winner and offer him much luck and Best Wishes in his chances to be selected the national winner of the Kohls kids Who Care program!

OAKTON COMMUNITY COLLEGE NEWS

Register for Oakton Fall Alliance Classes

Registration is open for continuing education courses offered by the Alliance for Lifelong Learning at Oakton Community College. Fall courses start Aug. 20.

Oakton and the high school districts of Maine, Niles, and Northfield Townships offer a wide range of noncredit classes for adults. Courses meet at Oakton's Des Plaines campus, 1600 E. Golf Road; Oakton's Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie; and at area high schools. Many classes also are offered online.

For a complete Alliance for Lifelong Learning class schedule, including registration and fee information, visit www.oakton.edu/cont_ed/all, or call 847-982-9888, press 3.

Oakton Emeritus Offers Summer Tai Chi Course

Spend the summer in meditative practice by enrolling in a tai chi class offered through the Emeritus Program at Oakton Community College.

Tai Chi (PED E30-92) teaches peaceful exercise techniques and is best practiced in loose clothing and stocking feet, or

comfortable flat shoes. Five-week course meets Monday, 1:15 - 2:15 p.m., starting July 23, at Oakton's Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie. Course fee is \$60.

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/emertitus.

Women Artists Sought for Oakton Art Exhibition

The Koehnline Museum of Art at Oakton Community College seeks submissions from female artists for a juried exhibition that will run from Oct. 30 through Nov. 9, 2007.

The exhibition - Symbolism, Myth, and Ritual - will feature artwork that embodies these themes in relation to women's experiences.

Artists should submit only one work for consideration. Submissions must be made by CD with a JPEG image of at least 300 ppi, and the CD must be labeled with the artist's name, title of work, and medium. The CD also should contain Word files with a one-paragraph

description of the work and a one-paragraph artist biography or statement. There is no entry fee.

The deadline for submissions is Aug. 1. Send all materials to Nathan Harpaz at the Koehnline Museum of Art, Oakton Community College, 1600 E. Golf Road, Des Plaines, IL 60016, or call for details at 847-635-2633.

Oakton Music Students Hit a High Note

Three Oakton Community College students will continue their music studies this fall at Illinois State University and Western Michigan University.

Chica Cabalona of Morton Grove earned her associate's degree in music this spring and will pursue music studies at ISU, majoring in music therapy. Cabalona played with Oakton's popular Six Piano Ensemble and will be joined at ISU by Chris Williams of Park Ridge, another Oakton student who plans to major in music composition. Katy Jacobs of Skokie is headed for WMU in Kalamazoo to major in voice. Jacobs also has been active in Oakton's theater department, most recently in the casts of Trojan Women and Alice in Wonderland.

Maine South High School Students Experience Local Government First Hand

By Tracy Yoshida Gruen
STAFF WRITER

Twenty-five students from Maine South High School recently wrapped up a three-week summer school course at Park Ridge City Hall.

The course carries a full semester credit and government faculty members select students.

This program has been going on for 20 years and is taught by government teacher Warren Scott.

The program includes regular classroom instruction that covers Illinois local governments, including the county and its court system, township, city and library, as well as the Park Ridge Park and Recreation District.

Mayor Howard Frimark and City Clerk Betty Henneman talked with the students about local issues, the legislative process and duties of elected officials.

Various city staff members, such as the Deputy City Manager Juliana Maller, Public Works Director Joe Saccomanno, Fire Lt.

Program Info

The program includes regular classroom instruction that covers Illinois local governments, including the county and its court system, township, city and library, as well as the Park Ridge Park and Recreation District.

Curt Edelmann, and City Forester Sarah Tien, also talked with the students about the functions of their departments.

The classroom sessions were followed with two-hour field assignments in various city departments such as the police, fire and health departments.

Students are also required to attend a city council meeting and keep a journal of their trips and experiences throughout the three-week program.

The program finishes with a final exam and a pizza party lunch for the staff and elected officials who participated in the program.

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FDIC

Eight parking tickets issued on Fourth of July

MORTON GROVE

1 Eight Parking Tickets on Fourth of July (8000 block of Frontage)

Eight parking tickets were given to vehicle owners parked in spaces with signs posted that read, "No parking, July Fourth, noon to midnight" on Wednesday, July 4 in the 8000 block of Frontage.

2 Wallet Stolen During Fireworks Show (6200 block of Dempster)

After walking to her car following the fireworks display on Wednesday, July 4 in the 6200 block of Dempster a woman noticed her \$90 black wallet containing \$120, four credit cards and an ATM card was stolen.

3 Hate Crime (8600 block of Menard)

A 28-year-old male spray painted hateful language and a Swastika symbol in the parking lot in the 8600 block of Menard on Tuesday, June 26. The man, who had previous contacts with the Morton Grove Police, was placed in a squad car.

4 Assisted Other Agency (6100 block of Capulina)

Morton Grove Police assisted a Metra police officer with processing a prisoner who was an offender in a battery incident that took place at Lincoln and Lehigh Avenues on Thursday, July 5. The man was processed and released to an Illinois State Police trooper due to an outstanding warrant.

5 Burglary to Auto (7600 block of Suffield)

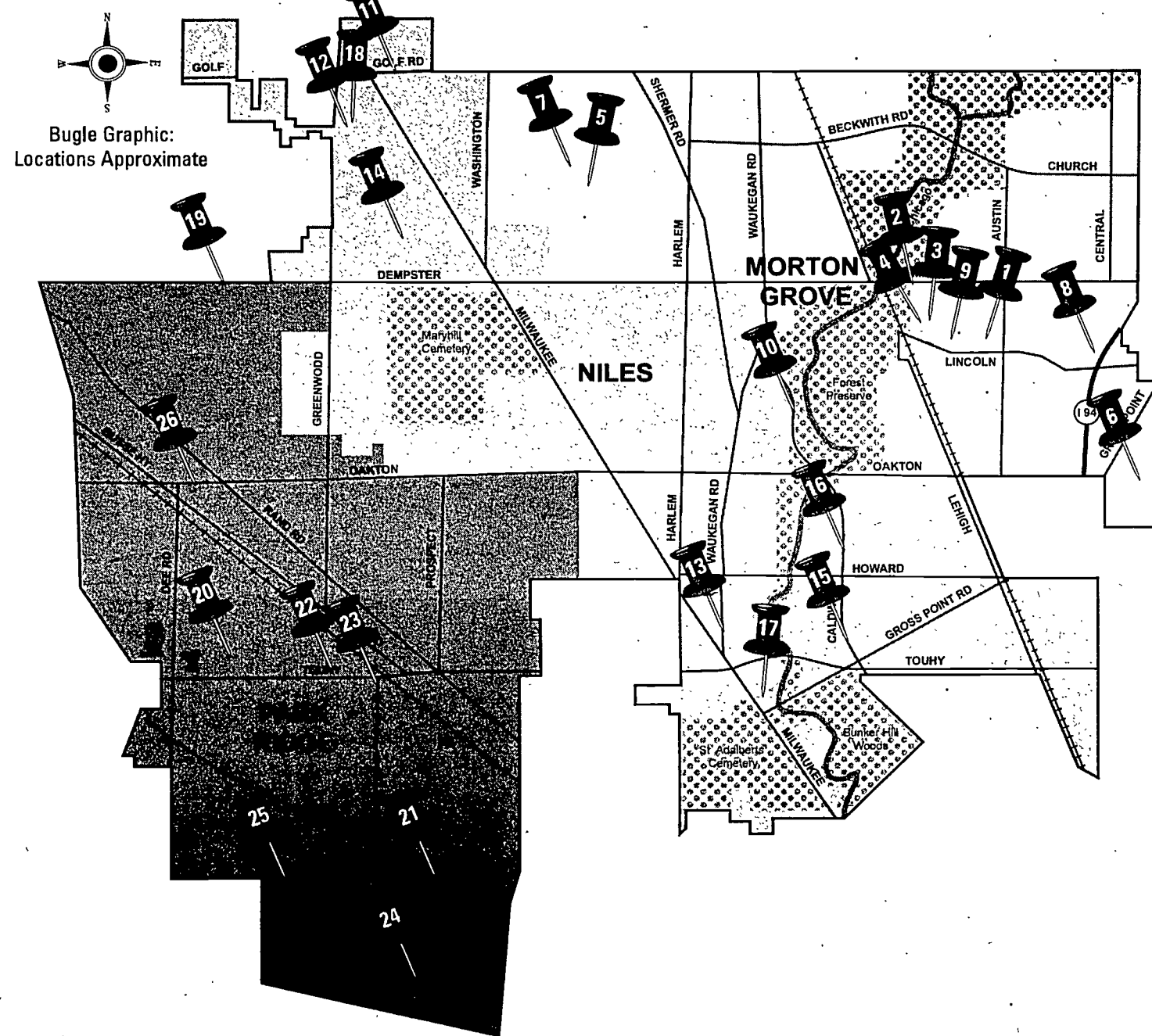
Two vinyl bags worth a total of \$600 and a \$50 briefcase were stolen from an unlocked vehicle in the 7600 block of Suffield sometime between June 30 and July 1.

6 Object Thrown at Window (5500 block of Oakton)

Unknown person or persons used a projectile to propel an object through the north side storm door window of a residence in the 5500 block of Oakton on Friday, June 29. The damage is worth about \$150.

7 GPS System Stolen (7600 block of Lake)

A GPS navigation system worth \$300 was stolen from a vehicle in the 7600 block of Lake on Sunday, July 1. There was about \$100 of damage done after the subject broke the passenger's side vent window on the work van.



8 Hit and Run (Frontage/South Park)

A 22-year-old Morton Grove man was arrested for a hit and run in the area of Frontage and South Park. His court date is July 17 and the bond is set at \$1,000.

9 DUI Arrest (Lincoln/Fernald)

A 53-year-old Morton Grove man was arrested on Wednesday, July 4 for driving under the influence of alcohol following a traffic accident at Lincoln and Fernald. Bond is set at \$1,000 and the court date is August 2.

NILES

10 Burglary to Vehicle (8200 block of Caldwell)

Unknown person or persons took \$1,000 worth of tools from a vehicle in the 8200 block of Caldwell after breaking the lock on the rear door sometime between Saturday, June 30 and Monday, July 2.

11 Intoxicated Subject (8300 block of Golf Road)

A complainant called the police after seeing a man sleeping in the grass in the area of the 8300 block of Golf Road on Friday, June 29. The intoxicated subject was transported to Lutheran General Hospital.

12 Retail Theft (200 Golf Mill)

Two females, ages 14 and 15, took 10 miscellaneous pieces of jewelry worth \$56 from 200 Golf Mill on Thursday, June 28.

13 Counterfeit Money (7400 block of Waukegan)

A man attempted to make a purchase using a counterfeit \$50 bill on Friday, June 29. After an employee used a marker to find out it was counterfeit, the man took the bill back and fled the scene in an unknown direction.

14 Criminal Damage to Vehicle (Oak Ave. and Root St.)

A man was observed breaking out the drivers side front

and rear windows of a vehicle at Oak Ave. and Root St. with an unknown object on Saturday, June 30. A shattered Bacardi bottle was found on the ground next to the vehicle.

15 Possession of Cannabis (6600 block of Jarvis)

A 45-year-old Chicago man received a ticket for smoking Cannabis on Monday, July 2 in the 6600 block of Jarvis. Police said five grams of Cannabis was found on the man.

16 Damage to Vehicle (7700 block of Caldwell)

Unknown person or persons broke the driver's side rear window of a vehicle in the 7700 block of Caldwell and attempted to peel the steering column with negative results.

17 Speeding Arrest (Cherry and Franks)

A 20-year-old Niles man was arrested on Monday, June 2 for speeding 75 mph in a 35 mph zone in the area of Cherry and Franks. The bond is set at \$2,000 and the court date is July 18.

18 Employee Theft (400 Golf Mill)

A 17-year-old Niles man was arrested after reportedly stealing \$270 from the store register between June 3 and June 29. The bond is set at \$1,000 and the court date is July 27.

PARK RIDGE

19 Theft During Fireworks Show (2600 block of W. Dempster)

A wallet containing \$20, a school ID card, debit card and driver's license was stolen from where the victim was sitting and watching fireworks on Tuesday, July 3.

20 Baseball Breaks School Windows (300 N. Hamlin)

Unknown person or persons used a baseball to break two windows of a school in the 300 block of N. Hamlin. The estimated cost of the damage is unknown. A date of the incident was not included in the report.

See Blotter, page 7

Blotter

continued from page 6

21 BB Type Pellet Damages Vehicle (100 block of W. Devon)

Unknown person or persons used a BB type pellet to damage a vehicle while the driver was heading westbound on Devon from Canfield on Thursday, June 28.

22 GPS System Stolen (First Block of N. Grace)

A GPS system worth \$330 was taken from an unlocked Jaguar X-type in a rear driveway adjacent to the alley in the first block of N. Grace sometime between Wednesday, June 27 and Thursday, June 28.

23 Concrete Statue Damaged (First Block of Main Street)

While on patrol, an officer observed one of four concrete statues on the sidewalk knocked over and in pieces sometime between Wednesday, June 27 and Thursday, June 28. The cost of the damage is unknown.

Sign

continued from page 1

records show that Hall was arrested on June 8, 2001 by the Elk Grove Village Police Department and charged with aggravated driving under the influence of alcohol. The charge was reportedly a felony, because he had been convicted of driving drunk twice before, said authorities.

"He was a good guy," said Blase, who felt that Father John contributed to the village and deserved to have a vanity sign installed in his honor.

About 200 priests attended his funeral mass on Feb. 16. Bishop Timothy Lynne of the Holy Name Cathedral describes him as "very capable, generous and a kind priest."

24 Chevy Blazer Stolen (1800 block of S. Courtland)

Unknown person or persons took a locked 2001 Chevy Blazer that was parked on the street in the 1800 block of S. Courtland between Friday, June 29 and Saturday, June 30.

25 Zero Tolerance (Devon and Home)

Two 17-year-olds and an 18-year-old from Park Ridge were charged with zero tolerance after officers responded to a loud party/disturbance call at Devon and Home on Saturday, June 30. They were released on their own recognizance and given a court hearing date of August 14.

26 Discharge of Air Rifle (2100 block of Oakton)

A 17-year-old Cicero man was charged with discharging an air rifle on Monday, July 2 in the 2100 block of Oakton. He was released on his own recognizance and given a court hearing date of August 14.

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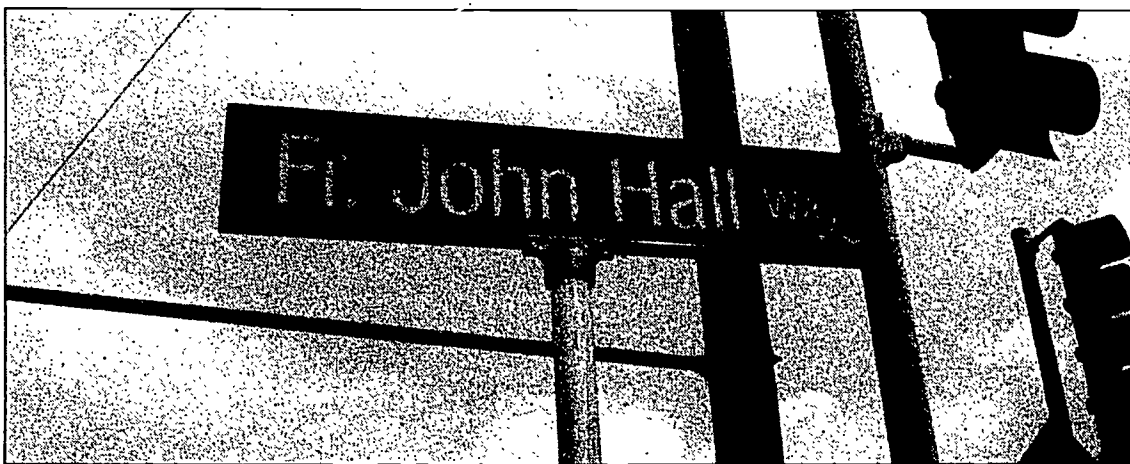
Letters to the Editor

Dear Editor,

Today I was driving down Greenwood and stopped at Normal for a red light. I looked up and in front of my eyes is a street that has been named for a 3-time felon. Fr. John Hall. He has not been dead 6 months. Who forgot about all the other priest that worked and dedicated their life to OLR? Fr. Palock built the parish from an open field. I believe it took Notre Dame 50 years to get their street name.

What is up on Normal? Who has the clout? What are the rules for naming a street? My dog just died last week and I would like to have our street named after him. Also don't they do criminal checks before naming a street!

M.B.



Dear Editor,

We at Lee Manor would like to thank Senator Dan Kotowski for all of his past support, and we hope to continue to have his support in the future. As a vital community service provider, we are in need of additional

Medicaid funding to continue to provide the high quality services to our residents. It costs the average Illinois nursing home \$127 per day to care for our residents while we are only reimbursed for 76 percent of that cost. Nursing homes

today provide many services that were once only provided in hospitals. Nursing homes have a new reimbursement system called the MDS that recognizes these medically advanced services, but the state implemented the system without

fully funding it. Funding this system is critical to optimizing the quality of care, safety and well being of our residents. Medicaid currently pays nursing homes based on cost levels from 1999 while our costs for taxes, food, resident safety, and utilities continue to steadily rise. Medicaid needs to update its rates to reflect current costs. The state has a moral obligation to take care of these residents. We appreciate Senator Dan Kotowski for all of his support, and we hope that the Illinois General Assembly will fully consider the needs of their districts' most fragile residents when the final state budget is being negotiated in Springfield.

William McNiff
Administrator, Lee Manor

The Bugle 50th. Anniversary Business Of The Month

Featuring Niles Chamber Members

What's Happening at Golf Mill Shopping Center

Mall Renovation & Other Upates

Recently in March the barricade was removed and unveiled the new tile pattern, up-lighting, down-lighting and newly painted surface in Center Court. Center court was the first area to be completed, in order to properly establish the tile pattern that will run throughout the mall common areas.

Golf Mill just opened the newly renovated restrooms in the Food Court with the addition of a family restroom and nursing room. We saw the need to accommodate families who shop at the mall with small children with these new amenities.

A two-story steel structure at the Food Court entrance has recently been completed. The entrance is expected to be completed by the Fall of 2007.

The highly anticipated Elephant Bar Restaurant is over 50% complete and is expected to open in the beginning of September. Please visit www.elephantbar.com, for a variety of entrees with competitive pricing geared

toward families in the Golf Mill community.

Golf Mill is pleased to welcome the first Visonworks store in the Chicago market. We are also pleased to welcome the recently opened US Cellular store and an expanded and renovated Select Comfort store.

Kerasotes Showplace12 Theatre has been embraced by the community for it's top notch seating and sound system, along with all the box office hits and programs geared toward families.

JCPenney is the midst of a \$4 million dollar remodeling, which they estimate will be completed by the Fall 2007.

All of these changes are sure to enhance the center's status as this community's favorite shopping, dining and entertainment destination.

For more information please contact:
Regina Verdico
Marketing Manager
Golf Mill Shopping Center
847-699-1070

NILES CHAMBER OF COMMERCE & INDUSTRY ANNUAL GOLF OUTING

Join the Niles Chamber of Commerce members and guests for our Annual Golf Outing. This event is the Chamber's largest fund-raiser and fun-raiser. Meet new contacts and greet old friends while enjoying a day of golf, games, and give-aways. If you are not a golfer, join us for cocktails, dinner, raffles and prizes. All members are encouraged to participate either by golfing, attending dinner or volunteering.

DETAILS: TUESDAY, JULY 17, 2007

The Arboretum Club of Buffalo Grove • 401 Half Day Road, Buffalo Grove, IL 60089
www.arboretumgolf.com
9:30 a.m. Check-In • 10:30 a.m. Shotgun start • 4:00 - 5:00 p.m. Cocktail Hour - Open Bar
5:30 p.m. Dinner & Raffle

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Niles teen's 'Shadow' Local Businesses

On Friday June 22, the Niles Chamber of Commerce and the Niles Youth Center co-hosted their Third Annual Job Shadow Day. Twelve teens were matched with local businesses based on their skills and interests. The Job Shadow Day is designed to provide teens with a look into the business world, and show them how their education can translate into a

rewarding future. For the local businesses that participated, the Job Shadow Day helped forge personally satisfying connections with young people that could contribute to building a more prepared workplace of tomorrow. Vicki Peake from Nimlok said, "What I enjoyed most about this experience was helping kids get an insight to their potential future."



The Niles Chamber of Commerce and the Niles Youth Council value partnership and hope to collaborate on future events. The Niles Youth Council consists of teens, 6th through 12th grade who choose to have a positive effect on their community. This was a perfect opportunity to show local businesses what great kids live in their own backyard. Just as the teens were impressed with the businesses, the businesses were

equally as impressed with the teens. Nick Rozdelsky from Value City Furniture said, "I enjoyed the excitement and enthusiasm of the students."

The Niles Chamber is please that the following local businesses participated: Nimlok, Niles Fire Department, Golf-Mil Veterinary Hospital, Athletico, Village of Niles, Express Personnel Services, Professional Eye Care Center and Value City Furniture.

In Memory Debra Sloan

We are sorry to hear that Virginia Wilhelm, mother of the Morton Grove Chamber of Commerce's Board of Directors, Debra Sloan (of JCare Medical), has passed away. Many of our membership, and especially the women who attend our Women's Power Luncheon will remember Virginia, who attended a number of the luncheons with Debra. Others of you will remember her from this January's "Festival Of Stars." The Chamber will remember her as a kind and gracious woman, with an easy smile, who enjoyed the company of her wonderful daughter, Debra.

Claire Sherman
Morton Grove Chamber of Commerce and Industry

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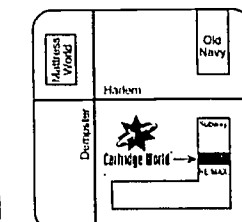
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Tips for choosing the right kind of mortgage

(NewsUSA) — Homebuying can be a stressful or uncertain business at times. In today's market, there's much debate about what type of mortgage to get — an adjustable-rate or a fixed mortgage — and how do you know when it's time to consider refinancing, an adjustable-rate mortgage?

Market Street Mortgage, one of the nation's leading retail originators of residential mortgage loans, offers these tips:

If you are buying a home now, consider whether you'll be able to handle the possibility of rate increases before choosing an adjustable-rate mortgage. Don't let the decision be simply "What is the cheaper payment to get me into the house?" because it may not be the best choice for the future. Depending on your situation, you could also consider a five-year ARM if you know you'll move before it starts adjusting, or if your projected income will also increase. On the other hand, for stability, select a fixed-rate

mortgage to provide a steady principal and interest part of your mortgage payment.

Take the time to compare the two options side by side. Ask yourself how much you are really saving each month by choosing the adjustable-rate mortgage over the fixed. Is it worth the risk of how the rate will adjust in the near future? Or is it worth the cost of refinancing later?

And what if you already have an adjustable-rate mortgage?

Review your documents and determine what the initial fixed period is. For example, a 5/1 ARM is fixed for the first five years and then adjusts every year after that. So, if you plan on remaining in your home once the loan starts to adjust, you should determine whether you'll be able to afford the new monthly payment that will go into effect. Get in touch with your mortgage consultant before you reach the adjustment time, so you can start tracking rates and reviewing your options.

Taste of Park Ridge July 12-14

The 2007 Taste of Park Ridge will be July 12-14. The entire weekend will be centered on the food, but will also feature free entertainment and activities for kids, seniors, and families. The event is located along Prospect Avenue between Touhy and Summit Avenues in Uptown Park Ridge. Admission is free.

Free feature movies will be

shown at the Pickwick Theatre at 10 a.m. both Friday (In Her Shoes) and Saturday (Cars). Free bingo will be offered Friday from 1-3 p.m.

Event hours are: Thursday, July 12, 5 to 10 p.m.; Friday, July 13, 11 a.m. to 10 p.m.; and Saturday, July 14, 11 a.m. to 10 p.m. A wide variety of musical entertainment on the main stages will be provided all

three days with the headliner group, Beatlemania Live!, performing on Saturday night. Twenty-five restaurants will offer an amazing selection of tasty food and beverages at reasonable prices.

For further information, visit the official web site www.tasteofparkridge.com or call Nancy Hughes at 847-297-2510.

Leaning tower concert series kicks-off

The summer concert series at the Leaning Tower Plaza in Niles will kick-off with this evening's performance by Enzo Incandela and Al Aniles.

The free concerts run every Thursday from 7 p.m. to 9 p.m. from July 12 until August 30. Food will be provided by Howard Street Inn in Niles for a nominal fee.

On Thursday, July 12, Enzo

Incandela and Al Aniles will return to concert series and provide Italian music. The concert usually brings singing, clapping and laughter.

On Thursday, July 19, Undercover will play a mix of classic rock and oldies. They will play recognizable songs from the 50s to the 90s, including unforgettable dance tunes and favorite songs to sing along to.

The last performance in July will be from Jimmy Damon. On Thursday, July 26. A favorite act from last season, Damon is the only singer who is authored by Frank Sinatra to perform his music during his lifetime. He has been performing around Chicago since 1971.

The Niles Leaning Tower Plaza is located at 6300 W. Touhy Ave. in Niles.

Niles resident denied variation for home addition

By Tracy Yoshida Gruen
STAFF WRITER

The Niles Village Board denied a variation that would have allowed a resident to construct a first and second floor addition to her home at the Niles Village Board meeting on Tuesday, June 26.

The resident was asking the board for a variation to reduce the rear yard set back at her home in the 9700 block of Huber Oval in order to construct a first and second floor addition to accommodate more family members.

The petitioner was asking to reduce the required rear yard from 40' down to 17' in order to construct the addition.

"We're planning to have more family members move in," said the petitioner. She said that they have had a couple of job lay offs in their family and an aunt who is a cancer patient and needs care, so a few more family members are planning to move in and they need more space.

"We love Niles and our neighbors," the petitioner explained, saying they do not want to move out of Niles.

"You're asking us to pass an

ordinance that would exempt your home from the regular rules," said Mayor Nicholas Blase, which he said was almost impossible to do.

Trustees explained that the petitioner would have needed a very good reason why an addition was necessary in order for that type of variation to be approved by the board.

The Zoning Board of Appeals heard the request on June 11 and voted 4-0 to deny the request for the variation. They forwarded a "do not grant" recommendation to the village board of trustees.

Greek Fest

continued from page 3

en and shish kebab prepared on open grills, mouth-watering

spinach pie, gyros, homemade pastries and other popular Greek dishes. For the kids and less adventurous eaters, there are hot dogs and local favorite

Homer's ice cream.

Free parking and shuttle bus service is available at Loyola Academy, at Laramie and Lake Avenues.

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2007 JULY SCHEDULE

Sun. July 8, 2007 10:00am preview—10:30am bidding	Wed. July 18, 2007 6:00pm preview—6:30pm bidding
*Sat. July 14, 2007 10:00am preview—10:30am bidding 3485 Plank Rd., Peru, IL (At Casino Bingo Building)	Sun. July 22, 2007 10:00am preview—10:30am bidding
Sun. July 15, 2007 10:00am preview—10:30am bidding	*Sat. July 28, 2007 10:00am preview—10:30am bidding 3485 Plank Rd., Peru, IL (At Casino Bingo Building)
	Sun. July 29, 2007 10:00am preview—10:30am bidding

*Saturday auctions are in Peru, all others are held in Plainfield
* Always seeking quality items for auction *

HAVE YOU HEARD

EDISON PARK FEST 2007

3 ON 3 - Basketball Tournament

REDUCED ENTRY FEE

The Edison Park Chamber of Commerce is happy to announce that a 3 on 3 Basketball Tournament will again be a feature of Edison Park Fest. The tournament will start on Friday, August 17th with the first game at 2 p.m. Championship games will be on Saturday, August 18th. Games will be held at Olympia Park, 6566 N. Avondale, Chicago (773) 631-4401 and at Brooks Park, 7100 N. Harlem Ave, Chicago (773) 631-6861.

There is a maximum of 4-players per team to allow substitutions. Boys and girls entering 3rd-9th grade (for the Fall 2007 term) are eligible to enter the tournament. The entry fee is \$25.00 per team before July 31st and \$35.00 thereafter. Entry fees will cover the cost of shirts, trophies and referees. Chamber Director and Basketball tournament coordinator, Dr. Sean Finnegan of Finnegan Family Chiropractic is coordinating this tournament.

To sign-up for the tournament go to www.edisonpark.com and download an application from the "APPLICATIONS" section of the Fest Page. If you do not have internet access, you can contact the Chamber office at (773) 631-0063. Completed forms and payment can be dropped off or mailed to Dr. Sean Finnegan 1420 N. Renaissance Drive, Suite 206, Park Ridge, IL 60068, Attn: Basketball Tournament. If you are interested in being a volunteer referee, please contact the chamber office for more information.



BINGO AND PULL TABS ARE BACK!!

The Edison Park Chamber of Commerce is happy to announce the return of bingo and pull tabs at this year's Edison Park Fest! This year's bingo tent will be run by the Bingo Committee of St. Juliana's Parish. Bingo and pull tabs will be available on Saturday, August 18th and Sunday, August 19th from 11a.m. to 5p.m. The bingo tent will be located on Olmstead between Oshkosh and Overhill.



RADIO CONTROLLED STOCK CAR RACING RETURNS

The Edison Park Chamber of Commerce is proud to announce the Radio Controlled Stock Car Racing will be at Edison Park Fest on Friday August 17, from 5 p.m.-10:30 p.m., Saturday, August 18 from 12:00 p.m.-10:30 p.m., and Sunday, August 19, from 10:00 a.m.-10:00 p.m. Pit Stop Productions Inc. is excited to provide this new and unique form of entertainment. Today, auto racing is the fastest growing spectator sport in the nation! The price is \$3.00 per race or 2 races for \$5.00. Each race consists of 15 laps with 6 cars racing at a time. The first to finish 15 laps determines the winner, which is tracked by a scoreboard. The racing tent will be located on Olmstead and Overhill Avenues by the business expo.

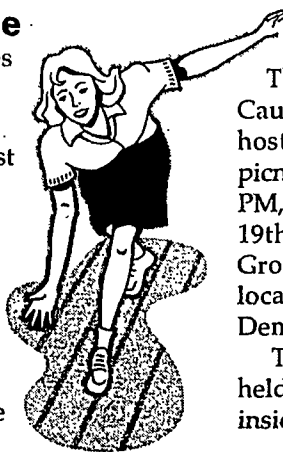
If you are in need of any further information, please contact the Edison Park Chamber of Commerce office at 773-631-0063, 6655 N. Avondale, Chicago, IL 60631. www.edisonpark.com

Ladies Needed For Bowling League

Come join the fun for Ladies Night Out.
Beginners are welcome.
► Starts Wednesday, August 29th for 34 weeks.
► \$14.00 per week

Classic Bowl
8530 Waukegan Road
Morton Grove, IL 60053
847-965-5300

For more information please call Deanne Drozd at 224-628-4009



Morton Grove Caucus Party Picnic

The Morton Grove Caucus Party will host a community picnic from 1 PM to 4 PM, Sunday, August 19th, at the Morton Grove Civic Center located at 6410 Dempster Street.

The picnic will be held rain or shine — inside if the weather is wet. There will be free food and fun for everyone with special entertainment for the kids.

This will give residents a chance to meet Mayor Krier and the Caucus trustees, and enjoy a great time.



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LEGAL

DIVISION 0 - BIDDING AND CONTRACT REQUIREMENTS SECTION 00200 - NOTICE TO BIDDERS

Notice is hereby given that Niles Park District is accepting sealed bids for: Oasis Water Park. Such proposals as herein concerned shall be for the following as described:

BID GROUP NO. 4 BID PACKAGES: #20, #21

Bid Package #20 - Swimming Pool Renovation and New Sprayground Construction
Bid Package #21 - Concrete Pool Decks

SEALED BIDS will be received by Niles Park District at the place, date and time stated below and publicly opened and read there:

PLACE:
Niles Park District
6676 West Howard Street
Niles, Illinois 60714

DUE DATE:
Thursday, July 26th, 2007

TIME:
2:00 PM (CST)
(as Date/Time stamped by
Niles Park District
Receptionist)

Any bid received after the time and date stated above will be returned unopened to Bidder.

There will be a Mandatory Pre-Bid Meeting for this Bid Group on Thursday, July 19th, at 10:00 AM at the project location 7877 N. Milwaukee Avenue, Niles, Illinois, 60714.

Pre-qualification of all bidders in this bid group is required prior to the bid due date. Submit one fully executed copy of AIA Document A305 "Contractor's Qualification Statement" prior to submitting this bid form. Fax copies are acceptable.

The competency and responsibility of the bidders will be considered in making awards. The successful bidder shall, upon acceptance of his bid, be required to procure and pay for a Performance Bond and Labor and Material Payment Bond in an amount equal to one hundred percent (100%) of the bid. Bonds shall comply with all laws of the State of Illinois governing public contracts let by governmental units. Bid security in the form of a Bid Bond, certified check or cashier's check made payable to Niles Park District in an amount equal to not less than ten percent (10%) of the Base Bid shall be submitted with the Bid. Bid security is required of all parties submitting a proposal. A fully executed and compliant Bid Security must be included with the Bid Form.

All Contracts for the Construction of Public Works are subject to the Illinois Prevailing Wage Act (820 ILCS 130/1-12).

The Design/Builder for this project is Wight Construction Services, Inc. All questions concerning this project or those concerning bidding requirements should be directed to Craig Polte at 630-918-8120. Questions will be received in writing, via fax (fax # 630-737-0518), until 11:00 AM (CST) on Monday, July 23rd, 2007.

The Park District reserves the right to reject any or all bids, to negotiate contract terms with various Bidders, and to waive all formalities or irregularities to any bid when such is deemed by the Owner to be in the Owner's best interests.

1) Plans and specifications may be ordered at no charge. Order by prior reservation (allow 2-4 hours for printing) from B and H Industries (Main Location - Arlington Hts. phone: 847-593-3161; fax: 847-593-3079) after 11:00 AM (CST) on Thursday, July 12, 2007. (Distribution Locations) 80 Seegers Rd., Arlington Hts., IL; 19 South Wabash, Chicago, IL; 19 N. Union St., Elgin, IL; 4527 Prime Pkwy. McHenry, IL; 4938 N. River Rd. Schiller Park (O'Hare), IL; 1404 21st Street, Rockford, IL; 50 Lakeview Parkway, Suite 112, Vernon Hills, IL; 30W250 Butterfield, Rd., Warrenville, IL; 1024 Northpoint, Waukegan, IL; 804 Burr Oak Drive, Westmont, IL; 7325 Janes Ave, Suite 120, Woodridge, IL.

Complete sets of plans and specifications may also be viewed at, 2) B and H Industries - Website www.bhindustries.com → e-Plan Room → Public Plan Room → Oasis Water Park Bid Group 4 Bid Packages #20, #21.

This invitation is issued in the name of Niles Park District.

END SECTION 00200

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Gurnee 5103 Washington Street 847-244-5100	Riverwoods 1155 Milwaukee Avenue 847-279-1155	Mundelein 800 North Route 83 847-837-8863
Niles 8060 Oakton Street 847-692-7500	Chicago 205 West Wacker 312-781-0670	

*Interest on the certificate is compounded on a quarterly basis. The disclosed APY is accurate as of 7/10/07. The disclosed bonus percentage and APY assumes that interest will remain on deposit. Fees or withdrawals will reduce earnings. A customer's credit, for early withdrawal, for year certificate, 24, 36, 48, 60, 72, 84, 96, 108, 120, 132, 144, 156, 168, 180, 192, 204, 216, 228, 240, 252, 264, 276, 288, 300, 312, 324, 336, 348, 360, 372, 384, 396, 408, 420, 432, 444, 456, 468, 480, 492, 504, 516, 528, 540, 552, 564, 576, 588, 600, 612, 624, 636, 648, 660, 672, 684, 696, 708, 720, 732, 744, 756, 768, 780, 792, 804, 816, 828, 840, 852, 864, 876, 888, 900, 912, 924, 936, 948, 960, 972, 984, 996, 1008, 1020, 1032, 1044, 1056, 1068, 1080, 1092, 1104, 1116, 1128, 1140, 1152, 1164, 1176, 1188, 1200, 1212, 1224, 1236, 1248, 1260, 1272, 1284, 1296, 1308, 1320, 1332, 1344, 1356, 1368, 1380, 1392, 1404, 1416, 1428, 1440, 1452, 1464, 1476, 1488, 1500, 1512, 1524, 1536, 1548, 1560, 1572, 1584, 1596, 1608, 1620, 1632, 1644, 1656, 1668, 1680, 1692, 1704, 1716, 1728, 1740, 1752, 1764, 1776, 1788, 1800, 1812, 1824, 1836, 1848, 1860, 1872, 1884, 1896, 1908, 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028, 2040, 2052, 2064, 2076, 2088, 2100, 2112, 2124, 2136, 2148, 2160, 2172, 2184, 2196, 2208, 2220, 2232, 2244, 2256, 2268, 2280, 2292, 2304, 2316, 2328, 2340, 2352, 2364, 2376, 2388, 2400, 2412, 2424, 2436, 2448, 2460, 2472, 2484, 2496, 2508, 2520, 2532, 2544, 2556, 2568, 2580, 2592, 2604, 2616, 2628, 2640, 2652, 2664, 2676, 2688, 2700, 2712, 2724, 2736, 2748, 2760, 2772, 2784, 2796, 2808, 2820, 2832, 2844, 2856, 2868, 2880, 2892, 2904, 2916, 2928, 2940, 2952, 2964, 2976, 2988, 3000, 3012, 3024, 3036, 3048, 3060, 3072, 3084, 3096, 3108, 3120, 3132, 3144, 3156, 3168, 3180, 3192, 3204, 3216, 3228, 3240, 3252, 3264, 3276, 3288, 3300, 3312, 3324, 3336, 3348, 3360, 3372, 3384, 3396, 3408, 3420, 3432, 3444, 3456, 3468, 3480, 3492, 3504, 3516, 3528, 3540, 3552, 3564, 3576, 3588, 3600, 3612, 3624, 3636, 3648, 3660, 3672, 3684, 3696, 3708, 3720, 3732, 3744, 3756, 3768, 3780, 3792, 3804, 3816, 3828, 3840, 3852, 3864, 3876, 3888, 3900, 3912, 3924, 3936, 3948, 3960, 3972, 3984, 3996, 4008, 4020, 4032, 4044, 4056, 4068, 4080, 4092, 4104, 4116, 4128, 4140, 4152, 4164, 4176, 4188, 4200, 4212, 4224, 4236, 4248, 4260, 4272, 4284, 4296, 4308, 4320, 4332, 4344, 4356, 4368, 4380, 4392, 4404, 4416, 4428, 4440, 4452, 4464, 4476, 4488, 4500, 4512, 4524, 4536, 4548, 4560, 4572, 4584, 4596, 4608, 4620, 4632, 4644, 4656, 4668, 4680, 4692, 4704, 4716, 4728, 4740, 4752, 4764, 4776, 4788, 4800, 4812, 4824, 4836, 4848, 4860, 4872, 4884, 4896, 4908, 4920, 4932, 4944, 4956, 4968, 4980, 4992, 5004, 5016, 5028, 5040, 5052, 5064, 5076, 5088, 5100, 5112, 5124, 5136, 5148, 5160, 5172, 5184, 5196, 5208, 5220, 5232, 5244, 5256, 5268, 5280, 5292, 5304, 5316, 5328, 5340, 5352, 5364, 5376, 5388, 5400, 5412, 5424, 5436, 5448, 5460, 5472, 5484, 5496, 5508, 5520, 5532, 5544, 5556, 5568, 5580, 5592, 5604, 5616, 5628, 5640, 5652, 5664, 5676, 5688, 5700, 5712, 5724, 5736, 5748, 5760, 5772, 5784, 5796, 5808, 5820, 5832, 5844, 5856, 5868, 5880, 5892, 5904, 5916, 5928, 5940, 5952, 5964, 5976, 5988, 6000, 6012, 6024, 6036, 6048, 6060, 6072, 6084, 6096, 6108, 6120, 6132, 6144, 6156, 6168, 6180, 6192, 6204, 6216, 6228, 6240, 6252, 6264, 6276, 6288, 6300, 6312, 6324, 6336, 6348, 6360, 6372, 6384, 6396, 6408, 6420, 6432, 6444, 6456, 6468, 6480, 6492, 6504, 6516, 6528, 6540, 6552, 6564, 6576, 6588, 6600, 6612, 6624, 6636, 6648, 6660, 6672, 6684, 6696, 6708, 6720, 6732, 6744, 6756, 6768, 6780, 6792, 6804, 6816, 6828, 6840, 6852, 6864, 6876, 6888, 6900, 6912, 6924, 6936, 6948, 6960, 6972, 6984, 6996, 7008, 7020, 7032, 7044, 7056, 7068, 7080, 7092, 7104, 7116, 7128, 7140, 7152, 7164, 7176, 7188, 7200, 7212, 7224, 7236, 7248, 7260, 7272, 7284, 7296, 7308, 7320, 7332, 7344, 7356, 7368, 7380, 7392, 7404, 7416, 7428, 7440, 7452, 7464, 7476, 7488, 7500, 7512, 7524, 7536, 7548, 7560, 7572, 7584, 7596, 7608, 7620, 7632, 7644, 7656, 7668, 7680, 7692, 7704, 7716, 7728, 7740, 7752, 7764, 7776, 7788, 7800, 7812, 7824, 7836, 7848, 7860, 7872, 7884, 7896, 7908, 7920, 7932, 7944, 7956, 7968, 7980, 7992, 8004, 8016, 8028, 8040, 8052, 8064, 8076, 8088, 8100, 8112, 8124

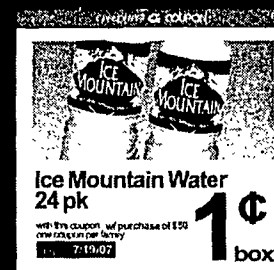
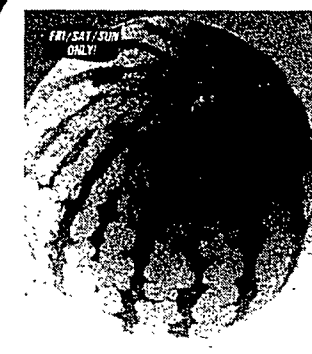
GRAND Mart
INTERNATIONAL FOOD

Summer Festival

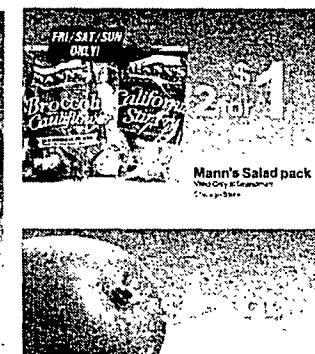
BEFORE YOU SPILL FOR
HIGHER PRICED PRODUCE, MEAT, SPICES, OR RICE
AT YOUR LOCAL GROCERY STORE,
STOP BY GRANDMART INTERNATIONAL FOOD MARKET
AND SAVE YOURSELF A COUPLE OF BUCKS.

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JULY 13~19

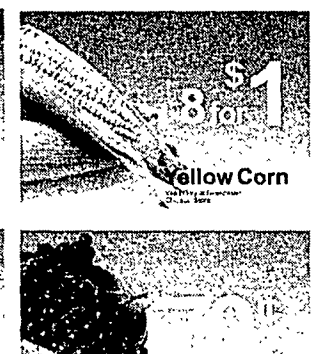
 Kellogg's Rice Krispies
9 oz.
1¢ ea

 Scott Bath Tissue
16 rolls
1¢ box

 Ice Mountain Water
24 pk
1¢ box


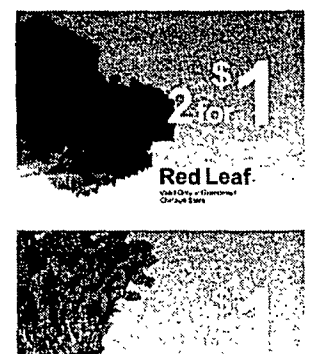
\$1.99 ea



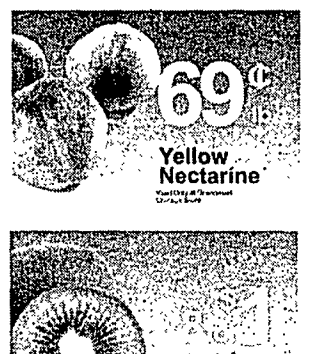
Mango



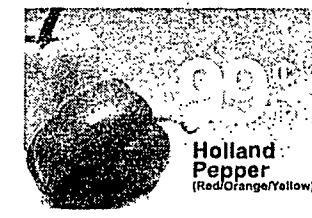
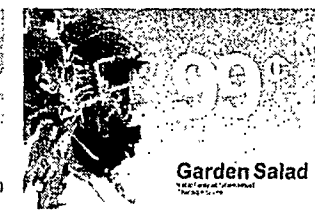
Yellow Corn



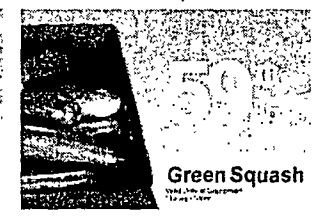
Red Leaf



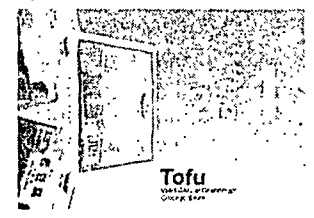
Yellow Nectarine


 Holland Pepper
(Red/Orange/Yellow)


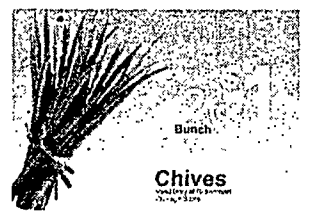
Garden Salad



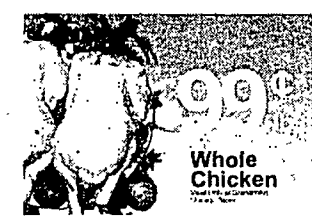
Green Squash



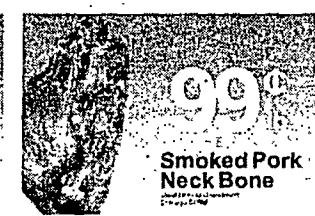
Tofu



Chives



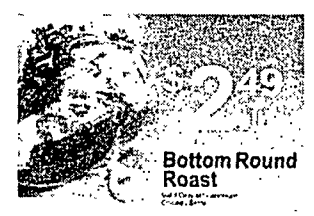
Whole Chicken



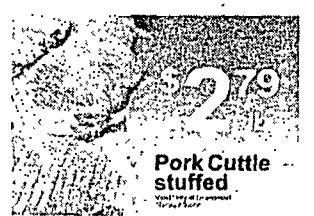
Smoked Pork Neck Bone



Shoulder Roast Boneless



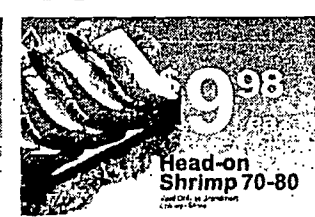
Bottom Round Roast



Pork Cattle stuffed



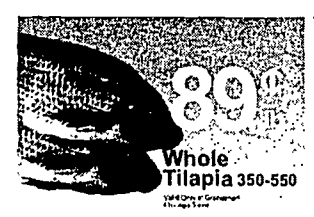
Mackerel



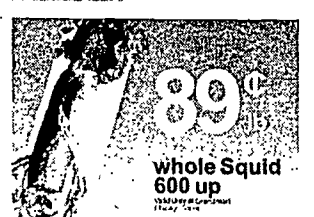
Head-on Shrimp 70-80



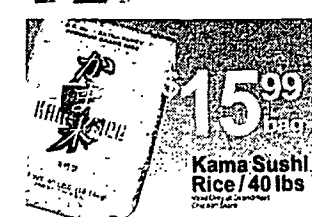
New Zealand Mussel 2.5 lb



Whole Tilapia 350-550



Whole Squid 600 up



Kama Sushi Rice 40 lbs



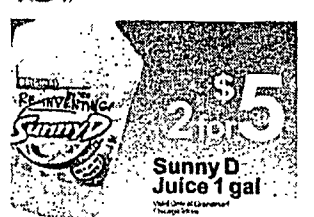
Lee & Perrine Worcestershire Sauce



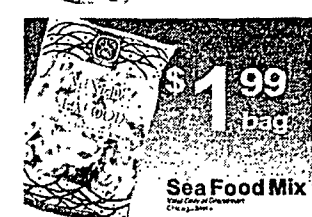
Blue Bunny Personal Ice Cream



Smoked Turkey Wings



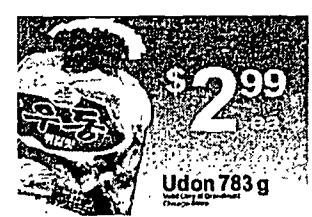
Sunny D Juice 1 gal



Sea Food Mix



Kingsford Charcoal



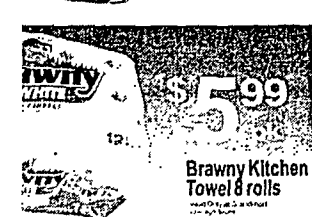
Udon 783 g



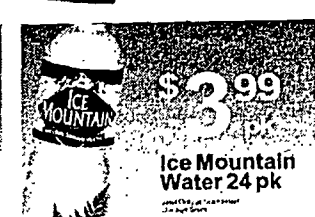
Ajinomoto Hondashi



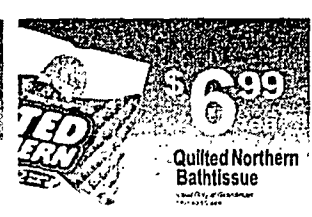
Helm's Hatchup 32 oz



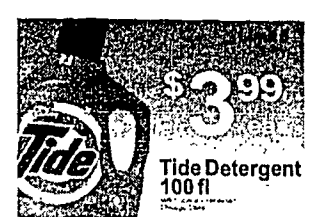
Brawny Kitchen Towel 8 rolls



Ice Mountain Water 24 pk



Quilted Northern Bath Tissue



Tide Detergent 100 fl



Sweet Baby Ray's BBQ Sauce

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Melrose Park, IL 60160
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 NILES
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Niles, IL 60160
(847) 647-5300

 NILES
5740 N. Albany Ave.
Niles, IL 60160
(847) 647-5300

Demolition Wins Back-to-Back Titles Wildwood Park Softball Champions!

July 3, 2007-Chicago

As in any sport, the reigning champion goes through the season with a bull's eye on its chest, as the competition tries to bring their "A" game and defeat the best team in the league from the previous season. This was the case for Demolition (though they were called Dugan's when they won it all in 2006) throughout the 2007 Wildwood Park Men's 16" Softball season. Having won all three titles in 2006, 1st place in the regular season, playoff champions and post season tournament champions, the bull's eye couldn't get much bigger. The league, consisting of nine teams, has been in existence for decades and it has been rare for a team to capture all three honors in the same season.

The name proved to be the only difference this year, as Demolition, run by team captain and first baseman Jim Byrne, rolled to a 9-1 regular season record and a first place finish.

The playoffs consist of the top four finishers in the regular season and the match-ups were #1 Demolition vs. #4 Woodmen and #2 Streakers vs. #3 Tinkers. The



games were played on Friday, June 29 with Tinkers upsetting Streakers and Demolition defeating Woodmen 15-11, setting up a championship of Demolition vs. Tinkers.

The crowd was sparse, as far as championship games go (probably because it was played on July 3rd), as Demolition took a 1-0 lead in the first inning as SS Tas Valas stole a run on an errant throw, sliding into home under the tag. Tinkers then tallied 3 runs to take a brief 3-1 lead. Demolition opened up the game in the third inning as they batted around the order, scoring 7 runs

and coasting to a 10-6 victory. Every member of Demolition contributed all season long, truly a great team effort throughout and if you ask any of them, Jim Byrne (Capt), Tas Valas, Paul Mueller, Jim Urquhart, Joe Fasuna, Karl Dorband, Frank Grillo, Dave Urquhart, Rich Sarlito, Paul Ciriccone, Tom Byrne and Dave Neville, they will all tell you there is still unfinished business as the post season tournament gets underway beginning July 10. Back-to-back trifectas would put a bull's eye on the front and back of their shirts for next season!

Maine Township hosts third annual Peanut Butter & Jelly Golf Tourney

Supervisor Bob Dudycz's third annual Peanut Butter & Jelly Miniature Golf Outing promises to be the best yet. The charity event benefiting the Township's Emergency Food Pantry will be held from 5 p.m. to 9 p.m. on Thursday, Aug. 16 at Mountain View Adventure Golf, 510 E. Algonquin Rd., Des Plaines.

The public is invited to participate along with elected state and local officials, township staff and township vendors. Admission is three jars of peanut butter and three jars of jelly. Financial contributions will also be accepted.

Along with golfing, there will be raffles, souvenirs, goody bags for all participants and prizes for winners. There will also be skill contests to compliment the already entertaining golf outing.

Mountain View Adventure Golf is an 18-hole miniature

See Event, page 18

Fast Lube Systems

\$ 6 OFF

Any of the following services

- 1 Full Service Oil-Filter-Lube (reg. \$31.99)
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- 1 Differential Service (reg. \$29.99)
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next to McDonald's
(847) 827-0500

DES PLAINES
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(847) 296-7059

Niles to host Chicago Storm Summer Soccer Camps

Chicago Storm summer soccer camps will return to Niles for the second consecutive year from July 30 to August 3.

The camps will be held at Grennan Heights at 8255 N. Oketo and Chicago Storm players and coaches teach the camps.

"It was one of our biggest camps last season and already more than 50 campers have signed up for this season," said

Chicago Storm Camp Director Jennifer Drankie, in a press release. "We are looking forward to a successful summer and we could not be happier to be back."

Drankie stated that Niles is a great soccer community and a wonderful supporter of Chicago Storm and their camps.

Chicago Storm is a member of the Major Indoor Soccer League since 2004.

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ONLY ON
Mondays & Wednesdays!

Monday 9:30 pm to
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Don't like your First Spin? Fill out the information below, and control counter for a Free Second Spin!

Name _____ E-Mail _____
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Expires July 31, 2007. Coupon must be presented. Not valid with any other Midas offers. Oil change includes up to 5 liters of 5W30 or 10W30 oil. Other grades and synthetics available extra cost. Additional shop supply fee and/or environmental disposal fee may be charged where permitted by law. Antifreeze may be recycled. Most vehicles. Diesel vehicle extra. Prices and participation may vary. www.midas.com

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7369 N. Milwaukee Ave., Niles
(847) 588-1800
www.midas.com

Niles Senior News

5TH Annual Flea Market

Saturday, September 15-9:00AM-1:00PM

Niles seniors interested in reserving a table should call Jaymi as soon as possible. A \$5 donation per table is required when reserving your table. All donations go to the Niles Family Services Food Pantry. Space is limited. Open to the public.

Milwaukee Mader's & Millers

Thursday, Aug 9, 10AM-4PM \$50

Join The Men's Club as we travel to Milwaukee. Our first stop will be a delicious lunch at Maders, featuring a choice of entrée. Then we're off to Miller's Brewery for a tour and some tasty samples. Open to non-residents, beginning July 27th.

West Suburban Wonders

Tues, August 7 8:30AM-3:30PM \$57

Guided Tour. Stop One: BAPS Mandir-the largest Hindu Mandir in the US.

Stop Two: Lunch at FIGO (Salad, baked spinach pasta with cheese, tiramisu, coffee & tea

Stop Three: St. Procopius Church, selected as one of the 12 most outstanding buildings in the United States. Open to non-residents.

Niles Senior Center's First Annual Variety Show

September 20

Be in the Niles Senior Center's First Annual Variety Show! Join in this live performance spectacle where participants can act, sing, dance, or showcase any other art form! If interested, please pick up a registration form at the front desk. We are also looking for crew, a master (or mistress) of ceremony, stage manager, lighting and sound personnel, and a refreshment organizer.

Copa Chicago with Ron Hawking

Fri. Oct 5 11AM-3:30PM \$56

The dynamic and popular show business veteran entertains us with the music of Tony Bennet, Burt Bacharach, Frank Sinatra, Johnny Mathis and many more of your favorites. This event is at the Westin Chicago North Shore Hotel in Wheeling. The event includes a savory lunch, raffle, transportation, and fabulous entertainment. Open to non-residents after August 1st.

Summer Quilting Class

Fridays, July 13 - August 10 9:30-11:30AM \$18

All levels of quilters are invited to join this class. During this five-week session, we will make a quilted carry-all bag - ideal for carrying your quilting supplies. OPEN TO NON RESIDENTS.

New Addition to Summer Computer Classes

Intro to Microsoft Publisher, Weds & Fridays, Aug 1-Aug 24 10:30-12:30 \$35

Learn to create posters, newsletters, brochures, web pages, and more.

Pre Req: Introduction to Word.

Summer Dinner and a Movie

5-8:00PM

Join us every Wednesday evenings for dinner and a movie. A lite dinner will be served at 5PM prior to the movie. You must register in advance if you are planning to join us for dinner.

Wednesday, July 18, THE DEPARTED (R-Violence) DiCaprio, Damon \$2 Hot Dog

Wednesday, July 25, CHARLOTTE'S WEB (G). Dakota Fanning \$3 Pizza

Wednesday, Aug 1st, BECAUSE I SAID SO (PG13) Diane Keaton, \$2 Hot Dog

Wednesday, Aug 8, BABEL (Extreme Violence/R) Brad Pitt, \$3 Pizza

Wednesday, August 15, MUSIC & LYRICS (PG13), Hugh Grant, \$2 Hot Dog

Wednesday, Aug 22, THE LAST KING OF SCOTLAND (Extreme Violence/R) \$3 Pizza

Wednesday, Aug 29, HAPPY FEET (PG) animated \$2 Hot Dog

Travelogue- Germany

Friday, July 20, 12:00-2:00PM \$7.00

Discover the world many travelers miss! "Visit" an authentic Bavarian beer hall, stroll through Munich and remember the sobering realities of WWII at the Dachau Memorial. "While in Berlin and Potsdam," you'll experience the joyous re-unification of East and West Germany. See the treasures of the Pergamon Museum and the beauty of the private retreat of Frederick the Great. Before "taking our journey," we'll dine on a delicious German lunch, featuring Bratwurst, Sauerkraut, Herbed Baked Chicken, German Potato Salad, Corn Cobettes, and Dessert. Advanced Registration is required.

Explore the World: Greece

Friday, August 24, 12:00-2:00PM \$7.00

Before leaving on our "arm-chair" adventure, enjoy a delicious lunch featuring Grecian Chicken, a Baked Potato and Baklava for dessert. Then we're off.

Athens & the Peloponnese

Marvel at the advanced engineering used at the palace of Mycenae. Explore the evolution of Greek art at the National Museum in Athens. Hike up the majestic and classical Acropolis and immerse yourself in history.

The Greek Islands

See Niles, page 15

Park Ridge Senior News

Fall Foliage Spectacular

The Park ridge Senior Center presents Agawa Canyon Train Excursion Fall Foliage Spectacular also featuring Mackinac Island. This is a 5 day trip September 29 to October 3, 2007. After lunch in Green Bay, Wi. your motorcoach travels into the Upper Peninsula of Mi, crossing the Mackinac Bridge. Check in at the Hampton Inn in Mackinaw City after Dinner at Audies. Day two is spent on Mackinaw Island including carriage tours, view Surrey Hills, Arch Rock, Fort Mackinac and visit the elegant Grand Hotel where you'll enjoy a delightful luncheon buffet. Day three takes you into Canada at Sault Ste. Marie, Ontario where you will board the train for a day long Agawa Canyon Train Excursion. Included is a full breakfast in the dining car and a box lunch later. Dinner is at Studebaker's in Sault Ste. Marie, MI. Day four includes a continental breakfast before travel through Michigan with free time for lunch then a guided tour of Sleeping Bear Dunes National Lakeshore. After checking in it's dinner at the Grand Traverse Resort. Day five includes a full breakfast, a visit to the center of U.S. tart cherry production, Amon's Cherry Orchards in Acme, MI. There will be time for shopping at Amon's farm market which includes jams, jellies and other gift items. After a lunch stop at The Gilmore Collection you will be on your way home. For more information, call Teresa Grodsky at the Center, 847-692-3597.

August Monthly Luncheon

The monthly luncheon for August is Monday, August 20. Doors open at noon with lunch served at 12:30 p.m. The luncheon will be catered by Inglenook featuring beef, chicken and pork along with various salads, potato and vegetables. Entertainment will be provided by Gary Onate and his "Sounds of Sinatra." He performs "Strangers in the Night, New York, New York, Fly Me to the Moon and many more. Members can make reservations in advance according to current policy. Charge is only \$13.00.

New Yoga Session

The new session of Yoga classes starts on Thursday, July 26. Classes are from 1:30-2:30 p.m. The cost is \$30.00 for the 8 week session.

Life Line Screening

Life Line Screening will be at the Park Ridge Senior Center on Tuesday, September 11, 2007

There are four simple tests which can save your life: stroke screening/carotid artery; abdominal aortic aneurysm screening; peripheral arterial disease screening and test for osteoporosis. These are non-invasive, completely painless screenings using Doppler ultrasound technology. The four screenings are only \$129.00. Pre-registration is required as there are limited spaces and time. Call 1-800-324-1851.

La Boheme

The Opera Arts Discussion Group is planning a trip to Drury Lane, Oakbrook on Sunday, July 29, 2007 for the matinee performance of LaBoheme. The cost is \$88.00 which includes brunch at Drury Lane, main floor seats and motorcoach transportation. Call the Center at 847-692-3597 to see if there are any openings left.

August Monthly Luncheon

The monthly luncheon for August is Monday, August 20. Doors open at noon with lunch served at 12:30 p.m. The luncheon will be catered by Inglenook featuring beef, chicken and pork along with various salads, potato and vegetables. Entertainment will be provided by Gary Onate and his "Sounds of Sinatra." He performs "Strangers in the Night, New York, New York, Fly Me to the Moon and many more. Members can make reservations in advance according to current policy. Charge is only \$13.00.

New Yoga Session

The new session of Yoga classes starts on Thursday, July 26. Classes are from 1:30-2:30 p.m. The cost is \$30.00 for the 8 week session.

Obituaries

Evelyn V. Henek

Evelyn V. Henek, age 85, nee Bogusz, beloved wife of the late Theodore Henek, loving mother of Barbara (Ed) Ude and Judy (David) Smolen, cherished grandmother of Laura and Mark Ude and John and William Smolen; dear sister of Emily (the late Stanley) Walczak, Renata (Walter) Dudek and the late Walter Bogusz; loving aunt of many. Visitation was Friday, July 6, 2007 at the Skaja Terrace Funeral Home, 7812 N. Milwaukee Ave., Niles. Funeral was Saturday, July 7 at St. John Brebeuf Church. Interment Maryhill Cemetery. In lieu of flowers, memorials to the Salvation Army appreciated. She was a member of Meals on Wheels and the Friends of the Niles Library. Funeral info: www.skajafuneralhomes.com or 847-966-7302.

Johanna H. Moderi

Johanna H. Moderi, nee Husslein, beloved wife of the late Michael; loving mother of Martin (Cynthia), William (Christine), Elizabeth (James) Wilbur and Mary Moderi; cherished grandmother of Jason (Heather), Michelle (David) Mullen, Elizabeth, Andrea, Laura, Jeffrey Kurpiel and Jeffrey Wilbur; great-grandmother of Ryan Mullen; dearest sister of Erica (the late

William) Off and the late Gertrude (the late John) Sommerer. Visitation was Friday, July 6, 2007 at Skaja Terrace Funeral Home, 7812 N. Milwaukee Ave., Niles. Funeral was Saturday, July 7 at St. John Brebeuf Church. Interment Maryhill Cemetery. In lieu of flowers, memorials to the Salvation Army appreciated. She was a member of Meals on Wheels and the Friends of the Niles Library. Funeral info: www.skajafuneralhomes.com or 847-966-7302.

Victoria Suwalski

Victoria Suwalski, nee Jankowski, beloved wife of the late George J.; loving mother of William (Nancy), Timothy (Linda), Susan (Chester) Zablocki, Diane (Frank) Cinardi, Robert (Julie) and Joanne (Thomas) Flederman; dearest grandmother of 16 and great-grandmother of two. Visitation was at the Skaja Terrace Funeral Home, 7812 N. Milwaukee Ave., Niles, IL, Wednesday, July 4, 2007. Funeral was Thursday, July 5 at St. Juliana Church. Interment St. Adalbert Cemetery. Memorials to the American Heart Association or to Easter Seals, 507 E. Armstrong, Peoria, IL 61603. Funeral info, 847-966-7302 or www.skajafuneralhomes.com.

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Berland-Branson Joint Resources

Jill Branson, RN, BSN
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Thursday, July 19, 2007

6:00 pm to 6:30 pm - Refreshments, tours

6:30 pm to 8:00 pm - Seminar

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www.maryressetar.com



Niles

continued from page 14

Travel the Aegean Sea by ferry to the wondrously rugged, volcanic island of Santorini; tour the rarely visited island of Samos. Advanced registration req.

AARP Safe Driver Program

Monday July 30 & Tuesday, July 31, 12:30-4:30PM

This class is eight (8) hours, spread over two days. Both days are required in order to receive certification for the course. This course is designed to help you:

tune up your driving skills and update your knowledge of the rules of the road; learn about normal age-related changes and how to adjust your driving to allow for them; reduce your traffic violations and chances for driving related injuries; and qualify for an auto insurance premium reduction or discount (Specific state insurance laws vary so please contact your insurance agent). You MUST pre-register for this class, and a \$10 payment is required on the first day of class. The \$10 fee is accepted by check ONLY and must be made out to AARP.

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Private: \$15 Member
\$20 Non-Member
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Lesson Fee: \$48 Member
\$63 Non-Member
Swim Club Fee: \$90 Member
\$110 Non-Member
Adult Group Rates: \$50 Member
\$65 Non-Member

Learn to Swim

The Niles Family Fitness Center's goal is a ratio of 1:5. Although this is our goal, occasionally the ratio may be higher due to unforeseen circumstances.

Parent-Tot: 6 months-3 years: Parents will accompany their child in the water. Primary focus is to help the child adapt to the water through games and songs. Parents will also learn skills to help them with their child while in an aquatic environment. Skills Taught: Blowing bubbles, float-

ing on front and back, kicking on front and back, submerging face, passing, and jumping into the water.

Tiny Tiny Tots: 1-3 years: This class is designed for children who have progressed beyond parent-tot yet are not ready for Tiny Tots. (Progression is based on whether the parent is in the pool after the 3rd class and the child's overall adaptation to the water and the class environment.) Skills Taught: Floating on front and back, kicking on front and back, alternating arms on front, water entry by self, and submerging face.

Tiny Tots: 3-5 years: The purpose of this class is to teach children how to become independent in the water while beginning to work on the basic skills of swimming and water safety. Skills Taught: Submerging face, floating on front and back, kicking on front and back, and alternating arms on front.

Level 1: This level uses the base that is provided in the lower levels to begin building the necessary skills to develop the proper stroke. Skills Taught: Front and Back floats, glides on front and

back, kicking on front and back, alternating arms for frontcrawl and backcrawl, and water adaptation.

Level 2: This will focus on getting children to feel comfortable swimming on their fronts and backs. Upon completion of this course, the participant will have a basic understanding of how to swim front and back crawls. Skills Taught: Front and back floats, front and back glides, frontcrawl 10 yards, backcrawl 10 yards and rotary breathing.

Level 2: This class further builds on the front and back crawls taught in Level 2 while incorporating rotary breathing for frontcrawl and new strokes. Skills Taught: Frontcrawl 15 yards, backcrawl 15 yards, breaststroke kick 10 yards, streamline position for front and back, treading water and dolphin kick.

Level 3: This class will focus on perfecting the front and back crawls while adding the element of endurance. Children will begin to develop the more advanced strokes. Skills Taught: Frontcrawl 25 yards, backcrawl 25 yards, breaststroke 15 yards,

open turns, and treading water.

Advanced Skills: This class continues to work on the skills while introducing more advanced skills and strokes. Endurance is gradually increased at this level. Skills Taught: Frontcrawl 50 yards, backcrawl 50 yards, breaststroke 25 yards, butterfly kick 25 yards, open turns, breaststroke speed turns, endurance and lifeguard rescues.

Stroke Development: The primary purpose of this class is to continue to develop previously introduced strokes while continuing to develop a greater level of endurance. Skills Taught: Frontcrawl 100 yards, backcrawl 100 yards, breaststroke 50 yards, butterfly 25 yards, flip turns for front and back crawls, breaststroke speed turns, endurance and become familiar with Rescue Breathing and CPR.

Stroke Refinement: Class is designed to further enhance stroke's effectiveness and efficiency. Purpose is to refine strokes to maximize the participant's ability while building up endurance for Swim Club. Skills Taught: Frontcrawl 200 yards, backcrawl 200 yards, breast-

stroke 100 yards, butterfly 50 yards, flip turns (one must be executed while swimming the 200 yards frontcrawl and backcrawl). Breaststroke speed turns (one must be executed while swimming the 100 yards breaststroke), endurance and advanced lifeguard rescues.

Swim Club: This class will teach different training techniques used for competitive swimming. This class will give the child the opportunity to experience what a practice for a swim team may be like. AGES: 7-15 Requirements: 100 yds freestyle, 100 yds backstroke, 50 yds breast stroke & 25 fly. Must meet all requirements efficiently. Participants must have good goggles and bring a water bottle to class.

Adult Swim Lessons: You're never too old to learn how to swim! This group setting will provide adults of all abilities to learn how to swim, or improve their existing techniques. Class will be broken down according to abilities after start of first class.

Niles Family Fitness Center,
987 Civic Center Dr., 847-588-8400,
www.nilesfitness.com

Ask the Doctor... Sciatica

By Keith Berndtson, M.D.
HEALTH MATTERS

Q: I am 67 years-old. Two years ago my left lower back started to hurt. The pain traveled into my hip and sometimes down to my knee or calf. It usually feels worse when I wake up and decreases some after I have moved around for a while. My doctor says I have sciatica. The MRI scan of my lower back did not show a herniated disc or pinched nerve. He recommended ibuprofen and a heating pad. Is there anything else I can do?

- Eleanor B., Elmhurst, IL

A: Sciatica is a general term used to describe pain, usually starting in the lower back, which travels, or radiates, down into a leg. Sometimes people will note some numbness or tingling, and occasionally some muscle weakness. A new onset of muscle weakness warrants prompt attention by a physician, because it could mean nerve cells are dying. Sciatica therefore implies that at some location from the lower back down, a nerve is being irritated

or has been injured. Nerve injury or irritation is commonly, but by no means always caused by a herniated or degenerating disc in the lower back.

The lower back, tailbone, pelvis, and hip joint are connected by ligaments, muscles, and other soft tissues. Strain of these soft tissues, commonly associated with age-related degenerative changes in the joints of this region, triggers an inflammatory response.

Inflammation draws fluid, cells, and protein into the inflammation zone. This creates local traffic jams in the microcirculation of blood and lymph. As the traffic backs up, oxygen and pH levels drop in the tissues, causing a reflex muscle spasm which slows circulation through the zone even more. The tissues may begin to stiffen up and become painful. If these conditions persist, nerve cells in the area may complain about the late delivery of oxygen and nutrition to their doorsteps.

When strain, inflammation, and spasm involve the muscles of one or both hip girdles, the sciatic nerve in the pelvis may

suffer relative oxygen and nutritional deprivation. When this happens, the pattern of pain radiation, numbness, or tingling may appear confusing to your doctor because it doesn't fit the typical pattern seen when a disc in the lower back presses on a nerve. Helping Soft Tissues Breathe Physical examination typically reveals tenderness and spasm in the muscles of the lower back and hip. The sacroiliac joint on the painful side is often tender as well. Physical therapy aimed at relieving fluid congestion in these zones can produce benefits. The pain and stiffness subsides for short intervals at first, then for longer periods as the chronic strain gets repaired and the muscles loosen up and function more normally.

In our practice, we also find that regular Epsom salt tub soaks or foot soaks helps patients get more mileage out of the physical therapy. Epsom salt contains magnesium sulfate. As this gets absorbed through the skin and makes a few trips around the circulation, muscles relax and tissues receive more

See Doctor, page 18

MORTON GROVE PARK DISTRICT JULY CALENDAR

Thursday, July 12

FREE Family Fun Entertainment at Prairie View Park
6 p.m. - Jan's Clan Puppets

Friday, July 13

FREE Movie in the Park - Charlotte's Web
Harrer Park- Movie will begin around 9 p.m.

Tuesday, July 17

FREE Concert in Harrer Park
Country Sky Band - 7 p.m.
Sponsored by Amcore Bank
Featured Restaurant: Char House Grill

Thursday, July 19

FREE Family Fun Entertainment at Prairie View Park
6 p.m. - Entertainer Rick Kelley

Thursday, July 19

7 p.m. - Park Board of Commissioners Meeting

Friday, July 20

Oriole Pool - Float then

Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053, 847-965-1200, www.mortongrovecparks.com

Flick Night
6:30 p.m. - 8:45pm Swimming
9 p.m. Movie: Open Season

Tuesday, July 24

FREE Concert in Harrer Park
Johnny Russler and the Beach Bums - 7 p.m.
Co-sponsored by Cambridge Bank and Morton Grove Baseball Association
Featured Restaurant: China Chef

Thursday, July 26

FREE Family Fun Entertainment at Prairie View Park
6 p.m. - Magician Michael Hall

Friday, July 27

FREE Movie in the Park - How to Eat Fried Worms
Harrer Park- Movie will begin around 9 p.m.

Saturday, July 28

Natural History Day at Prairie View Park
1p.m. - 4 p.m.

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Liberty Bank for Savings Hosts Life Line Screening

Liberty Bank will be hosting health screenings at their Norwood office, 6210 N. Milwaukee Ave., on Monday, July 23. Life Line Screening will be on hand to provide stroke, abdominal aortic aneurysm, and peripheral arterial disease screenings

that can help protect your health.

Screenings are given by appointment only, so please call Life Line at 800-643-6075 to schedule. For more information on this or other Liberty events, please call Susan Andrews at 773-489-4458.

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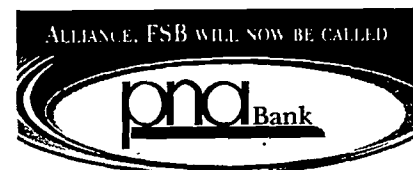
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FITNESS FORUM

Putting more power in your shoulder muscles

The Moves: Performing a horizontal shoulder raise with the torso in a prone position.

Works On: Shoulder-blade stabilization and rotator-cuff strength.

Setup: Lie face down on a stability ball with the legs spread wide for a base of support. Roll forward on the ball until the chest is unsupported, holding a light weight in each hand.

Steps: Bend the elbows 90 degrees and bring the forearms together in front of the face. Initiate the movement by squeezing the shoulder blades together and stabilizing them during the entire motion. Spread the arms away from each other until they are in a "put your

hands up" position (elbows at 90 degrees, shoulders at 90 degrees to the sides of the torso, back of the hands facing the ceiling).

Repetitions: Perform three sets of 15-30 repetitions.

Precautions: Avoid using more than 5 pounds for rotator-cuff strengthening. Shoulder-blade stabilization is key to all rotator-cuff exercises. Ensure that the head and neck stay aligned with the spine.

Options: This exercise can be done on a ball, bench or bent over from the waist. If performing this in a bent-over position, bend the knees to protect your back.

Visit Copley News Service at www.copleynews.com.

Doctor

continued from page 17

oxygen and nutrition.

I remember one of my chief residents laughing at the farmers and steelworkers who swore by their Epsom salt soaks. We're not laughing anymore.

Keith Berndtson, MD, combines general, physical, and integrative medicine in his role as Medical Director of Park Ridge Multi-Med. Send your health story or question to keith@parkridgemd.com. Visit www.selfcarewisdom.com for more on wise self-care.

Event

continued from page 13

golf course designed with a mining theme complete with creeks, bridges, waterfalls and rock formations.

Sponsors are sought for individual holes at a rate of \$50. Interested parties should contact Danya Berman at 847-297-2510 for details.

Carol Langan, the Township's Food Pantry Coordinator, says any contributions of non-perishable food and money are always appreciated. The most pressing needs are for peanut butter, jelly, spaghetti sauce, canned fruit, chunky soups and large cans or plastic bottles of juice especially apple, orange and grape flavors. The Pantry is open for needy residents on Tuesday and Friday from 1-4:30 p.m.

Regular donations may also be brought to Maine Town Hall, 1700 Ballard Rd., Park Ridge on Monday-Friday between 9 a.m. and 5 p.m. For questions or assistance with large deliveries, contact Ms. Langan at 847-297-2510.

LIFE

Barbecue the Batali way

By Ron James
COPLEY NEWS SERVICE

Most chefs would be embarrassed to wear bright orange clogs - but not Mario Batali. His

PERFECT PAIRINGS

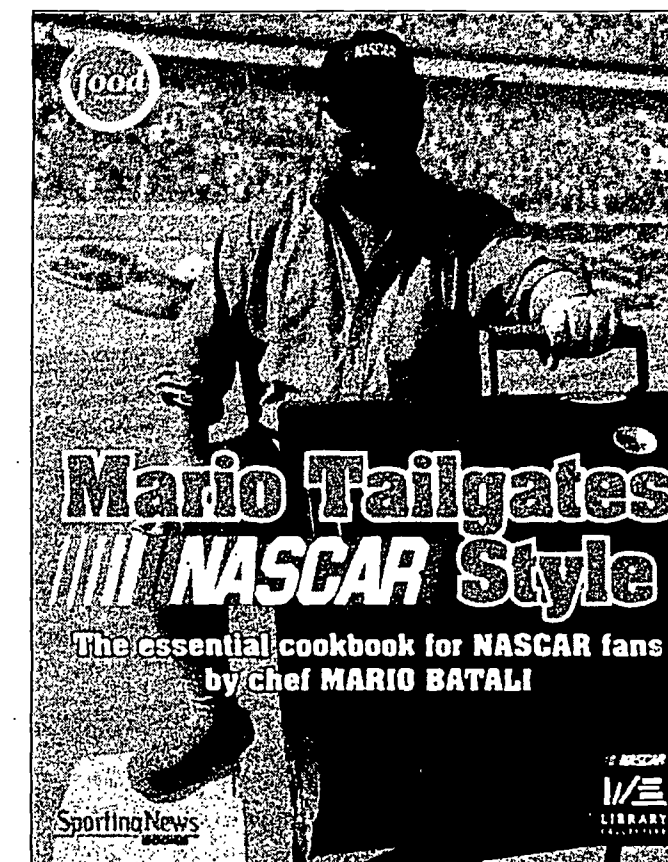
hip footwear is as much a part of the Batali brand as his short chef's pants, beard and ponytail. The man is a media machine with half a dozen best-selling cookbooks, multiple popular food shows and appearances at almost every major food event in America.

Batali's journey to stardom began like many great chefs - that is, he didn't want to be a chef initially. Raised in Seattle, his food-loving parents encouraged him to go to cooking school. Instead, he chose to study Spanish theater at Rutgers University, from which he graduated.

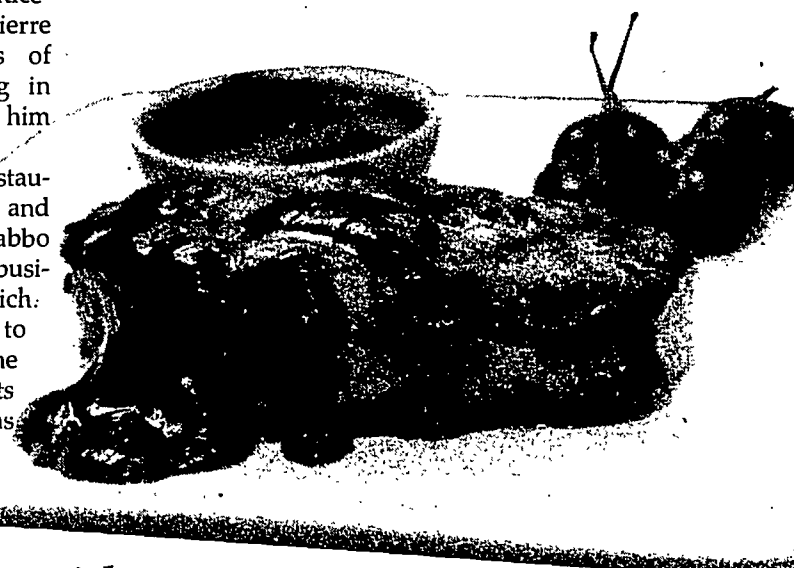
Still searching for a career path, he decided to give food a try and enrolled in London's Le Cordon Bleu - and soon dropped out. An apprenticeship with chef Marco Pierre White and three years of intense culinary training in Northern Italy finally put him on the right road.

Batali opened his first restaurant, Po, in New York City and found fame with Babbo Ristorante e Enoteca with business partner Joe Bastianich. And his empire continues to expand - in addition to the seven successful restaurants in Manhattan, he also has

See Pairings, page 5



...BIG & BOLD



Pork Chops with Cherry Barbecue Sauce

Marinade:

2 tablespoons packed brown sugar
2 tablespoons extra-virgin olive oil
¼ cup freshly squeezed orange juice (about 1 orange)
2 teaspoons chili powder
1 teaspoon cumin
4 boneless pork loin chops cut 1-inch thick
Cherry Barbecue Sauce (recipe follows)
Yields 4 servings.

In small bowl, combine all marinade ingredients and stir together.

Place pork chops in resealable freezer bag and pour in marinade, making sure to coat meat on all sides. Keep cold in refrigerator or ice-filled cooler for at least 4 hours and up to 24 hours.

Prepare enough coals for medium-hot fire or set gas grill to medium. Remove chops from bag and discard marinade. Grill chops over medium heat for about 12 minutes, turning once midway through cooking. Remove from heat and serve immediately with the Cherry Barbecue Sauce.

Cherry Barbecue Sauce

1 medium onion
3 garlic cloves
1 tablespoon chili powder
2 cups canned crushed tomatoes
¼ cup freshly squeezed orange juice (about 2 oranges)
¼ cup ketchup
¼ cup light brown sugar
1 cup frozen sweet cherries
Yields about 3 cups.

In medium saucepan, cook onion over medium-high heat, until it softens, about 8 minutes. Add garlic and chili powder and cook 1 minute more. Add remaining ingredients and cook 5 minutes more, stirring frequently.

Transfer mixture to blender or food processor fitted with metal blade and blend until smooth. Transfer to plastic container and keep cold in refrigerator or ice-filled cooler until ready to use or refrigerated for up to one week.



Cool Summer Dressing

By Sharon Mosley
COPLEY NEWS SERVICE

Pour it on. The dress that is one of summer's coolest fashion trends, and hot weather is the perfect excuse to wear one when just the thought of putting on a suit makes you break out into a sweat.

And don't worry. Even if

you're a die-hard fan of separates, there's a summer dress out there for you. From shirt-dresses to halters, to wraps, in colorful prints and comfortable fabrics, the good news is there are lots of dress styles to choose from - no coordination needed. And yes, the "mini" is making a big statement, but there are lots of

See Fashion, page 20

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Willis is riding the 'Die Hard' Franchise ... Hard

By James Hebert
COPLEY NEWS SERVICE

He is the Ubiquitous. He is the Unknown. He is, as one observer put it, "the holograph; the metaphor."

He is Bruce Willis, and if he doesn't think of himself as a holograph or metaphor, well, that would be weird, since he was the observer who said that of himself (in a recent Vanity Fair article).

He has also been called, the "fly in the ointment, the monkey in the wrench. The pain in the (rear end)."

That was, again, Willis, exhibiting his trademark flair for vivid quips even as he displayed a somewhat fuzzy grasp of the role actual monkeys play in adages about wrenches.

To be more precise, that was John McClane - Willis' tough-cop character in the "Die Hard" movies - talking about John McClane in the original 1988 film. McClane, who makes his triumphant return in the fourth movie, "Live Free or Die Hard,"

is easily Willis' signature role.

It's been 12 years since McClane last hit the screen, in the memorably titled "Die Hard 3: Look Who's Dying Hard, Too!" Although it's possible we're mixing that up with another of Willis' famous franchises.

Though he first made it big on TV, in the '80s series "Moonlighting," Willis has been a movie star for a couple of decades, playing action heroes ("Armageddon," "The Last Boy Scout") and sensitive types ("The Story of Us") and more action heroes ("The Fifth Element," "Tears of the Sun," "Pulp Fiction") and even, in "The Sixth Sense," a guy who is dead ... uh, has some health issues. In all, he has more than 70 acting credits on screen and TV. In "Live Free or Die Hard," Willis plays a reluctant hero who smites scads of heavily armed terrorists using only his wits, a cigarette lighter and a scintillating bon mot or two.

In that respect, he is like the Martha Stewart of action heroes.

Except that Martha prefers salt in her paella, while Willis puts it in his conversation. His most famous "Die Hard" line is "Yippee-ki-yay, (sucker)," only with a different, somewhat longer word at the end.

(Bonus Web tip: See Willis utter the secret word on live TV - oops! - at YouTube.com. While there, also check out the random guy playing the original composition "The Ballad of John McClane" on acoustic guitar.)

"Live Free or Die Hard" plays off the New Hampshire state creed, which hints at possible motto-based movies to come: for Kentucky, "United We Stand, Divided We Fall, Hard We Die"; or for Hawaii, "Ua Mau Ke Ea O Ka Aina I Ka Pono, (Sucker)."

The way Willis - the man, the metaphor, the flying monkey in the holographic ointment - continues to flay bad guys and work that smirk, you can bet the "Die Hard" franchise isn't going to die soon, hard or otherwise.

And to that, the only proper response is: Yippee-ki ... yay?

Fashion

continued from page 19

knee-lengths and even ankle-lengths around too.

"Nothing looks as good as a dress right now," says designer Kathryn Conover. "If you want to be flawless, go get a dress."

And if you want to be cool, here are some of the best dresses to reach for this summer.

The shirt dress - A classic, this belted look is perfect for most working girls and it's a great way to look professional during the summer months. The button-front basic is cool in cotton or linen.

The empire - The baby doll top has morphed into a longer length for the season's current dress parade and is a silhouette that can be worn by many shapes and sizes of women. In soft jersey, this dress looks great on its own or layered over pants or capris.

The chemise - Another big trend, the loose-fitting chemise happens to be one of my favorites, harking back to the '80s when graphic color

blocking hit the fashion charts in a big way.

The A-line shift - Audrey Hepburn loved these and most women love the way these dresses fit, gently gliding over trouble spots and looking cool at the same time. Toss on a cardigan sweater and you've got instant style for an indoor office or an outdoor dinner.

The wrap dress - The surplice-wrap dress is probably one of the most popular dress silhouettes around this summer. In knits, it has a fluid shape that flatters most women. In halter styles, it's even more appealing in hot weather.

The sundress - A summer staple, this season's sundresses can be found in cotton, casual floral prints for daytime or shapely silk cocktail styles for evening. In longer lengths, it's a trendy hit.

The vintage slip dress - Definitely a nod to the retro era of wispy, chiffon floral alphas, the Daisy and her friends in "The Great Gatsby" these romantic dresses are long on sophistication and as charming as a picnic in the park.

Smart investing is remarkably simple

By Lynn O'Shaughnessy
COPLEY NEWS SERVICE

Invest in Index Funds

If you don't invest in index mutual funds, please answer this question: Why not?

Only 14 percent of investors' money, according to the Financial Research Corp., is tied to indexes. Yet studies, which researchers began cranking out in the dog days of the Vietnam War, have repeatedly shown that over the long haul, index funds perform better than thousands of competing mutual funds.

The consistent mantra of index funds seems wimpy: We strive for market average returns. This isn't the sort of promise that would get the marketers, who create those Bud Light commercials, excited. Average doesn't sell. Index funds, however, are "average" in name only. Index funds, which aim to track their relevant benchmark, such as the Standard & Poor's 500 Index, routinely perform better than their actively managed competitors.

In a commentary about a recent study that again documented the

index advantage, Institutional Investor, a well-respected trade publication for the financial community, was rather huffy about the report's conclusions that index funds are superior. "Fair enough," the publication wrote, "but didn't we already know that?"

Surely the folks at Institutional Investor understand the index advantage. So do finance professors at the University of Chicago and the Wharton School at the University of Pennsylvania. But the average guy trying to figure out how to invest his Roth IRA doesn't. And that's the problem.

If you want to invest in index funds, the largest source is the Vanguard Group. An excellent alternative for those who use a fee-only adviser is Dimensional Fund Advisors.

Diversify Your Portfolio

When investing, financial disharmony is great. You ideally should have a portfolio that is bursting with wildly different assets that tend to reduce your risks and improve your odds of financial prosperity. But how exactly do you create a portfolio that resembles a United Nations

roll call?

While there are countless investment categories, it's easier to start by focusing on the truly indispensable ones. Just about any long-term investor should include these four broad asset classes in his or her portfolio: Domestic large-cap stocks, domestic small-cap stocks, foreign stocks and U.S. bonds.

During the past 10 and 20 years, if you had held a simple portfolio that was spread equal-

ly among index mutual funds invested in these four broad categories, you'd have beaten the performance record of more than 90 percent of the professional managers. And just as importantly, an investor holding this elegantly simple portfolio would have enjoyed greater financial success while incurring less risk.

You can tweak this basic portfolio in many different ways. If you're a young investor or an

aggressive one, you may want to skip the bonds. An aggressive investor may wish to tilt more heavily toward small-cap stocks and foreign stocks. A conservative investor would do just the opposite.

An excellent resource that contains a cheat sheet of model portfolios is a book, "The Only Guide to a Winning Investment Strategy You'll Ever Need," by Larry E. Swedroe, a fee-only investment adviser in St. Louis.

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HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) 12:15, 1:15, 3:15, 3:45, 4:45, 6:45, 7:15, 8:15, 10:10, 10:40;
Fri-Sun Matinees 10:00am, 11:45am
CAPTIVITY (R) 12:40, 3:50, 6:15, 9:00; Fri-Sun Matinee 10:15am
TRANSFORMERS (PG-13) 12:00, 1:00, 2:30, 3:30, 4:30, 6:05, 7:00, 8:00, 9:30, 10:30; Fri-Sun Matinees 11:00am
LICENSE TO WED (PG-13) 2:00, 5:00, 7:30, 10:00; Fri-Sun Matinee 11:30am
RATATOUILLE (G) 1:30, 4:20, 7:10, 9:50; Fri-Sun Matinee 10:30am
LIVE FREE OR DIE HARD (PG-13) 12:50, 4:10, 7:20, 10:15;
Fri-Sun Matinee 9:50am
1408 (PG-13) 1:20, 4:00, 6:30, 9:15; Fri-Sun 10:45am
EVAN ALMIGHTY (PG) Fri-Sun 11:15am; Mon-Thurs 12:30
KNOCKED UP (R) 1:45, 4:50, 7:40, 10:20

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Showtimes for July 13-19, 2007

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Harry Potter & The Order of the Phoenix (PG-13) 2:00, 5:00, 8:00

Transformers (PG-13) 1:00, 4:00, 7:00

Evan Almighty (PG) 1:15, 4:15, 6:30, 8:30

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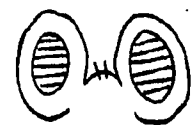
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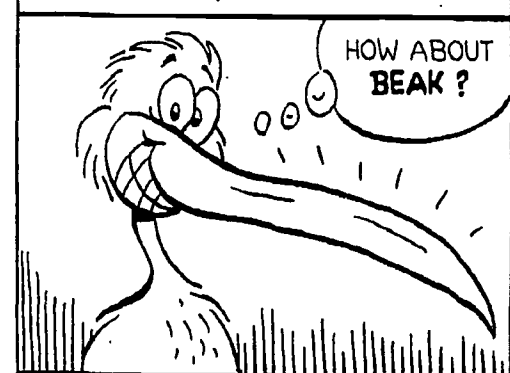
By J.R. Rose - Copley News Service

DRAW IT!

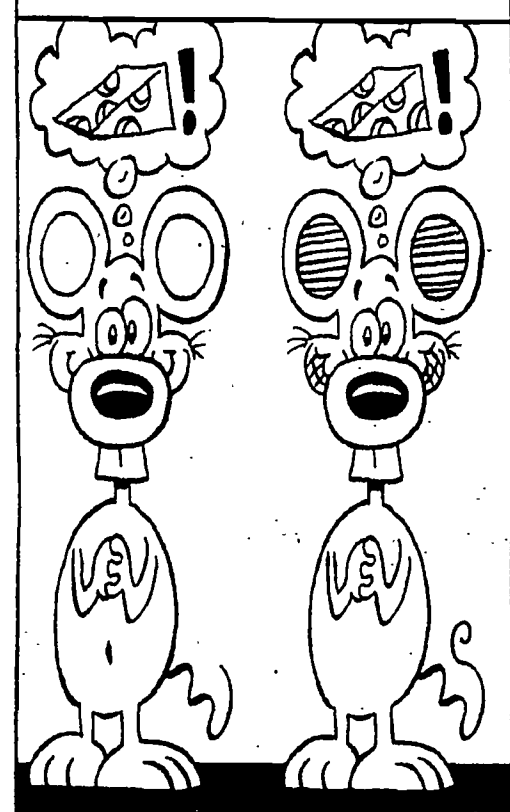
DRAW A MOUSE ATTACHED TO THESE EARS...



GIVE ME 5 RHYMES FOR SQUEAK...



FIND FIVE WAYS WE'RE NOT THE SAME...

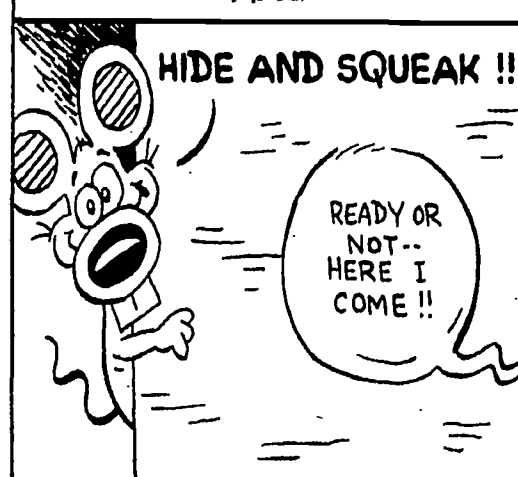


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WHAT IS A MOUSE'S FAVORITE GAME?



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JULY 16

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JULY 15

If you want your little one to have a birthday greeting in The Bugle, Email us the week before their birthday and we'll give them a Shout. Email birthday@buglenews.com with their name, age & birth date.

ANIMAL ON THE SEEN

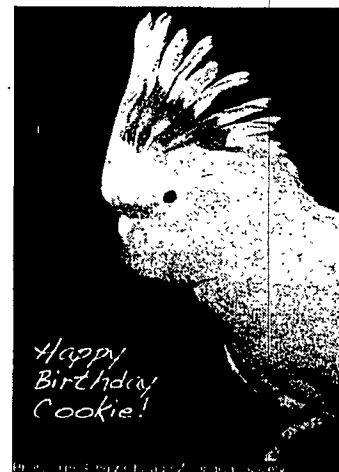
Cookie the Cockatoo, Celebrates 74th Birthday

Brookfield Zoo's Oldest Resident

The oldest resident at Brookfield Zoo—Cookie, a Major Mitchell's cockatoo—is turned 74, and the Chicago Zoological Society and bird lovers of all ages celebrated his special day in high-flying style on Saturday, June 30.

Cookie, a Major Mitchell's cockatoo, is the last remaining member of the zoo's original animal collection, which dates back to 1934, when the zoo first opened. Cookie arrived at Brookfield Zoo from Australia, which is home to his species. Normally, the biological life span for these delightful birds is about 50 years, but some may reach 100. At 74, Cookie has surpassed the average life span of his species and has become one of the zoo's most famous animals. Of the more than 120 million visitors that have passed through Brookfield Zoo, most have probably seen him. In fact, Cookie has acquired quite a loyal following of zoo guests, who come out specifically to see him, and he even receives fan mail.

Cookie received a birthday cake the size of a muffin—quite large by bird standards—made of his favorite foods such as carrots, apples, bananas, raisins, and eggs (including the shells for calcium). In addition, visitors will have the opportunity to send birthday wishes and greetings to Cookie by signing a gigantic birthday card in front of his exhibit. Zookeepers will be available to answer questions about the birthday bird or any of the other 51 bird species that reside at Perching Bird House.



Contents courtesy of the Chicago Zoological Society & Brookfield Zoo, Brookfield Illinois. For further information about the zoo and upcoming events, visit www.BrookfieldZoo.org.

Grammar Matters

by Patty Gibbons Saunier

Comparing Adjectives

Adjectives can be compared by adding *-er* or *-est* to the end of the word. (Example: *big, bigger, biggest*.) They can also be compared by using *more* and *most*. (Example: *attractive, more attractive, most attractive*.) Decide whether you should add *-er* and *-est* or *more* and *most* to the following adjectives.

1. happy 2. expensive 3. green 4. bulky 5. skeptical

Answers: Usually adjectives with one or two syllables use *-er* or *-est*. There are exceptions, so always check the dictionary. 1. happy, happier, happiest 2. expensive, more expensive, most expensive 3. green, greener, greenest 4. bulky, bulkier, bulkiest 5. skeptical, more skeptical, most skeptical



Copley News Service

REAL ESTATE

THE BUGLE JULY 12, 2007 23



Craze for alfresco furnishings widens

By Rose Bennett Gilbert
COPLEY NEWS SERVICE

Q: There's a sun porch - I guess you call it - off the living room of our 1929 Colonial-style house. It's all windows on three walls with French doors leading into the living room on both sides of the fourth wall. The room doesn't have heat but our winters are pretty mild. We've been decorating room-by-room since moving in last fall. Now we've come to the porch and need ideas.

A: You're in great luck when it comes to decorating any outdoor - or outdoorsy feeling - space today. Never in the history of humankind has it been possible for so many to live so comfortably outside the hermetically sealed, air-conditioned, and centrally heated inner sanctums of our homes.

The craze for alfresco furnishings that has swept up from the Sun Belt and east from California in the past 20 years or so brings with it increased attention from manufacturers. So, in addition to revolutionary fabrics that won't fade, wrinkle or rot in the sun (www.sunbrella.com), there are rugs, lamps, even painted artworks that can take the elements year-round

(check the art at www.openairdesigns.com).

But you don't have much to worry about, weather-wise. Your enclosed sun porch is a porch in name only; feel free to treat it as you would an indoor living room (as long as you use fade-resistant fabrics, or dress the windows to guard against sun damage).

That means you can express your taste in style and colors out-of-doors, just as you might indoors, whether that's relaxed and casual (think wicker and gingham), or dressier and more formal, like the elegant loggia in the photo we show here. British-born designer Jennifer Garrigues (www.jennifergarrigues.com), who created the room for the Red Cross Designers' Show House in Florida, is known for her exotic, eclectic look.

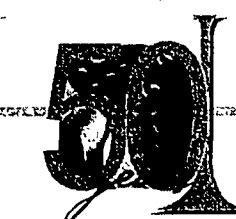
Certainly, there's no T-shirt informality here. Done up in soft beiges and cool blues - the ceiling, too - the elegant retreat is more about textural interplay than color. Polished walls run down to the hefty sisal-look rug; in between, there's the gleam of inlaid mother-of-pearl and silken fabrics. By any name, this is a "sun porch" that looks its glamorous best at night.

Hate Shopping Alone?

Lean on your new best friend. Never mind that you've not yet met Eva Yusa, and maybe never will, as she lives in Chicago. A former actor, whose stage is now her own blog, "Eva the Shopping Diva" is at your service at the click of your computer on www.shoplocal.com. You can also call 312-768-7660.

As the site's name promises, up pops Eva with the information you need to find home fashions bargains in your locale, including weekly sales circulars and hundreds of newspaper ads in your

See Decor, page 25



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Get into the swing of summer

By Maggie Reed
COPLEY NEWS SERVICE

Put your feet up, grab a cool beverage and just relax.

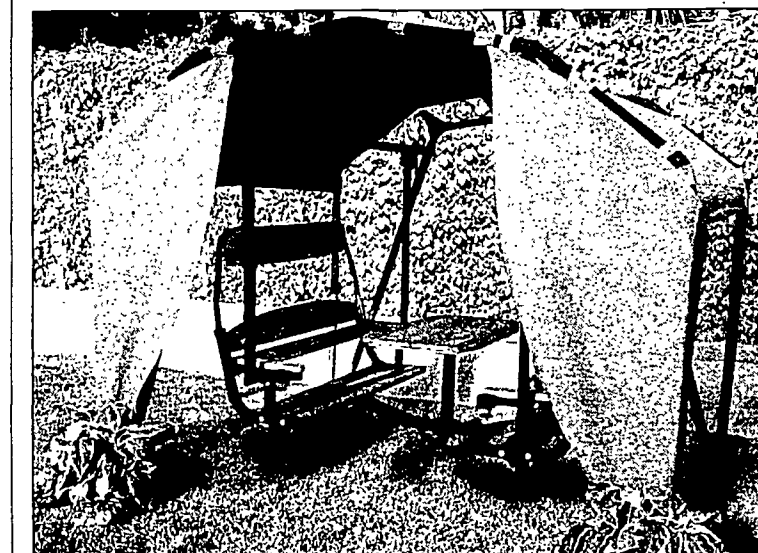
Sunset Swings has three different porch and patio swings to make your day a great one ... be it for two or six.

If you enjoy entertaining, look to the 460 6-Person Patio Set Swing, which offers two large bench seats with a table that glide back and forth, four cup holders, headrests, footrests, a canopy, and optional cushions,

curtains and mosquito netting. The folding footrests tuck under the table when not in use. The headrests are adjustable and made with a molded polyurethane core, which repels moisture.

The 422 Dual Recliner Swing offers two independent reclining swings with footrests that swing on the same frame in a pendulum motions, teak wood seats and tables, and optional canopy and cushions.

The 421 Lounge Swing can See Home, page 25

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Gray catbirds love to dine in raspberry bushes

By Jeff Rugg
COPLEY NEWS SERVICE

Q: I was in my yard picking raspberries and I noticed a small gray bird following me making a soft mewing sound, similar to a kitten. It didn't attack and it didn't appear to be afraid of me.

Was it complaining that I was taking its food? I have never seen birds eating raspberries and the plants have been there for years. I don't remember a time when some were missing as though animals had eaten them. I would put up a bird feeder if it would help.

"Many birds have call notes that are used to warn other birds of the presence of people or predators. Call notes tend to be soft and high pitched because it is harder to pinpoint a source for them."

A: It sounds like you had an encounter with a gray catbird. They range across the whole country, except for the dry southwestern states, where the mockingbird takes its place. The catbird is gray except for a black cap and tail and a rusty red under the tail area. It is a mimic that can sing a song filled with quite a variety of notes, but it can also make other sounds including a soft cat mewing, which gives the bird its name.

Catbirds are common, but not seen very often because they like to live in the thickest parts of the landscape. Their nest in dense shrubs and your raspberry patch may just be such an area. It is also possible that there were young birds recently out of the nest, and this was a parent bird telling

them to lay low while you were nearby.

The mewing sound is a call note. Many birds have call notes that are used to warn other birds of the presence of people or predators. Call notes tend to be soft and high pitched because it is harder to pinpoint a source for them. Birds do understand the warning call notes of other bird species and will come to join in yelling at predators like a cat. They freeze motionless when they hear the warning for an avian predator.

I am not sure why your raspberries are not being devoured, since catbirds and

other bird species like robins or finches will eat berries. I don't think the catbird was concerned about the missing berries as much as your presence, especially if babies or the nest were nearby.

Q: I don't understand why, but my local water district has put my area on a watering schedule. We have lived here for more than 10 years and I am finally getting my yard fixed up. I don't water my yard all that often, but I do want to keep my newly planted shrubs alive.

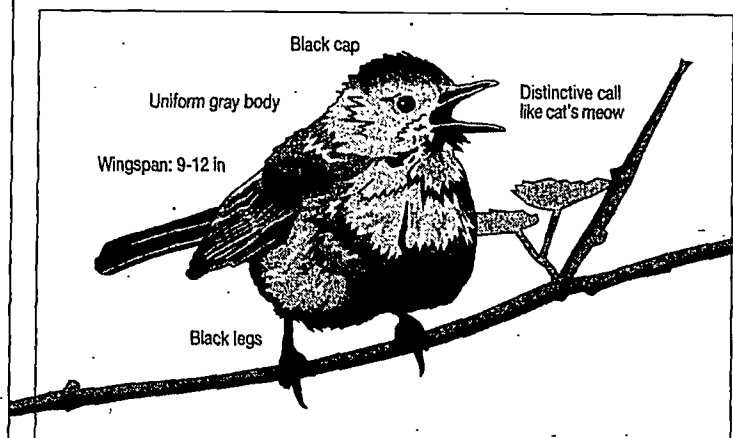
Why do they do this, don't they understand that the plants need water and I have a lot of money invested in them?

A: Unfortunately, you are stuck. Many areas of the country are in drought situations. Some people live in fast-grow-

GARDEN TIP

Gray catbird

Named for its catlike mew call, gray catbirds are often found in dense undergrowth dominated by saplings.



DESCRIPTION:

The gray catbird is slim, slate gray with black cap and chestnut undertail. Like wrens, catbirds hold their tails upright most of the time, flicking them back and forth in a nervous manner. Birds are 9 inches in length.

VOICE:

Catbirds are named so for their distinctive call, which sounds like a cat's meow. Gray catbirds can make more than 100 different types of sounds, ranging from whistles to squeaks, often including imitations of the songs and calls of other birds.

BEHAVIOR:

Gray catbirds constantly monitor the environment and use their loud calls to proclaim their territories; they respond to threats by aggressively flashing their wings and tails.

Source: www.birds.cornell.edu

Copley News Service/Bob Kast

ing areas where new homes are being built faster than water towers and reservoirs. Some areas have used so much underground water that wells are going dry. Although the rivers are being cleaned up, they don't have unlimited amounts of water. Even if you have plenty of water, it is just wasting your own money to let it leak away down the drain. Water is not just for

drinking, it is also for firefighting.

Watering outside the house is easy to monitor, so it is easy to regulate. The American Water Works Association estimates that nationally 50 to 70 percent of water use is indoors, yet it is rarely regulated or monitored. More than 30 percent of all water use in the home is from leaks and toilets; therefore, by fixing leaks and

reducing flushing a lot of water can be saved. A dripping faucet can waste 2,000 gallons of water a year and a leaky toilet can waste as much as 200 gallons per day.

If you don't have a water-conserving toilet, add a couple of glass bottles to the tank. This way the water is held in them and not flushed. Don't use the toilet to flush away facial tissues or other items that can be thrown away. Turning off the water while brushing your teeth can save 5 to 10 gallons of water a day.

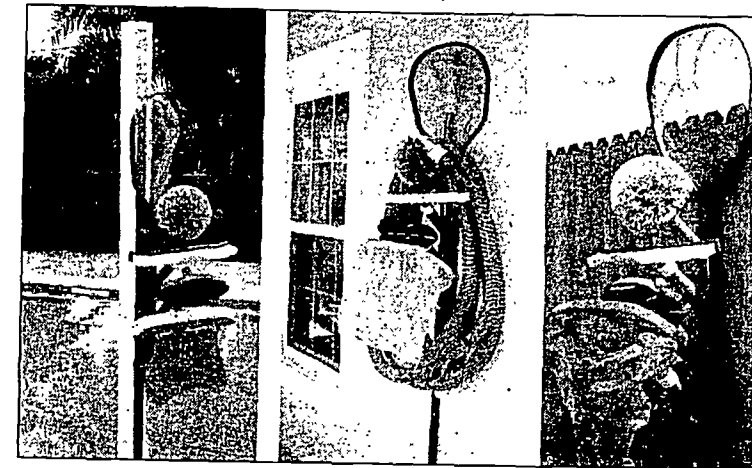
The washing machine is the second largest user of water in a home. Energy Star rated newer washers use as little as half as much water as older machines.

Watering will be necessary to keep your newly planted shrubs alive. They will need less water as lawn areas once they are established, but they need to be watered for the first several years to get a large root system. Don't over water them. Many people panic when they hear they can only water on certain days or at certain times, usually there is plenty of time to water and most plants don't need to be watered every day.

By all means, water every plant immediately if it is wilting due to lack of water. Most sets of rules allow for hand watering at anytime, so do it if necessary to keep your plants alive.

Use drip irrigation or a soaker hose to apply water slowly and directly to the soil, so there is almost no wasted water. Apply mulch around the shrubs to slow the loss of water to evaporation.

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



Home

continued from page 23

seat two people and also has a pendulum motion with a hammock-type seat, standard canopy and two cup holders.

All of the swings have a polyester electrostatic resin powder coat finish that is durable and is low maintenance.

Cushions, canopies and curtains are available in forest green, linen, Burgundy and navy blue. And, custom colors are available, so even the most particular of people can't be too particular.

The 460 retails for \$3,295, the 422 is \$2,295 and the 421 is \$995. All Sunset Swings have a 10-year limited warranty.

For more information, call 877-738-1729 or visit www.sunsetswings.com.

Clean Up The Mess

OK. You've got a pool. You've got lots of things to keep that pool up and functioning. Where do you put them all?

The Pelican Pool Caddy.

A clever way to organize it all - brushes, nets, vacuums, hoses, poles, and more. Not only does it get everything off the ground and untangled, it gives you immediate access to just what you need.

The molded styrene material offers protection from ultraviolet rays and the caddy attaches to any wall, fence or flat surface with just two screws. Can't beat that.

The Pelican Pool Caddy retails for about \$30. For more information, call

800-591-1019 or visit www.thepoolcaddy.com.

Retro Light

Getting back to the classic look, W.A.C. Lighting has introduced the Black/White Double-Paned, Cut-Glass "Quick Connect Pendants."

Handcrafted by some of the world's highly skilled artisans, each shade is produced with two panes of glass fused together and then cut by hand, creating a three-dimensional design. Each is a work of art.

Three cylindrical pattern pendants are offered: the Daytona, Harlequin and Groove. Each is 4 1/2 inches wide and 9 inches tall. Buffet-shaped glass lampshades, each 3 1/2 inches wide and 4 1/2 inches tall, are available in three pendant styles: Hendrix, Chaplin and Hepburn.

For design continuity, W.A.C. Lighting offers matching sconces with wall brackets finished in bronze, brushed nickel and chrome. Hendrix, Chaplin and Hepburn shades are also available as sconces with a depth of 4 1/2 inches and 9 inches in height.

The Daytona, Harlequin and Groove styles are also available as ADA sconces that are 3 1/2 inches wide and 11 1/2 inches high to meet the Americans With Disability Act's standards. A 60-watt candelabra lamp is included with each sconce.

Also, 96 percent of orders are shipped within 48 hours. Prices range from \$135 to \$220 including hardware.

For more information, call 800-526-2588 or visit www.waclighting.com.

Decor

continued from page 23

area for comparison-shopping.

Ask her electronically and Eva will also send daily e-mails apprising you of upcoming sales and such at major retailers like Target, Best Buy, Home Depot and Sears. You can even track antiques stores' offerings via

Eva's blog, she promises (www.shoplocal.com/EvaTheShoppingDivaBlog.fp).

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.

SMALL SPACES

Little kitchen wins a big award

By Christine Brun
COPLEY NEWS SERVICE

At the recent 43rd Annual Design Competition of the National Kitchen and Bath Association in Las Vegas, the year's best kitchens were honored for being beautiful, functional and innovative. The winner in the small kitchen category, designed by Glenn T. Meader, is an example of how a well-thought-out small space can still have a great deal of style.

This kitchen is the heart of a residence that is nestled between the Pine Hills in Plymouth, Mass. Its creator combined the warmth of a wood floor with contemporary stainless steel appliances, clear glass, the complexity of mosaic tile and simple, straight lines in the cabinetry.

One of the most successful elements is the design and use of a three-tiered island with a bar that serves both the dining area and the family room. The choice of thick glass for the eating surface makes it translucent and seem to float in space. Glass is used again nearby for the small raised countertop.

Glass is an excellent selection for a countertop material because it allows light to filter through to establish a more transparent feeling in the room. In a small room this is desirable since it and the other highly reflective surfaces cause light to bounce around and positively sparkle.

Even the absolute black granite is highly polished so that it reflects artificial and natural light to a high degree. The backsplash is made of glass mosaic tiles, providing a patch-

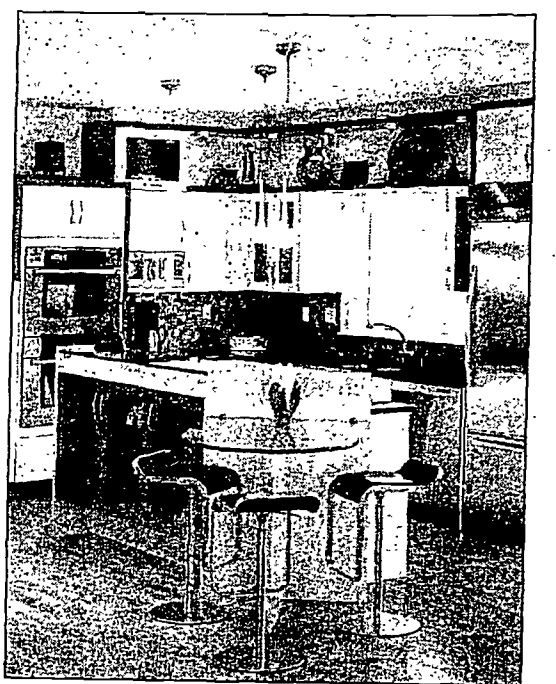
work of subtle color and beautifully reflective tiny squares to act as a focal point.

The contemporary custom two-toned cabinetry introduces two separate materials, but the designer used the natural wood tone carefully enough to avoid a dissonant feeling between the dark and light values.

"Ultimately, we always try to create a warm space that respects the architectural integrity of the space while incorporating the taste and individual choices of each client," Glenn notes.

Because the upper cabinets are short and some of that valuable space is allocated for display, the daily dishes are stored in a lower drawer below the cooktop. European drawer fittings allow the breakable dishes to be safely nestled between dividers that hold the items in place as the drawer opens and closes. Even with the minimal upper cabinets, this design still allows for two wall ovens, a small microwave, a dishwasher, the cooktop with four burners and a cabinet-depth refrigerator.

One of the secrets to success in a smaller kitchen is for the cook to analyze exactly what is minimally required to prepare meals. This kitchen is outfitted with only one sauce pan in each size, one pot for boiling water, one large frying pan and one soup pot.



By restricting yourself to the bare minimum of utensils, dishes, glasses and cups, you are able to get by with less space. Think of how many people would be your maximum number to accommodate for a sit-down dinner comfortably and then keep that number of items. If that number is six or eight, there is no need to have wine glasses for 15 people on hand. If you do have an attractive collection of, say, coffee mugs, display them in one of the glass-front cabinets such as in this prize-winning kitchen.

Remember that you really only need one of each utilitarian item used in the preparation of food, even if it means you have to stop long enough to wash a long spoon if you need to stir another dish. Fortunately, in a small kitchen the upside is that you can quickly whip around and reach the sink without taking more than one step.

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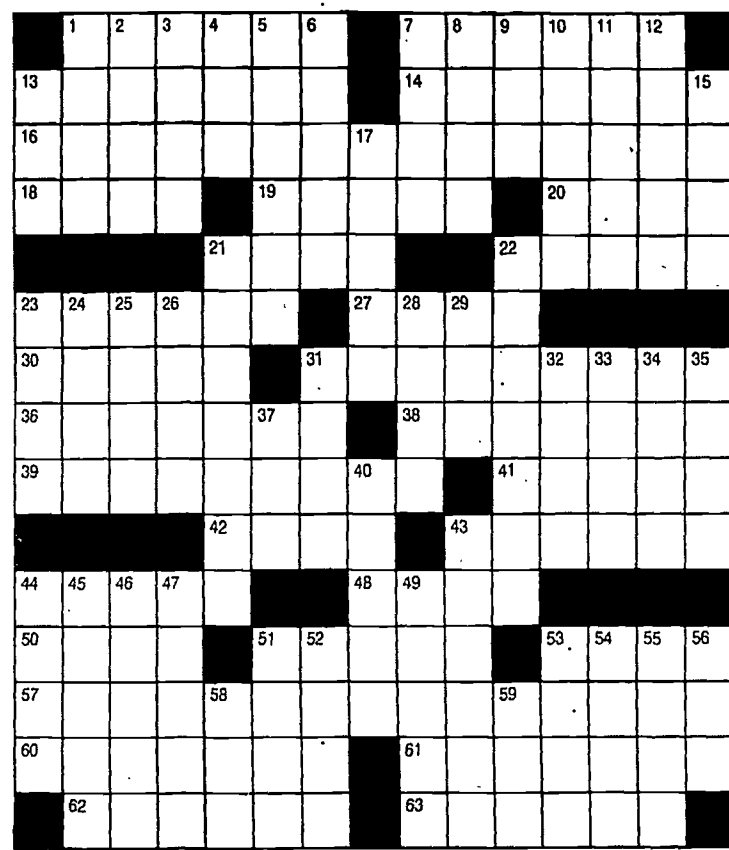
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By Charles Preston

ACROSS

- 1 Wild cat
7 Aquarium fish
13 Mesabi yield
14 Receiver of property
16 Benchwarmers
18 Book of the Bible
19 Make someone happy
20 Calla lily, e.g.
21 All or cat
22 Candlelight
23 Glasses
27 Attend
30 Played the field
31 Electricity feeder
36 1936 oldie
38 In layers
39 Energetic people
41 Amidst
42 On a grand scale
43 Actress Altieri, et al.
44 Prize
48 Young lady
50 Kemo
51 Fall guys
53 Theater area

DOWN

- 57 Hep to it
60 Some
61 Former
62 Calm
63 Rents out
1 Utah city
2 Chanel, of cosmetics
3 Slaughter, of the old Cards
4 Wameke, of the old Cubs
5 Waiters take these
6 Magnetic density unit
7 Biting
8 Abel of Israel
9 Can
10 Queenly
11 End of
12 Clinic supply
13 This test
15 Salinger girl
17 Ballroom dance
21 Wet
22 Some dances
23 Asian sea
24 Asian desert
25 Tel
26 Kind of marketing
28 Temple team
29 Out pouring?
31 Beautiful girl
32 Shade of green
33 A party to
34 Grandma
35 The works?
40 Conspicuous recognition
43 Scrolls creator
44 Invites
45 Ebbs
46 Over
47 Three-peated "I do"
49 Writer Fugard
51 Pesky biter
52 Take a bad look?
53 A slew
54 Ron Howard role
55 Briliants
56 Wind dir.
58 Ret. plan
59 "Crying Game" name

Last Week's
Puzzle Answers

TABLE TALK

SPLAT SMOG TAMA
ARESO HUGE HUES
LOWAPLATES ERAT
LSD MAMIE SPARE
HOSE STELLAR
IMPOSTOR ATA
SEAUT NEAP TAIL
ASTR UMASH TIME
RANG SEPT SEDAN
LOS SUBTRACT
BIZARRE DIAS
ARISE NEEDY LES
TENS INONESUPS
ONCE RUNT UPSET
NESS KISS PATIES

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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.

THE WINNERS

1st
Lorraine Truskolaski
2nd
Ralph Stempinski
3rd
Leo Madura
4th

Dale Trebbs

Send your answers to the editor by
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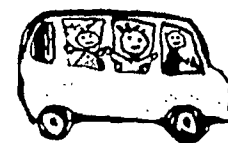
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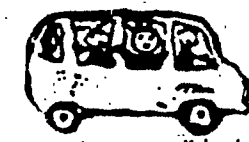
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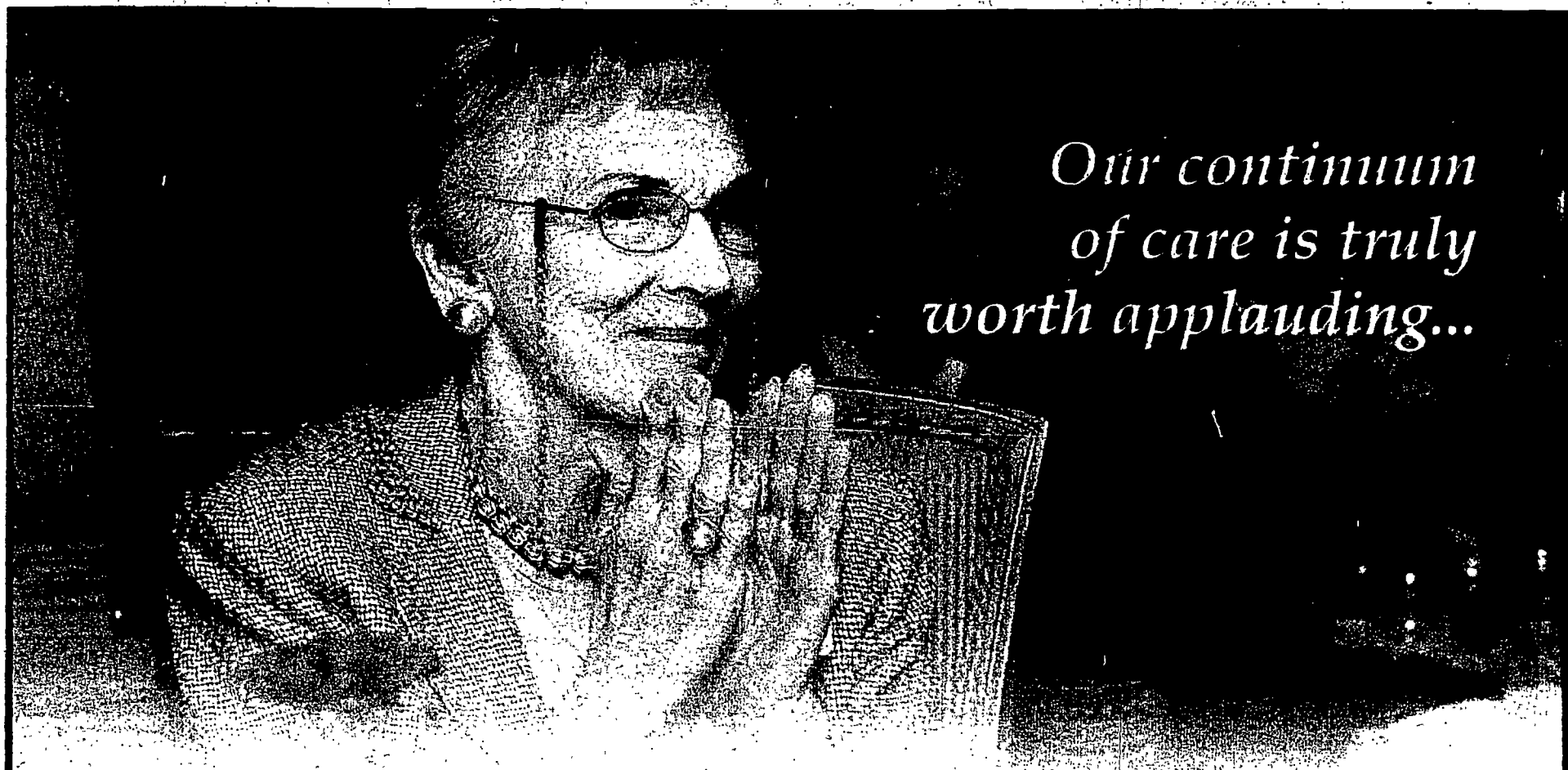
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