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50
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Residents held signs showing their support for the U.S. troops and the President during the "Fight for Victory" Caravan rally that took place at the Milwaukee Ave. waterfall in Niles on Sept. 11.

'Fight For Victory' Caravan Stops in Niles

By Tracy Yoshida Gruen

Supporters of American troops waited anxiously for the caravan to arrive.

When the "Fight for Victory" tour bus pulled up near the waterfall on Milwaukee Ave. in Niles on Tuesday, Sept. 11, the occupants were greeted by people dressed in patriotic colors, waving flags, showing their support for defeating terrorism and supporting the troops.

Move America Forward, a large non-partisan, not-for-profit

organization launched this cross-country pro troop tour. It started on Sept. 3 and will continue until Sept. 15, visiting a total of 27 cities. Throughout the tour, the caravan will be greeted by thousands of patriotic Americans who believe that leaders should not be allowed to undercut the troops who are bravely serving on the frontlines of the war.

"I'm somebody out here to say thank you," said Rick Sigel, while holding a large American flag. He said that he wanted to thank those troops currently fighting for our freedom and those from 200 years ago who fought for the freedoms we enjoy today.

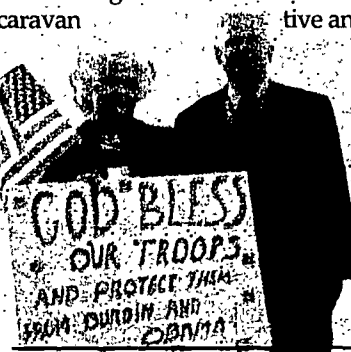
"I'm here for everybody," said Richard Dembinski, of

Arlington Heights, whose son served in Iraq.

Jean Dimpfl, also of Arlington Heights, said that she has always been conservative and a strong believer in patriotism. She said she is "sick and tired of the Liberal Democrats" saying it's time they should withdraw the troops and end the war.

"I wanted to come out to show support for the troops and my distaste with the current mood the country is in," said Chicago resident Robert Coleman. He said he was tired of all of the anti-war rallies that are going on. He believes that having a Democrat for President doesn't mean that terrorism will disappear.

The evening included a



Jean Dimpfl, of Arlington Heights, a conservative and patriotic person, stood beside U.S. Senate candidate Steve Sauerberg waiting to greet the "Fight for Victory."



Candles were lit as part of the "Fight for Victory" Caravan rally. The caravan tour included stops in Carson City, Nev.; Sacramento, San Francisco, Modesto, Fresno, Los Angeles and San Diego, California; Yuma, Phoenix, and Tucson in Ariz.; Las Cruces, N.M.; El Paso, San Antonio, Waco, Crawford, and Dallas, Texas; Oklahoma City; Wichita, Kan.; Kansas City, Mo.; Des Moines and Cedar Rapids, Iowa; Niles, Illinois; Indianapolis; Cincinnati and Columbus, Ohio; Pittsburgh, Pa.; and finally Washington, D.C. (Photos by Tracy Yoshida Gruen)

Something To Do?

Check out the September Senior Living Guide inside. **Special Pull-Out Section**

Grand Opening

New Niles Teen Center opens in Golf Mill Shopping Center. **News, page 2**

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Stepped-Up Enforcement Results in 394 Citations

The Niles Police Department recently announced the preliminary results for the Labor Day "You Drink and Drive, You Lose" Campaign.

During the campaign that started on Aug. 17, 384 citations were given out, including 9 impaired driving arrests, 75 speeding citations, 65 seatbelt

citations, 12 arrests for no driver's license and 233 other tickets.

"Motorists should continue to heed the warning that we are serious about cracking down on impaired drivers. We're doing it to save lives," said Niles Police Chief Dean Strzelecki, in a press release.

During this crackdown, the Niles Police Department joined the Illinois State Police, the Illinois Secretary of State Police and hundreds of local police departments and sheriff's offices in this effort.

"Drunk driving is simply not worth the risk. Not only do you risk killing yourself or

someone else, but the trauma and financial costs of a crash or an arrest for impaired driving are significant," stated Chief Strzelecki. "Violators face possible jail time, the loss of their driver's license, higher insurance rates, attorney fees, time away from work and dozens of other expenses."

Community Attends Grand Opening of Niles Teen Center

By Tracy Yoshida Gruen
STAFF WRITER

Many teens came to Golf Mill Shopping Center to be the first to see what the new Niles Teen Center was all about at its grand opening on Saturday, Sept. 15.

During the grand opening event, Mayor Nicholas Blase, Village Trustee Kim Biederman and Asst. Village Manager Steve Vinzeano welcomed everyone to the new teen center and said they feel it is going to be a great asset to the teens in Niles and that it is more accessible than the prior location at a Niles Park District facility.

Biederman thanked several people who came together to make the new teen center a success, including village staff, park district, police department and more.

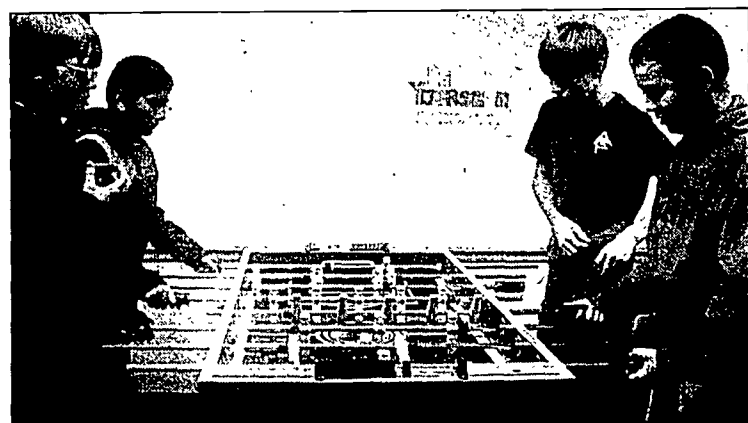
The new Niles Youth Coordinator, Mark Williams, introduced himself to the crowd and said he was excited to get new teen programs started, such as



movie nights at the new theatre at Golf Mill and job shadowing programs.

Following the presentations, the teens were the first to go in to check out the new teen center that features a variety of board games and video games, a lounge area and a computer room.

The new colorful teen center logo that features squares of differ-



Above top: Mayor Nicholas Blase, new Niles Teen Center Coordinator Mark Williams, village officials and teens attended the grand opening of the teen center on Saturday, Sept. 15. **Above:** A group of teens enjoyed playing games and seeing what the new Niles Teen Center at Golf Mill Shopping Center is all about. (Photos by Tracy Yoshida Gruen)

ent colors was introduced at the event. Biederman said the logo represents teens from various backgrounds coming together to make a colorful, unified whole.

Sandwiches and snacks were served at the event and parents, community members, teens and village staff had the chance to mingle.

The same day of the event, Golf Mill Shopping Center held a special re-opening event to celebrate the renovations and various improvements that have been made at the mall. The day's events included a battle of the teen bands, a fashion show, makeover station, Pepsi Lounge and a safari scavenger hunt.



Gilligan's Island Party at GlenBridge Huge Success

Gilligan's Island Patio Beach Party was the theme for GlenBridge Nursing and Rehabilitation Centre's festivities on August 17th, 2007. "There was no special reason for this party", stated Olivia Carey, Activity Director for GlenBridge. "We weren't celebrating any special holiday. We

just wanted a "FUN" party that residents, staff and families could enjoy." The party overflowed from the dining room onto the back patio. Dolphins (inflatable of course), palm trees, scenic 50 foot banners, balloons, beach music, and a bar serving virgin drinks enhanced the atmosphere for the party.

"Everyone got in the spirit," per Ms. Carey. "Our Administrator, Mark Dubovick, dressed as the skipper, Lucy Tur, our Russian Program Director, dressed as Ginger." Costumes were colorful. Many staff members donned grass skirts and Hawaiian shirts and danced with residents to the music.

Park Ridge Residents Can Voice Storm-Related Concerns with Com-Ed Sept. 26

Residents of Park Ridge will be able to express their concerns and share their experiences regarding the recent big storm with Commonwealth Edison on Sept. 26 at 7 p.m.

The city council requested that this meeting be held because a high number of residents lost power, many for several days. The public meeting will be held in the council chambers of city hall.

According to reports received

by Mayor Howard Frimark, of the 15,623 customers in Park Ridge, 10,534 had their power out.

As in Niles and Morton Grove, it was a case of neighbors helping neighbors in order to pull through the tough times.

"I commend and thank our residents for checking on their neighbors, particularly senior citizens," Mayor Frimark, stated in a press release. "I was

See Concerns, page 5

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Grand Re-Opening Brunch & Learn

Free Event for Seniors at
Sunrise of Highland Park

Join us for our Grand Re-Opening Brunch & Learn at Sunrise of Highland Park. Meet Heather Keena, the new Executive Director of our community. Sample our cuisine and discover everything we do to enhance the dignity, independence, and individuality of our residents. We focus on the details of living, including:

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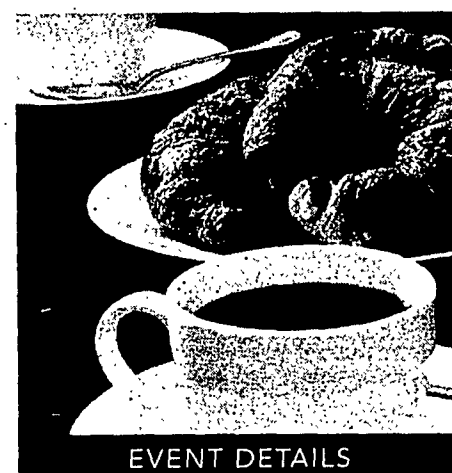
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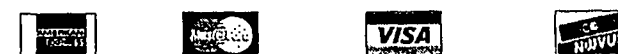
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Notre Dame Homecoming Weekend Plans

Notre Dame High School is sponsoring the "Cookout in the Courtyard" on Friday, Sept. 28 at 6 p.m. This free event is open to any area 6th, 7th or 8th grade boy or girl. Come and enjoy a great BBQ. Afterwards, each attendee will receive a free admission to watch Notre Dame's varsity football Homecoming game at 7:30 p.m. For more information, please contact LaVerne Bontempo at (847)779-8615 or lbontempo@ndhsdons.org.

Notre Dame's varsity football Homecoming Game versus St. Viator is on Friday, Sept. 28 at 7:30 p.m. Admission is \$5 for adults, \$3 for high school

students and \$2 for children or Seniors. Also at the Homecoming there will be an All Dons Reunion. Any alumni from any class at Notre Dame

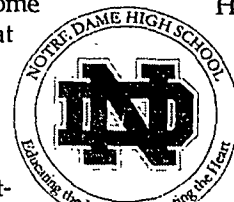
High School are welcome to join their fellow Dons under the green and white tent at the north end of the football field for food and fun. For more information about the game, contact Judy Byrne at (847)779-8650 or jbyrne@ndhsdons.org. For more information about the All Dons Reunion, contact Augie Genovesi at (847)779-8649 or agenovesi@ndhsdons.org.

On Saturday, Sept. 29, the Class of 1967 will celebrate

their 40th reunion at 6 p.m. in the school's cafeteria. The Reunion Jazz Orchestra will perform also. For more information, please contact Augie Genovesi at (847)779-8649 or agenovesi@ndhsdons.org.

On Sunday, Sept. 30, Notre Dame High School will hold its Hall of Honor celebration beginning with Mass at 9:30 a.m. and an Awards ceremony at 10:40 a.m. in the gymnasium. Over 30 alumni will be honored. For a complete list and more information, visit www.ndhsdons.org/alumni/index or contact Larry Amidei at (847)779-8616 or lamidei@ndhsdons.org.

All events are taking place at Notre Dame High School, 7655 West Dempster Street in Niles.



East Maine School District 63 Nurse Finalist for Community Nursing Award

Suzanne Barker, a nurse at East Maine School Dist. 63 is a VNA Foundation Super Star in Community Nursing Award finalist.

Barker was recognized on Sept. 6 at the Tower Club of Chicago in the Civic Opera building for her work across the district, making sure that all students receive care, services and follow up.

Barker instructs the teaching staff and parents and always seeks new resources for the schools. She is the district school nurse and the health services coordinator.

"We are so fortunate to have Suzanne in our district," said an employee of East Maine School Dist. 63. "She brings such a great

variety of experience and knowledge with her, and a teaching style that is easy to understand. We are proud to call her our boss, and we know she will always be there, promoting better health for the students, staff and community."

Barker is currently enrolled in a graduate nursing program and has been selected as a Chicago Area Schweitzer Nursing Fellow for the 2007-2008 academic year.

Barker was nominated for this award by two of the health clerks that she supervises.

Niles Student Earns Master's Degree

Kathryn Irene Pack, of Niles, is one of the 192 students at Illinois State University who have completed requirements for master's degrees with the close of the 2007 summer session.

Pack received a masters of Science award. Announcement of those awarded degrees was made following certification of all records.

New Crossing Guards Added to Dist. 64 Schools

As part of an increased effort to improve student safety throughout Park Ridge-Niles Dist. 64, crossing guards will be added at four new locations near schools in Park Ridge.

New crossing guards will be added at Hamlin Ave. and Elm St., Western Ave. and Touhy Ave., Western Ave. and Crescent Ave. and Prospect Ave. and Albion Ave.

The Dist. 64 board of education has agreed to share the costs for these guards with the City of Park Ridge. They are expected to begin working on Monday, Oct. 1.

"Following a recommendation from the Park Ridge Police, we are very pleased to provide a standard Dist. 64 vest to all our adult volun-

teers who help the flow of pedestrians around our schools each day to make them easier for students and drivers to identify," stated Dr. Sally Pryor, in a press release. The new reflective safety vests will be given to all adult safety volunteers.

Over the summer, two special meetings of the district's traffic safety committee were held in order for safety concerns and suggestions to be heard.

Various safety improvements, ranging from new pedestrian crosswalk markings, adding missing sidewalk squares to training for paid and volunteer guards and increased enforcement of existing school zone traffic laws.

Rally

continued from page 1

touching speech by Debbie Lee, a Gold Star mom who is part of the caravan to support the troops and in honor of the memory of her son, Marc Alan Lee who was the first Navy Seal killed in Iraq on August 2, 2006.

"He was very selfless and noble," shared Lee, about her son. She explained how Marc put himself directly in the line of fire to help save his fellow troops. "Marc could have very easily stayed under cover."

Lee read an insightful letter she received from her son that discussed what he was seeing and experiencing in Iraq. In the letter, Marc says that he loves America and wants to protect his fellow Americans. He writes that people should try to be appreciative of the things and people they love in their lives and how one random act of kindness can go a very long way. Lee said that she would continue to be the voice of her son, Marc. He was a recipient of a Silver Star, bronze

star with valor and Purple Heart.

Deborah Johns was another speaker at the event. Her son William was deployed three times to Iraq.

"Everybody got off the bus and I was looking and looking and there was no Will Johns," shared Johns, remembering back to a time when she was anxiously awaiting her son's return.

Johns said she was told that her son generously had decided to stay longer in Iraq in order for a married man to come home to his family.

Also throughout the program, Diana Nagy, a singer and songwriter, performed both original and popular patriotic pieces.

People ranging from kids to seniors stood in a circle holding candles, waving flags, embracing each other and singing along to the touching music.

The tour will come to a halt on Sept. 15 in Washington D.C., the day that General David Petraeus, the U.S. commanding general in Iraq, delivers his report on the troop surge strategy to Congress.

Letters to the Editor

What, more Condos?

Morton Grove has announced two proposals for utilization of the property they purchased from Domicile Furniture, in the Lehigh Ferris TIF. Both of them are mainly projects to add more condominiums to the growing list of similar planned units already in the TIF, or in progress. Shortly after buying this property, there was a meeting where the village consultant S.B. Friedman suggested various options for using this land. Among them were a facility for affordable senior housing, a library, a restaurant or food store, and condominiums. Although the village is behind in government standards for such housing, the affordable senior housing has completely vanished from consideration. The library idea was dropped, which I think was not a good choice any ways. The retail sales or restaurant was dropped because the consultants think the site is too small and does not have enough traffic. Well, there is only one site in the TIF that does have plenty of traffic on Dempster, but guess what is

going in there, more condominiums (The Preserves of Morton Grove). The question is why is the village encouraging so much condo development when everyone knows that the market for condos is in the dumps with no conceivable upturn in sight. Are we going to be stuck with a lot of empty condo buildings? If, and when they get occupied, what is going to happen to the traffic on Dempster from all these new residents? Traffic is already a problem where the train crosses Dempster right at the north entrance to the TIF area. Imagine what will happen when we add the additional traffic from all these condo and townhouse residents. This village has shown no imagination in bringing in anything other than condominiums and townhouses to this TIF. A few token small retail shops will not change the complexion of the area. It's time to stop feeding the builders and do something for the residents of the village.

Sherwin Dubren
Morton Grove

Concerns

continued from page 3

touched by the number of extension cords from one neighbor to another—a tremendous sign of helping each other out."

Throughout the area, more than 550,000 customers were without power due to the storm.

A command center was set up at city hall and the police, fire and public works department assisted many residents' concerns. The fire department responded to 142 service calls, which was the heaviest call volume ever experience in a three-day period in the history

of the department.

The state treasurer has announced that low-interest loans are available for residents in Cook, Lake, Kane, DeKalb and McHenry counties whose properties have sustained weather-related damage.

Those seeking information on locating participating financial institutions and the application process, can call the State Treasurer's Office at 312-814-1700 or call Opportunity Illinois at 312-814-1244 or email opportunityillinois@treasurer.state.il.us.

More information can also be found at the Illinois Treasurer's web site: <http://www.treasurer.il.gov/80/PR23Aug2007.htm>.

What Price Says { Part 2



Another Perspective
MORGAN DUBIEL | COLUMNIST

(and, by the way, other cars and emergency vehicles) could pass. They sold their bags of ice for around \$8 each.

People came in droves to buy ice and save the hundreds of dollars of food, medicine and necessities in their refrigerators and freezers. Some people did not like the high price, but at least they had ice. What happened next? The police arrived, determined that \$8 is more than the "correct" price of \$1.75 and arrested the sellers. The trucks, full of desperately needed ice, were impounded and sat in the police lot and simply melted away completely wasted. Some people even clapped and cheered as the police took away these bad men. I wonder what they thought as their food and medicine rotted due to the lack of ice?

What might have happened? Well, word would have gotten out and others would have taken the risk and brought ice as well. Stores or even the ice makers themselves might even send in their supplies directly by truck and eventually, as ice supplies reached the area prices would start to drop due to the competition. Crisis averted.

This same scenario works with gasoline, generators, vacuums, flashlights and other

necessities after a storm. Without price flexibility the buyers buy too much and leave shelves bare making it worse for others in need. This creates scarcity, but since the "price" is too low it tells sellers and manufacturers – don't make or send any more. This just worsens the scarcity. But, you pay for it anyway. What then happens is a crisis worsens, millions and billions of dollars in taxpayers monies are rushed to the area by government, and you get the resulting waste, fraud and abuse. Think "hurricane Katrina" and New Orleans.

The net result being that everyone is worse off than they would have been if prices were free to go up and down as needed. Price alters behavior in both buyers and sellers. Lest you think this kind of thing only occurs when prices go up, a gas station that offered discounted gas to senior citizens and people supporting youth sports was ordered by the state of Wisconsin to raise its prices. Senior citizens got a 2 cent per gallon price break and school sports boosters paid 3 cents less per gallon. But the state Department of Agriculture, Trade and Consumer Protection says those deals violate Wisconsin's Unfair Sales Act, which requires stations to sell gas for about 9.2 percent more than the wholesale price. Of course in the face of a lawsuit by the state and fines for every gallon sold, he complied.

Consumer protection laws exist to protect consumers, not make life worse. Private property needs to be respected, along with the Law of Unintended Consequences. Politicians please: First do no harm.

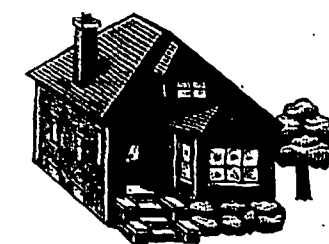
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Bankruptcy Scare at Countrywide
d News for Mortgage Lenders
More Companies Exiting Loan Origination Business
Mortgage Crisis of 2007

Criminal Damage to Dempster Ave. Business

MORTON GROVE

1 Criminal Damage to Business (5600 block of Dempster)

After a "drunken altercation" with his family, police said a man broke the window of a closed business in the 5600 block of Dempster on Sept. 8.

2 Electronics Stolen from Vehicle (9500 block of Sayre)

Unknown person or person entered two vehicles in the 9500 block of Sayre and removed various electronics on Sept. 5.

3 Wallet Stolen from Gas Station (7100 block of Golf Rd.)

Unknown person or persons took a wallet that was left at a gas station in the 7100 block of Golf Rd. on Sept. 5. Police said there is no offender information.

4 Stolen Vehicle (9300 block of Oak Park)

A vehicle was stolen from the 9300 block of Oak Park on Sept. 10.

5 Damage to Vehicle (6800 block of Dempster)

Unknown person or persons keyed a vehicle in the 6800 block of Dempster on Sept. 7.

6 Tools Taken from Vehicle (7000 block of Wilson)

Unknown person or persons took tools from a vehicle in the 7000 block of Wilson on Sept. 7.

7 DUI Arrest (Dempster and Menard)

A 58-year-old Morton Grove man was arrested on Sept. 10 for driving under the influence of alcohol after being stopped for almost striking other motorists with his car. His court date is Sept. 21.

8 DUI Arrest (Dempster and Menard)

A 40-year-old Park Ridge man was arrested on Sept. 8 and charged with driving under the influence of alcohol during a DUI grant. He was given a court date of Oct. 15.

NILES

9 Burglary to Vehicle (8600 block of National)

Unknown person or persons shattered the passenger side window of a vehicle in the 8600 block of National sometime between Sept. 10 and Sept. 11 and took a Sony radio and two speakers. The value of the stolen items is about \$350 and the damage is estimated at about \$100.

10 Wallet Taken at Grocery Store (5600 block of W. Touhy Ave.)

A woman's wallet containing

\$65, credit cards and a driver's license was stolen from a grocery store in the 5600 block of W. Touhy Ave. on Sept. 11. While shopping, the elderly woman said a man asked her for her assistance in getting bread off the shelf and asked her to touch the bread to see if it was fresh. The woman said she stepped away from her purse at this time and says this is when the theft may have occurred.

11 Criminal Damage to Vehicle (6300 block of Gross Point Rd.)

Unknown person or persons slashed all of the tires of a business truck in the 6300 block of Gross Point Rd. sometime between Sept. 7 and Sept. 10. The business's office in Wheeling said three of its trucks were damaged as well.

12 Suspect Cannabis Found (7200 block of Crain St.)

Police said a bag of suspect cannabis was found on the air conditioning unit behind an

apartment building in the 7200 block of Crain St. on Sept. 10.

13 Change Stolen from Garage (8200 block of Merrill)

Unknown person or persons took change from an unlocked Ford vehicle inside of a closed but unlocked garage in the 8200 block of Merrill sometime between Sept. 8 and Sept. 10.

14 CDs Taken from Vehicle (9000 block of Cumberland)

Three or four CDs and two rear view mirrors were taken from a vehicle in the 9000 block of Cumberland sometime between Sept. 9 and Sept. 10.

15 13-Year-Old Arrested for Driving (9000 block of Golf Rd.)

A 13-year-old Des Plaines boy was arrested on Sept. 11 for driving without receiving a driver's license. The bond is set at \$1,000 and the court date is Oct. 15.

16 Glenview Teens Arrested for Felony Retail Theft (200 Golf Mill)

Two teens from Glenview

were arrested for felony retail theft after taking more than \$600 in jewelry and clothing from a store on Sept. 7.

PARK RIDGE

17 Rocks Thrown Through Bedroom Windows (900 block of Forestview)

Unknown person or persons threw two baseball-sized rocks through front bedroom windows of a home in the 900 block of Forestview on Sept. 9. The estimated cost of the damage is \$200.

18 Super Glue Used to Damage Locks (1500 block of N. Northwest Hwy.)

Unknown person or persons used super glue to damage the locks on the exterior doors of an office in the 1500 block of N. Northwest Hwy. sometime between Sept. 10 and Sept. 11. The damage is estimated at \$500.

19 GPS Unit Taken (300 block of S. Northwest Hwy.)

Unknown person or persons entered a 2002 GMC Denali by

breaking the front driver's side door window. The person took a \$300 GPS unit on Sept. 7.

20 Patio Umbrella Taken from Business (100 block of S. Northwest Hwy.)

A patio umbrella and base with a value of \$350 was taken from business property in the 100 block of S. Northwest Hwy. sometime between Sept. 7 and Sept. 10.

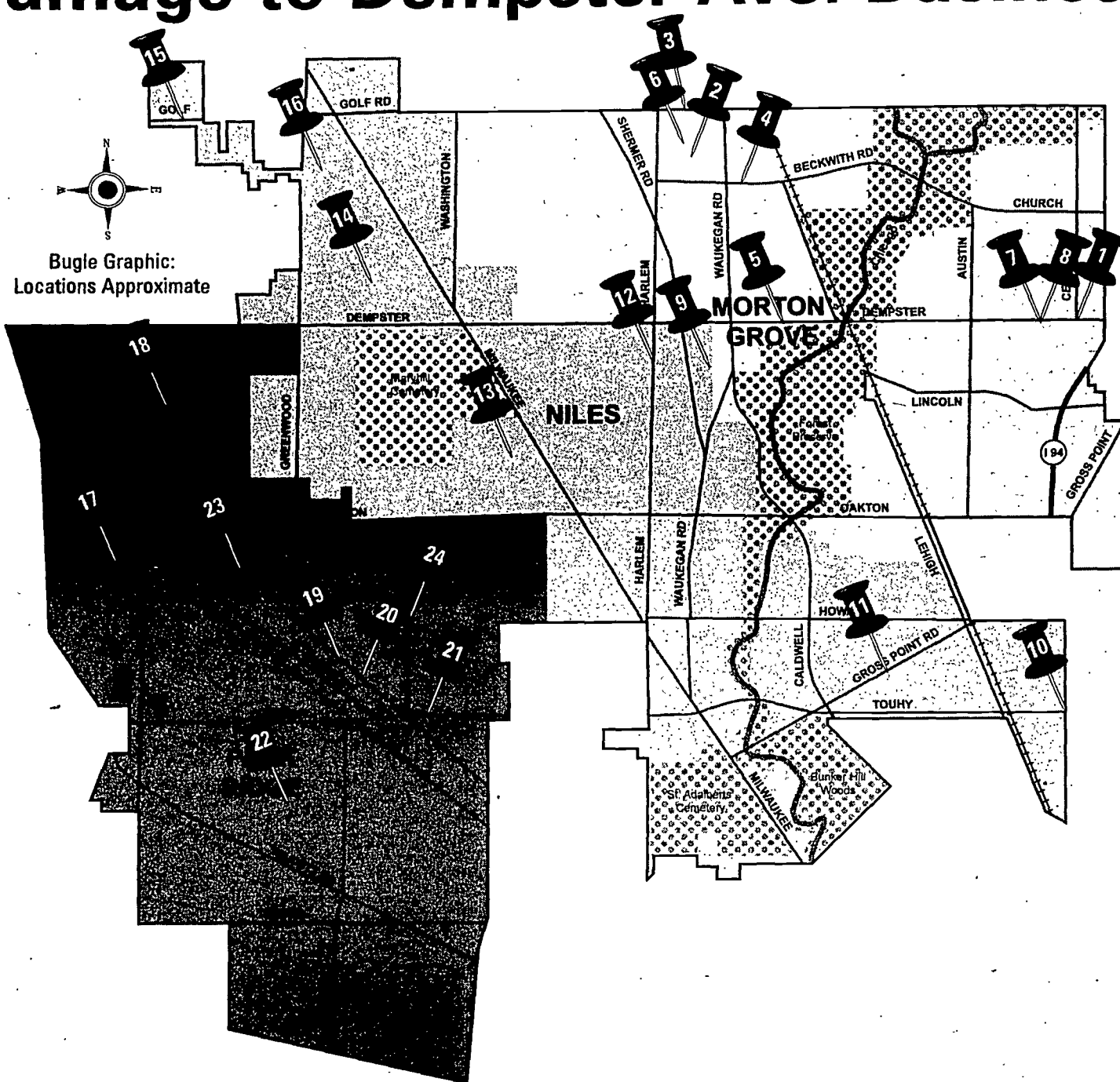
21 Spray Paint Damages Business (400 block of W. Touhy Ave.)

Spray paint was used to damage the brick wall of a business in the 400 block of W. Touhy Ave. sometime between Sept. 5 and Sept. 6. The estimated cost of the damage is unknown, police said.

22 Stereo Taken from Vehicle (300 block of S. Knight)

Unknown person or persons entered a 1996 Buick LeSabre by breaking the front passenger window and taking a JVC

See Blotter, page 7



Bugle Graphic:
Locations Approximate

Blotter

continued from page 6

stereo with a value of \$250 on Sept. 11.

23 DUI/Speeding (Northwest Hwy. and Seeley)

A 27-year-old Park Ridge man was arrested on Sept. 9 for speeding and driving under the influence of alcohol. The

bond is set at \$1,000 and the court date is slated for Oct. 10.

24 Eight Youths Swimming in Pool (600 block of N. Prospect)

Eight youths were observed swimming in a pool in the 600 block of N. Prospect on Sept. 6. They were taken into custody and charged with trespass and curfew. They have a court date of Oct. 17.

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Mount Prospect "KUNTZE" quality built. Updates include hardwood floors, kitchen, stainless steel appliances, 3 baths, sump and ejector pumps, lower level rec room and bedroom all in the last 3 years. Family room sliders open to a 65X140 lot. \$459,000

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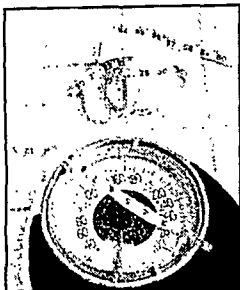
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The "Weighting" Game is Coming to Morton Grove Civic Center

What is the "Weighting" Game all about?



The "Weighting" Game, written, produced and directed by Helen Magid and performed by senior actors of the North Shore Players is coming soon to the Morton Grove Civic Center. People may want to come and find out what the "Weighting" Game is about.

The show will take place on Sept. 28 and 29 at 7 p.m. and Sept. 30 at 2 p.m., Oct. 3 at 3 p.m., Oct 5 and Oct. 6 at 7 p.m. and Oct. 7 at 2 p.m.

This Broadway-style performance features singing, tap dancing and much, much more. It is a humorous show about the social life that exists at a health club.

The North Shore Players is a group of talented senior actors and actresses who enjoy dancing, singing and acting. Each year, they put on a Broadway-type show at the Morton Grove Civic Center for people of all ages to enjoy.

Magid, who wrote, produced and directed the "Weighting" Game, used to act and sing in her own show and now she runs the North Shore Players, helping the talents of others to blossom.

Magid said the civic center will be magically transformed into a gym and the audience will be treated to a performance filled with laughs.

The Morton Grove Civic Center is located at 6140 Dempster Street.

Those who want more information or to purchase tickets can call (847) 502-8916. Tickets sell fast, so it is recommended to call as early as possible.

Niles Park District Hosts Toddler & Preschool Screenings

Niles Park District is hosting FREE toddler and preschool screenings Thursday, October 11. The Pediatric Therapy Team at Resurrection Medical Center is offering free screenings for children ages one

through six. Screenings include speech language pathology, occupation therapy, physical therapy and hearing. Parents will be given results on the same day as the screening.



MORTON GROVE FAMILY FEST & BLOCK PARTY
8:30 AM to 11:00 PM
Saturday, October 6, 2007
Morton Grove Village Hall
6101 Capulina Avenue

Celebrate our award as a *Top Town to Raise a Family* by attending this community festival with your family and neighbors!

8:30 AM to 11:00 AM	Pancake Breakfast & Family Storytelling
10:00 AM to 12:00 noon	School Scarecrow Challenge
11:00 AM to 4:00 PM	corn roast, chili, smoked pulled pork, pizza, bubble tea, and more food AYSO pumpkin sale and bake sale hay rides, bouncy castle, sing-alongs, sand art, all-ages bingo, climbing wall, guitar hero challenge, touch-a-truck, and other games
4:00 PM to 11:00 PM	live music, beer tent, great food

For more information, call (847) 502-8916 or visit www.mortongrovecivic.org

CANDY DRIVE ANNOUNCED

The Knights of Columbus will again take to the streets to collect money for the Mentally Handicapped when they host their ANNUAL 'CANDY DRIVE' ON FRIDAY, September 21, SATURDAY, September 22 and Sunday, September 23, 2007.

The Knights will be asking for your help - a Monetary Donation to help the many organizations in the Chicago Metropolitan area serving and assisting Mentally Handicapped individuals. The Knights sincerely request you to be Generous to this Great and Charitable Cause!

If you'd like to help in the Drive this year by donating your time and efforts, there

are a number of street - corner locations and shopping centers available for you!

For more information on how you can be part of the 'Team' - you do not have to be a member of the Knights to help - simply contact Ron Shulga at 847-663-8334. Spending a few hours asking others to help is not only Heart-Warming, experience but will help the less fortunate.

If you'd like to donate to this Great Candy Drive - Forward your Tax-deductible contribution to: KEN LEE @ 8352 N. OCONTO, NILES, IL. 60714.

GOD BLESS YOU FOR YOUR GENEROSITY!

The Summit of Uptown Seeks Volunteers

The Summit of Uptown (formerly Summit Square), 10 N. Summit Ave. in Park Ridge, is seeking volunteers to teach a basic computer class and to help with bingo and other types of social events. Also needed are those who would like to share their hobby or interests; such as art appreciation, flower arranging or the new, wildly popular game of Sudoku.

Those interested in volunteering should contact Gina at 847-825-1161 Ext. 115 for further details. The Summit of Uptown is a retirement and assisted living community located in Uptown Park Ridge.

St. John Brebeuf "Joy In Jesus" Pre-School Registration

Registrations for the St. John Brebeuf "Joy in Jesus" Sunday pre-school is open to children ages 3 1/2 through kindergarten age. Classes are held during the 10:45AM mass each Sunday. Registration free is \$40 and covers all materials for the year.

Special emphasis is given to the development of self-awareness in the children and their place in the Christian community. The goal of the program is to provide a foundation for a future understanding of their faith. To register, or for additional information, please call Charlotte Lindquist at 847-470-1434.

FREE Niles Park District Health Seminar

Join Marc Ovadia, MD for Screening the Adolescent for Heart Disease seminar on Wednesday, October 10. Today's young athletes are more active than ever. They are closer to professional in their training. The pediatric cardiologist will discuss a couple of groups of diseases and problems that can occur in young athletes. Dr. Ovadia will talk about ways to screen for important diseases and recognize them before they happen.

This seminar is FREE, but registration is required at the Howard Leisure Center. Seminar takes place at Howard Leisure Center on Wednesday, October 10 at 7:00 p.m. Please call (847) 967-6633 with questions.

Engagement Announcement

Mr. and Mrs. Nick & Diana Bavaro proudly announce the engagement of their daughter Nina Marie Bavaro to John Robert Abuja, son of Mr. and Mrs. John F. and Bernadine Abuja. Both families have strong ties to Niles, as John and Nina both grew up here. A fall wedding is planned. Congrats to the happy couple!!!

Skipton Ears Entrepreneurial Woman of the Year Award



Mary Skipton

Mary Skipton, a resident of Park Ridge, will receive the 2007 Entrepreneurial Woman of the Year - WBE Success award from the Women's Business Development Center (WBDC) at the organization's 21st annual Entrepreneurial Woman's Conference at Chicago's Navy Pier, 600 E. Grand Ave.

Skipton will accept her award at the 21st Annual Hall of Fame Awards Luncheon, which takes place on Wednesday, September 26, from 12 noon to 1:45 p.m. Martha Stewart, founder of Living

21st Entrepreneurial Women's Conference

Skipton will accept her award at the 21st Annual Hall of Fame Awards Luncheon, which takes place on Wednesday, September 26, from 12 noon to 1:45 p.m. at Chicago's Navy Pier.

Omnimedia, will deliver the keynote address.

The WBDC's Entrepreneurial Woman's Conference - which features the Women's Business & Buyers Mart, workshops and opportunities for networking and celebration - will take place on Wednesday, September 26, from 8 a.m. to 6:30 p.m. and Thursday,

September 27, from 9 a.m. to 2 p.m.

Skipton, who launched Energon, Inc. in 1992, committed her lifetime savings and retirement money to start the company and did not take a salary for the first two years. She was convinced that a business selling natural gas would be the most cost-effective and environmentally correct

choice for organizations. Today, Energon's customers include 16 Fortune 500 companies, and privately held companies in transportation and distribution, real estate, insurance, lodging, aerospace, banking, health care, communications, and food sales and distribution. Nationally, Skipton has been recognized as the only woman-owned business selected as one of 44 finalists in the Great Lakes Region of the Ernst & Young Entrepreneur of the Year 2007 award program and was honored by the Kellogg Company as a member of their \$1,000,000 Club.

Experts: Economy Nearing A Recessionary Stall

By Dean Calbreath
 Copley News Service

Over the next six months, the U.S. economy will be at a near-recessionary stall, with unemployment rising and the real estate market still staggering, according to projections released Sept. 12 by a panel of economists at the University of

California Los Angeles.

After limping along for most of the next year, the economy will start to regain strength in late 2008 or early 2009, as demand for housing begins to revive, said the economists, collectively known as the Anderson Forecast.

Rising exports and growing See Alert Consumer, page 10

Biz Ed: A Free Monthly Educational Program

Organized by the Morton Grove Chamber of Commerce & Industry

October 2007 Topic:
 Networking Made Easy

Networking has become an integral component to business success whether you are the business owner or employee. But the vast majority of us dread the idea and can be confused on how to get started and what needs to be done once you get there!

Our speaker, Terry Bass of Chadons Resources Group, will show you how to make it easy

and even enjoyable to network! Please bring your own lunch. Drinks and desserts will be provided.

Time and Place

Wednesday, October 3, 2007
 12 to 1:30 p.m.
 Morton Grove Public Library, 6140 Lincoln Avenue, Morton Grove, Baxter Room

Biz Ed. scheduled on the 1st Wednesday of the month
 Sponsored by: LIN-MAR Motors

By Tracy Yoshida Gruen
 STAFF WRITER

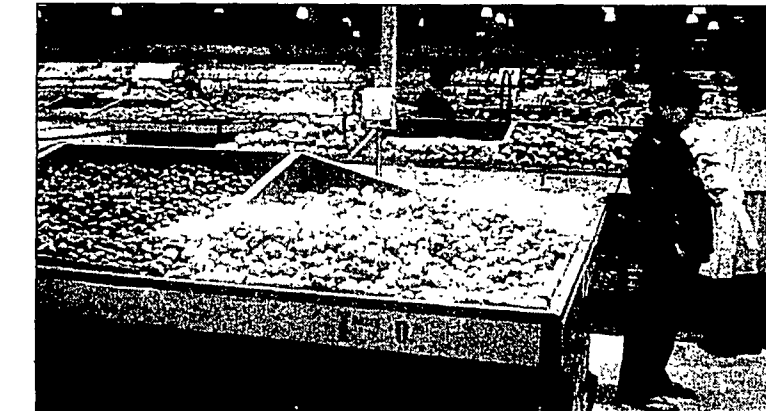
California Los Angeles. After limping along for most of the next year, the economy will start to regain strength in late 2008 or early 2009, as demand for housing begins to revive, said the economists, collectively known as the Anderson Forecast.

Rising exports and growing See Alert Consumer, page 10

"When we opened we expected only Korean customers," said Choi. Much to their surprise, however, they are seeing many Chinese, Vietnamese, Filipino and Caucasian customers.

Choi said that eventually they would like to attract more Polish and Italian customers to the Niles supermarket.

Choi said right now they don't have the room for the products, but it's something they may choose to pursue down the road.



The business is opening its second branch in Naperville on Sept. 21.

"Probably word of mouth is the most important marketing tool for us," said Choi. "People here are very busy, the don't have time to watch television or read newspapers every day, but they are involved in the community."

Super H-Mart also offers a spacious area to sit and enjoy Korean, Chinese, dumplings and other types of foods.

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Cartridge World

Medical Stories, Ask the Doctor: Statin Drugs

By Keith Berndtson, M.D.
HEALTH MATTERS

Statin Drugs

My doctor prescribed Lipitor to lower my bad cholesterol level. Within a few days I started noticing muscle aches and after a few weeks my legs and arms felt weaker. My doctor told me it was probably unrelated. The muscle aches and weakness have not gone away. Could the

Lipitor be causing this problem?

—Tony, Elmhurst IL

The answer is yes, and this applies not just to Lipitor (atorvastatin) but to every drug in the "statin" class, including Crestor (rosuvastatin), Lescol (fluvastatin), Mevacor (lovastatin), Pravachol (pravastatin), and Zocor (simvastatin).

Statin molecules lower your bad (LDL) cholesterol by slowing a process your body uses to

produce cholesterol. They may also make blood less sticky, which also has health benefits.

They may also reduce the levels of essential molecule called Coenzyme-Q-10, or CO-Q-10. Your muscles won't function normally if they don't receive enough CO-Q-10.

Statin drugs are linked to muscle function abnormalities, and possibly to nerve problems as well. The true frequency of these

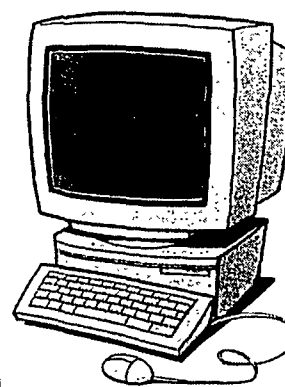
side effects is unknown, but the mechanisms by which they are produced are better understood. Some people produce less CO-Q-10 for genetic reasons. If you are one of these people, you are more likely to develop muscle function abnormalities when placed on a statin drug.

The good news is that you can often override the side effect, and continue to experience the benefits of the statin drug, by

supplementing your diet with adequate amounts of high-quality, stabilized Co-Q-10. I advise my patients on statin drugs to supplement with 50 to 100mg of a high quality CO-Q-10 supplement daily, just to play it safe.

Keith Berndtson, MD, combines general, physical, and integrative medicine in his role as Medical Director of Park Ridge Multi-Med.

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As part of our expansion program a small company is looking for part time

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If you are interested and need more information,

Contact Jenny Andrea

Email: jnny_ndr@yahoo.com

Alert Consumer

continued from page 9

business investments in software and hardware should also bolster the economy, they said. But even then, growth will remain below historical trends.

"Such an economic performance is almost as close as you can get to avoid the technical definition of a recession," UCLA economist David Shulman said. He added that with growth dipping so low, the economy "runs the risk of falling into an actual recession, just as when an airplane's velocity dips down to its 'stall speed' and falls out of the sky."

Other economists have quibbles with some details of the forecast. But they agree that the economic picture is likely to worsen in coming months because of a rising number of foreclosures, more layoffs in the real estate industry and cutbacks in consumer spending.

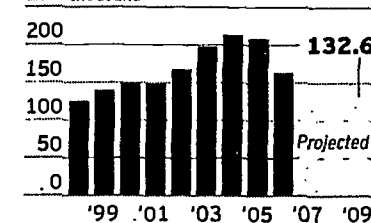
Keitaro Matsuda, economist with Union Bank, projects that hiring will grow by slightly more than 1 percent over the next year - a bit higher than the UCLA projection - and says the unemployment rate next fall will be roughly the same as it is now. Nevertheless, he said that

Anderson Forecast

Homebuilding is expected to drop to its lowest point in more than a decade next year before rebounding in 2009. The GDP growth is expected to pick up sooner.

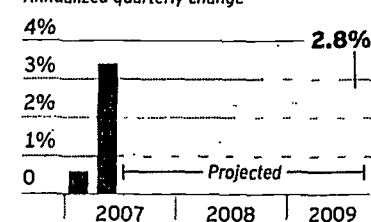
CALIFORNIA RESIDENTIAL BUILDING PERMITS

250 thousand



GROSS DOMESTIC PRODUCT

Annualized quarterly change



SOURCE: UCLA Anderson Forecast

SHAFFER GRUBB

because the slowdown is coming from a peak period, it may still feel like a recession.

"There may be a growth recession, which is different from a classical recession," he said. "It means that growth may fall below its long-term trend. That's very likely to happen, and it could last well into 2008."

Stephen Levy, director of the Center for the Continuing Study of the California Economy in Palo Alto, said he largely agrees with the Anderson Forecast's assessment.

"Next year is going to be sluggish, and it will be a couple years before the economy turns around," he said. "As far as whether the economy will be in recession or near-recession, it's hard for an ordinary person to tell the difference."

As has been true for the past couple of years, problems with the residential real estate market are at the center of the Anderson Forecast's glum report. And the economists say the market looks worse than it did just a few months ago.

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THE BUGLE 50

SEPTEMBER

INSIDE

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Park Ridge Seniors S3
The Dream Job S4

Health Care War S5
Aging Lifestyle S6
Obituaries S8

(Photo Courtesy of ARA)

SENIOR LIVING GUIDE 9-07

Niles Senior News

6TH Annual Pet Parade

Monday, October 8 1:00 p.m.-3:00 p.m.

The animal kingdom will reign supreme at the 6th Annual Niles Senior Center Pet Parade!

Large or small; cute or scary; four-footed or three...costumed pets and their adoring humans will take Center Stage to thrill animal lovers of all ages. Pre-registration required. Please call the Center for more information (847 588-8420).

LIHEAP Application Assistance

Tuesday, October 9th, 9:00AM-4:00PM

Representatives from CEDA, Neighbors at Work, will be at the Senior Center on Tuesday, October 9th to assist people with processing their LIHEAP applications. You must bring the following with you in order to complete an application:

1. Proof of gross income for all household members for the 30-day period prior to the application date.
2. A copy of your current heat and electric bills (if you pay for

Variety Show

Be our guest!

Bring a colleague, or friend!

Join us as some of Niles' most talented seniors gather to present a fun evening of song, poetry, dance, music and more! Thursday, September 20th 5:30-8:30 p.m. Call (847) 588-8433 for more information!

your home energy directly).

3. Proof of Social Security Number of all household members.

4. If a member of your household receives TANF, you must bring their "Medical Eligibility Card."

5. If you rent, bring proof of your rental agreement that must state your monthly rent amount.

Memory Workshop

October 10th and 17th, 10:00 a.m. Advanced Registration Required

Join Bev Wessels and Trudi Davis for the Memory Workshop to explore the myths

and truths of the aging brain. We will look at how memory works, memory changes, and discover strategies to improve memory. The workshop will be held at 10:00 a.m. on October 10th and 17th. Please contact the Niles Senior Center (847 588-8420) to sign up for this program.

Low Vision Fair

Saturday, September 29, 10:00 a.m. - 3:00 p.m.

Niles Senior Center is hosting a Low-Vision Fair sponsored by five area libraries: Niles, Park Ridge, Skokie, Des Plaines, & Morton Grove). There will be three speakers:

An ophthalmologist who will discuss macular degeneration; Kerry O'Britz from the Guild for the Blind; and Hap Holly, blind musician and Ham radio operator. There will be informational tables for service organizations such as the Visually Impaired Motivators (VIM), The Niles Lions Club, CRIS Radio, Voices of Vision, the Illinois Assistive Technology Program, and many more. Assistive device

vendors will also be represented at the fair. For more information, contact Dodie Frisbie at the Niles Library (847) 663-6648.

Men's and Women's Golf Leagues Award Banquets

This year's Women's Golf Banquet will be held at the Cheesecake Factory in Old Orchard on Friday October 19th at 12:00 p.m. The cost will be \$20.

The Men's Golf Banquet will be held at the Lone Tree Manor in Niles on Thursday, October 25th at 11:30 a.m. The cost is \$16.

CarFit is back!

Thursday, October 18th, 9:00 a.m.-3:00 p.m. Free

CarFit is a program designed to give you a quick but comprehensive check of how well you and your vehicle work together. The entire process takes less than a half an hour. When you are finished, you will leave with recommended car adjustments and adaptation suggestions that can assist in your comfort and safety behind the

wheel. Call the Senior Center (847) 588-8420 to make your appointment and for directions to the test site.

Oktoberfest

Friday, October 12, 11:30 a.m. - 2:00 p.m. \$11

Don't wait too long to register for this event...it was an early sell-out last year! The Bill Beilfuss Trio is back to perform a lively show of yodeling, schnitzelbank, beer-hall songs, the Chicken Dance, plus much, much more. Prior to the show, we will feast upon Bratwurst and Sauerkraut, herbed-baked Chicken, German Potato Salad, Corn Cobettes and dessert.

Get Niles Senior Center News by E-mail

Do you have an e-mail address? We are starting an e-mail list in order to send "breaking news" about events at the Niles Senior Center. This list would be used to let members know of upcoming classes, events, and trips that are filling up fast. If you would like to be on the e-mail list, contact Kathlyn at (847) 588-8420.

Morton Grove Senior News

Edizon Dayao Performance

Edizon Dayao will entertain at the Morton Grove Senior Center with his music and vocals at 1:30 p.m. on Monday, Sept. 24. This popular show is sure to be a crowd pleaser. Register in-person at the Senior Center at a cost of \$6 for Senior Center Members and \$7 for non-members. There must be 15 people registered.

Mall Shopping

Morton Grove seniors who would like to join shoppers on

a trip to the Golf Mill Mall on Tuesday, Sept. 25 should call the Morton Grove Senior Hot Line at 847/470-5223 to reserve a seat on the Seniotran. Home pick-ups begin at 9:15 a.m. with arrival at Golf Mill at 10:15 a.m. Trips are free for Morton Grove Senior Center Members and \$1 for all others.

Diabetes Screening

Many people with diabetes go undiagnosed because they are unaware of the signs and symptoms. Some of the warning signs are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Diabetes screening is offered at the Morton Grove Senior Center from 9 to 10 a.m. on Tuesday, Sept. 25. Screening is free for Morton Grove Senior Center Members and \$1 for all others. Please fast for 12 hours. Water is allowed. Hold diabetic medications.

Laughter & Meditation Programs

Enjoy either or both of these free classes at the Morton Grove Senior Center on Friday, Sept. 28. The "Laughter" Program will be held from 9:30 to 10:30

Continued on page S8

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7821 W. Golf Road,
Morton Grove, IL 60053

Maine Twp. Seniors Plan Autumn Trips, Classes

MaineStreamers

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

The Older and Wiser Driver

Tuesday, Sept. 25, 10 to 11 a.m. No cost - Registration required.

This program will help you understand how aging affects your ability to drive safely, how important vision is to driving, what types of medications can affect your driving and what you can do to adapt.

'Oktoberfest' Luncheon

Wednesday, Oct. 10. Doors Open: 11 a.m. - Lunch Served 12 noon. Chateau Ritz, 9100 Milwaukee, Niles. \$14 members/\$15 guests + \$1 fish.

Enjoy Oktoberfest with us as we dine on cream of potato leek soup, beef Sauerbraten, red cabbage, potato pancakes with applesauce and butter pecan ice cream for dessert. Then, get your lederhosen out on the dance floor as we enjoy music by the German band: Die Musikmeisters. Blood pressure screenings, provided by St. Andrews Life Center of Niles, will be available prior to lunch.

Reservations and cancellations must be received by Wednesday, Oct. 3.

5 Township Job Fair

Thursday, Sept. 27, 10 a.m. to 12 noon. The Cottillion, 360 Creekside Drive (Rt. 53 and Northwest Hwy.), Palatine.

Looking for employment? Don't miss this award winning event for people 50 and older. Meet potential employers and apply for positions available. Be sure to bring plenty of résumés. For more information call 847-297-2510 Ext. 240 or visit www.5townshipseniorjobfair.com.

We need you

In order to offer FREE Income Tax assistance to our members, we need volunteers to make a commitment to volunteer at least 4-hours a week during the tax season. Training provided. Please contact Mary Swanson at 847-297-2510 for more information.

Park Ridge Senior News

Oktoberfest

The Center's longest running special event, Oktoberfest, takes place Sunday, October 14. There will be brats and German potato salad, apple slices and of course pretzels and beer. A favorite German Band will play until 4 p.m. You are invited to dance or just sit and listen and enjoy. Reservations are required in advance and members should make them according to current policy. And all this is only \$10.00.

Opera, Arts Discussion Group

The Opera-Arts discussion group with Leo Rizzeto will enjoy Mozart's "The Magic Flute" on September 27 promptly at 11:30 a.m. The 2004 staging for the Metropolitan is the production that will be enjoyed, and is the basis for

Used Cell Phones Collected

Maine Township, in cooperation with the Cook County Sheriff's Office, is collecting used cell phones to be converted for emergency 911 usage for Senior Citizens. If you have a phone you would like to donate, drop it off at Maine Town Hall. Distribution of the cell phones will occur at a program scheduled in Dec. Watch for details to follow.

Day Trip

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

'House of Blues Gospel Brunch and Chicago History Museum'

Downtown Chicago. Sunday, Nov. 4 - 9 a.m. to 3:30 p.m. Cost: \$64 members/\$69 guests.

Let's experience this award-winning Gospel Brunch at the House of Blues Chicago! This one-of-a-kind live music show and dining experience should exhilarate you. Enjoy an all you can eat "southern style" buffet that features an omelet station, corn muffins, fried chicken, breakfast meats, vegetable crudité, mashed sweet potatoes, jambalaya, biscuits and gravy, a dessert station and more. Then, enjoy the uplifting and energetic live gospel music. Once inspired, we will travel to the Chicago History Museum to view Chicago's rich history. So let's get uplifted and enjoy a Sunday together.

Kitchen Remodel Begins

Never fear...coffee is still here. In spite of the kitchen remodeling, there will still be coffee as usual. Right now everything in the kitchen has been removed and necessary demolition has started...so no stove to heat things up etc. Don't let this deter you from coming in and participating in your regular activities. It is hoped the new kitchen will be ready in a number of weeks.

Camera Club

On Tuesday, September 25 at 10 a.m. the Camera Club will relive memorable scenes of some of Hollywood's most famous screen teams. Bob Burton, Professor of Communications at Oakton Community College, will show

his original video "Dynamic Duos." Following the screening, there will be a discussion about favorite movie couples and an opportunity to learn some interesting facts about these box office dynamos. Prior to the program, you can get a private lesson in digital photography. Lessons are given at 9 a.m. or 9:30 a.m. Call 847-825-6827 for an appointment with an expert.

Domino Tournament

A domino tournament has been set for Friday, September 28 at 1 p.m. These tournaments have been great fun before, so be sure to sign up. The charge is only \$2.00. There will be prizes and refreshments. Please register by Wednesday, September 26 if you wish to participate.

this new English language adaptation of this "opera." Technically this is not an opera, but a singspiel (song play). So not only will the spoken dialogue be enjoyed, but also delight in the musical score. The cast is young, attractive and with perfect Mozart voices. Refreshments will be served after.

Art Workshop

Beverly Ellstrand, a well-known Park Ridge artist, is the instructor of an Art Workshop beginning Monday, October 8 and continuing to November 26 from 9:30 a.m. to noon. This class is for beginners as well as the advanced student. You can work in any medium; oil, watercolor, acrylic, collage, colored pencil etc. You have the choice of working on any project you desire or join in two

projects that will stretch your imagination and creativity. These projects are designed to help you develop your work in a new direction. Bring whatever materials you may have to the first class or sketchbook and pencils for beginners. The cost is \$70.00.

Monthly Luncheon

The October monthly luncheon is scheduled for Monday, October 15. Doors open at 12 noon with lunch beginning at 12:30 pm. The menu will be soup and turkey sandwich with fruit and dessert. Ester Hana will provide the entertainment. This is not the first time she has performed at the Center. She is a phenomenal talent and has received critical acclaim for the beauty of her tone, humor and piano artistry.

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Tour Directing: A Dream Job For Seniors

ARA

Baby boomers are reaching the age of retirement and it's a great time to do the things they've always wanted to do. For many, this means traveling and experiencing different places and cultures. What if that passion for travel and people could be changed into a second career? Being a tour director can do just that, providing the opportunity to see the world with the flexibility to work whenever you want.

Tour directors are the special people who take care of all day to day details that make for a successful vacation. They oversee airport, motor coach and hotel check-ins, handle customs and airline problem solving, schedule sightseeing arrangements and act as a congenial host generating enthusiasm and melding a group together into a happy "traveling family."

"Tour directing is great job for those who have retired. You don't need to be

away for months on end, you choose your schedule, where you want to go and when you want to work," says Ted Bravos, who 30 years ago founded International Tour Management

"Tour directing is great job for those who have retired. You don't need to be away for months on end, you choose your schedule, where you want to go and when you want to work."

Ted Bravos
INTERNATIONAL TOUR
MANAGEMENT INSTITUTE

Institute (ITMI), the first state-certified school for training professional tour directors and guides in America. "I feel older people with their extensive life experience can really make a difference in this industry. They get to share their wisdom while guiding others. They also get the added benefit to stay mentally and physically active while creating unforgettable memories."

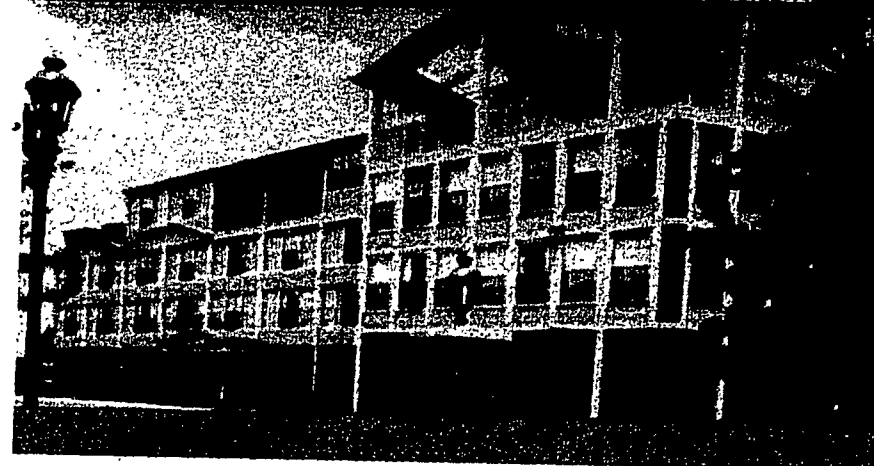
Lee Burch did just that. After retiring from a 40 year career he decided he was ready for a new adventure. "Tour directing has allowed me to travel to places I probably wouldn't have been able to travel otherwise, and I'm able to help people," says Burch. "It combines both the travel, which I have a passion for,

See Dream Job, page S7

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Health Care War Hits America's Retirees Hard

ARA

Twenty million American retirees are among the largest group of casualties in the war being waged by their former corporate employers against workers' and retirees' earned health care benefits.

This tug of war over the future of retiree health benefits is by no means a mere skirmish, but one affecting as much as 40 percent of Americans ages 60 and over, and tens-of-billions of dollars in health costs each year.

Major American corporations have taken the stance that they can no longer afford to stay competitive and sell their products and services in a global economy while paying benefits to retirees, even if these were contractual commitments made to retirees in their working years.

Airlines say they can not pay jet fuel costs and retirees' health benefits and survive, and American auto manufacturers say that hundreds, if not thousands of dollars of the cost of each domestically made vehicle goes to paying worker and retiree health benefits.

Turning To the Courts:

Throughout the 1960's and 70's, GM stated in writing to workers that they would pay for certain medical benefits "for your lifetime." In the late 1980's, GM made major changes to their medical plans, requiring contributions and higher deductibles for 84,000 retirees.

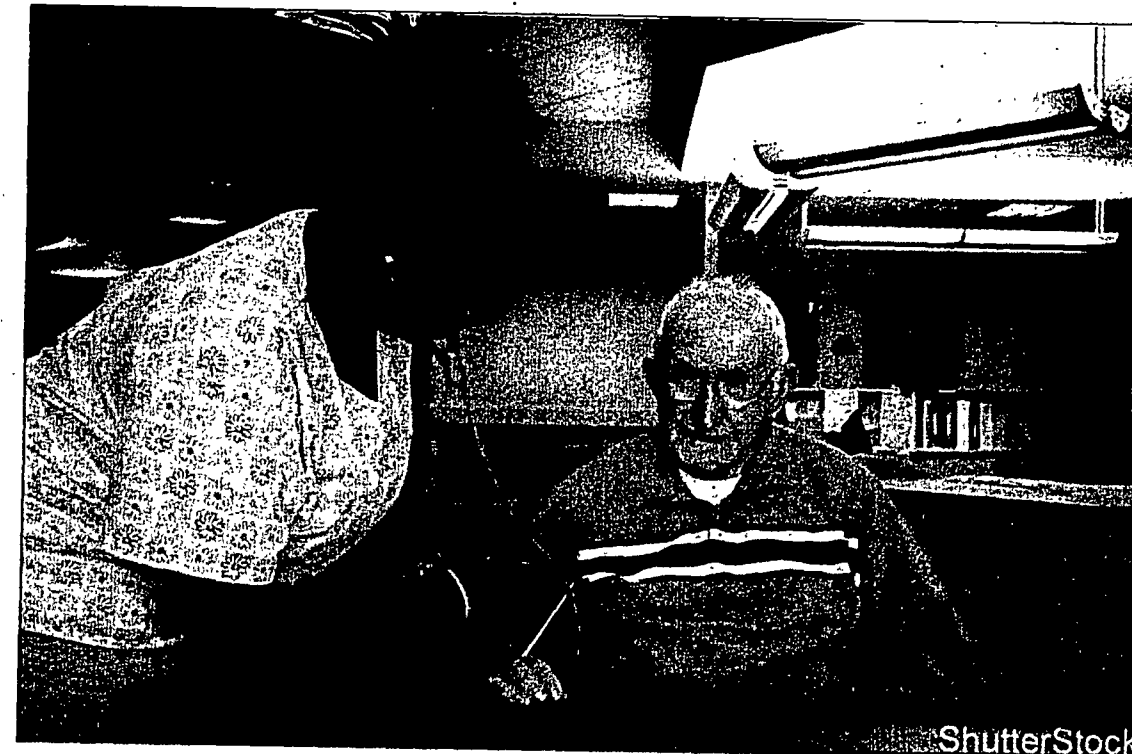
For 10 years, the battle was fought in the courts. The lower courts found in favor of the retirees. GM appealed. The federal district courts found in favor of GM. The case was appealed to the U.S. Supreme Court who dealt the retirees a

staggering loss. Auto makers had a clause in their health care agreement with the workers: "we reserve the right to amend, modify, suspend or terminate, A"

Currently a case by retirees from Caterpillar Inc. is winding its way through the U.S. District Court in Nashville, Tenn., charging that Caterpillar's labor contracts and benefit plans provided retiree's health care coverage "continued for his or her lifetime at no cost."

According to Elizabeth Alexander, a lawyer for the retirees, workers were "assured free lifetime health care coverage."

In October 2004, Caterpillar began charging retirees' monthly premium costs ranging from \$134 to \$280 per month for health benefits. The lawsuit seeks to end these charges and restore money already charged.



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Retirees Best Chance, Capitol Hill:

The lead retiree advocacy group turning up the heat in Washington, D.C. is ProtectSeniors.Org, seeking an amendment to the ERISA pension laws to make it illegal for an employer to either reduce or can-

cel earned health benefits after an employee has retired.

The Emergency Retiree Health Benefits Protection Act (HR 1322), is currently cosponsored by 67 members of Congress. HR1322 would also require corporations who have already slashed these earned benefits to

reinstate them to their former workers.

Paul Miller, executive director and chief lobbyist for ProtectSeniors.Org says, "In the modern era we see major corporations paying CEO's tens-of-millions of dollars while slashing retiree health benefits. For companies claiming they can't afford to compete or pay these benefits because of foreign competition, I say reexamine bloated executive compensation levels."

Miller's Capitol Hill-based group was formed in 2006 by retirees of the Bell System whose "free lifetime health benefits" were rapidly eroding, forcing retirees to downsize their retirement lifestyle, sell family homes or take on part time jobs.

In just one year since its founding, ProtectSeniors.Org has grown to include more than 45,000 retirees from over 35 industries and companies.

Jim Casey, a Virginia retiree and a co-founder of the group says, "For far too long retirees have allowed themselves to be the victim, trusting our former employer would be there for us. Two out of every five retirees in

See Health Care, page S7

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Sexy Ruthe Hirsch celebrates 80 with style

By Joe Volz
COPLEY NEWS SERVICE

Ruthe Hirsch of San Rafael, Calif., has just turned 80.

Now, before young cynics ask, "So what's to celebrate? That only means she is another old woman whose best years are in the past," let's take a moment to examine Ruthe's life.

You cynics obviously don't know Ruthe (pronounced "Ruthe").

Let me tell you about her.

Ruthe is no traditional octogenarian. Oh, no.

Not only does she have a lot to celebrate in her past life, she is looking forward to having a lot more fun in the future.

Ruthe is a tall, slender, gorgeous brunette (OK, that's editorializing a bit but this is a commentary column). And, sexy.

Yes, it is proper for a senior citizen to be sexy these days now that the New England Journal of Medicine has

weighed in with a landmark report ripping the curtain off of late-life loving.

A new study by the University of Chicago reports that in the last year, 73 percent of adults between 57 and 64 were sexually active and 26 percent between 75 and 85.

Older women were less likely, however, to have active sex lives because they had either outlived their partners or their partners had married younger women. Ruthe could very well star if some TV network, like the new Retirement TV, decided to slay the myths of older sexuality with a show titled, perhaps, "Sex and the Single Senior."

One of the first times I stopped by her kids' house to interview Ruthe - she is quite a vocalist - she came bounding down the stairs with her boyfriend for breakfast. Ruthe has been divorced for years and has "children" in their 40s and 50s.

"I got on a 50-plus chat line. We were really getting to know each other. We exchanged photos. How will that turn out? Time will tell."

Ruthe Hirsch | RESIDENT SAN RAFAEL, CALIFORNIA

"My son may be shocked out his gourd," said Ruthe, who was visiting his family in Anaheim, Calif., for the weekend. "He is really uncomfortable. Grandma isn't supposed to be having a sexual affair."

But to Hirsch, it was the most natural thing in the world. She has no intention of hiding that reality from her son and his children. She is a very sexually active grandmother.

And she doesn't mind talking about it - overcoming a taboo that stymies so many older women, who often give the mistaken impression that they are no longer interested in sex. After all, women of a certain age who grew up during the Depression were told that polite women didn't talk about sex. That was a topic left to "dirty old men."

Says Ruthe, "People don't lose their passion. They do not lose wanting to be held, to be touched, having physical contact with another human being."

Ruthe utilizes new technology, which wasn't around when she started dating back in Pittsburgh 60 years ago - the computer. She met a Connecticut businessman on the Internet and pursued that.

"I got on a 50-plus chat line," she says. "We were really getting to know each other. We exchanged photos. How will that turn out? Time will tell."

Ruthe concedes there are problems. She may not be as young as some of the women in the dating field but she is far more interesting. So, she says to men seeking trophy girlfriends, "you are most

welcome to look somewhere else." She doesn't want a man trying to be 21 again.

Ruthe has been singing with her band, Ruthe Hirsch Productions in the San Francisco Bay area, for decades and will continue to do so. Senior groups come from all over California to listen to Ruthe belt out golden oldies in a Cabaret review over lunch.

Ruthe's torch songs are sung with particular meaning. She has been in love before, young lovers. And, she very well may be again.

So happy birthday, Ruthe. Sorry I missed the big birthday but I will be at the next one, particularly if you sing that song - how does it go - "Fairy tales can come true if you're really young at heart."

Ruthe's e-mail is songladie@aol.com.

E-mail Joe Volz at volzjoe2003@yahoo.com or write to 2528 Five Shillings Road, Frederick, MD 21701.

Dream Job

continued from page S4

with being able to make a difference in people's lives. It has made a difference in my own life as well."

Sound too good to be true? ITMI's 30 year track record speaks for itself. With the right tools, determination and personality, it can be a reality. The school prepares students for a tour directing career in a 15-day intensive training program. Students learn about the tour and travel industry through practical "hands-on" experience in the field, including 5 days training aboard a deluxe motor coach and an overnight fieldtrip where they actually perform the role of a tour director. After graduation, ITMI have a more than 85 percent placement record.

Tour directors range in age from 20 to 70 with almost half over 50 who have either raised families or had other careers before taking on the new challenge of leading tours. After becoming certified, tour directors can work as much or as little as they choose. Leading tours can also be financially rewarding as well. Besides get-

ting a free trip, tour directors receive approximately \$200 per day, plus all expenses, meals and their own private accommodations.

Joanne Connors began her career after raising three children. She had always dreamt of traveling the world, but marriage and family came first. She first learned of tour directing on a trip to the Grand Canyon.

"My tours started in New England where I was born," says Connors. "From there the whole world opened up to the most exotic places for me. My biggest dream was to go to Africa, but on my route I went to India, Egypt and the Soviet Union. It's been such a pleasure and a joy."

Connors spaces out her trips so that she will have plenty of time to spend with her family, including her grandchildren. She has found being a tour guide is a rewarding and flexible career that can be tailored to complement her other interests and responsibilities.

For more information about a travel career and becoming a tour director, visit www.ITMItourtraining.com or call (800) 442-4864.

Courtesy of ARA Content

Caring for Aging Skin

Caring for aging skin involves far more than fighting wrinkles and age spots. Skin health - from protection against UV rays to proper wound care - plays a vital role in overall health for senior Americans.

Skin is the body's first line of protection against harm. It shields us from infection, impact and the environment. "Age brings a number of changes that can compromise the

skin's ability to protect us," says Cynthia Fleck, a registered nurse and vice president of clinical marketing for Advanced Skin and Wound Care at Medline, which manufactures skin care products and educational resources for seniors.

"Health care professionals are a great source of information and can relay simple instructions for daily skin care and protection while suggesting new products that may help seniors in their routine," she says.

To learn more about skin care products, visit www.medline.com/woundcare.

Health Care

continued from page S5

America have now either completely lost or had their health benefits greatly diminished. On their behalf, we are sending up

an SOS."

"As America's largest voting block, retirees and baby boomers no longer want lip service from Washington, we need action to make it illegal for companies to steal retirees' earned benefits,"

says Casey. "We need more retirees to join us in the fight for their own economic protection."

For more information on ProtectSeniors.Org, call (800) 398-3044.

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Obituaries

Wanda Krzyzanowski, 84

Wanda Krzyzanowski, 84, of Niles, passed away Monday, September 10, 2007 at Regency Nursing Home. She was born November 27, 1922 in Chicago. Beloved daughter of the late Walter Krawczyk and the late Anna (nee Palac) Krawczyk. Beloved wife of the late Eugene Krzyzanowski. Loving mother of Gene (Karen) Krzyzanowski. Grandmother of Sean Krzyzanowski. Step Grandmother of three. Sister of Helen (Steve) Wilczynski of Cary, IL, and the late Edward (Dolores) Krawczyk. Sister-in-law of Stanley Krzyzanowski. Aunt and great aunt of many. Services were held September 14, 2007 at St. Thecla Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at St. Adalbert Cemetery. She was a store cashier and a former member of Filharmonia Choir.

Frank Leja, 59

Frank Leja, 59, of Niles, passed away Wednesday, September 5, 2007 at Forest

Villa Nursing Home. He was born September 18, 1947. Beloved son of the late Joseph Leja and Albina (nee Krupa) Leja. Brother of Louise (Walter) Siuty. Uncle of Christopher Siuty. Services were held September 8, 2007 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at St. Adalbert Cemetery. He was a carpenter.

Conrad I. Swanson, 93

Conrad I. Swanson, 93, of Morton Grove, passed away Saturday, September 8, 2007 at Bethany Terrace Nursing Center. He was born March 10, 1914 in Chicago. Beloved husband of the late Mary. Loving father of Doris (Lee) Fredrickson, Linda (William) Zimmermann and Bud (Ellen). Grandfather of Christine, Zoe, Zea, Jesse, Luke and Lydia. Great Grandfather of Josh and Nicole. Companion: Inga Johnson. Services were held September 13, 2007 at Simkins Funeral Home. Arrangements handled by Simkins Funeral Home. Interment at Memorial Park Cemetery, Skokie, IL. He was a Tool and Die Maker.

Continued from page S2

a.m. followed by the "Meditation" Program from 10:30 to 11:30 a.m. Register by calling the Senior Hot Line at 847/470-5223. There must be five people registered for each class.

'The Weighting Game'

"The Weighting Game" - a musical by the North Shore Players, is coming to the Morton Grove Senior Center on Sept. 28, 29, 30, and October 3, 5, 6, and 7. This production, which is written and directed by Helen Magid, is the story of a health club that is open 24/7 where some of the members even work out! The tickets are \$14 each and \$12 for groups of 10 or more. For ticket information contact Betty at 847/251-3241 or Bernie at 847/568-9242.

Sudoku Classes

Sudoku, the number logic puzzle involving the digits one through 9, is a great brain exercise for people of all ages. Two free classes will be held at the Morton Grove Senior Center at 9:30 a.m. with a second class following at 11 a.m. on Tuesday, Oct. 2. Register by calling the

Morton Grove Senior News

Morton Grove Senior Hot Line at 847/470-5223. There must be five participants registered.

'Word Processing Part 2'

Join the Morton Grove Senior Center for the "Word Processing Part 2" class to be held from 10:30 a.m. to 12:30 p.m. on Saturday, Oct. 6. Register in-person at the Senior Center before Sept. 19 and pay a reduced cost of \$5 for Senior Center Members and \$6 for non-members. After Sept. 19 the costs are \$6 for Members and \$7 for non-members. Class size is extremely limited so register early to avoid disappointment.

Skokie Theatre Music Foundation

Join the Morton Grove Senior Center for a musical afternoon of popular jazz standards from the 1930s, 40s, 50s and 60s. This performance will feature the Bob Aciri Orchestra at the old Skokie Theater. The bus leaves the Senior Center at 12:45 p.m. on Wednesday, Oct. 10 and returns at 3 p.m. Register in-person at the Senior Center at a cost of \$7 for Senior Center Members and \$8 for non-members. There must be a minimum of 10 people registered.

Flu & Pneumonia Shots

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Thursday, Oct. 11 from 9 a.m. to 1:30 p.m.

Saturday, Oct. 13 from 9 a.m. to 1:30 p.m.

Wednesday, Oct. 17 from 1 p.m. to 4:30 p.m.

Flu shots are given annually and are the primary method for preventing the flu and its possible severe complications. Pneumonia shots are usually a one-time dose but may be occasionally repeated if the person is over 65 and more than five years have passed since the last pneumonia vaccine. There will be no charge for those who have Medicare Part B and bring in their Medicare Card with them. For those who do not have Medicare Part B, the charge for the flu shot is \$30 and the charge for the pneumonia shot is \$40. Anyone who is allergic to chicken eggs, those who have had a severe reaction to the influenza vaccine, or anyone who has previously developed Guillain-Barre Syndrome in the six weeks after being given a flu shot should avoid the immunization. Any person with an active infection or fever should postpone their shot until their symptoms subside. Reservation are required and can be made by calling the Morton Grove Senior Hot Line at 847/470-5223 after Sept. 10 to schedule an appointment.

'ABC's of Dementia' Lecture
Learn about the warning signs of dementia and how to effectively help a loved one with this condition at 1:30 p.m. on Monday, Oct. 15 in the Morton Grove Senior Center. This is a free program that is presented by Arden Courts. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223. There must be 15 people registered by Sept. 27.

'Emergency Preparedness for Seniors'
Since the events of 9/11, recent storms and other natural disasters, every American is encouraged to prepare for emergencies in their homes, businesses and communities. This free Workshop is presented by representatives from the Village of Morton Grove's Department of Family & Senior Services, Police Department and Fire Department at 1 p.m. on Tuesday, Oct. 16 in the Morton Grove Senior Center.

SPORTS

Dons Strike Early But Carmel Pulls Away

With a great start and a first quarter score for Notre Dame, the night seemed to be going according to plan. But the cool September night suddenly turned cold in the 2nd quarter as Carmel raced to an insurmountable lead and pulled away to a 43-14 victory over the Dons.

Set-up by a fumble recovery by LB Bo Cisek, QB

Zach Abraham (21 of 34 for 234 yds, 1 TD) led to Dons no-huddle offense down the field with pinpoint

perfection, and Greg Lucchesi finished the job on a 1 yd. run to take a 7-0 lead in the first quarter. The Corsairs responded immediately with QB Greg Venegoni scoring the first of his three running touchdowns. Penalties on the ND offense helped to stall the next two drives, and the second quarter unwound for the Dons with Carmel scoring a running touchdown, a safety,

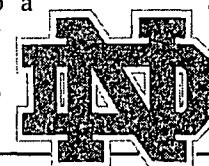
and 6 more points on a kick-off return.

Leading tacklers Brendan Murray, Bo Cisek, Rick Szukala, and P.J. Cummings turned back Carmel's threats in the second half. WR Ryan Irwin (9 rec./93 yds.) snared a 6 yd touchdown pass from Zach Abraham in the third quarter to cap ND's scoring.

This disappointing loss puts the Dons at 3-1 as they head to Nazareth for their 5th game of the year.

The ND Sophomores

jumped out to an early lead as Julian Burgos rushed for the Dons first quarter score. A wild end to the second quarter saw ND score 3 touchdowns in the last two minutes of the half. ND safety Ian McGrath intercepted a Carmel pass and scored, and the Dons gottwo more quick TD's after two successive kickoff return fumbles by Carmel. This gave the

**Up Next**

The Dons travel to Nazareth Academy Saturday. Game time is 1:30 p.m. Nazareth Academy is 3-1.



Notre Dame sets up inches from the goal line for their first successful touchdown of the game. (Photo by Dave Urquhart)

Sophomores a 28-0 lead. The two quick touchdowns came on a halfback pass from Julian Burgos to Tim Hirsch for a score and the other on QB Drew Diaz's pass to Sam Bungum. A second half safety was the remaining tally as the ND Sophomores beat Carmel 30-14.

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Frosh Dons traveled to Mundelein and shutout the Corsairs 14-0. A strong defensive effort kept Carmel bottled up all day. A first quarter touchdown run by Connor Thomas and a third quarter TD pass from Tim Whalen to Jeremy Burgos were all the Frosh Dons needed to secure their victory.

AREA FOOTBALL ROUND-UP**South Defeats East**

Maine South rebounded nicely this last week against Maine East beating them easily 62-7. South opened the game with a 42 point first quarter to walk away with a win and move their overall record to 3-1. Maine South will continue its playoff march as they will host Evanston this Friday night at 7:30 p.m. while East will travel to Deerfield, game time 7:30 p.m. Friday night.

Deerfield Over Niles West

Deerfield beat up on Niles West 44-7 as West (0-4) continues its search for a 2007 victory. West will not find it easily this week as they must travel to New Trier Friday night at 7:30 p.m.

New Trier Pounds North

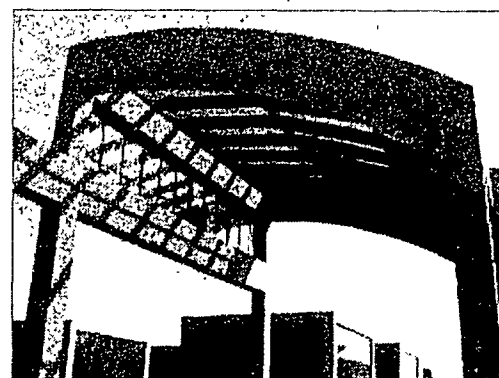
New Trier pounded Niles North (3-1) 62-20 leaving little doubt who the better team was on this night. North is at home this Friday night against Highland Park. Game time 7:30 p.m.

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Obituaries

Wanda Krzyzanowski, 84

Wanda Krzyzanowski, 84, of Niles, passed away Monday, September 10, 2007 at Regency Nursing Home. She was born November 27, 1922 in Chicago. Beloved daughter of the late Walter Krawczyk and the late Anna (nee Palac) Krawczyk. Beloved wife of the late Eugene Krzyzanowski. Loving mother of Gene (Karen) Krzyzanowski. Grandmother of Sean Krzyzanowski. Step Grandmother of three. Sister of Helen (Steve) Wilczynski of Cary, IL, and the late Edward (Dolores) Krawczyk. Sister-in-law of Stanley Krzyzanowski. Aunt and great aunt of many. Services were held September 14, 2007 at St. Thecla Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at St. Adalbert Cemetery. She was a store cashier and a former member of Filharmonia Choir.

Frank Leja, 59

Frank Leja, 59, of Niles, passed away Wednesday, September 5, 2007 at Forest

Villa Nursing Home. He was born September 18, 1947. Beloved son of the late Joseph Leja and Albina (nee Krupa) Leja. Brother of Louise (Walter) Siuty. Uncle of Christopher Siuty. Services were held September 8, 2007 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment at St. Adalbert Cemetery. He was a carpenter.

Conrad I. Swanson, 93

Conrad I. Swanson, 93, of Morton Grove, passed away Saturday, September 8, 2007 at Bethany Terrace Nursing Center. He was born March 10, 1914 in Chicago. Beloved husband of the late Mary. Loving father of Doris (Lee) Fredrickson, Linda (William) Zimmermann and Bud (Ellen). Grandfather of Christine, Zoe, Zea, Jesse, Luke and Lydia. Great Grandfather of Josh and Nicole. Companion: Inga Johnson. Services were held September 13, 2007 at Simkins Funeral Home. Arrangements handled by Simkins Funeral Home. Interment at Memorial Park Cemetery, Skokie, IL. He was a Tool and Die Maker.

Continued from page S2

a.m. followed by the "Meditation" Program from 10:30 to 11:30 a.m. Register by calling the Senior Hot Line at 847/470-5223. There must be five people registered for each class.

The Weighting Game

"The Weighting Game" - a musical by the North Shore Players, is coming to the Morton Grove Senior Center on Sept. 28, 29, 30, and October 3, 5, 6, and 7. This production, which is written and directed by Helen Magid, is the story of a health club that is open 24/7 where some of the members even work out! The tickets are \$14 each and \$12 for groups of 10 or more. For ticket information contact Betty at 847/251-3241 or Bernie at 847/568-9242.

Sudoku Classes

Sudoku, the number logic puzzle involving the digits one through 9, is a great brain exercise for people of all ages. Two free classes will be held at the Morton Grove Senior Center at 9:30 a.m. with a second class following at 11 a.m. on Tuesday, Oct. 2. Register by calling the

Morton Grove Senior News

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Steroids Use; No Substitute

The issue of steroid use in professional sport over the past decade has now reached the prep level as the IJHSAA reviews a plan for random testing of high school athletes who compete in the state. The medical issues involved with the use of steroids should be the primary concern regarding proposed rules that protect both the athlete and the integrity of the sport. When you consider what the use of these drugs can do to an athlete's body and the long term health problems associated with improper steroid use, it isn't hard for me to understand why we as a society must do everything we can to stamp out their use. I applaud the IJHSAA for taking steps to ban use of such substances that ultimately harm. Coaches need to spend more



Chalk Talk

ROBERT LEACH | BUGLE

time teaching players that the only muscle truly needed to be a great player is the one very few ever actually see; the heart. There are natural ways to build a players strength that involve a good diet and hours in the weight room with trained teachers who can show a player how

Benet Beats Notre Dame On The Links

The Notre Dame Varsity Golf Team took to the links to take on Benet Academy last week the match also proved to be a challenge for the Dons as they came up short in their quest falling to

Benet 178-160. Leading scorers for the Dons were Padraic Canavan and Phillip Bogusz both with 42, Pat Smith with 44 and Harry Johnson with a 50. The Frosh/Soph Golf Team also

to safely build themselves to their goals. It brings me back to my point that an athlete who is determined to succeed and is willing to pay the price to attain his or hers goal with hard work, will likely reach them. Climbing a mountain in sport is hard but, remember that the lessons learned on your way up cannot be replaced by a drug and those lessons are typically useful on the field of play. There is no shame in good old fashion hard work and no remedy found in a needle to replace it. Steroids will not make a player faster or more agile nor can they replace the desire to win. Whatever the IHSA decides, I am hopeful that the penalty will be stern enough to deter athletes from even thinking about it. As always, I'll see you in the stands!

NDHS Names New Head Volleyball Coach

Notre Dame High School has selected Patrick Cole as its new head volleyball coach. Cole, a former assistant coach at Loyola Academy and former head coach for Adversity South Volleyball Club's boy and girl 14's teams, comes to Notre Dame with valued coaching experience.

"Patrick Cole has successfully administered and coached volleyball teams, earning high praise for the skill development of his players and implementation of volleyball strategies," said Michael Hennessey, NDHS' Athletic Director. "We are very pleased to have him coaching volleyball at Notre Dame."

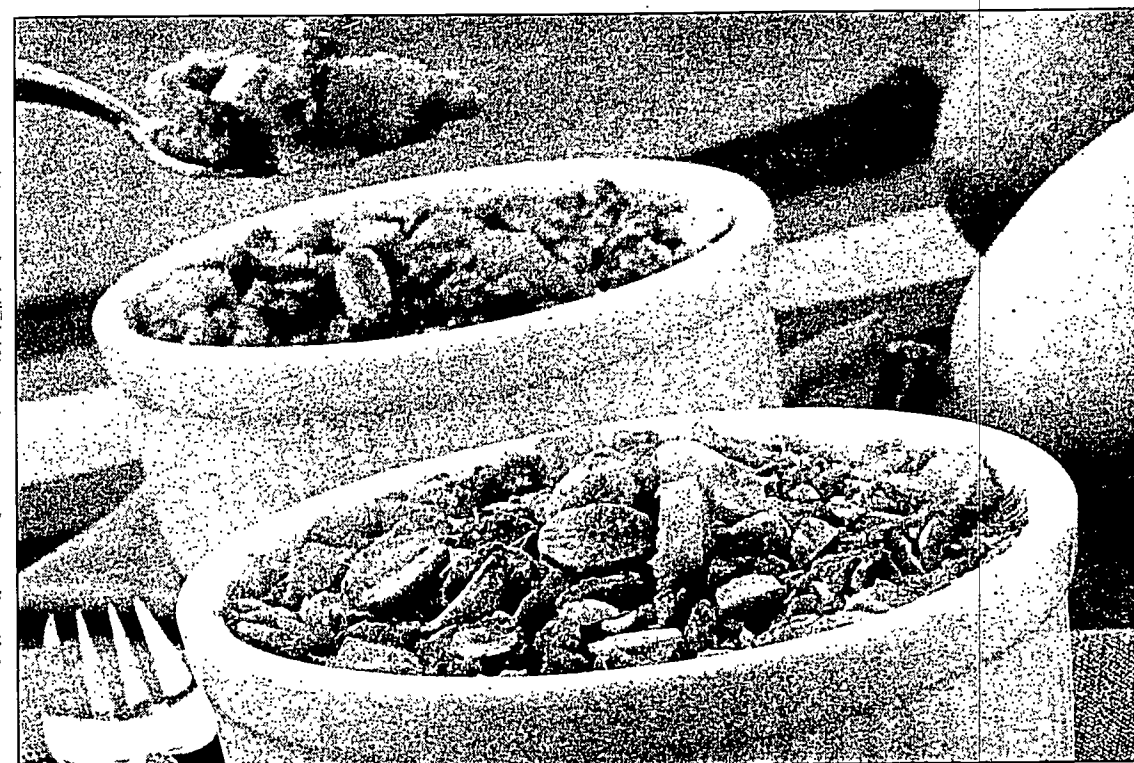
"I'm quite excited for the opportunity to coach volleyball and I'm looking forward to the season," Cole said.

"I'd like to establish a successful program at Notre Dame and obviously have winning seasons and also build a great program and possibly become a destination where students want to play volleyball," he added.

Teams that Cole has coached have enjoyed great success, particularly the boys 14 teams he lead at Adversity South. During Cole's three year tenure there, his teams won nine tournament championships and were ranked first in the Great Lake region during the 2005-2006 season. With Cole at the helm, Adversity South's boys 14 teams received Junior Olympics club level bids in the 2004-2005 and 2005-2006 seasons, and finished in second place at the 2006 Asics Junior National Champion-ships in 2006.

"My greatest asset is simply my love of coaching volleyball," said Cole. "The greatest pleasure and joy that I take is getting to be a part of these young men's lives, doing my best to encourage their growth, not only in athletics, but every aspect of their lives. It is much more than winning. It is about the development of character, helping to teach the young men respect, responsibility and sportsmanship, as well as the importance of education and hard work."

LIFE



Branded Mango Bread Pudding

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WITH PEANUTS AND MANGOS, GUILT IS NOT AN OPTION

FAMILY FEATURES

With cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

BRANDIED MANGO BREAD PUDDING

Prep time: 20 minutes
Stand time: 30 minutes
Cook time: 40 minutes
Nonstick cooking spray
6 cups 1-inch cubes King's
Hawaiian Sweet Bread
2 ripe mangos, peeled, pitted
and diced
1½ cups fat-free half and half
¾ cup egg substitute
¾ cup granulated sugar
¼ cup brandy
1 teaspoon vanilla extract
¼ teaspoon each: ground cinna-

mon, allspice and nutmeg •
3 tablespoons butter, melted
Powdered sugar (optional)
Preheat oven to 350°F. Lightly
spray 9-inch baking dish with
nonstick cooking spray. Place
bread cubes and mangos in bak-
ing dish. In medium bowl,
whisk together half and half, egg
substitute, sugar, brandy, vanilla
and spices. Whisk in melted but-
ter, then pour over bread and
mangos, stirring lightly to coat
bread with egg mixture. Let

stand 30 minutes, or until liquid is absorbed. Bake 40 minutes, or until toothpick inserted into center comes out clean. Serve warm dusted with powdered sugar, if desired. Makes 8 servings.

Nutritional analysis per serving:
Calories: 230, Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 210mg, Carbohydrates: 37g, Fiber: 2g, Sugar: 23g, Protein: 7g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 10%, Iron: 8%

MANGO
TANGO

■ Don't judge a mango by its color — that's not the best indicator of ripeness. To select a mango, squeeze it gently to determine ripeness. A ripe mango will give slightly, but not be too soft. Ripe mangos will often have a fruity aroma at their stem ends.

■ Firm mangos will ripen over several days, becoming sweeter and softer. Once ripe, mangos can be kept in the refrigerator for up to five days.

■ Learn more about mangos
at www.mango.org.

PEANUT POWER

■ Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, including peanuts, as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

- Peanuts can be enjoyed for breakfast, lunch, dinner and any time in between.

■ For more recipes and other information on USA-grown peanuts, check out www.nationalpeanutboard.org.



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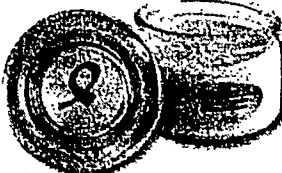
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Steroids Use; No Substitute

The issue of steroid use in professional sport over the past decade has now reached the prep level as the IHSA reviews a plan for random testing of high school athletes who compete in the state. The medical issues involved with the use of steroids should be the primary concern regarding proposed rules that protect both the athlete and the integrity of the sport. When you consider what the use of these drugs can do to an athlete's body and the long term health problems associated with improper steroid use, it isn't hard for me to understand why we as a society must do everything we can to stamp out their use. I applaud the IHSA for taking steps to ban use of such substances that ultimately harm. Coaches need to spend more



Chalk Talk
ROBERT LEACH | BUGLE

time teaching players that the only muscle truly needed to be a great player is the one very few ever actually see, the heart. There are natural ways to build a players strength that involve a good diet and hours in the weight room with trained teachers who can show a player how

to safely build themselves to their goals. It brings me back to my point that an athlete who is determined to succeed and is willing to pay the price to attain his or hers goal with hard work, will likely reach them. Climbing a mountain in sport is hard but, remember that the lessons learned on your way up cannot be replaced by a drug and those lessons are typically useful on the field of play. There is no shame in good old fashion hard work and no remedy found in a needle to replace it. Steroids will not make a player faster or more agile nor can they replace the desire to win. Whatever the IHSA decides, I am hopeful that the penalty will be stern enough to deter athletes from even thinking about it. As always, I'll see you in the stands!

Benet Beats Notre Dame On The Links

The Notre Dame Varsity Golf Team took to the links to take on Benet Academy last week the match also proved to be a challenge for the Dons as they came up short in their quest falling to

Benet 178-160. Leading scorers for the Dons were Padraic Canavan and Phillip Bogusz both with 42, Pat Smith with 44 and Harry Johnson with a 50. The Frosh/Soph Golf Team also

took to the links and were defeated by Benet 182 - 173. Scoring for the Dons was Medalist Anthony Salerno with a 41, Robby Martin, Matt Carlucci and Justin Sanetra all with 47.

NDHS Names New Head Volleyball Coach

Notre Dame High School has selected Patrick Cole as its new head volleyball coach. Cole, a former assistant coach at Loyola Academy and former head coach for Adversity South Volleyball Club's boy and girl 14's teams, comes to Notre Dame with valued coaching experience.

"Patrick Cole has successfully administered and coached volleyball teams, earning high praise for the skill development of his players and implementation of volleyball strategies," said Michael Hennessey, NDHS' Athletic Director. "We are very pleased to have him coaching volleyball at Notre Dame."

"I'm quite excited for the opportunity to coach volleyball and I'm looking forward to the season," Cole said.

"I'd like to establish a successful program at Notre Dame and obviously have winning seasons and also build a great program and possibly become a destination where students want to play volleyball," he added.

Teams that Cole has coached have enjoyed great success, particularly the boys 14 teams he lead at Adversity South. During Cole's three year tenure there, his teams won nine tournament championships and were ranked first in the Great Lake region during the 2005-2006 season. With Cole at the helm, Adversity South's boys 14 teams received Junior Olympics club level bids in the 2004-2005 and 2005-2006 seasons, and finished in second place at the 2006 Asics Junior National Championship in 2006.

"My greatest asset is simply my love of coaching volleyball," said Cole. "The greatest pleasure and joy that I take is getting to be a part of these young men's lives, doing my best to encourage their growth, not only in athletics, but every aspect of their lives. It is much more than winning. It is about the development of character, helping to teach the young men respect, responsibility and sportsmanship, as well as the importance of education and hard work."

Drug Testing Proposal Presented to IHSA Board

The Illinois High School Association's Sports Medicine Advisory Committee presented its drug testing proposal to the IHSA's Board of Directors at the Board's regularly scheduled meeting Monday. The proposal comes a year after the IHSA Board of Directors requested that the Sports Medicine Advisory Committee draft a plan that could be implemented in Illinois.

No action was taken on the proposal, which would randomly test student-athletes who partici-

pate in IHSA athletic state-series competitions. The Board will review the proposal with the membership at Principals' Rules Meetings this fall, and it is expected that action on the proposal will occur early in 2008.

"We appreciate the efforts of our Sports Medicine Advisory Committee, not only in drafting this proposal, but also in their efforts over the past two years to increase awareness on this issue," said IHSA Executive Director Dr. Marty Hickman.

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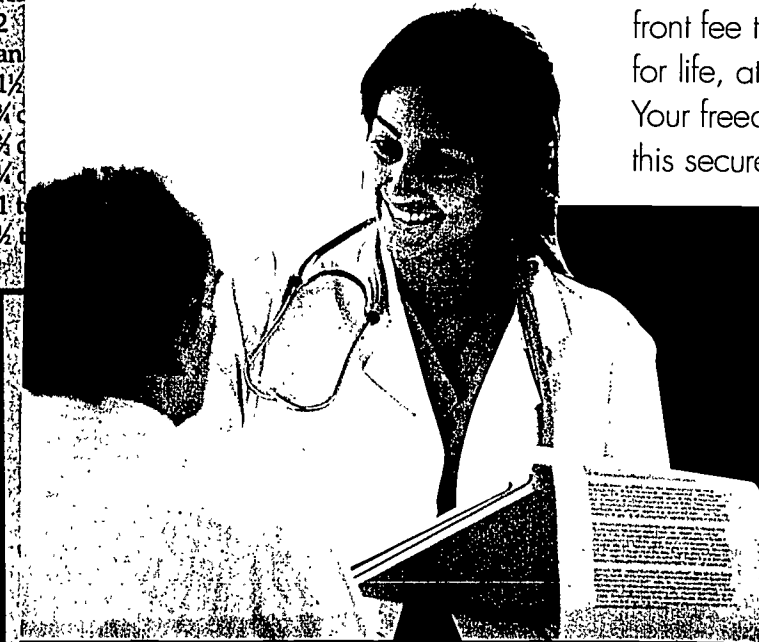
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Brandied Mango Bread Pudding

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FAMILY FEATURES

With cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

BRANDIED MANGO BREAD PUDDING

Prep time: 20 minutes
Stand time: 30 minutes
Cook time: 40 minutes
Nonstick cooking spray
6 cups 1-inch cubes King's
Hawaiian Sweet Bread
2 ripe mangos, peeled, pitted
and diced
1½ cups fat-free half and half
¾ cup egg substitute
¾ cup granulated sugar
¼ cup brandy
1 teaspoon vanilla extract
½ teaspoon each: ground cinna-

mon, allspice and nutmeg
3 tablespoons butter, melted
Powdered sugar (optional)
Preheat oven to 350°F. Lightly
spray 9-inch baking dish with
nonstick cooking spray. Place
bread cubes and mangos in bak-
ing dish. In medium bowl,
whisk together half and half, egg
substitute, sugar, brandy, vanilla
and spices. Whisk in melted but-
ter, then pour over bread and
mangos, stirring lightly to coat
bread with egg mixture. Let

stand 30 minutes, or until liquid
is absorbed. Bake 40 minutes, or
until toothpick inserted into cen-
ter comes out clean. Serve warm
dusted with powdered sugar, if
desired. Makes 8 servings.
Nutritional analysis per serving:
Calories: 230, Fat: 2g, Saturated
Fat: 0.5g, Trans Fat: 0g,
Cholesterol: 15mg, Sodium:
210mg, Carbohydrates: 37g,
Fiber: 2g, Sugar: 23g, Protein: 7g,
Vitamin A: 15%, Vitamin C: 25%,
Calcium: 10%, Iron: 8%



Mango Peanut Crisp, recipe page 14

MANGO TANGO

■ Don't judge a mango by its color — that's not the best indi-
cator of ripeness. To select a
mango, squeeze it gently to
determine ripeness. A ripe
mango will give slightly, but
not be too soft. Ripe mangos
will often have a fruity aroma
at their stem ends.

■ Firm mangos will ripen
over several days, becoming
sweeter and softer. Once ripe,
mangos can be kept in the
refrigerator for up to five days.

■ Learn more about mangos
at www.mango.org.

PEANUT POWER

■ Scientific evidence sug-
gests, but does not prove, that
eating 1.5 ounces per day of
most nuts, including peanuts,
as a part of a diet low in satu-
rated fat and cholesterol may
reduce the risk of heart dis-
ease.

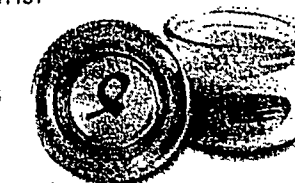
■ Peanuts can be enjoyed for
breakfast, lunch, dinner and
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■ For more recipes and
other information on USA-
grown peanuts, check out
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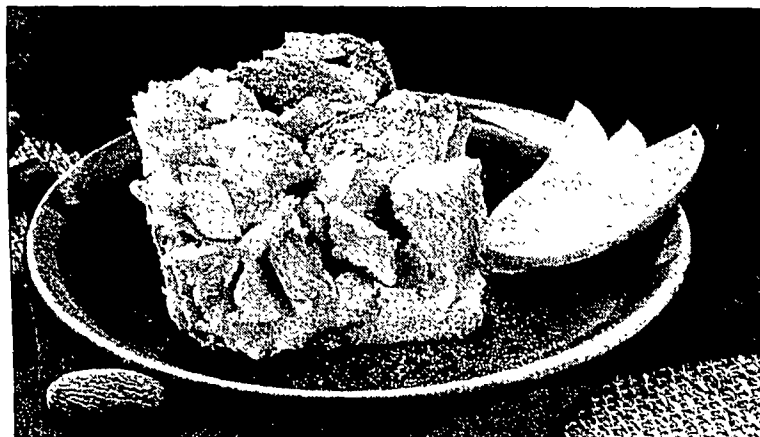
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MANGO PEANUT CRISP

Prep time: 15 minutes

Cook time: 20 minutes

Topping

Nonstick cooking spray

6 tablespoons rolled oats

¼ cup firmly packed brown sugar

½ tablespoon flour

2 tablespoons butter, softened

1 teaspoon ground cinnamon

¼ cup chopped honey roasted peanuts

Filling

3 large ripe mangos, peeled,

pitted and diced

2 tablespoons honey

½ teaspoon ground cinnamon

Preheat oven to 350°F.

Spray four 2-cup baking

dishes with nonstick cooking

spray. Stir together all top-

ping ingredients except peanuts in small bowl with fork until they become coarse crumbs; set aside. Stir together all filling ingredients in medium bowl and spoon into prepared dishes. Spoon topping over filling and sprinkle with peanuts. Bake 20 minutes, or until filling is hot and bubbly and topping is golden brown. Makes 4 servings.

Nutritional analysis per serving: Calories: 310, Fat: 10g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 75mg, Carbohydrates: 56g, Fiber: 3g, Sugar: 25g, Protein: 3g, Vitamin A: 60%, Vitamin C: 25%, Calcium: 2%, Iron: 4%

Movie Review 'The Brave One'

By James Hebert
COPLEY NEWS SERVICE

"The Brave One" opens with an ode to Eloise, the kid-lit character who lives at the Plaza Hotel in New York. Eloise likely never ran into Sid Vicious there (he preferred to hole up over at the Chelsea), although the late Sex Pistols bassist is among the progressively less-adorable New York types whom the movie name-drops after her.

Speaking of vicious: That's possibly too strong a term for the film's vision of Manhattan. The setting feels more gothic, all shadows and gloom and a tension that drips into the narrative like swamp water.

But the word is an apt description for what happens to the main character and what she becomes - as well as for what sort of beat-down the film gives to any sense of moral ambiguity over all this.

As a public radio host named Erica Bain, Jodie Foster patrols the movie's urban purgatory, scavenging for sounds to weave into her somewhat overwrought aural portraits of the city.

After she and her fiancé (Naveen Andrews) fall victim to a savage attack - an episode that director Neil Jordan portrays in graphic detail, down to the last head-thwack and bone-crack - Erica first cocoons herself in fear, then bursts forth, fully morphed into an angel of vengeance. (Shades of that scary butterfly in "The Silence of the Lambs.")

As Erica locks 'n' loads, the scene is set for an intimate, visceral exploration of the consequences of revenge. And that happens - for a short time.

But by the time her vigilante campaign has made her a media sensation (public fascination is



★★★
Jodie Foster stars in the new thriller "The Brave One."
(Copley Photo)

heightened by the continued mystery of the shooter's ID), Erica is well past the "Why am I doing this?" phase and deep into "Let's do it some more."

The real mystery of "The Brave One" is why Jordan, whose most prominent directing credit is the smart 1992 hit "The Crying Game," ultimately veers away from a nuanced look at the movie's main topic and into straight action-movie territory (though with a compelling woman as the hero).

In one scene, radio listeners call in to Erica's show to vent on the vigilantism. Some love it; others deplore it; one links it to the war in Iraq, the only time the movie dares dip its toe into politics. (Contrast this with the tough, honest way Steven Spielberg grappled with revenge on a more global scale in "Munich.")

And now that we've gotten that debate out of the way, the movie seems to say, let's get back to dodging cops and offing bad guys.

What substitutes for depth in "The Brave One" is a decent cat-and-mouse game between Erica and a homicide detective, Sean

Mercer (Terrence Howard). The talents of the two leads also make them worth watching even when the material can't rise to their level.

Foster, seems forged from steel as she visits pain on various perps (who, to their eternal misfortune, seem to commit crimes in ever-more-coincidental proximity to Erica). Her almost hypnotic calm tells us how cleanly Erica has pulled the plug on her old self.

Howard, whose cop character is a kindred lost soul, injects welcome subtlety to the film; even when it seems clear he's on to Erica, his ambivalence over pursuing her is expressed in a flicker of his eyes.

Jordan wraps things up with a twist that's more startling than it is plausible. You could call it bold in a way, but if that's the case, it's one of the few moments where "The Brave One" really musters much courage.

Director: Neil Jordan. Writers: Roderick Taylor, Bruce A. Taylor, Cynthia Mort. Cast: Jodie Foster, Terrence Howard, Mary Steenburgen, Naveen Andrews. Running time: 1 hour, 59 minutes. Rated R. 2 stars.

Crafters Wanted for Saint Andrew's Annual Crafts Fair and Open House

Attention, all crafters and artists: Saint Andrew Life Center will host its annual Arts and Crafts Fair and Open House on Saturday, October 13, 2007 from 9:00 a.m. to 3:00 p.m. Tables are \$25.00, and free continental breakfast and box lunch will be provided to all exhibitors. Be sure to attend this popular event! For more information and to reserve your table, please call 847-647-8332.

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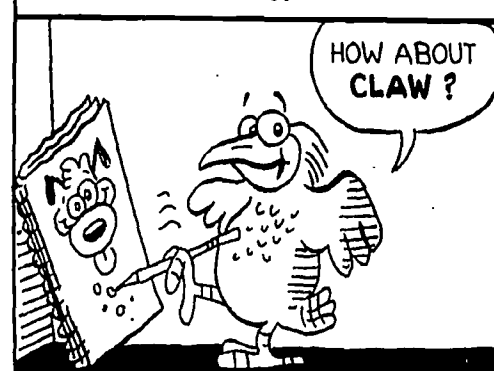
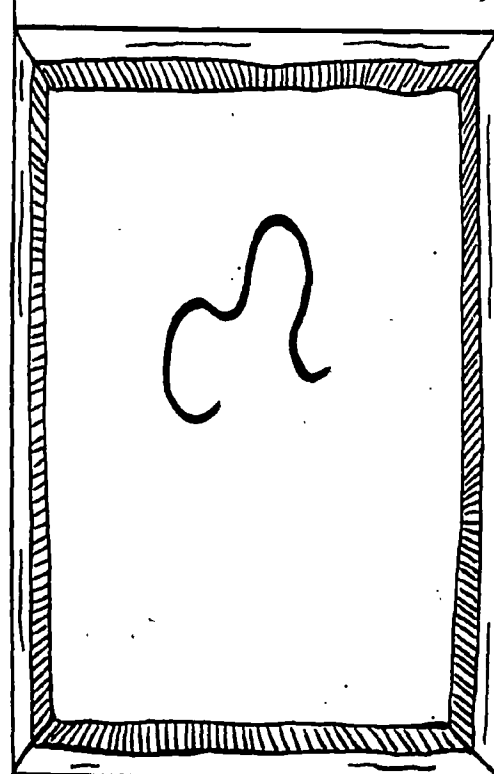


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By J.R. Rose - Copley News Service

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CREATE!!GIVE ME 5 RHYMES FOR
DRAW...AN ARTIST STARTED THIS
DRAWING AND THEN HAD TO
LEAVE...CAN YOU FINISH IT?THESE TWO ARTISTS ARE JOE AND MIKE.
THEIR TWO PAINTINGS LOOK ALIKE.
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ANIMAL ON
THE SEEN

Slow Mover

If you feel sluggish sometimes, you are not alone. Even at your most sleepy moments, there is one animal that would make you look like a speed demon. Sloths, one of the slowest-moving mammals, are found only in Central America and in the tropics of South America. You can see one, named Moss, in Brookfield Zoo's Tropic World exhibit.

There are five different species of sloths. They are generally around 2 feet long and weigh from 7 to 17 pounds. Imagine a smallish dog with a round head, a flat face, no tail, and really, really long claws.

Among the five species are two groups of sloths—two-toed, like Moss, and three-toed. Both groups have three toes on their back feet. Actually, it is their fingers that are different. Three-toed sloths have three fingers and three toes; two-toed sloths have two fingers and three toes.

A sloth's coat is long, brittle, and shaggy-looking. Their hair is green, which helps them blend in with the trees, which is where they live. The green actually comes from algae (and even moss) that grows in special grooves in their hair. Their hair is a haven for moths, ticks, and beetles—all of whom make their home on sloths, nibbling away at algae for dinner. In fact, there are some species of insects that eat only the moss that grows on sloths. Now, that's a specialized diet!

In the trees, sloths spend their time upside down sleeping and eating. They even give birth upside down. Their long, hooked claws provide support when hanging from tree limbs, but sloths often hang out near the forks of branches. When they are not sleeping, sloths are eating...and eating, and eating. They are herbivores (or leaf eaters). A full tummy can account for one-third of a sloth's weight. But sloths' slow-moving lifestyle and unique digestive system mean that they do not go to the bathroom that often. About once a week, they inch their way down to the base of their tree to their own special spot and then make their way back up to the treetops.

Contents are courtesy of the Chicago Zoological Society, which operates Brookfield Zoo. Interested in getting fun info delivered directly to your inbox? Check www.BrookfieldZoo.org/Ani-Mails for info on FREE emails.

Grammar Matters

by Patty Gibbons Saunier

All Is Well

Sometimes one word can act as different parts of speech. Read the sentences below and tell whether the word "WELL" is a noun, verb, adjective, adverb or interjection.

1. I think I feel well enough to return to work.
2. Well, I never thought I'd see you again.
3. There is a working well on Steve's property.
4. That sad story made my eyes well with tears.
5. As you well know, I don't like your cat.

Answers: 1. adjective 2. interjection 3. noun 4. verb 5. adverb

Copley News Service

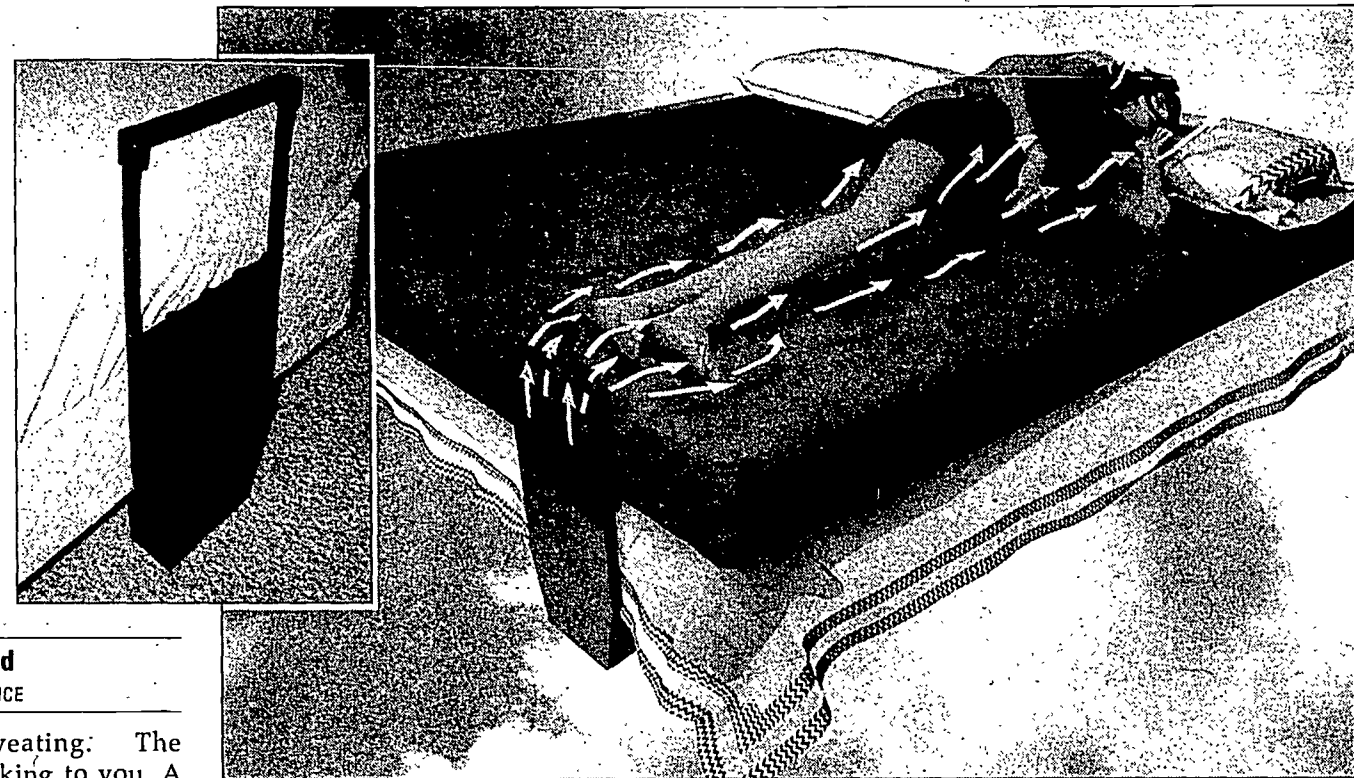
HAPPY BIRTHDAY TO

NICHOLAS WONG AGE 13

SEPTEMBER 20



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.



By Maggie Reed
COPLEY NEWS SERVICE

You're sweating. The sheets are sticking to you. A sound sleep seems far away. You are longing for a way to cool things down, in a good way, in the bedroom.

Welcome, the Bedfan. While most overhead fans and standing fans will circulate air, they also push the sheets down on you. The Bedfan, however, delivers a soft blowing

Feel the Breeze, Sleep with Ease

breeze between the sheets, all along your body. The whisper of air flows between your top and bottom sheets, keeping your bed and body cool. It goes just where it's needed.

"It's the feeling you get when you are lying in bed and you kick the covers up with your feet to get that cool flow of air, only it stays that way," said Kurt Tompkins, the company's inventor and president.

While capable of moving up to 100 cubic feet of air each minute, the personal control allows you to decide. It's not a low-medium-high control; it lets you gently dial to any level. Place it under your pillow or on a nightstand. You adjust the flow and be the judge.

The Bedfan is easy to install and requires no tools. Just remove your top sheet, position the Bedfan at the foot, attach the breeze bar, tuck your top sheet in around the fan (foam blocks are included for an extra-tight fit), replace your blan-

ket or comforter and you are ready to go.

If you have a tall bed, the Bedfan includes a bracket to bring it up to the proper level. The breeze bar must be at least 1 to 2 inches above the mattress to work properly. If you can stick your big toe under the bar, you should be set.

Not only will you get a good night's sleep, the Bedfan will help lower your electric bills - yet another reason for getting a good night's sleep.

"As a hot sleeper myself, I developed the Bedfan Personal Cooling System with the hopes of lowering my electric bill," said Tompkins. "The Bedfan was very successful in allowing me to raise my thermostat at night from 68 degrees to over 78 degrees, which low-

ered my electric consumption by as much as 20 percent."

Another plus to his invention? A happier mother-in-law.

She had not been sleeping well for years due to menopausal night sweats. She asked to borrow his prototype Bedfan and he never got it back.

"That's when I knew I had to get this product to the market," he said. "There is nothing greater than a product that helps somebody. It was very gratifying to me, being one of those suffering for years with a collection of fans and no solution, to finally realize the problem was between the covers."

The Bedfan also promotes harmony among partners. Should one sleep hotter than the other, add a Bedfan to one side and both will be happy sleepers.

The Bedfan takes a little getting used to, Tompkins said. It is made with more power than most people will need so start slow and work your way up. At first, if your feet get cold, put on some socks until you get used to the new feeling.

When it comes to what to wear to bed, less is best. The more clothes you have on, the more body heat you retain and this defeats the purpose of the Bedfan.

As for using the Bedfan in cold weather, "Hot flashes don't stop in the winter. And, cold sleepers can sleep with covers while hot sleepers can't," he said. "Everyone in the house has to deal with change."

The Bedfan retails for \$70. For more information, call 800-738-0477 or visit www.bedfan.com.

Ripening Pumpkins Can Still Be Great Come Halloween

By Jeff Rugg
COPLEY NEWS SERVICE

Q: My pumpkins have turned orange and it is still two months until Halloween. What do I do now?

A: If the last few inches of the stem next to the pumpkin have turned brown, it is best to harvest it. If it is still green, leave it in the garden. If you harvested it, the pumpkin should be kept in a cool location until you need it. If the temperature stays in the 50s it will last almost all winter, so two months is no problem. The warmer it is kept, the shorter length of time it will last.

If the pumpkin will be left in the garden, you should protect it from raiding animals. As it ripens many animals from squirrels, raccoons and just plain old mice will want to eat some of it. Protecting it with a cage of chicken wire or other fencing will work best. Keep it from rotting on the bottom by lifting it and sliding a board underneath.

Q: I spent a lot of money this spring on annual flowers. I thought I could save money next spring if I could take cuttings of some of my impatiens, geraniums and other annuals. How do you recommend this be done?

A: It is easy to take cuttings from many annual flowers. By doing so, you get the exact same plants next year. Collecting seeds will get you some kind of hybrid that probably will not look like this year's plants. Most annuals root easily if you cut off a section of stem that is not too woody. This is called a softwood cutting. Older, thicker stems with a bark appearance are called hardwood cuttings. Strip off the lower sets of leaves

and put the cutting in water, moist sand or perlite. Keep high humidity around the top of the cutting. Put it in bright light, but out of the sun. Check your local garden center for rooting powders that promote new roots when each cutting is dipped in the powder.

If you plan on just doing a few cuttings, you can use small pots, trays and plastic wrap to make small greenhouses for the plants. The problem is caring all winter for a few cuttings is too much work to justify the savings of a few new annuals. Many cuttings require even more space, growing facilities and labor. If you already have a greenhouse or several grow lights and lots of free time, you can make this work. Doing a few cuttings this year as a test or as a project for the kids will help you figure out if this project will save you money.

Q: We kept our poinsettia from last Christmas and it has done well over the summer. We want it to bloom again for this Christmas. What do we do?

A: There are several basic requirements to match, but the main one is long nights and short days. Most poinsettia varieties will bloom if you give them 14 hours of darkness each day. Figure out when you go to sleep and when you leave for work and set up a schedule that you can follow. If you leave for work at 7 a.m., you will have to put the plant in the dark by 5 p.m. each day.

Covering the plant with a box is easier than moving the plant to a dark closet or room each day. If there are some long stems sticking out, they can be pinched to make the plant

bushier, plus it will have more flowers. Nighttime temperatures should be in the 60 to 70 degree range with the daytime about 10 degrees warmer. During the day, it should be in bright light but not full sun. Water as needed and fertilize following the label directions for a fertilizer that promotes flowering. It should bloom in eight to 10 weeks. Starting in mid-September to the beginning of October should be just right for blooms in the Christmas season.

If you skip a few days or let in too much light for even a short time, the plant may not bloom on time, if at all.

Q: When should I take the hummingbird feeder down in the fall?

A: Do not take the feeder down until it has been a couple of weeks since you last saw it being used. In cold climate areas, a frost will kill off the remaining flowers soon. When that happens, there may be a few hummingbirds that still need a little more energy before heading farther south. They cannot get the sugars from the dead flowers, so your feeder will help.

Having a feeder up will not entice hummingbirds to stay past the time they should leave. The instinct to migrate is too strong for that to happen. If you live along the Gulf Coast, in Southern California or the desert Southwest, it is possible to have hummingbirds visit your yard all year long, so keep the feeder up all winter to see more hummingbirds.

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

GARDEN TIP

Preserving pumpkins

A few simple techniques will make your pumpkin last longer. Here are some pointers on curing, handling and storing pumpkins:



Harvest pumpkin if the last few inches of the stem next to the pumpkin have turned brown.

Let pumpkin continue to mature if the stem is still green.

HARVESTING

- Harvest fruit as soon as it is mature and prior to frost.
- Harvest pumpkin carefully. When cutting, be sure to leave a long handle on the pumpkin.
- Prevent harvested or stored pumpkin from getting wet, which enables rot.

STORING:

- Store them at 50-55 degrees in a location where the humidity is about 50%-70%, such as a basement or a garage.
- Storage life is typically 2 to 3 months without significant loss in quality.

Source: www.ag.ohio-state.edu

Copley News Service/Bob Kaut

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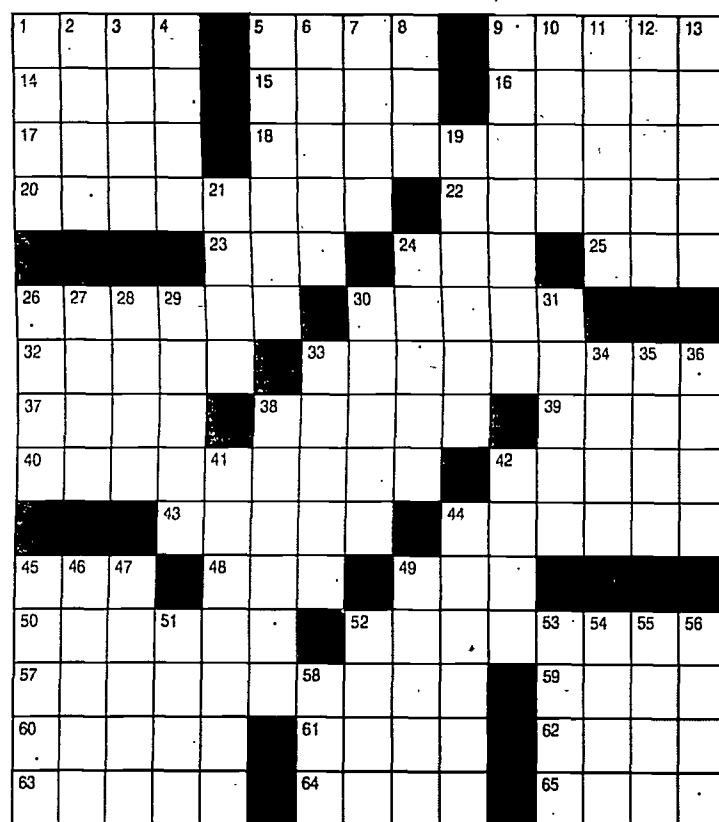
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COPLEY NEWS SERVICE

By Charles Preston

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Last Week's
Puzzle Answers

NEEDING A PLUMBER

AMID ATEM DOGMA
LINO KIRI ELLES
FLUSHINGMEADOWS
INSEAM SINN BLT
EEE BBA INT
BLOWSAGASKET
TOSEA NORM HELM
OLLA SIDA ILKA
MEAD ANAT ORLON
BOWLINGSHIRT
END ANT BAH
EMP AHAT CHEESE
GOWSWITHTHEFLOW
AORTA AARE TIME
DRURY DRED SEED

COPLEY NEWS SERVICE

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

THE WINNERS

1st
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2nd
Lorraine Truskolaski
3rd
Leo Madura
4th
Dale Trebbs

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Bathroom Renovations Can Boost Home Value

(NAPS)-The past five years have seen an explosion in home improvements. Homeowners continue to look for new, creative ways to bring more space, style and luxury to their everyday lives by remodeling and renovating.

For many who choose to renovate, the question becomes: "Where do we invest our limited resources and how will remodeling ultimately affect our home's value?"

While there's no guarantee that remodeling now will add to future resale value, statistics show that some projects yield a better return than others. Consumers can generally expect to get a greater return in remodeling their bathroom than they would with other room upgrades. The 2006 Cost vs. Value Report from Remodeling magazine showed that the average return on a mid-range bathroom remodel is 85

percent. **Getting More For Less**
So how do you ensure that the money you do spend remodeling your bathroom maximizes your investment? Selecting the right materials is the key. For example, one way to make a bathroom seem more spacious without knocking down walls and starting over is to install a glass shower enclosure. Whether renovating a small bathroom or upgrading a larger room, clear glass shower enclosures dramatically open up the space and showcase the luxurious materials chosen for your shower surround.

Maintaining Value
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sealed through a patented ion beam process during manufacturing-resists the corrosion and discoloration caused by constant exposure to heat, humidity, hard water, soaps and harsh cleaners. The ShowerGuard(r) glass from Guardian Industries is easier to clean than standard glass and maintains its original crystal clear appearance.

It can be a smart choice for homeowners who want to preserve the value of their investment in a bathroom remodeling project. For more information, visit www.showerguardglass.com.

Permanently protected shower glass can be a good investment when renovating a bathroom. The stunning clarity of glass can provide a pristine showcase for elegant materials and fixtures.

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In addition, each park will be posted with signs in the specific application areas. Signs will be posted 24 hours in advance of the applications and will remain up to 24 hours after applications.

All procedures concerning notification and application of turf management chemicals will strictly adhere to the guidelines outlined in the Niles Park District's Board of Commissioners Statement of Policy.

Niles Park District

S/ Joseph V. LoVerde, Jr.

Secretary

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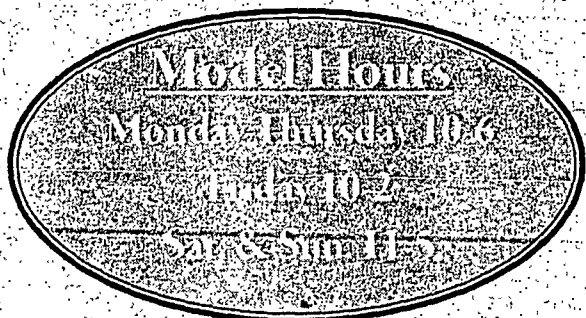
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