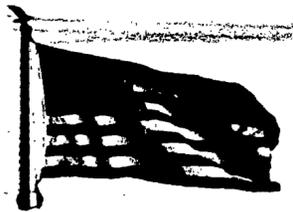


THE BUGLE



Since 1957

January 13, 2004

Vol. 48 No. 34

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Inside this edition...

Health

Guide



Check it out

Turn to page 4 for The Bugle's new "Health and Fitness Guide." Start the new year out right!



A New Voice

Turn to page 9 for the new column written by Niles' own Morgan Dubiel. He'll appear in The Bugle every other week.



Photo by Allen Kaler/Bugle

Snow Day

With classes cancelled for the day at Resurrection High School freshmen Christine Martin (left) and Christina Lapke decided to use a portion of the day to make a snowman in front of their home in the 8700 block of Oleander in Niles Thursday, Jan. 6. For more on the snow removal efforts, turn to page 7.

\$1000 given by MG Foundation for tsunami relief

The Morton Grove Foundation has decided to donate \$1,000 to the American Red Cross for their south Asian tsunami victims' relief fund.

"This may be the worst disaster we ever see," said Foundation President Terry Liston.

Though the Foundation is dedicated to funding community organizations through grants, board members felt that it was important to make the gesture to the devastated area on behalf of the community.

"The Morton Grove Foundation is supposed to be philanthropic and support charitable organizations in the community," said Liston. "But given the historic proportions of the devastation and the fact that many of our community have roots in southeast Asia, we felt that it was important to make this gesture.

According to Liston, 20 percent of Morton Grove's population has origins in the region where the tsunami occurred.

MG Development Director Angell to leave for Des Plaines Accepted conditional job offer, awaiting final background check

BY ANDREW SCHNEIDER editor@buglenewspapers.com

Tim Angell, economic development director for the village of Morton Grove gave two week's notice Monday in anticipation of moving to the position of

economic development director for the city of Des Plaines. His last day will be Friday, Jan. 21. He has been with the village since 2000.

Officials from Des Plaines confirmed that they had recently made a conditional job offer to an unnamed individual pending the results of a

final background check. City Manager Dave Niemeyer said that they wanted to be very thorough in the process after the debacle involving their last economic development director, Bill Schneider, who had served time for mail fraud. But Niemeyer did say he expected a final

offer to be extended within a week. Ralph Czerwinski, Morton Grove village administrator, however, confirmed that Angell was departing for a position in Des Plaines and that his written notice was given to the vil-

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In the News

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- ❑ The MCC hasn't yet dropped its lawsuit against Morton Grove, pg. 3

In Sports

- ❑ Maine South was defeated by the Notre Dame Dons Saturday. For the story, turn to page 11.

Repairs may bring Niles Police Station Ramp up to code

Elevator plans may go out to bid in February

A number of repairs were being made this week and last week to the ramp at the Niles Police Station that officials anticipated would make the building compliant with federal and state accessibility codes.

Workers adjusted handrails, landings and added saw cuts to the top of



Employees with Encotech Construction Company work to install grooves at the top of the stairs at the Niles Police Station. The repairs will correct one of a variety of state and federal compliance violations identified by a Bugle-sponsored architectural survey of the station last year.

Continues...

POLICE STATION page 3

NEWS

Nor-Wood Life Care NFP seeks volunteers

When making your New Years' resolutions for 2005, why not put volunteering at the top of your list? There are many volunteer opportunities available in your community and one of them is donating some of your time to Nor-Wood Life Care NFP.

Volunteers are needed at Norwood Park Home (NPH) and the Norwood Park Seniors Network (NPSN), both divisions of Norwood Life Care, 6016-20 N. Nina Ave. in Chicago. If you have a few hours to spare daily, weekly or monthly, your assistance is needed

At Norwood Park Home, volunteers bring comfort and joy into the lives of many residents by visiting, sharing time and assisting them. The Activities Department enables volunteers to create arts and crafts or assist at resident parties, outings and other events. The resale and gift shops offer in-store sales positions.

Italian Consul General to visit Niles today

The Niles Sister Cities and Niles Chamber of Commerce will host an evening with the Italian Consul General Eugenio Sgro at the St. John Brebeuf Parish Ministry Center tonight, Thursday, Jan. 13 from 5:30 p.m. to 7:30 p.m. to discuss trade issues.

Niles Lions Club distributes food baskets

Norbert Johnson, President of the Niles Lions Club stated that Christmas Food Baskets were given to needy Niles families.

Hospital adds registration technology, services

Holy Family Medical Center, DesPlaines, recently changed its patient registration by adding a new numbering system and additional services in its Patient Access Services Department.

Three positions open on MG Library Board

The Morton Grove Public Library announces three openings for six-year terms on the Library's Board of Trustees. One incumbent is running for re-election.

NEWS

PR Council to be briefed by drug prevention group

Dr. Rose Garlasco from Maine South High School and President of the Maine Community Youth Assistance Foundation (MCYAF) will make a presentation to the Park Ridge City Council about the goals of the Foundation at the council's regular meeting Monday, Jan. 17 at 7:30 p.m.

MCC hasn't yet dropped suit against village Status hearing set for Friday

The Muslim Community Center (MCC) hasn't yet dropped its \$5-million civil rights lawsuit against Morton Grove despite the village board's approval of their special use permit application to build a mosque at the site of the Muslim Education Center (MEC), 8601 Menard.

MG Trustees head south to tour Joliet OTB

Morton Grove trustees will head south this weekend, carpooling from the village Saturday morning at 9:45 a.m. to Joliet, IL where they will tour a smaller off-track betting (OTB) facility run by Inter-Track Partners, the company that has petitioned to build an OTB in Morton Grove.

Angell

llege board in executive session Monday night.

(Continued from page 1)

specifically identified Angell as one of those responsible for attracting them to the village.

Police Station

the stairs in front of the building. Village Manager Mary Kay Morrissey said that a letter should be forthcoming from architectural firm LCM Architects, who inspected the ramp late last year, identifying numerous accessibility violations.

(Continued from page 1)

was available. "We just have design proposals," Morrissey said. "We haven't yet received cost figures."

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Today's Lifestyle

With head on straight, weight simply becomes mind over matter

BY MEREDITH GRENIER
Copley News Service

With 34 pounds lost in 16 weeks, I'm convinced more than ever that aerobic exercise, weight training and good nutrition are the simple keys to becoming trim and fit. Simple, that is, if your head is in the right place, which clearly mine hadn't been for decades. Waiting to become slain by the get-in-shape spirit was sort of like waiting for lightning to strike. I finally had to be proactive and make it happen. Dec. 18, 2003, was the beginning of my new life sans the three C's - chocolate, chardonnay and carbs - along with the F-word: fat. It hasn't been easy, but it hasn't been all that difficult either. The whole secret is just sticking with it - one day at a time.

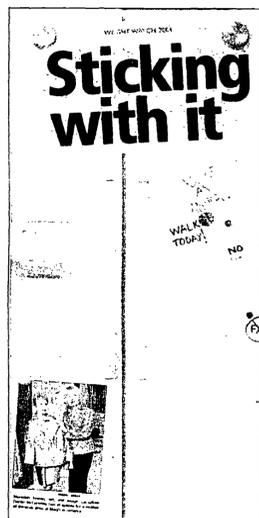
The bottom line is if I can call upon some long-buried reserve to morph into an exercise animal and fit into a size 8 petite melt-down of my former size 14, so can you. This I know because until four months ago I'd spent much of my life as an overfed, under-exercised wimp. Furthermore, I used my elevated age (I might tell you my weight but never my age) as a major cop-out. Today, however, with people in their 70s and 80s running marathons, scuba diving and mountain climbing, getting old is simply out of style - at any age.

When I began this public fat defoliation, my hope was to inspire others. Now the end is in sight. My goal is to lose 6 more pounds by our daughter's May 1, 2004, wedding to make the total loss an even 40, the size of a small pony.

However, the bigger picture - keeping the weight off for life - still looms large. So it was heartening to hear about a study that found that once weight is lost, it can be kept off long term. This contradicts an earlier study by the National Institutes of Health. There are many role models, having lost weight and kept it off, who can serve as inspiration for people to stay on a low-fat/low-carb and exercise program.

Dr. Lynn Coates, an internist from Carson, Calif., lost 35 pounds 2 1/2 years ago. Like me, she went from a size 14 to an 8. She was 50 when she discovered exercise by joining Curves. After six months, she graduated to a gym program five times a week, working out at 5 a.m. Now she's fit and dedicated.

We met at McCommins' on a Friday. Within minutes, she had selected about six possibilities, quickly narrowing down the choices to the best option for the 10 a.m. church wedding - a periwinkle blue silk suit with a knee-length skirt. The jacket has a regal-looking collar and the waist is fitted to show off my figure. Since I haven't trained my brain to consider anything with a



waist, I never would have thought to try this suit on. But she knew it would look right.

I wound up buying the suit and returning a boxier, silver silk suit, saving \$90 in the process. This nearly covered the cost of McCommins' \$50 an hour fee with a two-hour minimum.

While in the dressing room, she taught me which styles to look for in the future and explained the reason.

No long jackets, no double-breasted jackets, no pleated skirts. Colors with a yellow base

are taboo because they make me look washed out. Bright, vivid colors are better.

After trying on a dozen styles and sizes, we concluded that even though I'm 5-foot-4, petite sizes are cut much better for my body than regular sizes. She also concluded when seeing me stripped down that my body type wasn't a "wedge" as she first thought, but an "hourglass." This was a real victory!

Clunky jewelry is OK for short women, she said, but it should be the centerpiece around a plain outfit. Just like our mothers taught us, we don't want to be Christmas trees with baubles on every branch.

Next, she took me to the lingerie department. A former model with 20 years in retail, McCommins is convinced that undergarments are as important to the finished package as what's on the outside.

Bras need to be fitted properly, which is a service that department store saleswomen rarely perform today. And whole-body, form-fitting undergarments, made of modern fabrics, are light years from the old girdles and merry widows of the past. She says with these one-piece forms her clients often need dresses a size smaller.

From there we attacked the shoe department, where she knew immediately the style to look for - a bone or silver sling-back shoe to give a longer, leaner

look to the leg. When she explained why I needed to avoid horizontal lines, it made sense.

Finally, we stopped by the jewelry counter to pick out a necklace in the color and size (for my frame) to match the suit. It's more colorful than I would have chosen with blue stones.

In a single morning with McCommins, all worries about my wedding attire were alleviated, allowing me to concentrate on other details. In truth, part of me was reluctant to give up the creativity of putting together my own outfit. But the savings in time and money, and my trust in her fashion expertise, soon convinced me that I was lucky to have her advice.

Looking back on the six weeks since my last article, I'm heartened that so close to my goal I was still able to lose 10 pounds - these final pounds can be difficult to shed. And Derek, my trainer at Rolling Hills Athletic Club, isn't worried about me dropping a final few pounds. As usual, he's optimistic and retains his sense of humor, even as I announce only a 1 pound loss for Week 16.

You'll get there, Meredith. If not, remember this thought that one of my clients has posted on her refrigerator: "Lord, if I can't be thin. Please let all my friends be fat!"

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BUSINESS

THE BUGLE

It's tax time and filing online is fast and easy

(NUI) - The Internet has changed the way Americans do everything. We shop online, study online, make travel arrangements online and now we even file our tax returns online.

In fact, of the 2003 taxpayers with personal computers at home, more than 14 million of them prepared their own tax returns and filed them online. That represented an 11 percent increase over the previous filing season. Experts expect that figure to rise just as sharply this filing season.

Further, according to IHR Research Group, 73 percent of Americans aged 18 to 30 who have broadband Internet connections filed their income taxes online last year, and 57 percent of them filed in January.

• BENEFITS •
• Convenience: With e-filing, you can file both your federal and state returns at the same time.

• Accuracy: Returns filed online have turned out to be far more

accurate than paper-filed returns. The error rate is less than 1 percent for e-files compared to a 12 percent error rate on paper returns.

• Acknowledgment: You'll no longer have to wonder if your return made it to the Internal Revenue Service on time. Once your return is approved, the IRS sends an acknowledgment within 24 hours.

• Quick returns: If it is directly deposited into your bank account, you can receive your federal refund in about a week. If necessary, refund loans can be obtained just 24 hours after the return has been approved by the IRS.

Keep in mind that completing your tax return online may be more economical than using tax-return software applications. Many applications cost \$30 or more and must be upgraded each year. In addition, separate modules may have to be purchased to accommodate state filing. Many software packages also are complicated and difficult to use.

RE/MAX Northern Illinois sets new annual sales mark with big boost from November results

The RE/MAX Northern Illinois network has set a new record for annual sales, which totaled \$15.9 billion through November 2004 compared to \$15.3 billion for all of 2003.

November was an especially strong month for the regional RE/MAX network. Total closed sales for the month were \$1.25 billion, up 24.6 percent from the same month last year. The number of transactions completed during November rose 14 percent to 4,927.

Home sales accounted for 4,833 (98 percent) of those transactions and \$1.21 billion (97 percent) of the total sales volume.

"We are excited to have another year of record sales assured for our network. Even better news is that the market has returned to the level of activity we were seeing for the first eight months of this year," said Jim Merriam, regional director of RE/MAX Northern Illinois.

"September and October were just a bit slower. I think that in the period after Labor Day, many people were focused on the election and may have held back on completing a home purchase. Then, once the election was over, activity rebounded."

Sales closed by RE/MAX Northern Illinois through the first 11 months of 2004, are 11.17 percent higher than during the same period of 2003. Transactions closed were up 3.9 percent on the same basis.

"The success we've had this year reflects the hard work and strong customer service ethic of nearly 3,800 RE/MAX agents across northern Illinois," said Merriam. "I think we have a great chance to hit the \$17 billion mark in closed sales for all of 2004."

The price of the average home sold by a RE/MAX agent in November was \$250,975, 8.9 percent higher than in November of the prior year. Through the first 11 months of

2004, the average RE/MAX home sales price was \$246,271, which is 6.8 percent higher than in the comparable period of 2003.

RE/MAX offices in Northern Illinois have led the Chicago metropolitan area residential real estate market since 1989. Since 1995, one out of four homes sold in Chicagoland has been listed by RE/MAX, an accomplishment unmatched by any other real estate organization.

The RE/MAX Northern Illinois network consists of 3,800 associates providing residential, relocation and commercial real estate services through 149 individually owned and operated offices throughout the northern one-third of Illinois. The Northern Illinois region is part of the RE/MAX International network, a global real estate system operating in 52 countries. It consists of more than 5,300 independently owned offices that engage 100,000 member sales associates.

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