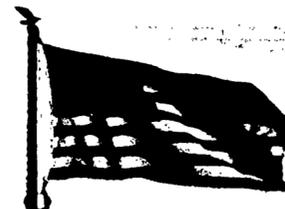


THE BUGLE



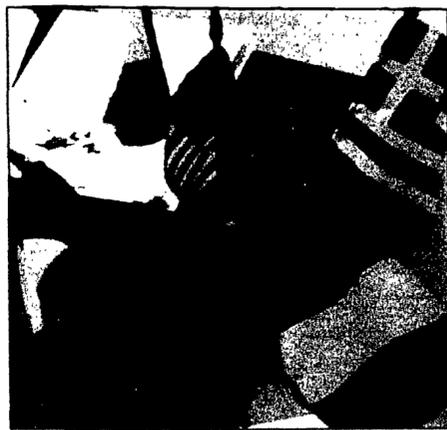
Since 1957

January 20, 2005

Vol. 48 No. 35

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Inside this edition...



What an evening

The Italian Consul-General to Chicago visited Niles last week, page 4.



Delicate Balance

Maine South's Danielle Tourtillott performs in the floor exercise competition at the 25th Viking Invitational at Niles North High School Saturday afternoon, page 15.

Shermer Park sale put on hold

Park could have been former Jewish graveyard

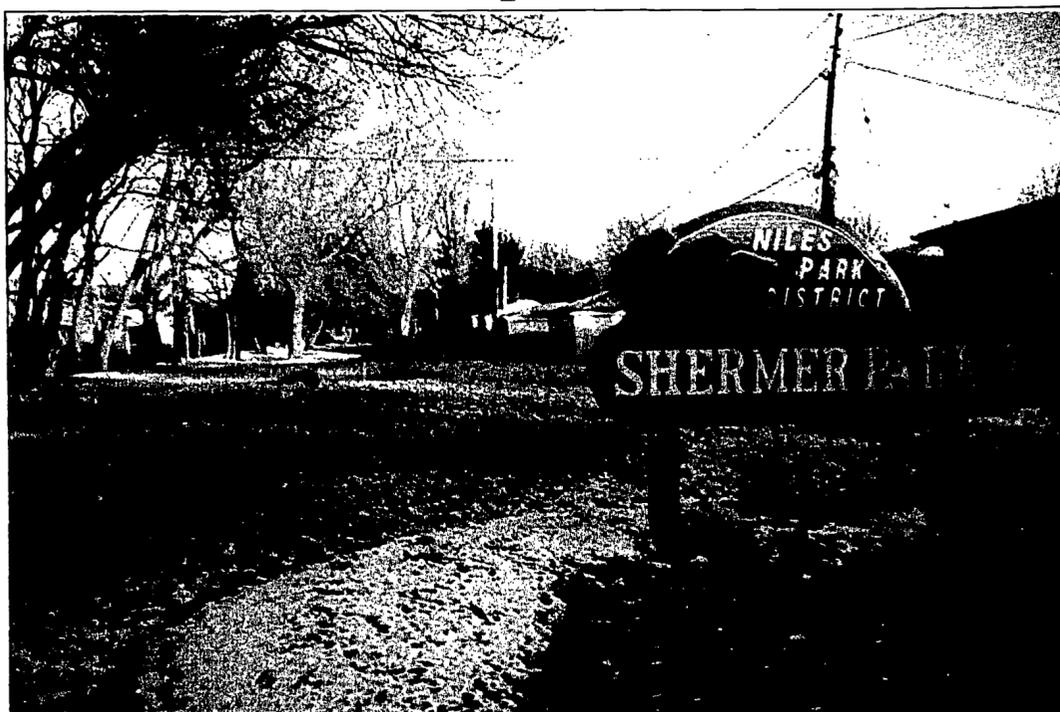
BY ANDREW SCHNEIDER
editor@buglenewspapers.com

The proposed sale of Shermer Park by the Niles Park District has been put on hold while their attorney and attorneys for the Jewish Federation of Metropolitan Chicago work to ascertain whether the park could formerly have been the site of a Jewish cemetery and whether all the remains had been relocated.

Niles Park District Director Joe LoVerde said that the Jewish Federation had some documentation showing that the Park was once part of the neighboring Tov Cemetery and that remains were interred but documentation regarding their removal is uncertain. According to LoVerde, before it was developed, parcels of

Continues...

SHERMER page 7.



A light dusting of snow covered Shermer Park last week. Niles Park District officials would like to sell the park, but the Jewish Federation of Metropolitan Chicago is concerned that there may be graves on the site.

New zoning ordinance for Bunker Hill on the move

A letter was sent last week to residents of the Bunker Hill subdivision in Niles to inform them of a meeting to review a proposed zoning overlay for the residential district on Tuesday, Feb. 1. The overlay ordinance

would set a standard zoning for the area and allow for future renovation of residences. The issue came up late last year as a result of a proposed addition to a home in the subdivision that some neighbors opposed. The village board put a stop

to the addition and directed the staff to develop a separate zoning ordinance for the area that would direct further proposed additions. More than half of the homes in the subdivision are not in compliance with current village zoning regulations

because the area was built before the village had a zoning ordinance in place. The Feb. 1 meeting will be held at 7 p.m. in village hall at Oakton and Waukegan to

Continues...

BUNKER HILL page 2.

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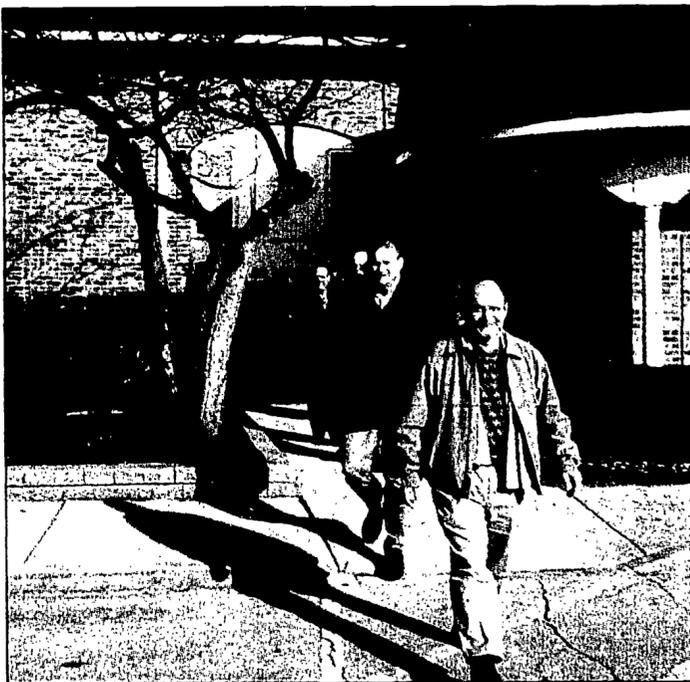
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In the News

- Dick Barton will run for Park Ridge Park Board, pg. 2
- Flooding may slow bridge work at Tam O'Shanter, pg. 3

Senior Living

- Our montly 'Senior Living' section is in the paper this week. Look inside for more news and features.



Off to the Races

Pictured above from the front, Trustees Steve Blonz, Dan Staackmann and Larry Gomberg set out for Joliet Saturday to tour an OTB. The village's Plan Commission made a favorable report on the project Monday, page 3.

Park Ridge residents oppose restaurant at Niles meeting

About 40 Park Ridge residents turned up at last Monday's Niles Zoning Board meeting to oppose a restaurant being planned for the northwest corner of Oakton and Prospect, a site currently occupied by an oil change business. The proposed restaurant, Halloween-themed fast food restaurant, was originally planned for a seating capacity of 60 but they decreased the seating to accommodate a better parking ratio.

The Park Ridge residents, mostly those living on Prospect, and some residents of Niles turned up because they were concerned about the impact the new business would have, not only on their homes, but also on children walking to school at nearby Emerson Middle School. In response, representatives of

Hallowiener agreed to move their driveway north along Prospect further away from the intersection.

Not only residents were in attendance, however, but also Ald. Mike Tinaglia, responding to several calls from his constituents in Park Ridge's neighboring first ward and Ald. Howard Frimark (4th). Both men are running for mayor.

"If the neighbors could have their wish I think they'd want the oil business to stay there," said Tinaglia. "They've been great neighbors."

But, Tinaglia said, the Niles Zoning Board had done its job well and he could see no reason to deny their application.

"It was completely within the Niles zoning ordinance," he said. "I think the Niles Zoning Board handled it well."

NEWS

Bunker Hill

(Continued from page 1)

review the proposed overlay. After residents have had input, the recommendation will go to the zoning Board on Friday, Feb. 11 and then on to the Village Board on Tuesday Feb. 22 if there is a recommendation from the Zoning Board. No details have been sent to the residents at this time, but the village will be delivering some to them before the first meeting.



Officials review gym plans

Niles Park Board members, seated from left, William Terpinas, Jim Hynes and Chuck Barbaglia met recently with Niles Mayor Nick Blase to review plans for the Park District's new multi-purpose gymnasium, under construction near the intersection of Caldwell and Howard.

Barton to run for Park Ridge Park Board

Dick Barton officially announced his candidacy for Park Ridge Park District Commissioner Monday, filing over 200 signatures and other paperwork required to place his name on the April 5 general election ballot. Barton has been a member of the Community Center Citizen's Advisory Council for two years and a resident of Park Ridge for over 15 years.



Dick Barton makes Park Ridge less attractive to future home buyers. I feel the state of our park system distracts from our quality of life. He is also president of a public

relations consulting firm, Barton & Barton, Ltd. based in Park Ridge for the last seven years. In that capacity he works with local clients such as Maine Township, the Pickwick Theatre and Liberty Bank. He is also active in the Chamber of Commerce.

"The Park Board needs to provide stronger, more thoughtful leadership and better direction for the improvement of our facilities and parks," said Barton. "That starts with the basics of better park lighting, cleaner facilities and improved security. Then we can move on to larger projects such as the improvement of the deteriorating conditions at Oakton Pool."

Des Plaines confirms Angell's job offer

Des Plaines City Manager David Niemeyer announced last Thursday that Tim Angell, currently Morton Grove's Community and Economic Development Director, was officially confirmed as Des Plaines' next Deputy Director of Community and Economic Development. Angell worked for Morton Grove for the last four

years. Prior to his time in Morton Grove, Angell worked as the Economic Development Coordinator for the village of Bartlett, a position he took in 1998 after serving as Senior Planner in Planning and Economic Research Division of Lake County's Department of Planning and Development.

Angell will fill a post left vacant after former Economic Development Director Bill Schneider was discharged following a scandal involving the sale of billboards along the Kennedy Expressway in Des Plaines.

Morton Grove officials said that they hope to fill Angell's position within the first third of 2005.

NEWS

Flooding at Tam may slow installation of new bridges

Two bridges need to be replaced in time for Apr. 1 opening

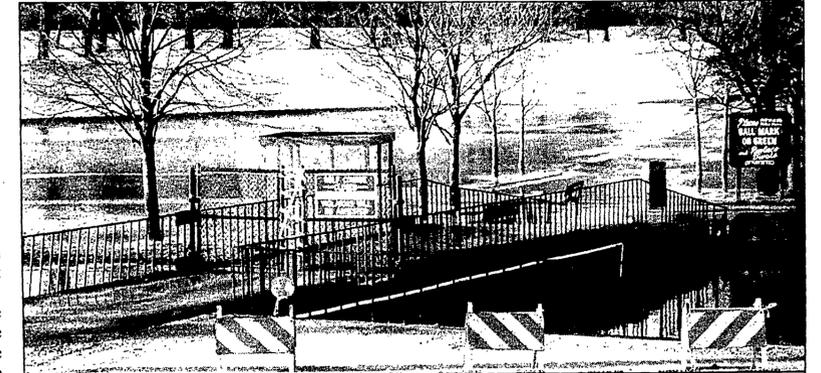
Heavy snow followed by high temperatures caused flooding last week at Tam O'Shanter Golf Course in Niles, possibly delaying the start of work on two bridges over the north branch of the Chicago river that runs through the course.

The bridges were slated to be removed and replaced this year with construction beginning at the end of January. All work must be completed by the contractor Wight & Company by the course's opening day, Apr. 1.

Park District employees worked after the flooding on Friday to remove obstructions under the bridges in the hopes of clearing water that flooded the parking lot almost to its entrance on Howard. Park District Director Joe LoVerde said that he believed the work would be completed on schedule.

Both bridges will cost the District a total of about \$257,000, \$17,000 under the budgeted amount. They are original bridges that were in place when the Park District bought the course over 40 years ago.

The number one bridge will be prefabricated and installed after the abutments are reconstructed. The number nine bridge will come in two pieces with final assembly required on site after its own abutments are completed.



The number one bridge at Tam O'Shanter Golf Course is nearly inundated by floodwaters last week. The melting snow may cause problems with the planned installation of new bridges at the course.

Plan Commission gives nod to OTB

In a 4-1 vote with two commissioners absent the Morton Grove Plan Commission voted Monday night to approve an off-track betting (OTB) facility that has been proposed for the eastern Menards outlet, located at the intersection of Lehigh and Oakton. Ron Farkas, was the only commissioner to vote against the proposal, citing

health and moral concerns. The proposed OTB could bring in as much as \$400,000 a year in tax revenue to the cash-strapped village. Opponents of the proposal filed petitions Monday in an effort to have an advisory referendum put on the April 5 ballot.

Four trustees and two plan commission members visited the

OTB in Joliet run by Inter-Track Partners, the same company behind the proposed Morton Grove OTB. According to Village Manager Ralph Czerwinski their response to the facility was cautiously favorable.

The OTB could be up for a decision by the village board as early as Monday, February 14.

MG resident calls for debates

Morton Grove resident John Thill stood up at the last village board meeting Monday, Jan. 10 and asked the trustees when and if they were planning on holding a debate.

"I'm glad to see there are two parties in Morton Grove," said Thill. "What I would like to know is if they are going to have a debate and if not, why?"

A member of the audience said that Thill was asking the wrong body, that the board of trustees had nothing to do with scheduling debates and that he should contact the local League of Women Voters. However, Village Clerk Marilyn Sneider said that there was no local chapter.

"I just wanted to plant that seed in your minds," Thill said.

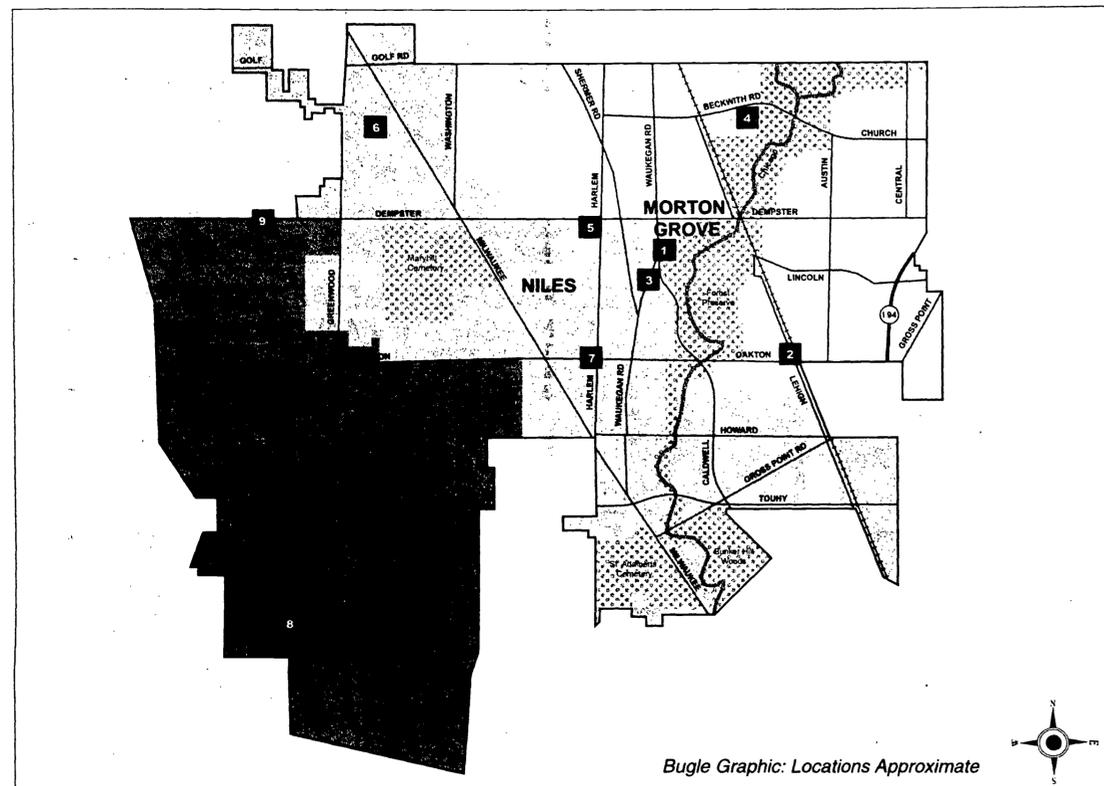
THE BUGLE Staff: Publisher Richard Masterson, Managing Editor Andrew Schneider, Production Manager Rory Scott, Webmaster Gregg Taylor. Contact info: (847) 296-1800 ext. 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25.

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New bins for Maine residents. Maine Township's new garbage program is in its final stage. Distribution of 95-gallon garbage carts is being completed by ARC Disposal to all residents. Here Code Enforcement Officer E.J. Arndt shows Township Collector Audrey Nankervis one of the model units. Nankervis, a resident of the unincorporated area, was involved with a citizen's committee and the passing of a Township ordinance last Fall that provides cheaper, more efficient waste removal for the entire township.

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POLICE BLOTTER



Bugle Graphic: Locations Approximate

the brake, but the truck was still in gear.

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Police were able to obtain a blood sample at the hospital that confirmed the man was driving under the influence and put him under arrest.

The man also was charged with driving with a blood alcohol higher than .08, resisting arrest, failure to yield to an emergency vehicle, disobeying a police officer, damage to village property, operation of an unsafe and uninsured vehicle, and failure to wear a seat belt.

The man has a court date of Feb. 18 in Room 103 at 10:30 a.m. in Skokie.

PARK RIDGE

The following items were taken from official reports of the Park Ridge Police for the week ending January 7 - January 14, 2005.

8 Burglary (900 S. Knight)
A home in the 900 block of S. Knight was burglarized Saturday night Jan. 8. Police said someone forced open a rear door.

9 Criminal trespass (1600 Dempster)
Someone entered an apartment at 1600 Dempster sometime Tuesday Jan. 11 and decided to write on the bathroom mirror. Police said there was no evidence of a forced entry and nothing else was disturbed.

SUMMARY OF CRIME:

Morton Grove	Identity theft-2
Niles	Identity theft-2
Park Ridge	Burglary-1
	Damage to property-1
	Arrests
	Residents-1
	Non-residents-14

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NILES

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Niles police are asking citizens to be on the alert to help solve a series of arsons in the area of Harlem and Dempster. Police said the two fires were started after 10 p.m. December 28, and in both cases an unknown accelerant was used. Anyone having any information is encouraged to call the Niles Crime Stoppers at 1-847-588-6533. You will not be asked to leave your name.

6 Unlawful use of credit cards (Golf Mill)
Niles police made an arrest Friday Jan. 14 to bring to an end a case that started October 31, 2004.

MORTON GROVE

The following items were taken from official reports of the Morton Grove Police Department for the week ending January 14, 2005.

1 Snow Plow Theft (8600 N. Waukegan)

A 45-year-old landscaper who was doing double duty as a snow plow driver told police someone stole his snowplow blade after he detached it from his truck Friday afternoon Jan. 7. The man told police he was plowing the driveway of a public storage company in the 8600 block of Waukegan when his pickup truck broke down. The man told police he disconnected the plow blade and placed it behind a fenced off area that was locked. The man said he had the pickup towed and when he returned Monday Jan. 10 the plow blade was gone. The report does not say if the locked fence was damaged. The man told police the plow blade was valued at \$4,000.

2 Retail theft (6301 Oakton)

A 49-year-old Evanston man was arrested for shoplifting after a security guard at the Menards store in the 6300 block of Oakton told police she observed the man place drill bits and a wire crimping tool in his pocket Monday Jan. 10. The items were valued at \$20.98.

Burglary to vehicle (8400 Lehigh)
More than \$1,500 worth of tools were reported stolen from a work van parked in the lot of a business in the 8400 block of Lehigh Monday Jan. 10. The owner of the 1984 GMC van told police someone forced open a vent window to gain access to the van.

3 Online Identity theft (8500 Waukegan)

A 22-year-old Morton Grove woman told police someone used her credit card information to get another card and make a number of purchases throughout the southwest suburbs for a period of one week. The woman told police she noticed the additional charges after she used her credit card to make a purchase from the Banana Republic website. She said she started to notice purchases in the Hinsdale and Berwyn areas even though she had never been there. Many of the purchases were at gas stations. The woman told police \$350.44 were charged to her account before she noticed the discrepancy.

4 Phony E-Mail leads to fraud (9200 Natchez)

A 24-year-old Morton Grove woman told police someone charged \$3,655 worth of merchandise to her credit card after she provided someone with her credit card number while responding to an e-mail she thought was from Pay Pal, a popular online payment service.

At that time 48-year-old woman told police she lost her wallet and someone used her credit card to purchase \$788 worth of clothing from the Northgate Fashion Store in Golf Mill.

Police contacted the clerk of the store who handled the transaction. The clerk told police the man who made the fraudulent purchase presented an Illinois identification card along with the fraudulent debit card. The clerk told police he made a copy of the ID card and had the transaction of surveillance tape.

On Jan. 14 two Niles police officers stopped the man in the Golf Mill mall and transported him to the Niles Police Department. The man gave police an address in Niles as his residence.

Police said the man admitted to using the woman's credit card to make the fraudulent purchase.

Police were unsuccessful in contacting the woman who moved to California in early November.

The man was released without being charged.

7 Passed out (Harlem and Oakton)

A 26-year-old Skokie man was charged with a number of offenses after police found the man asleep behind the wheel of his pickup truck in the center lane of Oakton just west of the Harlem Ave. intersection about 6:30 a.m. Jan. 15.

According to police they found the man passed out behind the wheel of the truck with his foot on

Shermer

(Continued from page 1)

land throughout the area around Shermer Road in Niles were in use as Jewish Cemeteries. The Tov Cemetery, located off of Waukegan Road in Morton Grove and abutting Shermer Park is the last one.

"They have records from the 1940s and 1950s," said LoVerde, "that indicate the area was dotted with Jewish Cemeteries. We don't know, we weren't around. They're saying that the entire parcel was used as a Jewish Cemetery and can't prove that the remains were removed."

But with the sale put on hold, the Park District and Jewish Federation should have time to work out the issues.

"We're listening to the Jewish Federation," LoVerde said last Friday. "Until we're 100 percent

sure that there is nothing there we are not going to move forward with the sale."

The park's sale was intended to generate revenue for improvements to other Park District facilities. The District's Board was supportive of the idea because Shermer Park is too small for any meaningful programming or recreation, with only two benches and horse-shoe pits.

Shermer Park's shape also makes it ill-suited to recreation; it's only about 50-feet wide and over 200-feet deep, sandwiched between two rows of single-family homes. When discussions started about selling the park, several board members felt that at least part of the lot should be subdivided and sold to those homeowners to supplement their lots.

Now, however, the sale may be postponed indefinitely or cancelled altogether if Jewish Federation and Park District lawyers are not satisfied that all the remains were removed.

"The last thing we want is to desecrate a grave," said LoVerde. "That would be horrible. Number one and most important is that this issue be treated



Gravestones at the Tov Cemetery in Morton Grove about Shermer Park in Niles. The Jewish Federation believes there may be graves located in the Park.

with the highest respect and sensitivity."

The park could be sold, in LoVerde's opinion, if it was part of a cemetery but was never used for burial purposes. If, however, the land was once used for burial, it becomes a more sensitive issue. In that case, the Park District may consider selling Shermer Park to the Jewish Federation with a covenant on the land that would require it to be maintained as an open space.

"We have directed our attorney to continue talks with the Federation to determine whether the Park District could effect a sale based upon a successful and agreed upon claim that the land had been abandoned," said LoVerde, "or whether the Shermer Parcel could be partitioned such that any portion not used for burial purposes could be freely sold."

Settling these questions is important, LoVerde said, because the Park District is receiving calls every week from buyers interested in Shermer Park. But he also said that remaining sensitive to the religious concerns expressed by the Jewish Federation is also important.

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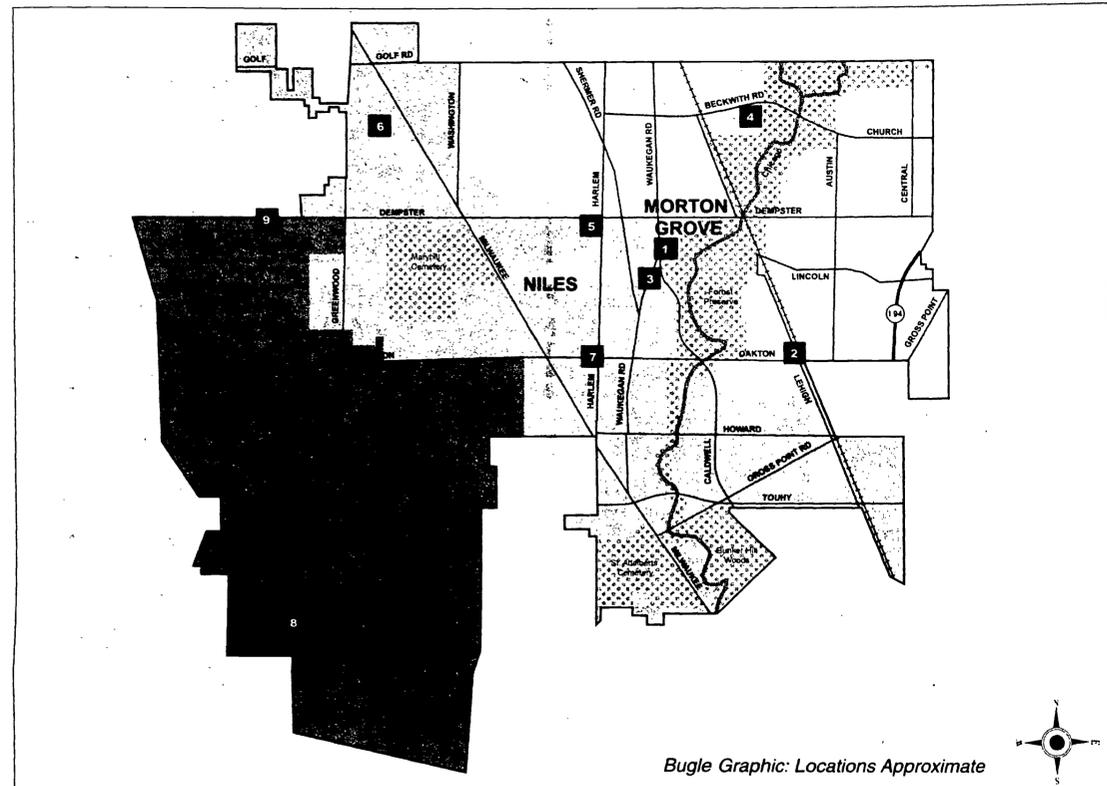
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POLICE BLOTTER



Bugle Graphic: Locations Approximate

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SUMMARY OF CRIME:

Morton Grove

Theft -6

Identity theft-2

Niles

DUI-9

Identity theft-2

Park Ridge

Burglary-1

Damage to property-1

Arrests

Residents-1

Non-residents-14

Shermer

(Continued from page 1)

land throughout the area around Shermer Road in Niles were in use as Jewish Cemeteries. The Tov Cemetery, located off of Waukegan Road in Morton Grove and abutting Shermer Park is the last one.

"They have records from the 1940s and 1950s," said LoVerde, "that indicate the area was dotted with Jewish Cemeteries. We don't know, we weren't around. They're saying that the entire parcel was used as a Jewish Cemetery and can't prove that the remains were removed."

But with the sale put on hold, the Park District and Jewish Federation should have time to work out the issues.

"We're listening to the Jewish Federation," LoVerde said last Friday. "Until we're 100 percent

sure that there is nothing there we are not going to move forward with the sale."

The park's sale was intended to generate revenue for improvements to other Park District facilities. The District's Board was supportive of the idea because Shermer Park is too small for any meaningful programming or recreation, with only two benches and horse-shoe pits.

Shermer Park's shape also makes it ill-suited to recreation; it's only about 50-foot wide and over 200-feet deep, sandwiched between two rows of single-family homes. When discussions started about selling the park, several board members felt that at least part of the lot should be subdivided and sold to those homeowners to supplement their lots.

Now, however, the sale may be postponed indefinitely or cancelled altogether if Jewish Federation and Park District lawyers are not satisfied that all the remains were removed.

"The last thing we want is to desecrate a grave," said LoVerde. "That would be horrible. Number one and most important is that this issue be treated

with the highest respect and sensitivity."

The park could be sold, in LoVerde's opinion, if it was part of a cemetery but was never used for burial purposes. If, however, the land was once used for burial, it becomes a more sensitive issue. In that case, the Park District may consider selling Shermer Park to the Jewish Federation with a covenant on the land that would require it to be maintained as open space.

"We have directed our attorney to continue talks with the Federation to determine whether the Park District could effect a sale based upon a successful and agreed upon claim that the land had been abandoned," said LoVerde, "or whether the Shermer Parcel could be partitioned such that any portion not used for burial purposes could be freely sold."

Settling these questions is important, LoVerde said, because the Park District is receiving calls every week from buyers interested in Shermer Park. But he also said that remaining sensitive to the religious concerns expressed by the Jewish Federation is also important.



Gravestones at the Tov Cemetery in Morton Grove about Shermer Park in Niles. The Jewish Federation believes there may be graves located in the Park.

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SENIORS

Upcoming Informational Events

**Alzheimer's Support Group,
Friday, January 21**

The Alzheimer's Support Group will meet Friday, January 21, 2005 from 1:30 to 2:30 pm at Bethany Terrace Nursing Centre, 8425 N. Waukegan Road, Morton Grove, IL 60053 in the Forest View Center. Everyone is welcome.

Please feel free to call Mary Anne O'Brien at 847-965-8100, Ext. 229

**Financial Planning:
Wednesday, February 23**

"Want a better understanding of retirement planning? Please join us on Wednesday, February 23, 2005 at 2:30 p.m. at The Abington of Glenview. Sanjay Arora, MBA, Financial Representative from the McTigue Financial Group will address funding for your retirement, social security issues and when you should start saving. Learning how a solid plan,

periodically refined and updated, can help you achieve your financial goals.

Everyone is welcome and Admission is free. Reservations are required, please call Darren Loveless at 847-729-0000 extension 122.

The Abington of Glenview, Skilled Nursing & Rehabilitation Facility/Outpatient Therapy Services, 3901 Glenview Road, Glenview, IL 60025

Maine Township announces
Veteran's Assistance Program

Veterans living in Maine Township are now able to get assistance with the preparation and filing of forms and other paperwork for the Veterans Administration (VA). Staff from the Township's General Assistance Department has completed special training.

"As a veteran myself, I can appreciate how nice it will be to get some help with the variety of paperwork required by the VA," says Supervisor Bob Dudycz. "Our staff has undergone the extensive VA training so that we can start offering this service. We are especially proud of John Ulrey and Diane Franzen for taking on these duties."

He added the VA has many wonderful programs for veterans and now with the township's help more of them may be accessible to local residents who qualify.

There was no convenient center for VA requests so we happily undertook this task with no increase in staff or taxes, Dudycz said. He added, "Our vets need our support".

For assistance or further information, call 1-847-297-2510, ext. 236.

**Maine Township
Senior News****MaineStreamers Announce
New Winter
Senior Activities and Classes**

The following are some of the new classes, events, and activities available through MaineStreamers, the social senior organization of Maine Township. For further information on free membership or any of these events, call 1-847-297-2510.

**COMPUTER WORKSHOP
"Security and Your Computer"
Wednesday, February 2
3 p.m. to 4:30 p.m.
Cost: \$10 - Registration
Required
Presenter: Lee Huber**

Worried about viruses, worms and Trojan Horses on your PC? Attend this workshop and get the latest information on how to keep these malicious files from slowing down your computer or, even worse, wiping out your files.

**RULES OF THE ROAD
CLASS**

Thursday, February 17
1:30 to 3 p.m.
Instructor: Stan London
No Charge - Registration
Required

Need to renew your drivers license? If so, plan on attending this Secretary of State refresher course that prepares you for the written exam. Next Class: April 14th.

**Maine Township
MaineStreamers Seek
Residents 90 Years and older**

A special event will be held during the month of May for any resident 90 years of age and older. If you meet these requirements please call the MaineStreamers at 1-847-297-2510 and register to receive a special invitation for this wonderful event.

**Income Tax Appointments are
available**

Any Maine Township resident 55 and older can receive free income tax assistance through the cooperative efforts of AARP Tax Aide Program and volunteers for the Township. To schedule an appointment call the MaineStreamers at 1-847-297-2510.

Day Trips

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

**"BACKSTAGE AT THE
OPERA" TRIP**

Chicago, Illinois
Sunday February 27
10:30 a.m. to 5 p.m.
Cost: \$68 members/\$73 guest

Go backstage at Lyric Opera of Chicago and get a behind-the-scenes look at the magic of one of today's premier international opera companies. The Backstage Tour will show you what it takes to produce truly grand opera, and will reveal the magnificence of the Civic Opera House, from its Art-Deco splendor in the grand foyer to the impressive main stage- at 14 stories, the world's tallest.

To complete your visit, enjoy a light box lunch provided by a Chicago favorite, Ann Sather Restaurant. Order either a Roasted Vegetable Salad or a Chicken Breast Sandwich. Both options include Fresh Fruit, Dessert and Beverage. So, come enjoy this very interesting tour of the Lyric Opera. Trip departs from the State of Illinois Building, 9511 Harrison St. in Des Plaines.

Terrace Suites

THE PERFECT ALTERNATIVE



The privacy seniors cherish with the safety net of licensed nursing care available around the clock. A new program for older adults at Bethany Terrace Nursing Centre, the Suites are accessible through a separate entrance in the main lobby.

EACH SUITE FEATURES:

- Private bath with walk-in shower
- Fully furnished
- Television with VCR and DVD player
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available within the Terrace Suites. While our Terrace Suites program is new, we at Bethany Terrace have been providing excellent, comprehensive nursing care to seniors on the North Shore since 1965.

TERRACE SUITES' MANY OTHER AMENITIES:

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- Internet access
- Gardens and walking paths
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SENIORS

Palliative Care Center Opens an Office in Norwood Park

New office will employ top personnel

Palliative Care Center & Hospice of the North Shore (PCCHNS), Chicago's largest nonprofit hospice and palliative care organization, will host an open house from 11 a.m. to 7 p.m. on Thursday, February 3 to introduce its new Norwood Park regional office and the team of physicians, nurses, therapists, chaplains and volunteer-savable to serve patients and families from these communities. The new office is located at 6133 North Northwest Highway in Chicago.

PCCHNS has served families in Norwood Park, Edison Park, Park Ridge, Des Plaines and Chicago south to Oak Street and other surrounding communities for many years. But recently, the demand for compassionate, medically advanced and supportive palliative and hospice care for chronically ill and dying patients in the area has increased substantially and led PCCHNS to establish an

office dedicated to serving families in the area.

About the Norwood Park Office and Care Team

The Norwood Park office currently serves 50 patients each day in hospice and other programs. Park Ridge resident Suzanne Delaney is the Norwood Park office's regional director. She is a Registered Nurse certified in gerontology with a BS in Health Arts and is working toward her MS in Health Services Administration. Delaney oversees the region's interdisciplinary team that includes: chaplain Willy Abraham, who lives in Des Plaines; social workers Brian Berger and Leslie Beckett of Chicago; clinical coordinator Diane Kane of Chicago; three RNs, Carrie Grochowski and Maureen Cuttone both of Chicago, and Roberta Naegle of Niles; and four certified nurses aides Evelyn Nzima, Beverly Davis, and Marlene Encarnacion of Chicago, and Vlasta Budisa of Niles; and

Administrative Assistant Diane Pisarek of Schaumburg. Dr. Alan Rosen, a Highland Park resident, is the Medical Director.

Bereavement counselors from PCCHNS' Evanston headquarters are called into counsel families as needed, as are its Jewish Care Services staff, music-thanatologists and music therapist. Volunteers are also a crucial part of the interdisciplinary approach to hospice care. PCCHNS currently have several volunteers who live in the area, but hopes to recruit additional volunteers.

The office serves all of the following zip codes: 60016, 60017, 60018, 60029, 60053, 60068, 60106, 60131, 60164, 60171, 60176, 60630, 60631, 60634, 60638, 60639, 60641, 60646, 60656, 60666, 60706 and 60714.

Families with a loved one who can benefit from palliative or hospice care can call the office at (800) 331-5484.

Golf Mill Offers 'Club Noggin'

Parents, grandparents can have fun with kids

Golf Mill Shopping Center presents Club NOGGIN, an interactive educational experience for young children on Wednesday, January 26 at 11am. Developed by NOGGIN, the educational TV channel and website for preschoolers, Club NOGGIN invites parents and caregivers to bring their young children (3-6 years) to the mall for a FREE, 55-minute session where kids can play educational games and participate in large and small group activities supervised by trained activity leaders.

"Golf Mill Shopping Center is proud to be one of the three General Growth malls in the Chicago area to offer Club NOGGIN and enhance educational opportunities for children," said Pat Pierce, Marketing Director of Golf Mill. "NOGGIN's educational content combined with our

kids' club format provides a unique opportunity for children and their caregivers on a regular basis."

NOGGIN and Golf Mill have created a safe and educational format for the clubs that complement the network's curricular framework and on-air programming. Each club session will include interactive songs, video clips, games and hands-on activity stations. Each month, the club will feature a different NOGGIN character, helping to attract kids to the club again and again. The activity stations will offer kids a fun and engaging way to use their hands and minds. Parents will remain in the club area until the club session has been completed.

The partnership between GGP and NOGGIN reinforces the commitment by both companies to provide an unparalleled experience for customers.

Parents and care-givers interested in joining Club NOGGIN need to call Golf Mill Shopping Center at (847) 699-9440 to reserve space for the January 26 program; the club is limited to 50 children per monthly program.

Love to have
you join us!

Celebrate our
Valentine's Day Open House
with submarine sandwiches and
Baker's Square pie!

Wednesday, February 9
2:30 p.m. - 4:00 p.m.

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SENIORS

Niles
Senior News

NSC Highlights

For a detailed description of programs & activities, or to ask about membership requirements, please check the Naturally Active Program Guides or call the Niles Senior Center at 588-8420.

You can also visit us at the Village of Niles online at www.vniles.com.

JANUARY REGISTRATION

In-Person Registration began 8:30am, Wed., Jan. 12th - Call for

Morton Grove
Senior News

Contact: Bud Swanson, Family & Senior Services, 847/663-6110
January 17, 2005

HARRAH'S CASINO

The Morton Grove Senior Center's trip to Harrah's Casino scheduled for Monday, Jan. 31 has been cancelled due to insufficient pre-registrations. Please call the Morton Grove Senior Center at 847/663-6127 for more information.

CHOLESTEROL SCREENING

The Morton Grove Senior Center's monthly Cholesterol Screening will be held at 9 a.m. on Wednesday, Feb. 2. Swedish Covenant Hospital will administer the screening, which provides a full lipid profile including total cholesterol, HDL, LDL and triglycerides. Results will be available within seven working days. Reservations are required by calling the Morton Grove Senior Hot Line at 847/470-5223. Fasting for 12 hours is also required but water and medications are allowed. The cost is \$10 for residents age 65+ and \$12 for non-residents and residents under age 65.

INCOME TAX RETURNS

On Mondays, Wednesdays and Fridays starting Feb. 7 at the Morton Grove Senior Center, income tax return assistance is available free of charge for Morton Grove residents age 60+ and who have low or moderate incomes that can be reported on basic IRS forms. Call the Senior Hot Line at 847/470-5223 for a personal appointment at the Senior Center. Bring in the W-2, Social Security (SSA-1099), 1098 and 1099 forms received in the mail along with a copy of the 2003 tax returns.

"ONE OF A KIND CAREGIVER & CAREGIVING" LECTURE

Don Slovin, a caretaker of his ailing wife for 12 years will present this uplifting seminar on care taking and long-term care insurance start-

availability.

MAKE YOUR TAX APPOINTMENT NOW

Beginning in February, Niles Senior Center will again offer FREE tax preparation assistance to qualified seniors. To make your appointment for the coming tax season, call the Niles Senior Center (847 588-8420) between the hours of 9:00AM and 3:00PM Monday through Friday. Appointments are required - sorry NO WALK-INS! RENEW YOUR CIRCUIT BREAKER!

If you are getting your prescription coverage through the Illinois Circuit Breaker or Senior Care,

ing at 1:30 p.m. on Monday Feb. 7 in the Morton Grove Senior Center. He will discuss the different types of long term care insurance as well as the cost, benefits, and support provided by these companies. Please register for this free program by calling the Morton Grove Senior Hot Line at 847/470-5223.

"ACT IN TIME TO HEART ATTACK SIGNS" LECTURE

February is "American Heart Month" so this free lecture at 10:30 a.m. on Wednesday, Feb. 16 in the Morton Grove Senior Center should be very timely. Topics covered will include:

the function of the heart, heart attack warning signs, risk factors for heart disease, and the importance of quick treatment when heart pain begins. Marianne Long, RN, Morton Grove Village Nurse, will be the featured speaker and although there is no charge, those interested in attending should register by calling the Morton Grove Senior Hot Line at 847/470-5223.

"FULL MOON IN BLUE WATER" MOVIE

Down and out coastal Texas bar owner, Gene Hackman gets moral and financial support from a good-hearted bus driver (Teri Garr) in this entertaining film, also starring Burgess Meredith, to be shown at 1:30 p.m. on Wednesday, Feb. 16 in the Morton Grove Senior Center. The cost for the show is only \$.50. Please register in person at the Senior Center.

AARP MATURE DRIVING PROGRAM

AARP's "Mature Driving Program" formerly known as "55 Alive" is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Senior Center will

please remember it MUST BE RENEWED every year. To avoid a lapse in your coverage, renew before the end of March. The Illinois Circuit Breaker is open to Illinois Seniors, age 65 and older or persons with disabilities (restrictions apply). Household income restrictions are as follows: A one-person household income cannot exceed \$21, 218; A two-person household income is limited to \$28, 480; A three or more household income cannot exceed \$35,740. Please call for more information about these programs.

RENEW SENIOR FREEZE NOW! Renewal applications have been mailed out to Senior Freeze partici-

pants. Renewal forms are due by February 23. Please remember that you MUST RENEW your Freeze application every year, and it must be notarized. To qualify, your 2003 income cannot exceed \$45,000. Please call for an appointment. NEW APPLICATIONS for the Freeze will be accepted at a later date. For more information, please contact the Niles Senior Center at 847 588-8420.

Informational Meeting & Registration for Washington DC Trip, Feb. 10th 10:00AM

Join us on Thursday, February 10th at 10:00AM as we share the details of our exciting trip to Washington

D.C. This is a three day air tour trip, departing Saturday, May 14th and returning Monday, May 16th. Sign up will begin after the meeting. Cost \$495 includes airfare. TRIP to 2005 AUTO SHOW & LAWRY'S STEAKHOUSE - Thurs., Feb. 17th \$38 First we'll enjoy fabulous lunch at Lawry's with a choice of entrée: luncheon cut prime rib or salmon served with delicious side dishes and dessert. Then we're off to the 2005 Auto Show. Have an opportunity to view over 1,000 vehicles! The \$38 cost includes transportation, lunch, and Auto Show admission. (Now open to non-resident friends.)

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SENIORS

Seniors:

Don't Overlook Your Changing Sleep Needs

(NUI) - Many seniors are becoming all too familiar with the "tired" part of "retired." While many anticipated a new and more relaxing chapter in their lives in retirement, some are finding that a good night's rest is more and more difficult to obtain.

The culprit might be more than noisy grandkids. Experts say it might be the quality of their mattresses.

"Retirees are usually very cost-conscious," said Arthur Grehan, executive director of the American Innerspring Manufacturers, a nonprofit trade group that provides free information on restful sleep and sleep surfaces. "That leads many of them to try and squeeze a few more years out of a 10-, 15-, or even 20-year-old mattress. It's a recipe for sleepless nights ... and a not-so-restful retirement."

Grehan is not alone in his concern about the sleep patterns of retirees. Dr. Neal Aguiard, director of the

Methodist University Hospital Sleep Disorder Center in Memphis, Tenn., says that a good night's sleep is vitally important to seniors.

"They need more time in bed, and they need more sleep overall than younger people," he said. A lack of adequate sleep, Aguiard said, can trigger a downward spiral in activity levels.

"An older person who is not getting enough sleep, they're going to have less stamina, they're going to have less energy, they're going to do less," he said.

In an effort to turn the tide, AIM offers a number of tips for seniors, including the following:

* Out with the old. There's nothing nostalgic about an old mattress. A new mattress should be purchased every 8 to 10 years.

* Don't break up a good pair. When it's time to get rid of an

old mattress, the same is true for the boxspring. Always replace them both.

* Avoid the fads. Besides healthy firmness, innerspring mattresses have something trendy new sleep surfaces don't: the benefit of years of research and testing. Sturdy, well-made mattresses have been through years more rigorous testing than novelty sleep surfaces like waterbeds, foam mattresses, and airbeds.

* Buy size. You'll be shocked at the difference a little room can make. The industry typically recommends a double bed for one person and a queen or larger for two.

To learn more, or to request a free copy of "Rate Your Home for Retirement," a quiz that walks seniors through each room of their home and allows them to score it on ease-of-use and restfulness, call AIM at 1-800-TUCK-ME-IN or log on to www.aiminfo.org.

Three Keys to Help Ease Joint Pain

(NUI) - Back in the late 1990s, more than 40 million Americans suffered from arthritis - the painful, often debilitating disease that can affect every joint in the body.

As baby boomers age and the elderly are living longer, the number of people who have arthritis is rising.

Today, a recent study by the Centers for Disease Control and Prevention notes an alarming increase. In just over five years, the study states that 70 million Americans (or one in three people) wake up with joint pain radiating from their back, knees, knuckles or elbows.

Although arthritis knows no gender or age group, older individuals seem to be prime candidates for the disease for reasons ranging from loss of bone density or bone mass to lack of flexibility.

In addition, there is a misperception among the older generation that exercising will aggravate already aching joints. On the contrary, remaining active, especially for seniors, is one of the most important things that can be done to prevent or, at the very least, manage the pain associated with arthritis.

So whether you are interested in

minimizing the effects of the disease or simply reducing your risk, use these tips as a basic guideline:

* Maintain an appropriate weight. Extra pounds add unnecessary strain to the joints, so it is important to find out what weight is right for you.

* Exercise to maintain fitness and flexibility. Remaining active - whether that means keeping your Sunday golf date or simply rooting around in your garden - is key to limiting the impact that arthritis can have over your life. Should you have a particularly grueling workout, try over-the-counter medications such as Absorbine Jr. The company - which started back in 1892 manufacturing a horse liniment - currently has a new pain-relieving patch that can be worn under clothing without the medicinal smell associated with other topical treatments.

* Seek early diagnosis. Consulting your doctor whenever you experience joint pain is essential to preventing joint damage and ensuring that you can continue with an active life.

For more information about pain relief and Absorbine Jr., log on to www.absorbine.com.

Walk Your Way to Good Health

(NUI) - A thousand dollars for a treadmill. Fifty dollars a month for a gym membership. Is there a way to lose weight without losing your money, too?

The answer lies right at your feet: walking.

"Walking is just about the best health bargain around - fun, easy and absolutely free," said Dr. Lloyd Smith, president of the American Podiatric Medical Association.

Walking for exercise is safe, easy and inexpensive and requires little athletic skill. Physicians say walking can help you strengthen your heart and lungs, improve circulation, boost your metabolism, improve muscle tone and reduce stress and tension. A brisk walk can burn up to 100 calories per mile, and if you walk at a brisk pace for a half-hour three or four times a week, you can lose about 10 pounds a year.

Walking is not strenuous and has few health risks. However, you should consult a physician if you are over 60 years old, have a disease or disability or are taking medication.

A checkup also is recommended if you are substantially overweight, easily fatigued, an excessive smoker or have been physically inactive for a long period of time.

Ready to get started? A podiatrist

can help you plan a walking regimen. Here are some tips from the APMA on how to get the most out of your walking routine.

* Stretch. Stretching before and after your walk helps you improve circulation and decrease buildup of lactic acid, a chemical byproduct that causes muscles to ache.

* Start off slowly. Gradually increase the distance, time and pace of your walking workout. You run the risk of injury if you walk too far or too fast too soon. If you are just starting a regular walking regimen, stay on flat surfaces, avoiding excessively big hills and embanked roadways.

* Move at a steady pace. Walk fast enough to speed up your heartbeat and breathe deeply. Make sure to walk with your head up, your back straight and your abdomen flat. As you walk, land on the heel of your foot and roll forward to push off on the ball of your foot.

* Stay hydrated. Drink plenty of water before and after your walk.

* Wear the proper footwear. Podiatrists recommend lightweight walking shoes with breathable materials and adequate support and flexibility. Wear thick, absorbent socks made of acrylic fiber.

For more walking tips, visit www.apma.org.



In Touch With the Care Needs of Your Community

We have served Norwood Park, Edison Park, Park Ridge, Des Plaines, Chicago south to Oak Street and surrounding communities for many years. In response to an increasing need for services, we have established a new regional office in Chicago's Norwood Park neighborhood from which a dedicated team of physicians, nurses, therapists, chaplains and volunteers can care for seriously ill patients and their families in these communities.

Call (800) 331-5484 or visit www.carecenter.org to find out how we support and care for patients and their families.

 Palliative CareCenter
& Hospice of the North Shore

Stop by our Open House! Thursday, February 3, 2005
11 a.m. - 7 p.m., 6133 N. Northwest Highway, Chicago
To RSVP, call (847) 556-1995.

SENIORS

Park Ridge Senior News

GEORGE GERSHWIN ALONE

On Sunday, February 20, the Park Ridge Senior Center is planning a trip to see George Gershwin Alone at the Royal Gorge Theater. The trip leaves at 1:30 and no meal is included. The show begins at 3:00pm and return is immediately after the show.

If you enjoy the music of George Gershwin you surely will enjoy this presentation by Hershey Felder. He brings to life the spirit and talent of

America's great composer and pianist in this thrilling stage production. For the first time in history the character of George Gershwin is created on the stage as you are led through the fascinating rhythms of Gershwin's music and tragically short life. Reservations are required and the charge is \$63.00 for the theater ticket and transportation.

GENEALOGY

Have you ever thought you family history was a mystery? Why not join the genealogy group as they research the questions of ancestral past. You may get the answers of your family's

travel to and settling in the New World. You may learn about their early lives and other particulars of their past.

One group member has shared letters dating back to the Civil War. This was not just something read in a history book, it became a real connection to the past. Not all are fortunate to have such a treasure. In fact some have run into the "brick wall" in connecting two generations, but the search will continue because somewhere, somehow there will be a break through.

The genealogy group meets the second Monday of the month at

10:00am, the next meeting being February 15. The group can help you get started, showing you the resources you have to trace your family history.

WOMEN'S CLUB

The next meeting of the Park Ridge Senior Center Women's Club is Monday, February 28. This meeting will be a "turn-about" day. Ladies will be asking the gents to attend the lunch and program with them. So guys, be prepared to say "yes."

Lunch is at 12:30 and will include lasagna, tossed salad with Italian dressing and fresh baked garlic rolls.

After lunch will be a real treat when Mary Anne Burkhalter performs her "Tribute to Mae West." She has portrayed Mae West across the country for nine years, and brings rare songs and material to the show. The comedy does not stop at the stage lights but carries over into the audience where she performs her unique brand of walk around humor with patrons and even involves them in on-stage comedic skits. This will be a show you won't want to miss.

Of course, reservations are required made according to current registration policy. The charge is \$8.50 for the lunch and entertainment.

MG Seniors

(Continued from page 12)

the Morton Grove Senior Center for this totally free trip at 10:30 a.m. and returns at 2 p.m. on Tuesday, March 1. Please register by calling the Morton Grove Senior Hot Line at 847/470-5223.

ITALIAN FEST 2005- AN AFTER-NOON IN ROMA

There's a little bit of Italian in everyone!! Come and celebrate the tastes and sounds of Italy while enjoying the majestic and Romanesque beauty of the Alta Villa in Addison, IL on Tuesday, March 8. Dine on a fantastic four-course Italian meal and listen to live musical entertainment as the Italian classics come to life!! Included in this afternoon will be transportation, show, lunch of minestrone soup, Alta Villa's famous pizza bread, succulent chicken parmigiana, mostaccioli, tasty cannoli, and a complimentary glass of wine. The bus leaves the Morton Grove Senior Center at 10:30 a.m. and returns at 4 p.m. The cost for the entire trip is \$58 for Senior Center Members and \$66 for non-members. Please register in person at the Senior Center before the Feb. 9 deadline.

MAINE EAST HIGH SCHOOL FINE ARTS

Maine East High School invites seniors to join in on numerous free school productions to be performed during the coming weeks. For details call the school at 847/825-4484 (Maine East). The events include: Art Exhibit at 7 p.m. on Wednesday, March 9. Musical Matinee: "Joseph and the Amazing Technicolor Dreamcoat on Thursday, March 10.

BLOOMIN' CRUISE

Join seniors from the Morton Grove Senior Center as they head to Navy Pier for the 2005 Flower and Garden Show on Wednesday, March 16. The morning will start out aboard the Spirit of Chicago Cruise Ship. Enjoy a two-hour full lunch buffet and cruise on Lake Michigan. During the cruise there will be a

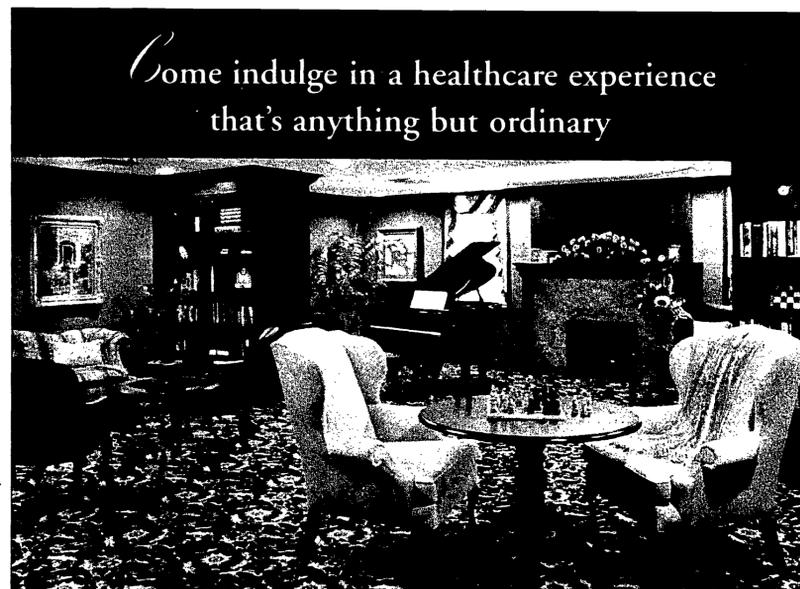
Professional Garden Demonstration. Then, travelers will head inside Navy Pier for the beautiful Flower and Garden Show. Included in this trip: transportation, luncheon buffet, cabaret show, professional garden demonstration, and admission to the Navy Pier Flower and Garden Show. The bus leaves the Morton Grove Senior Center at 9 a.m. and returns at 4 p.m. The cost for the entire trip is \$72 for Senior Center Members and \$82 for non-members. Please register in person at the Senior Center before the Feb. 15 deadline.

2005 MEMBERSHIP RENEWAL

Morton Grove Senior Center Members can begin renewing their Memberships for 2005 Monday through Friday from 9 a.m. to 12 at the Senior Center, 6140 Dempster Street. An individual Morton Grove resident who registers for 2005 and pays the annual rate of \$15.00 will enjoy: The annual Members-Only party. A 15% discount on all Senior Center trips and classes. Three issues of the Travelin' Times newsletter. Passage on the Seniortran bus. Six issues of the Seniors in Morton Grove newsletter. Diabetes screenings. Usage of computers in the Senior Center Library. A personalized identification card. The annual fee for a married resident couple is \$25. The annual fee for an individual non-resident is \$25. The annual fee for a married non-resident couple is \$40. For more information call the Morton Grove Senior Hot Line at 847/470-5223.

POSTAL CARRIER WATCH

U.S. postal carriers in Morton Grove provide a watch service of the homes of disabled or senior citizen residents. Since the carriers are regular visitors to each home, they can maintain surveillance of any mail accumulation in the mailbox. For information about applying for the Postal Carrier Watch program call the Morton Grove Senior Hot Line at 847/470-5223.



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SPORTS

Maine East's Orozco Wins All Around

Team Takes Fifth in Niles North Invite

BY MIKE SANTORO
msantoro@buglenewspapers.com

Two time state qualifier Ursula Orozco has had a good record at the Niles North Invite. In 2002, the then freshman Orozco, won the floor and vault competition to take the All Around with a score of 33.90. Now as a senior, Orozco improved her score to 35.65, placing her top 3 all time for the meet.

Orozco dominated the twelve team event, appearing in the top five in all four events. She placed fourth in

both the uneven bars and the balance beam with a score of 8.3 in each. Orozco secured second with a 9.45 in vault and set the meet record in the floor exercise with an electrifying routine that scored a 9.6.

Orozco's closest competition, Emma Kass, of Evanston was a full two points behind in the all around with a 33.5.

The rest of the Maine East team performed strong enough to take fifth in the team competition with a score of 90.0. Riverside Brookfield (95.325) took the top spot in the team

Continues...

OROZCO page 16.



At left: Maine South's Carolyn Olson completes her floor exercise routine at the 25th Annual Viking Invitational at Niles North High School Saturday afternoon Jan.15, 2005.

At right: Maine South's Sara Garofalo begins the tumbling portion of her floor exercise routine

Photos by Allen Kaleta



BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones
Time-tested Investment Strategies for 2005

As an investor, you've got a lot of questions. How will the markets do in 2005? Will the economy prosper? Where will interest rates go? These issues are not meaningless - but if you really want to work toward achieving long-term investment success, you'll look past short-term factors and follow some "time-tested" investment strategies. Here are some techniques to consider:

Stick with your investment plan - If you adjust your investment plan, do it for the right reasons, such as a change in the long-term outlook for one of your investments or the realization that an investment no longer meets your goals.

Diversify and rebalance - By spreading your money among a variety of investments that may rise and fall at different times, you'll avoid taking those big "hits" that may affect just one asset class. You may also need to "rebalance" your holdings occasionally to make sure the percentages of your portfolio taken up by different assets still fit your risk tolerance and time horizon.

Reduce the size of an investment that's too large - If you put a large amount of money in a single stock, for example, you are taking a substantial risk. With the capital gains rate now at a maximum of just 15 percent, you have a good opportunity to sell off shares of a stock and help diversify your portfolio. Having too much in one investment is a risk that may not be worth taking.

Keep investing - Although past performance is no guarantee, over the long term, stocks have significantly outperformed all other asset classes. So, keep investing in high-quality stocks and don't get dissuaded by short-term "bumps" along the way.

Look for rising income opportunities - To boost your investment income, consider buying stocks that have historically increased their dividend payouts. And dividends are now even more attractive, because they are

taxed at a maximum rate of just 15 percent. (Keep in mind, though, that stocks are not fixed-income investments and may not pay dividends.)

Don't forget "growth-and-income" - Many investors are attracted to the potentially high returns of "growth" and "aggressive growth" stocks. But there's almost certainly a place in your portfolio for good, solid "growth-and-income" investments, which provide opportunities for capital appreciation and current income.

Limit exposure to risky investments - Be cautious about investing in emerging markets, "junk" bonds, technology stocks and commodities such as oil and gold. Before adding these volatile investments to your portfolio, consult with a financial professional who knows your needs and risk tolerance.

Build a "bond ladder" - By building a "ladder" consisting of bonds of varying maturities, you can help to protect yourself in all interest-rate environments. When market rates are low, you'll have your high-rate, long-term bonds working for you. Then, if rates rise, you can reinvest the proceeds of your short-term bonds into new bonds issued at the higher rates.

Reinvest, reinvest, reinvest - If your investments generate dividends or interest that you don't need to meet monthly expenses, consider reinvesting that income to put the power of compounding to work.

Follow principles, not predictions - No one can predict with total accuracy what 2005 - or future years - will bring to the financial markets. So, stick with the investment principles that never go out of fashion, such as diversification, investing in quality and maintaining a long-term perspective.

By following these 10 basic strategies, you can help yourself make steady progress toward your financial goals in 2005 - and beyond.

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

Bowling Scores

Niles Senior Men Bowling League 1-12-05

TEAM STANDING	W	L
#3 Semko	7	0
#1 Seasons Hospice	7	0
#10 Skaja #1	7	0
#15 Heatmasters	7	0
#17 Tram Car	5	2
#18 Skaja #2	5	2
#13 Alliance	5	2
#14 RE MAX	5	2
#6 Colonial #1	4	3
#9 Miners	4	3
#20 Northshore	3	4
#8 Dr. Bello	3	4
#4 FDR Post	2	5
#16 Malec	2	5
#7 J.F.Barber	2	5
#11 Colonial #2	2	5
#12 Candle Light	0	7
#5 Minellie	0	7
#19 State Farm	0	7
#2 Callero-Catino	0	7

CATHOLIC WOMEN'S BOWLING LEAGUE
January 12, 2005

Candlelight Jewelers	Pts. won/7/Pts. lost 0
Niles Dairy Queen	Pts. won 7/Pts. lost 0
Biejinski and Bono Dental	Pts. won 5/Pts. lost 2
NorthSide Community Bank	Pts. won 2/Pts. lost 5
Classic Bowl	Pts. won 0/Pts. lost 7
Skaja Terrace Funeral Home	Pts. won 0/Pts. lost 7

"HOT SHOTS"

Ken Daluga	612
Joe Sapienza	602
Dan Stojek	595
Sam Buscemi	586
Vince Weber	574
Sy Thornhill	561
Harry Doleschal	551

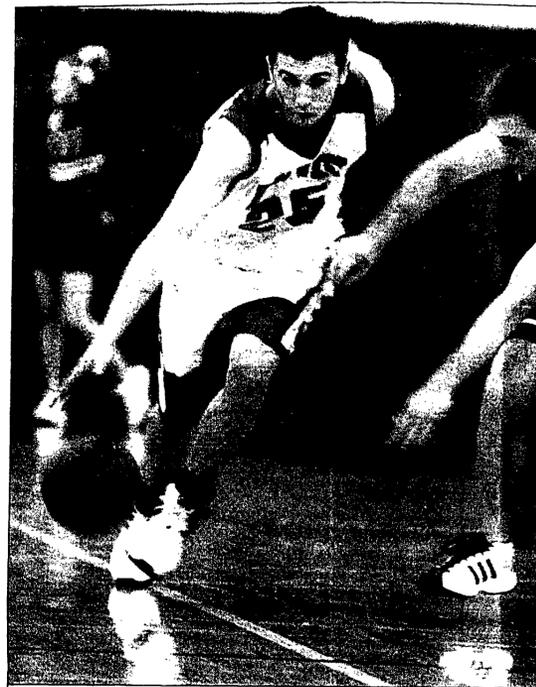
High Series/High Games

Sandy Panuce	540/193
Helma Drag	484/173
Millie Kroll	473/166
Janet Trozzo	466/167
Gertie Schultz	179
Mary Johnson/	165
Jan Repel	

SPORTS



Madelyn McClellan of Riverside/Brookfield High School wears a full knee brace as she competes in the floor exercise competition at the 25th Annual Viking Invitational gymnastics meet at Niles North High School Saturday afternoon Jan. 15, 2005. (Photo by Allen Kaleta)



Niles West defeats Lincoln-Way East

Niles West's Sead Odzic (24) drives up court in the closing seconds of the Wolves 53-46 victory over Lincoln-Way East Saturday night Jan. 15, 2005. Odzic led the way with 19 points. (Photo by Allen Kaleta)

Orozco
(Continued from page 15)

competition followed by the host team, Niles North (94.575), Evanston (94.1), and Larkin (92.6).

Niles West also had a strong meet. The Wolves took first place in the team uneven bars. Annette Danilowski acted as team leader with second in uneven bars (8.45), third in balance beam (8.35), and fifth in the all around (32.975). The performance led the Wolves to sixth place in the team competition.

Both teams will next compete at Niles West on Saturday January 22 for the Niles West Annual Invitational.

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ADDING UP

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53					54	55	56				57			
58					59					60				
61					62					63				

COPLEY NEWS SERVICE

By Charles Preston

ACROSS

- 1 Singing voice
- 6 Inspects
- 11 Afflict
- 14 Flower
- 15 Spot
- 16 Work in the garden
- 17 Intensive questioning
- 19 Campaigned for office
- 20 That lady
- 21 Snakelike

- 22 Makes level
- 24 English composer
- 25 An Osmond
- 27 Corporeal
- 30 Stroked
- 33 Durable wood
- 34 Ventured
- 35 Hullabaloo
- 36 Taste: Fr.
- 37 Military camps
- 38 Opening
- 39 Priest's vestment

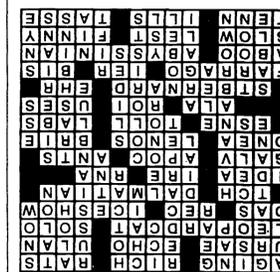
- 40 Epsom
- 41 More tender
- 42 Tattler
- 44 Arabs
- 45 Kind of riser
- 46 Judge
- 47 Father: prefix
- 49 Small mountain lake
- 50 Daisy
- 53 Early English coin
- 54 Betray
- 58 Buddy

- 59 Emerson's forte
- 60 Classic architecture
- 61 Wapiti
- 62 Brings up
- 63 Let

DOWN

- 1 Sun or mud follower
- 2 Tennis ace
- 3 Arouse
- 4 Performance: abbr.

- 5 Law-abiding
- 6 Stone pillar
- 7 Shrewd
- 8 Broadcast
- 9 Compass pt.
- 10 Guided
- 11 Sixty
- 12 Horse
- 13 Cravings
- 18 Negate
- 23 Baron's sup.
- 24 ... it the truth!
- 25 Paddock occupants
- 26 Greek god of war
- 27 Old Testament verb
- 28 Early French coin
- 29 Evasive language
- 30 Social group
- 31 Was incorrect
- 32 Tannery workers
- 34 Trifle
- 37 False god
- 38 Limerick
- 40 One who walks purposefully
- 41 Silkscreener's pattern
- 43 Benevolent household spirit
- 44 Dry
- 46 Tim and Tyne
- 47 Bishop of Rome
- 48 Russian sea
- 49 Steel construction beam
- 50 Freeman, of the movies
- 51 Prevailing condition
- 52 Verb suffix
- 55 Carbohydrate ending
- 56 Dos Passos trilogy
- 57 Eggs



Last week's answers

Be The First to Fax In Your Completed Crossword and Get Your Name In The Paper!
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EVENTS CALENDAR

GOVERNMENT

Thursday, January 20
7:30 p.m. Park Ridge Park Board meeting

Monday, January 24
7 p.m. Morton Grove Village Board meeting
7:30 p.m. District 64 board meeting

Tuesday, January 25
8 p.m. Niles Village Board meeting

Monday, January 31
7 p.m. Morton Grove Town Hall meeting

COMMUNITY

Friday, January 21
Everyone is welcome at an Alzheimer's Support Group, Friday, January 21, 2005 from 1:30 to 2:30pm at Bethany Terrace Nursing Centre, 8425 N. Waukegan Road, Morton Grove, IL 60053 in the Forest View Center.

Tuesday, January 25
The Garden Club of Morton Grove will hold its monthly meeting on Tuesday, Jan. 25 at 7:30 p.m. at the Austin Park Field house, 8336 Marmora Ave. in Morton Grove. Their program, "Daffodils for the Garden" will be given by George Dorner. He is a board member of the Midwest Daffodil Society and will show a slide presentation. The public is invited. Admission is free. Refreshments will be served. For more information, call (847) 966-4264.

Sunday, January 30
'Sister Bernie's Bingo Bash' will be held at the St. John Brebeuf Ministry Center, 8305 N. Harlem in Niles on Sunday, Jan. 30. The ticket price for the show is \$25 (it is not an actual bingo game). The tickets include admission, hot dogs, chips and a soft drink, coffee or tea. The show is sponsored by the Ladies Auxiliary of the Knights of Columbus. For tickets, call Mary Jaster, (847) 983-0705 or Karen Nickerson, (847) 966-7973.

Sunday, February 6
St. John Brebeuf's annual Super Bowl Party, sponsored by the Holy Name Men's Club, will be held Sunday, Feb. 6 starting at 2:30 p.m. Anyone over the age of 21 is welcome to attend. This year, the party will be held in the Parish Ministry Center, 8305 N. Harlem. Activities will continue throughout the afternoon and evening. The football game itself will be viewed on a 10-foot screen. The ticket price is \$15 which includes admission, dinner, hot dogs, chili, soda and beer. For more information, call Andy Beierwaltes, (847) 966-6961.

Monday, February 14
The Park Ridge Catholic Woman's Club will meet on Monday, Feb. 14 at 12:15 p.m. at the Park Ridge South Recreational Center, located at 833 W. Talcott Rd. in Park Ridge. They will also conduct their annual "Games and Card Party." If you wish to participate in the "put and take" game then bring a wrapped gift of at least \$2.00 in value. Dessert and coffee and tea will be served.

Meetings for governmental bodies are held in the following locations:

Niles

Village of Niles: Niles Civic Center
1000 Civic Center Dr., Niles IL.
Niles Park District: Howard Leisure Center
6676 Howard St., Niles, IL.

Park Ridge

City of Park Ridge: City Hall, 506 Butler Pl., Park Ridge, IL.
Park Ridge Park District: Maine Park Leisure Center
2701 Sibley Ave., Park Ridge, IL.

Morton Grove

Village of Morton Grove: Village Hall, 6101 Capulina
Morton Grove, IL.
Morton Grove Park District: Prairie View Center
6834 Dempster St., Morton Grove, IL.

Submit events to: Calendar@buglenews.com

Chef Harry presents

Warming up to winter salads

BY HARRY SCHWARTZ
Copley News Service

Even though it's winter, entree salads still have a place at the table. In fact, winter salads are often more filling than what we typically consider summer salads. Changing the season of a salad can be as simple as adding meat, smoked fish or heavy carbohydrates. Cheese, of course, when added with a liberal hand, can turn a salad into a satisfying meal.

Sure, we love our soups, stews and slow-roasted meats on a winter's eve. But don't let winter put salads in the deep freeze. They could just be the right combination to thaw your appetite!

CHINESE CHICKEN SALAD
1 pound ground chicken or lean ground pork

1 tablespoon fresh garlic, minced
1 tablespoon fresh ginger, minced

1 tablespoon sesame seeds
3/4 cup hoisin sauce

1 bunch scallions, trimmed and chopped
1 red bell pepper, cored and chopped

2 romaine lettuce hearts, shredded
1 tablespoon sesame oil

1/2 cup seasoned rice vinegar
1/8 cup fresh cilantro, minced

Crisp chow mein noodles, to taste
Yields 4 servings.

In wok or large, heavy, nonstick saute pan over high heat, scramble apart pork or chicken and stir-

fry until browned. Reduce heat to medium and stir in garlic, ginger and sesame seeds and saute 3 minutes. Remove pan from heat and stir in hoisin, scallions and bell pepper.

Place lettuce in oversized mixing or serving bowl. Whisk together oil, vinegar and cilantro. Spoon

pan over high heat, saute and scramble apart ground meat until browned. Reduce heat to medium and stir in onion, garlic, cumin, chili powder, soy sauce and lime juice. Reduce heat and stir in beans. Cook until hot and remove from heat.

Place tortilla chips in even layer on baking sheet. Spoon warm meat and bean mixture over chips. Sprinkle cheese on top and bake in preheated 450 F oven until cheese is bubbly and golden.

Remove from oven and top with lettuce and salsa. Serve hot with sour cream and guacamole, to taste.

TOMATOES PARMESAN
4 medium tomatoes, cored

1/3 cup red wine or balsamic vinegar
1 teaspoon dried Italian herb blend

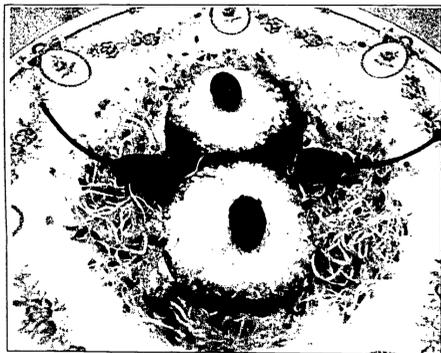
1 clove garlic, minced
2 teaspoons sugar
1/3 cup olive oil

Salt and pepper, to taste
1 cup parmesan cheese, grated

1 pound lean ground beef, pork or turkey
Yields 4 servings.

Slice thin layer from bottom and top of tomato and discard. Cut tomatoes into 2 thick slices. Place slices large side up in oiled baking dish. Whisk together vinegar, herbs, garlic, sugar and olive oil; season with salt and pepper. Pour 1/2 of mixture over tomato slices. Divide cheese over tomato slices.

Cook in broiler until cheese browns and tomatoes are warm. Serve tomatoes over greens and drizzle remaining dressing on top.



meat mixture over lettuce and pour dressing on top. Toss to combine. Toss in chow mein noodles, if desired. Serve immediately.

NACHO SALAD
1 pound lean ground beef, pork or turkey

1 onion, chopped
1 tablespoon fresh garlic, minced

1 tablespoon ground cumin
1 tablespoon mild chili powder

1 teaspoon soy sauce
Juice from 2 fresh limes

1 (15-ounce) can chili beans
8 ounces tortilla chips

2 cups cheddar cheese, shredded
3 cups iceberg lettuce, shredded

2 cups salsa of choice
Sour cream
Guacamole
Yields 4 to 6 servings.
In large, heavy, nonstick saute



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REAL ESTATE

BY ROSE BENNETT GILBERT
Copley News Service

Decor Score

Is your living room living a double life?

Q: What if I have to move my office home and have no place to put it except in the living room? My wife is not thrilled to have me working at home anyway (me neither!), so she'll freak if I glom up the living room with a computer and stuff.

Show me something that looks nice that I can show to her.

A: Working comfortably in one's living room is not exactly "Mission Impossible" - studies by the American Home Furnishings Alliance say that 5 percent of Americans' home offices are already in the living room - but you do have to plan carefully if your primary room is going to live such a double life. There'll be a lot of undercover work, hidden assets and double agents - that is, practical pieces that can double as "proper" living room furniture.

To show you, and your wife, that it can be done, here's a living room by Paris designer Jean-Louis Deniot, done for a showhouse in New York City. Just being in New York automatically means limited space, so Deniot's ideas should be easy to translate to more commodious digs elsewhere in the country.

In his living room, the desk does double duty for dining. In yours, it can work neatly from 9 to 5, especially if you use a laptop computer that can be tucked away in a drawer. Also, be sure to choose an office chair that can roll around to join the seating area with some degree of grace.

While the designer has built in ample storage space for books and files and stuff, you might cut costs with a free-standing armoire that opens for business by day, then shuts away the workaday world entirely when company comes. Habersham Plantation at www.habershamplantation.com is one of many office-armoire manufacturers.

Other two-timing furniture pieces include wood-clad files that look like end tables. Some good sources are Storehouse at www.storehouse.com; the Home Decorators Collection at www.homedecorators.com; and



Bombay at www.bombay-company.com.

Storehouse also offers a Mega Library Wall, an interchangeable 8-foot-high shelf and cabinet components that can be configured to look like custom built-ins to solve storage needs so handsomely you'll forget you're in an office.

Ditto for the window treatment. Efficient without looking workaday, woven wood shades under side curtains filter light in the office by day and close out the night for family privacy. The contrast between the lush silk damask and variegated bamboo shades (from Hunter Douglas' "Provenance" collection at www.hunterdouglas.com) makes the window wall as interesting as the other three in this hard-working, easy-living living room.

GET READY FOR SPRING

According to the latest Markets Report from the New York Chapter of International Furnishings and Design Association, outdoor products continue their trend to indoor-quality luxe: fabrics, table lamps and rugs that would look at home in your living room but can stay outside all season long. Even pictures can be hung on an outdoor wall that showed up at the Casual Furniture & Accessories Market in Chicago.

Welcome news from the New York Home Textiles Market: Those prodigious piles of accent pillows are out. What's in: crisp, less-embellished linens; tweedy bedding and towels; punched-up pastels; and bright colors for bed and bath. Animal prints are still hanging in there, and a new jungle fiber has appeared - bamboo!

FASHION-FORWARD FLASHES

- It's raining cats and dogs in pet accessories, like beds and cushions.

- Bow ties and belt buckle motifs are showing up everywhere, from curtains to pillows.

- Table runners are running away with the tablespace, gaining on full-sized tablecloths as the way to dress today's less formal tables.

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

A greener view

Know the difference between your holly plants

BY JEFF RUGG
Copley News Service

Q: In your article regarding a holly tree, you reference male and female plants. I have only one plant in my yard, so how do I determine its gender? Or, do I just buy one of each and see what happens?

A: If the plant has ever had berries, it is a female. If there are other hollies nearby, say less than a few house lots away, then there should have been some pollination in the past and there should have been some berries. The next thing you can do is wait until the spring, when it is in bloom and look at the flowers. The male flowers have a bunch of tiny anthers (little hairs) sticking up in the center of the green flower. Rubbing the anthers will get pollen on your fingers. The female flower will have a small round ball with a single pistil sticking up in the center of the flower. The small round ball is the ovary that will become the red holly berry.

If yours is a female, you can plant the male next to it on a side where it is less visible - so it appears as a two-stemmed plant - or you can plant it elsewhere in the yard. It is best if plant it within a straight-line visible distance, so that it can be pollinated by flies and bees.

Q: Two years ago, we planted a Bradford pear tree. It is now about 9 feet tall and it is beautiful, when it blooms. This year, around September, we noticed that the bark on the trunk of the tree has deep cuts and scrapes from the base to about 4 feet high. What should we do to protect the tree, I don't want to lose it. Did an animal do this?

A: Male animals in the deer family, including moose and elk will all scrape tree trunks to remove the felt off their antlers. They may also scrape on trees as a means of releasing tension or marking a territory. Bears and cats also scrape on trees with their claws. The timing would suggest a deer.

At this time, there will probably not be any more damage. It is unlikely, yet possible, that the same animal could come back to the tree next year. If you

Continues...

GREENER VIEW page 17.

REAL ESTATE

GreenView

(Continued from page 16)

still want to protect the tree from further damage, you could loosely wrap the tree in chicken wire or hardware cloth wire.

Look at the scrapes on the trunk and clean up the damage by removing loose bark with a sharp knife. If the damage is just superficial scratches, it should heal quickly. If they do go deep or a whole side of the trunk is missing its bark, then it could be stunted, it could lose some branches next spring or it could even die. If the damage had occurred in the warmer growing season, diseases would have been more of a possibility, but again, that is probably not going to be a problem.

Q: In one of the garden catalogs, I saw a lilac that the catalog says would bloom in the South. I thought that lilacs didn't grow in the South and since I am from the North and miss the wonderful fragrance of lilacs, I was wondering if this is just catalog hype or the real thing.

A: The normal lilac that people prefer is *S. vulgaris*, the common lilac. There are Persian, French and Chinese lilacs that have been hybridized with the common lilac, so that it is often hard to determine which lilac you want. These groups all tend to require a cold dormancy for the flower buds. If the winter weather stays too warm, they won't bloom well.

Several lilac species grow in the Gulf Coast states and along both coasts as long as you don't go into really warm winter areas. However, they don't smell like the lilac that many people desire.

The genus of *Syringa* has many species. It is abbreviated as capital S in the following paragraphs. The small letter x is the designation for a hybrid plant in the following paragraphs. There are thousands of varieties of lilacs (designated by a single quote mark) and botanists are constantly changing the names of the species, so it is hard to keep up with the changes.

The tree lilacs such as *S. reticulata*, *S. amurensis*, *S. pekinensis* or *S. reticulata* 'Ivory Silk' will all bloom in the South. They grow as tall as 25 feet and have various shades of white, cream or yellow flowers. They smell more like

GARDEN TIP

Gender specifics

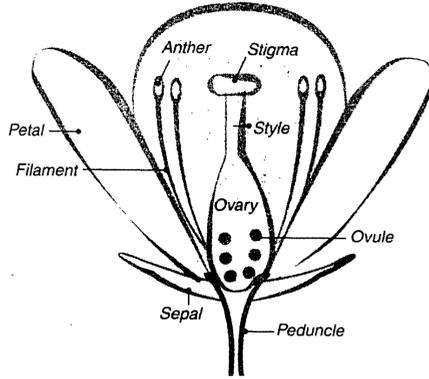
To check the gender of a holly, look for these:

■ **Berries** make it a female.

■ **Male flowers** have a bunch of tiny anthers (little hairs) sticking up in the center of the green flower covered with pollen.

■ **The female flower** will have a small ball with a single pistil sticking up in the center. The ball is the ovary that will become the red holly berry.

If it is a female, plant the male next to it on a side where it is less visible as a sort of two-stemmed plant or plant it elsewhere in the yard. It is best to plant it within visible distance so that it can be pollinated by flies and bees.



Copley News Service / Pete Chenard

a privet than a lilac.

The dwarf Korean or Chinese lilacs like *S. meyeri*, *S. microphylla* and *S. patula* 'Miss Kim' are usually a light pink-blue color and only grow to about 10 feet with dwarf versions only half that. They also do well in many southern areas, but again, they don't smell like the common lilac.

The North Carolina State University's Mountain Horticultural Crops Research Station and the J.C. Raulston Arboretum in Raleigh, N.C., have been researching warm weather lilacs for more than 20 years. They found some hybrids between *S. vulgaris* which is the lilac species with the best fragrance and *S. oblata* that were reliable bloomers, had few suckers and

no problems with either powdery mildew or borers.

They recommend *S. x 'Angel White'* and *S. x hyacinthiflora 'Mount Baker'* for white flowering lilacs. For blue flowers try *S. x 'Blue Skies.'* For pink flowers, try *S. x hyacinthiflora 'Maidens Blush.'*

Other good varieties of *S. x hyacinthiflora* were 'Assessippi,' 'Blanch Sweet,' 'California Rose,' 'Dark Knight,' 'Excell,' 'Forest Kresser Smith' and 'Pocahontas.' They will tend to grow about 10 feet wide and high, but they can be pruned lower.

E-mail questions to Jeff Rugg at info@greenview.com. © Copley News Service

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REAL ESTATE

Why don't you customize your Bathroom?

(NUI) - Today, bathrooms are just as much about style as the rest of the house. It should also be a place that expresses your individuality and sense of style for increased comfort and enjoyment. Start small and coordinate smaller items or buy one luxury item that showcases your personal style. Depending upon your budget and creativity, you can easily impact the look and feel of your bathroom in one or two simple steps.

Unique faucetry: An inexpensive place to incorporate your signature style is through faucetry. Upgrading your sink and tub faucets is an easy way to add drama. Faucets provide the exclamation point for the bathroom with styles ranging from traditional classic designs to contemporary high-arc spouts that really make a statement. Unlike traditional faucets with a small round nozzle, today's choices allow water to cascade into your

sink and tub for a luxurious accent.

Single focal point: When too many objects compete for attention in a room, the design can become confused. Select one strong element as the room's focal point and arrange the rest of your bathroom, including lighting, to enhance its best advantage. Don't be afraid to make a bold statement about your personality. For example, the Jacuzzi Morphosis tub will convey

your love of European design. Its graceful arch and chromatherapy lighting create the perfect centerpiece for a room.

Artwork: Bathrooms are among the most important rooms in the house and can easily be personalized with artwork and color. When selecting artwork for your walls, keep in mind the room's color scheme. Select artwork that you will enjoy every day, especially while lingering in a nice bath. Frame pieces well

to protect them against the light, water and steam present every day in a bathroom.

When it comes to customizing your bathroom, follow your design instinct rather than the current decorating trend. Incorporate elements that suit your personality and your bathroom will serve as a comfortable place that reflects who you are. For more information about which bath products best suit your style, visit www.jacuzzi.com.

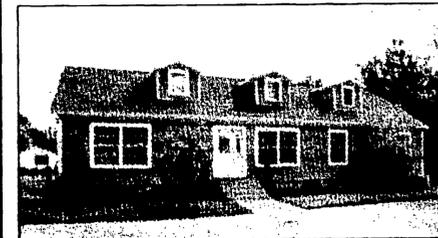
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Notice is hereby given, pursuant to "An Act in Relation to the use of an Assumed Business Name in the conduct of or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, FILE NO. D04094730 on December 15, 2004. Under the Assumed Name of Fired Earth Accents, 8704 Callie Avenue, Morton Grove, IL 60053. The true name(s) and residence address of the owner(s) is: Sean Bell, 8704 Callie Avenue, Morton Grove, IL 60053.

LEGALS

PUBLIC NOTICE
NILES PARK DISTRICT ELECTION LOTTERY
Three Niles Park District Commissioner positions will be filled in the April 5, 2005 Consolidated Election. Illinois Election Law requires that, due to the probability of receiving what are considered "simultaneous" filings of petitions at the commencement of the filing period, a lottery must be conducted to determine the order in which candidates' names are placed on the ballot. The law also requires that seven-day advance notice of the time and place for such lottery be given. Therefore, please be advised that this lottery will be held at the Howard Leisure Center, 6676 W. Howard St., of the Niles Park District on Thursday, January 27, 2005 at 9:00 a.m. For further information, please contact Joseph LoVerde at (847) 967-6633 Ext. 115.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, FILE NO. D05059598 on January 11, 2005. Under the Assumed Name of Nexent Consulting, 9006 Senate Dr., Suite 1B, Des Plaines, IL 60016. The true name(s) and residence address of the owner(s) is: Rafael Borrego, 9006 Senate Dr., Suite 1B, Des Plaines, IL 60016.

LEGAL NOTICE

The Village of Niles Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, February 7, 2005 at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s): 05-ZP-2 - Charles Ostman, Village of Niles, 1000 Civic Center Drive, Niles, Illinois. Requesting the creation of an Overlay District For the Bunker Hill Estates Subdivision. The Village of Niles will comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Mary Kay Morrissey, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

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LEGAL NOTICE

THE REGULAR MEETINGS OF VARIOUS BOARDS, COMMISSIONS, COMMITTEES AND SUBCOMMITTEES OF THE VILLAGE OF MORTON GROVE FOR 2005 WILL BE HELD AT VARIOUS TIMES AND LOCATIONS AS LISTED

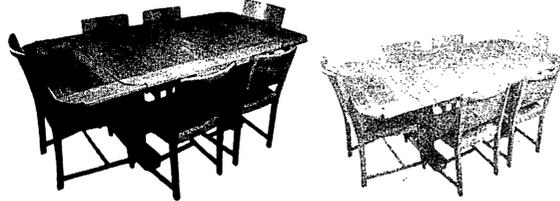
	Time	Dates	Location
Board of Environmental Health	7:00 pm	1 st Tuesday of every month	Trustees Conference Room
Appearance Review Commission	7:00 pm	1 st Monday of every month	Council Chambers
Cable and Telecommunications Commission	7:00 pm	2 nd Thursday (January, May, and September)	Council Chambers
Condominium Association	7:30 pm	2 nd Wednesday (every other month)	Council Chambers
Plan Commission	7:30 pm	3 rd Monday	Council Chambers
Zoning Board of Appeals	7:30 pm	3 rd Monday	Council Chambers
Community Relations Commission	7:30 pm	2 nd Tuesday (every other month)	Trustees Conference Room
Fair Housing Commission	7:00 pm	Varies	Trustees Conference Room
Board of Fire and Police Commission	7:00 pm	4 th Tuesday	Fire Station #3
Fire Pension Board	3:00 pm	3 rd Tuesday (Quarterly)	Fire Station #3
Police Pension Board	Varies	Varies (Quarterly)	Council Chambers
Traffic Safety Commission	7:30 pm	1 st Thursday	Council Chambers
Advisory Commission on Aging	1:00 pm	2 nd Tuesday	Civic Center
Economic Development Counsel	Varies	Varies	Varies
Dempster Street Advisory Committee	Varies	Varies	Varies
Real Estate Committee	Varies	Varies	Varies

To ensure full accessibility and equal participation for all interested citizens, individuals with disabilities who plan to attend and who require certain accommodations in order to observe and/or participate in this meeting, or who have questions regarding the accessibility of these facilities, are requested to contact Susan or Marlene (847/470-5220) promptly to allow the Village to make reasonable accommodations. Hearing impaired individuals may call the TDD number, 847/470-5249, for more information.

LEGAL NOTICE
Notice is hereby given that the Niles Park District requests bids for the printing of its series of four (4) Recreational Program Brochures and its series of three (3) Newsletters for 2005-2006. Sealed bids will be received until 2:00 p.m. on Tuesday, February 8, at the Howard Leisure Center, 6676 W. Howard Street, Niles, IL 60714. Bids will be publicly opened and read aloud at 3:00 p.m. Bidders need not be present for bid opening. Bid specifications can be obtained from Julie Luif by calling (847) 967-6633, Ext. 126. All bids shall exclude sales tax and shall be submitted in a sealed envelope marked "SEALED BID-2005-06 BROCHURE/NEWSLETTER SERIES." Niles Park District reserves the right to accept or reject any and all bids or to waive technicalities deemed to be in the District's best interest in awarding a contract. Niles Park District also reserves the right to request the extension of a contract for an addition year. Joseph V. LoVerde Secretary of the Board Niles Park District

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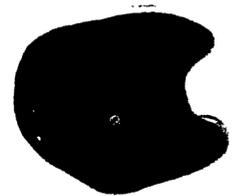
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