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Outsiders try for Niles board, pg. 4-5

THE BUGLE

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MG Debates set Civic Center hosts Mar. 16 forum

Morton Grove's municipal candidates for the Apr. 5 consolidated election will have a debate this year, with both slates participating next Wednesday, Mar. 16 at the American Legion Civic Center, 6140 Dempster.

All but one of the candidates had responded positively to their invitations as of Monday, according to Sue Kravitz with the League of Women Voters.

"It'll be a good thing for the people of Morton Grove," she said.

A letter was sent to The Bugle over the weekend, complaining that League policy prevented individuals from videotaping the debates (see COMMENTARY, pg. 8). Kravitz said it was League policy and that, though members of the general public couldn't tape it, the debates would be televised on local cable access.

"We're having it taped," she said. "It will be done by the process by which the village meetings are taped."

The reason that the League doesn't allow its debates to be taped are so that no particular candidates can take excerpts from the discussions out of context and use it to forward their campaigns.

"We can't stop anyone from making a copy on their VCR [when it's broadcast]," Kravitz said. "But we don't allow it to be taped at the event because then it can't be edited to be used to any specific candidate's advantage."

The League even requires that participating candidates sign an agreement which says they won't use footage from the debates to further their agendas.

The debates will start at 7 p.m. at the Civic Center. They will feature the entire slate of both the 'Action' and 'Caucus' Parties.

D219 Board welcomes new student members

Neuhauser, Ryan will serve four-month terms

Niles West Senior Patrick Ryan and Niles North Junior Tessi Neuhauser made Niles Township High School District 219 history Feb. 22 when they attended their first board meeting as student board members.

"We're happy that they're on the board," said 219 Board President Bob Silverman. "They'll be able to provide insight on a lot of different issues."

Both Ryan and Neuhauser were proud of their positions and looked forward to the challenges ahead.

"District 219 took a big step by allowing students to be represented on the Board," said Ryan. "At the meeting, the Board was receptive to my comments and made me feel that my input was welcomed and valued."

In a meeting in early February, the Niles Township High School Board of Education voted unanimously to pilot a program that would allow one student from each school to participate on the Board as a non-voting member. Students involved in the Student Senate attended the meeting to voice their support of representation on the Board. Silverman asked these students to sit at the table during part of the meeting and engaged them in a discussion about the issue. "I wanted the kids to get a sense of what it might be like to sit at the Board table, but I also wanted the Board members to see what it would be like to have student input in our discussions as well," said Silverman. The pilot program will be assessed at the end of this school year. Neuhauser and Ryan were chosen by their student governments for the board spots, but next year, if the program continues, it could go to a general election.



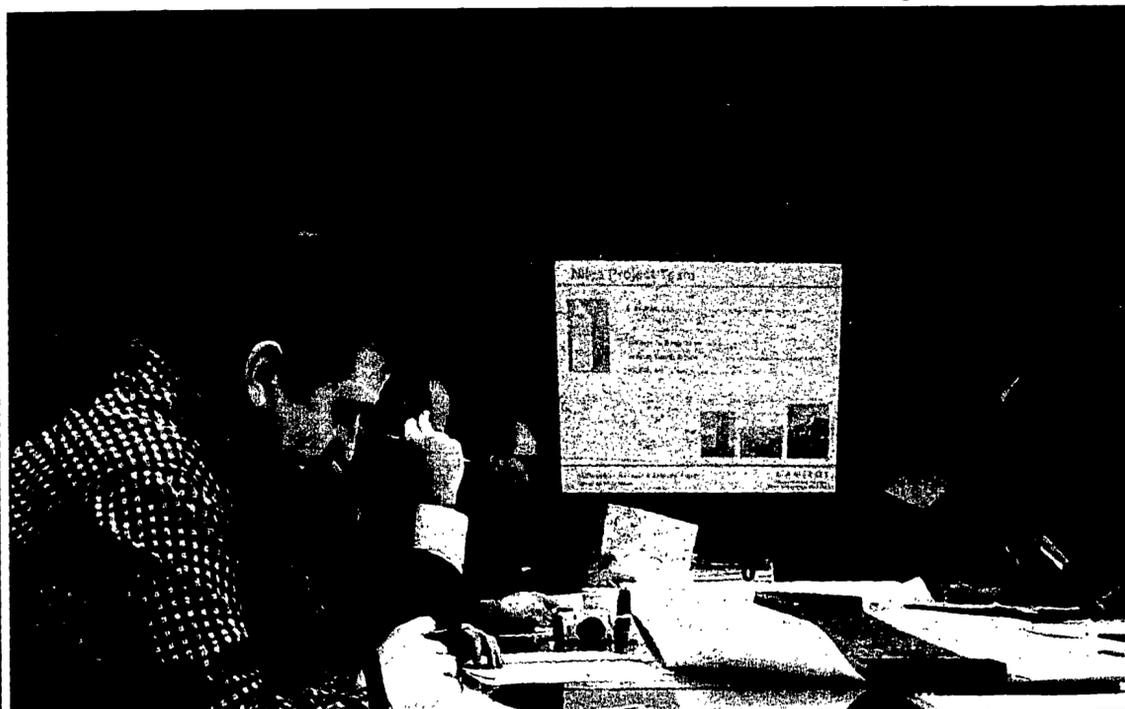
Niles North Junior Tessi Neuhauser, left, one of District 219's first student board members, listens to concerns of fellow students over lunch. The pilot program gives students a voice on the board and the board two liaisons to the student bodies.

There are no plans to give the student members a vote on the board since it would be illegal, according to 219 Public Relations Director Karen Bednarz. However, that doesn't

mean these two couldn't some day have a vote.

"There's nothing to stop them from running for election when they're 18," she said.

Milwaukee Corridor study off and running



Members of the steering committee for the Niles Milwaukee Corridor study met last Friday. After discussing the nature of the project, members took a bus tour of Milwaukee Ave. For more photos, and the story, turn to page 7.

The Steering Committee of the Niles Milwaukee Corridor Study had their first meeting last Friday. The committee includes representatives from PACE, traffic and development consultants, the Regional Transit Authority (RTA), the Niles Chamber of Commerce as well as several different business and community leaders.

According to Assistant Village Manager Steve Vinezano, who is the village's pointman for the study, the first meeting for the steering group was held to familiarize the members with the project and the project area, as well as each other.

"It was an initial meeting," he said. "It was a chance to make introductions and provide the steering committee with an overview." The study will be conducted by a group of firms, notably Camiros, Ltd. and Rosemont-based traffic consultant company KLOA. They

Continues...

MILWAUKEE CORRIDOR page 7.

NEWS

Two state streets to be resurfaced in Park Ridge

The Illinois Department of Transportation (IDOT) has notified the city of Park Ridge that it has tentatively scheduled the resurfacing of Northwest Highway and Devon Ave. to begin in mid-April.

Although the city has received many calls this winter about the poor conditions of city streets, officials say that most of the complaints have been about streets that are under the jurisdiction of IDOT and are therefore IDOT's responsibility to repair.

The following streets in Park Ridge are under IDOT's control: Cumberland Ave., Higgins to Belle Plaine, Busse Highway, Northwest Highway, Touhy Ave., Oakton Street, Devon Ave., Dempster Street, Talcott/East Riverside Drive, Canfield Rd. (combined jurisdiction with Cook County and the city of Chicago), and Higgins Rd.

The city continues to request IDOT's attention to all those roadways, according to officials, but IDOT is only planning to resurface Northwest Highway and Devon Ave. this year. Repair to the other streets remains on hold due to budgetary constraints at the state level.

The city of Park Ridge maintains approximately 121 miles of streets and has a goal to resurface 6.3 miles per year. This goal was set to maintain a minimum street rating of .70, which is a "good" rating by the Federal Highway Administration's guidelines. The city has fallen below this level over the past years because of budget constraints or because funds were used for additional infrastructure work in other areas. For instance, the city's relief sewer installation program was accelerated and that project added numerous trenches, city staff said.

Another project that caused additional trench work was the approximately five miles of the North/South Water Main Line that was installed in the last year.

There has also been an increase in street trench work for sewer and water connections for new homes or line replacement. The city is reviewing current ordinances and will soon be recommending additional fees for this work. More than the usual amount of snow plowing operations, which are hard on the road surface, have also been necessary this winter.

The Public Works Department has identified eight miles of local streets, in addition to the 6.3 miles in the yearly paving program, that require paving to bring the city street rating inventory to a minimum 70-good rating. The proposed city budget for 2005-2006 includes 7.3 miles of local street paving. This is an additional one-mile to be paved and was determined based on review of the proposed city budget as a whole. The goal is to continue this one-mile increase per year, until the minimum street rating is accomplished, staff said.



Niles Seniors abroad

Two Niles Seniors, Arline Baranowski, left, and Eugene Papierski visited the Leaning Tower of Pisa in Italy last summer. Said Baranowski, "It's very beautiful, but ours in Niles is better, especially in the summer when we have concerts."

NEWS

Niles Chamber announces honorees for second-annual 'Night of Roses'

The Niles Chamber of Commerce announced the honorees last week for its second-annual community event, the Niles "Night of Roses."

"We would like to thank Shure for being a sponsor of this event," said Katie DiMaria. "All of the award winners represent the best that Niles has to offer."

Recipients will be honored on April 9, at the Chateau Ritz, 9100 Milwaukee Ave.

Athlete of the Year Award

Ryan Nallen
A talented athlete, a junior on the wrestling team at Notre Dame High School. He has an impressive junior and varsity record, including various leadership and scholar awards. He has consistently made the Honor Roll and currently has a GPA of 3.42.

Business of the Year Award

Landmark Ford
A distinguished business dedicated to the people of Niles, Landmark Ford has been a huge supporter of the Niles Chamber Scholarship Program, a corporate partner with the Leaning Tower YMCA, and has supported both Notre Dame High School and St. Mary of the Woods (Chicago).

Coach of the Year Award
Tom Norquist
Special Education teacher and wrestling coach for Gemini Junior High School. He teaches self-esteem as well as strong performance skills,

emphasizing sportsmanship and academics. After funding cuts he continued to coach on a volunteer basis.

Fire Fighter "Hot Spot" Award

Brian Henricks
A firefighter and paramedic for the Niles Fire Department for eleven years, he currently is the fire inspector for the Village. Through his career he has focused on public education for fire safety and prevention. He visits



Classrooms, speaks at apartment complexes, businesses, etc. and teaches CPR on his own time.

Ken Scheel - Chamber Member of the Year Award

Dr. Pamela Lowe
Dr. Lowe, of Professional Eye Care, spearheaded the creation of the Niles Chamber of Commerce Dollars for Scholars program. The committee now in its third year has been successful largely in part to Pam's vision, enthusiasm and commitment.

Living Legend "Lifetime Hero" Award

Bob Wordel

Bob has lived most of his past 83 years as a Niles resident and has been a big supporter of the Niles Chamber. He is currently a Director Emeritus, an honor bestowed on a former president or director who has served the chamber with distinction. He has been a vital part of the chamber of commerce since its beginning, keeping it going through the years.

Niles Citizen of the Year Award

Joseph Tatkowski
A distinguished member of the Niles community for over thirty years. He is an instrumental member of the Polish community, the Knights of Columbus and St. John Brebeuf parish council. From his dedication he has received various awards for helping charities, youth and senior citizens in the area.

Niles Good Neighbor Award

Donald Lapin
Although he works a third shift, Don always offers a hand to any of his neighbors. He gives rides to the cou-

ple next door without a car so their children can get to the doctor and dentist.

Overcoming Adversity Award

Bud Nichols
Bud was diagnosed with polio in 1949 and despite many challenges has been determined to lead a productive and independent life to enjoy with his family, friends and neighbors.

Teach of the Year

Eva Perelgut
Mrs. Eva Perelgut has been a teacher in East Maine School District 63 at Mark Twain Elementary School in Niles for 14 years. Over her career she has taught children 4th-6th grade, is a TLC Site coordinator after school, mentors children and even provides meals, guidance and shelter for youth in crisis.

Unsung Worker "Not Enough Hours in the Day" Award

Bill Gibson
Known as "Mr. Gemini" he teaches language arts/literature to eighth graders, coaches basketball, and volleyball, supervises Student Council, works as a lunchroom supervisor and has been the TLC site coordinator since its beginning. He opens the TLC Sunrise Club at 7:00a.m. for children who need an early place to be and help with their homework.

Youth of the Year Award

Erica Juris
A junior at Resurrection High School, Erica is an extraordinary young woman. She is active in various organizations that help others and make a difference. She is an outstanding student and a diligent worker.

All reservations must be made to the Niles Chamber of Commerce (847) 268-8180. Space is limited, tickets are \$45 per person. Look in this week's Bugle for an invitation flyer.

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Village of Niles

Candidates for Mayor Choose One



Nick Blase

"We work as a team."

Mayor Nick Blase, the longest-serving mayor in Illinois for towns over 5,000 in population is seeking re-election to his 12th term this year. He is unopposed but he did urge voters to re-elect his entire four-person slate of trustees who are opposed.

"We work as a team," he said. "The board works together. They've done a great job and I'm pleased to be running with them."

Blase said that the top priorities for his administration have always been securing the services that residents of the village moved from the city to enjoy.

"The suburbs provide a good lifestyle," he said. "Schools, security, parking, police and fire as well as public services are important."

He also said that maintaining the village's fiscal solvency is important to his slate, running as "Present Leaders for Fiscal Responsibility."

"The slowing economy is still a concern," he said. "We worry about sales tax growing steadily, but we follow business very closely."

Blase said that, all was generally well in the village.

"Our streets are in good order," he said. "Our income is steady and our taxes are low."

Candidates for Trustee 4yr-term, Choose Three



Bob Callero
-Blase's Slate-

"Committed to Niles."

Sitting Trustee Bob Callero says that in another term he wants to continue working to ensure fiscal solvency for the village of Niles. After ten years on the board, he still feels that he has more to give.

"I want to give back," he said. "I still have more time to give. I'm committed to Niles."

Callero, an accountant by trade, said that his training in numbers has been useful to the village over the years.

"We have a bond rating in the top ten percent of communities," Callero said. "Our sales taxes are in the top ten in the state and our real estate taxes haven't

gone up more than five percent in recent years."

Callero said that maintaining the village's current fiscal condition is a top priority if he's re-elected and he also feels that Milwaukee Ave. is a top priority.

"We currently have a study in the works," he said. "I want to look at the Milwaukee Corridor. I don't think we should tear it all down to make a new downtown somewhere but we need to look at it."



Andrew Przybylo
-Blase's Slate-

Incumbent Trustee Andrew Przybylo did not return calls for comment. He is running for re-election for another four year term as village trustee.



Joe LoVerde
-Independent-

"Village needs independent thinkers."

Joe LoVerde, currently director of the Niles Park District and a member of the village's Zoning Board, said that he is running for a four-year stint as village trustee because the residents of Niles deserve a choice.

"My opponents have run unopposed since the early 90s," said LoVerde. "Elections are about giving the citizens a choice to elect the most qualified people to run their government. The Niles residents have been denied a choice for too

Continues...

JOE LOVERDE page 5.

Village of Niles

Joe LoVerde (Continued from page 4)

many years." LoVerde said that trustees have a responsibility to be accessible to the residents and that the current crop is anything but.

"The Village Board needs independent thinkers, with a new point of view and a new level of enthusiasm," he said. "Being a trustee is not a once a month job. It involves a commitment to be active and visible throughout our community identifying and addressing our problems."

Should he be elected, LoVerde's top priorities include reconstruction of the Milwaukee Ave. Corridor and creation of citizens' groups to advise the village.

"When I announced my candidacy I said: 'we are at a crossroads with the deterioration of Milwaukee Ave,'" he said. "Milwaukee Ave is the gateway to our community and also reflects the impression of our entire village. Milwaukee Ave didn't deteriorate in the last year."



Louella Preston
-Blase's Slate-

Preston was out of town and could not be reached for comment before press time.

Candidates for Trustee 2yr-term, Choose One



Kim Biederman -Blase's Slate- "I'm up to the challenge."

Kim Biederman is running for a two-year unexpired term to which Mayor Blase appointed her last year. Prior to that time she served on the village's Zoning Board.

"It's been an honor to serve in this capacity as an appointed official," said Biederman. "Now I'd like to continue to serve as an elected official, I'm up to the challenge."

Biederman said that serving as a Zoning Board member prepared her for her position on the board and that she was able to contribute at a greater level.

"I'm interested in running for election because, though I loved the Zoning Board and I was able to give back a lot, I think I'll be able to give back much more as an elected trustee."

If elected, Biederman said that she hopes she will be able to continue working with the new Niles Teen Center.

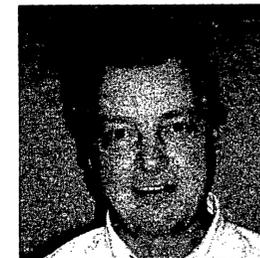
"We're providing a lot of activities at the Teen Center," she said. "It's very popular with the young residents."

Biederman also said that she

was looking forward to the results of the Milwaukee Corridor Study. "I think that's a very exciting project," she said. "I'm looking forward to the results."

Connecting with constituents is also one of her top priorities, Biederman said.

"Serving the constituents," she said, "being available is important. It's our job to continue to provide a great quality of life for our residents."



Ray Czarnik
-Independent-

"The town needs a change."

Running for a two-year unexpired term on the village board, Ray Czarnik

is currently a commissioner on the Niles Park Board. He said he is running for election to village board because he feels he can make a greater contribution there.

"I think this town needs a change," said Czarnik. "It's getting behind the times."

Czarnik said that, if elected, his top priorities would be redevelopment of Milwaukee Avenue and promoting further safety measures for residents of the village.

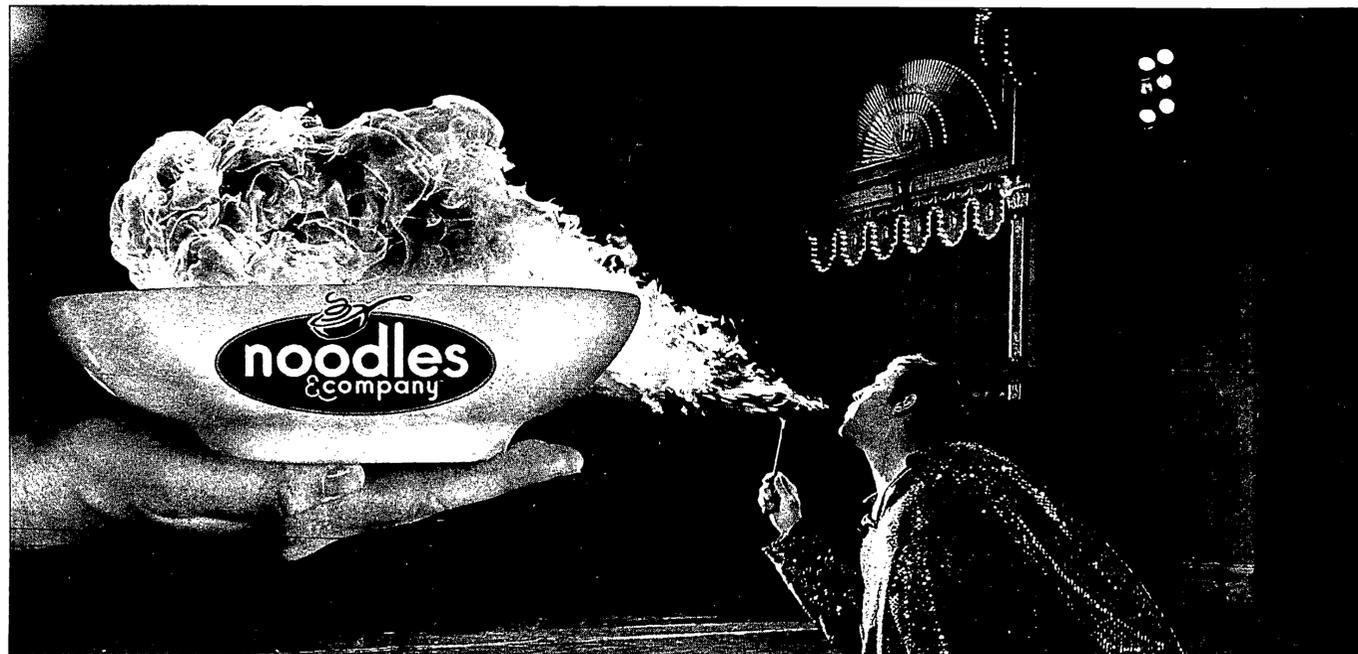
"I was instrumental in the installation of the Thor Guard system," Czarnik said, referring to a lightning protection system that was installed last year in a variety of Niles Park District facilities. "It protects all of the residents of Niles."

Czarnik also said that the village board meetings need to be televised so that residents can see their elected officials at work.

"Everything's 'yes, yes, yes, see you later,'" Czarnik said of the once-a-month board meetings. "The village board needs some fresh blood."

Richard Harczak Independent -

Mr. Harczak could not be reached for comment.



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Niles Park Commissioners run for re-election

Three Niles Park District Commissioners Jim Hynes, Bill Terpinas and Charles Barbaglia are running for re-election this year unopposed. They have all said that they wish to continue the Park District's commitment to quality recreation for Niles Residents.

Election Details

The Consolidated Election will be held on Tuesday, Apr. 5. At that time, the residents of the village of Niles will elect a village president and four village trustees.

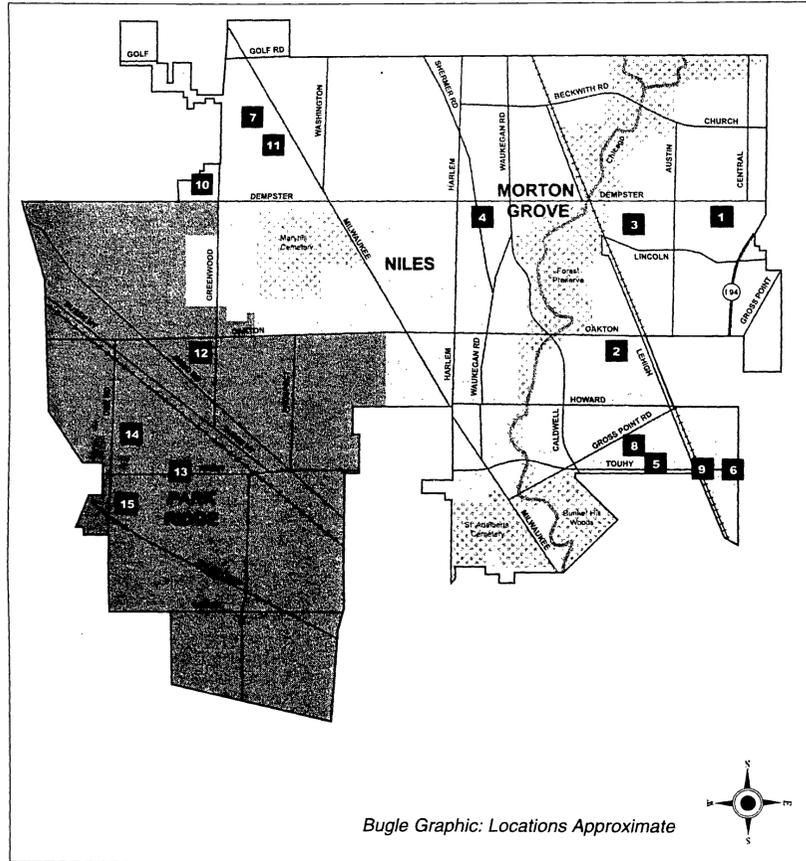
Any residents who plan to be out of the country or are unable to vote on Election Day may come into the village hall and vote

between the hours of 8:30 a.m. and 5 p.m., Monday through Friday. Absentee ballots will be available from Monday, Mar. 14 through Monday, Apr. 4.

The village hall will be opened on Saturday, Mar. 19 and Saturday, Apr. 2 from 8:30 a.m. to noon for absentee voting.

For more information on the village election, call the Clerk's Office at (847) 588-8003.

POLICE BLOTTER



Bugle Graphic: Locations Approximate

MORTON GROVE

The following items were taken from official reports of the Morton Grove Police Department for the week ending March 4, 2005.

1 Possession of marijuana in school (8700 Menard)

A 14-year-old student was left in the custody of a school behaviorist after a teacher noticed the smell of marijuana coming from the boy's locker Tuesday morning March 1.

According to police a teacher passed the boy's locker and recognized the odor. The teacher then told a behavioral specialist at the school who asked the boy to come to her office with his coat.

The report says while the behavioral specialist was emptying the boy's pockets at least two cigarettes fell out. Witnesses told police the boy snatched up the two cigarettes and ate them. However another cigarette was found in the boy's pocket.

Officials said the boy's mother was called at work but she told them she could not leave. She also refused an ambulance for her son.

Police said under questioning the boy admitted the cigarette was marijuana.

Police said the school nurse called the boy's mother a second time and

she again said she could not leave work. She also refused a second request for an ambulance.

The boy was left in the custody of the school's behavior specialist. The boy was issued a citation and court date.

2 Retail theft (6300 Oakton)

A 65-year-old Skokie woman was arrested for shoplifting after store security at the Menard's store in the 6300 block of Oakton watched the woman take a number of unrelated items off the shelves and place them in her purse Tuesday afternoon March 1.

According to police, security watched the woman as she walked through the aisles placing items like a suction cup and carriage bolt in her purse.

Security told police the woman went to the counter to pay for some items but not the items in her purse. She has a court date of April 1, 2005 in Skokie.

3 Bike scam (8300 Callie)

A Morton Grove man told police a bicycle he had purchased from an online auction agency turned out to be a box containing two wheels, a phone book, and a stack of computer paper Wednesday Jan. 19.

According to the report, the man reported the incident to Morton Grove police on Feb. 26 after he felt he was not getting sufficient

answers from United Parcel Service the company handling the shipping of the bike.

The man told police he purchased the bike for \$999 online from a man in Madison Wisconsin. The man also said the transaction went through PayPal, an online auction credit card service, and that he had used PayPal a number of times in the past and never had a problem.

Although the shipper told the man the item was insured, the man still felt UPS should continue its investigation and returned the box to the shipper.

NILES

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

4 Change of address scam (7000 Dempster)

A 63-year-old Morton Grove woman was contacted by the Harris Bank branch in the 7000 block of Dempster Wednesday March 2 after someone mailed a change of address card to the bank with the woman's account number and name. A quick thinking employee at the bank called the woman to confirm the request and discovered the woman never sent the request. The

PARK RIDGE

5 Retail theft (6100 Touhy)

A 24-year-old Chicago man was arrested for shoplifting after a store security guard at the Target store in the 6100 block of Touhy watched as the man placed three Sony Play Station memory cards in his pocket Friday night Feb. 25. The cards were valued at \$130.17. The man has a court date of April 7 in room 104.

6 Makeup theft (5600 Touhy)

A 27-year-old Park Ridge woman was arrested for shoplifting Wednesday night March 2 after a security guard at the Wal-Mart store in the 5600 block of Touhy watched the woman place makeup and packages of gum into her purse and leave the store. The items were valued at \$45.84. The woman was issued a citation.

7 Pants up leg (400 Golf Mill)

A 15-year-old Chicago youth was arrested for shoplifting Wednesday night March 2 after a security guard at the Sears store in Golf Mill watched the youth slide a pair of blue jeans up the leg of his baggy jeans and leave the store. The jeans were valued at \$21.24. The youth was released to the custody of his 20-year-old brother.

8 Printer cartridge theft (7300 Melvina)

A 41-year-old Evanston woman was arrested for shoplifting Thursday night March 3 after a store security guard noticed the woman remove two printer cartridges from the shelf and place them in her pocket. The cartridges were valued at \$44.00.

9 Guard smells something funny (5600 Touhy)

A 26-year-old Chicago man was arrested for shoplifting Saturday night March 5 after a security guard at the Wal-Mart store in the 5600 block of Touhy watched the man open a number of packages of air fresheners and place them in his pocket. The man was issued a local citation for shoplifting. The items were valued at \$34.29.

10 Not too sharp (8900 Greenwood)

A 19-year-old Park Ridge man must have been itching to shave before he was arrested for shoplifting \$84 worth of razor blades from the Dominicks store in the 8900 block of Greenwood Friday morning March 4. The man was issued a citation.

11 Decorating shoplifter (Golf Mill)

A 27-year-old Glendale Heights man with an eye for decorating jammed a shower curtain and a bed sheet down the front of his pants and was stopped by security at the J. C. Penny store after he passed the checkout counters Thursday evening March 3. The items were valued at \$114.99. The man will be able to share his decorating tips with a judge on April 7 in Room 104 in Skokie.

The following items were taken from official reports of the Niles Police Department for the week ending March 3, 2005.

12 Jewelry heist (2100 Birch)

Jewelry valued at \$10,000 was reported missing from a home in the 2100 block of Birch Monday Feb. 28. According to police the owners was not sure of the specific date the items were missing, but believed it happened between Feb. 14 and Feb. 28.

13 Jewelry heist (300 S. Lincoln)

Three rings valued at \$15,000 were stolen from a home in the 300 block of Lincoln sometime between Feb. 12 and Feb. 15. The owner of the home told police the rings were taken from a jewelry box.

14 Burglary (200 Broadway)

A home in the 200 block of Broadway was burglarized Friday night Feb. 25 after someone forced open the rear door.

15 Rash of car burglaries (200 S Rose)

1) A Sony in-dash stereo was stolen from a 1992 Nissan Pathfinder parked in the street Friday morning Feb. 25. Someone broke the right rear door window to enter the car.

2) A 1992 Honda Accord was burglarized Friday morning Feb. 25 while the car was parked in the 200 block of Rose. Someone broke a rear vent window to enter the car. A stereo valued at \$400 and an amplifier valued at \$400 were stolen.

3) A Kenwood stereo radio was stolen from a 1991 Toyota Celica parked in the 200 block of Rose Friday morning Feb. 25 after someone smashed a passenger window. The radio was valued at \$500.

4) A 1996 Honda Accord was burglarized Friday morning Feb. 25 in the 200 block of Rose after someone broke a rear passenger window. A car stereo valued at \$150 was taken.

5) A 1994 Honda Accord was burglarized Friday morning Feb. 25 in the 200 block of Rose after someone smashed a rear door window. An Audiovox radio-cd player valued at \$250 and 80 cds valued \$1,200

SUMMARY OF CRIME: Morton Grove

Theft -2
Possession of marijuana-1
Niles

Theft-7
Fraud-3
Park Ridge

Burglary-8
Theft-3
Vandalism-6
Arrests
Residents-3
Non residents-14

NEWS

Milwaukee corridor

(Continued from page 1)



will be beginning the planning process in Niles. The study will focus on a five-mile stretch of Milwaukee from the Niles-Chicago border to Golf Rd.

Goals for the study are to find ways to improve traffic, transit, the corridor's aesthetic both public and private and to facilitate reinvestment/redevelopment.

The Camiros firm has done a great deal of planning in the Chicago-metro area and told the Niles village board last month that they were looking forward to the Milwaukee study because they've had a chance to study large portions of the road both in Chicago and beyond Niles.

The Milwaukee Corridor has become a political issue as the local elections approach in April. When independent village board candidate Joe LoVerde announced last year one of the major issues he identified was the condition of Milwaukee, which he called "deteriorating."

The study, partially financed by a \$100,000 grant from the Regional Transit Authority (RTA) to look at ways to improve bus transit along the corridor, may eventually recommend new amenities like the bus shelters.

Taking Stock

Members of the Steering Committee for the Milwaukee Ave. study met for the first time last Friday to familiarize themselves with the subject area and each other. They will be working together with consultants to develop a transit and development plan for the aging commercial/residential area. After their meeting, members of the committee took a bus tour of Milwaukee Ave.

Photos by Andrew Schneider



Maine Township reports budget surplus

Despite a tough economy and declining revenues due to cuts-backs in federal and state funding, Maine Township ended its fiscal year on Feb. 28 with good news for taxpayers. The spending has been lower than expected. In fact, as the Township starts under the new budget effective March 1 there will be a small surplus of funds.

"Our fiscal position is good," states Township Supervisor Bob Dudyecz. "We have no debts and are seeing the real benefits of an ongoing austerity program started several years to reduce spending."

"Since 1992 we operate under tax caps and therefore cannot increase taxes without a voter referendum," he

said. "Thus, despite rising costs on nearly everything, we simply must do more with existing levels of revenue."

Dudyecz adds, "the Township continues to maintain its services, take care of our residents especially the needy, our young people, and especially our seniors, and move forward with planned building renovations."

In addition, the Township's Highway Department has worked diligently to bring its new budget in under last year's and amass a revenue fund as a hedge against unexpected weather mishaps, he added. "I commend the Highway Department and Commissioner Robert Provenzano for those efforts," Dudyecz said.

The budgets, which are adopted in

the spring of each year, set ceilings for allowed spending. The tax levies, adopted in December, determine the property taxes needed to meet the budgets.

"I am very proud of the combined efforts of the Township Board of Trustees and the entire Township staff for being so diligent with taxpayer funds," he said. "We are indeed doing our part to hold down property taxes in our community."

For more information on the Township's budget, its programs, and all activities, please visit www.maine-township.com or stop by Maine Township Hall, 1700 Ballard Road, Park Ridge, IL Monday-Friday from 9 a.m. to 5 p.m.

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HAVE YOU HEARD?

Mayor Blase proclaims March as Health and Fitness Month

In his Spring Message the Mayor invited all Niles Residents to join the Niles Family Fitness Center during the month of March.

In keeping with the Mayor's proclamation of March as Health and Fitness Month the Niles Family Fitness Center offers people fourteen years and older an opportunity to join the fitness center for a 7 DAY FREE TRIAL MEMBERSHIP.

Two new exhibits at MGPL

Two new exhibits are on display at the Morton Grove Public Library.

In the Lincoln Avenue Entry Display Case and in Youth Services Display Case, Susan Jahnke is exhibiting miniatures: a Mouse House, Bunny Hut, a Flower Shop, Circus Wagon, Fairy Garden, Toy Shop, Tea Party and a Fanciful Bathroom/Spa. Susan is a Morton Grove resident and is a member of the National Association of Miniature Enthusiasts.

Dick Shipley is exhibiting twenty four beautiful watercolor paintings in the Baxter Room. Dick is a resident of Glen Ellyn.

Both exhibits run through the end of March.

Chicagoland Pet Expo 2005 held Mar. 18-20

Head out to the Arlington Park Race Course, 2200 W. Euclid in Arlington Heights for the 13TH consecutive year of the largest Pet Expo in the Chicago area, The Chicagoland Pet Expo. It will be held Friday, Mar. 18, 2 p.m. to 7 p.m., Saturday, Mar. 19, 9 a.m. to 7 p.m. and Sunday, Mar. 20, 10 a.m. to 6 p.m.

The cost is \$9 for adults, \$6 for children 3-12 years of age and children under three are free.

The following are some of the activities that will be held at the Pet Expo.

FALL GUYS: "JOHNNY PEERS and the MUTTVILLE COMEX":

Meet these 15 talented mutts, most of whom were acquired from shelters, and watch Johnny, a former circus clown, play "fall guy" to them as they all exhibit comic timing and choreography. Peers and his mongrels, who are based in Florida, have done their wacky routines throughout the U.S. and on four continents, with a list of TV appearances that include Letterman, Seinfeld, Regis & Kathy Lee, and Primetime Live Travels with Harry. 2003 Animal Planet Pet Star Champion. Dates and showtimes: Friday, 3PM and 5P; Saturday, 11AM, 1PM and 4PM; and Sunday, NOON, 2PM and 4PM.

SALSA WITH A SPANIEL, TANGO WITH A TERRIER:

"DANCING WITH DOGS": The

World Canine Freestyle Organization will hold "Dancing with Dogs" titling events both days. Registered participants will dance choreographed routines to all types of music, and owners may direct their pooches by physical signs and voice commands only. Participants are judged in categories of Artistic Impression and Technical Merit. Fido not very light on his feet? No problem: there will be a special Dance Training Clinic Sunday morning, 9AM-Noon, advance registration required by going to www.petchicago.com. This workshop is open to the public, but your dog should already know basic commands before signing up for this workshop.

DOGS AS JOCKS: "FRISBEE DOG SHOW":

Trained by their owners, these dogs catch, fetch, and perform free-style tricks set to music. Extreme athleticism and teamwork make this fun and entertaining. Three shows daily: Friday, 4PM and 6PM; Saturday, 10AM, Noon, 3PM and 5PM; Sunday, 11AM, 1PM and 3PM. The Windy City K9 Disc Club will have world class Frisbee teams taking the stage to perform a variety of maneuvers with their dogs; catching a frisbee, vaulting, and back flips are just a few of the stunts the dogs will perform. There will be information on how to get your dog started with a frisbee as well as competitions.

"ALEX ROTHACKER AND HIS GUINNESS WORLD RECORD HOLDER ROPE-JUMPING DOG SWEE' PEA" as seen on national TV, including Letterman and Leno, perform their amazing show on Saturday, 4PM; and Sunday, 2PM and 4PM. Swee' Pea, trained for years by Rothacker, who also trains police dogs at his TOPS Kennel in Grayslake, Illinois, will perform a variety of tricks, including: jumping rope on all four legs, on two legs, and with other people, and hiding in a box when there is a trick she does not want to perform.

TALK TO THE ANIMALS:

"ANIMAL COMMUNICATOR KIM OGDEN" is an intuitive animal communicator. Like Dr. Doolittle, she talks to the animals and can tell you why your pet is not happy, how to improve your relationship with it, or why it exhibits certain behaviors. Ogden will demonstrate the seven steps of how to send messages to an animal and how to communicate with pets through exercises. People interested in a private consultation for a fee should bring a photo of their pet, not their pet. Ogden is the author of "Ask The Animals," and also has a CD entitled "Songs To Make Dogs Happy," which includes songs chosen after carefully monitoring 214 canine subjects and their response to various music.

Bethany Terrace staff work to bring new activities to Morton Grove Senior Complex

Laurie Longo of Bethany Terrace Nursing Centre in Morton Grove and Cathy Fine, MS, LPC, Case Manager/Counselor of the Morton Grove Senior Apartments came together in October 2004 to offer more in house activities at the senior apartments.

Bethany Terrace Nursing Centre started out by sponsoring a Bingo day with refreshments in the apartment complex Community Room. It was a success with several tenants showing an interest. Since then, Bethany Terrace has sponsored Bingo each month.

Aside from doing Bingo, Laurie Longo and Cathy Fine thought it would be fun to liven it up a bit. On February 16th, Bethany Terrace brought Jack Diamond, Vocal Historian, to do "Frank Sinatra-The Great Years/1939-1961". (Photo) The turn-out was great and the tenants really enjoyed the show, even asking several questions about Sinatra's life afterwards.

Bethany Terrace Nursing Centre and the Morton Grove Senior Apartments have built a relationship and are looking forward to continuing and enhancing that relationship.

1980 Winter Olympic 25th Anniversary

Congratulations to David Santee, Niles Park District IceLand Manager, who was invited to attend the 25th Anniversary celebration of the successful 1980 Olympics. The anniversary event took place at Lake Placid in February.

David skated competitively as a youth & teen. His hard work and dedication led him to placing 4th in the 1980 Olympics & 2nd in the 1981 World Figure Skating Championships.

The 25th Anniversary special joined many past winter Olympic athletes like our own David Santee, Scott Hamilton, Linda Fratianne, Tai Babilonia, Randy Gardner, Charley Tickner, Caty & Peter Caruthers, Steven & Phillip Mahre, Jim Craig & the championship 1980 U.S.A. hockey team. During a special presentation, David skated a group number with his former figure skating team mates.

Also part of the week long celebration was the dedication of the Lake Placid Skate Rink to the late Herb Brooks, the winning 1980 Olympic Hockey Coach.

When David returned to the Niles Park District IceLand Skate Rink, he shared his excitement and gratitude for being able to visit

Lake Placid again and see his many Olympic friends.

Please call IceLand (847) 297-8010 to learn more about Niles Park District Figure Skating and Hockey programs. There are programs available for all levels and ages. Also, coming May 13-15th is the annual Spring Ice Show 'Big Thunder Gulch, an Old Western Adventure' where 100 plus park students will come together for an ice skating extravaganza. David Santee will also skate during the show. Please call IceLand for Ice Show information and tickets.

Niles Park District wishes to congratulate David Santee and thank him for sharing his talents and experiences with Niles and the many lucky youth skaters whom he inspires.

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Angst over plan for 'fixing' Social Security

How would you feel if the fire extinguishers that you may someday need were only half-filled with retardant? You'd probably feel even more anxious if the seat belts in your car were frayed and the air bags were dismantled.

These are the sorts of images that come to mind when I hear many of the proposals being discussed for "fixing" Social Security. It makes me nervous when the solutions being batted around seem a lot spookier than what may ail the crown jewel of the New Deal.

President Bush has remained coy about what precisely he's got in mind. But it's clear that what the president dearly wants is to partially privatize Social Security with a dramatic restructuring of the system. On first glance, this can sound awfully appealing. After all, many people believe they could generate better returns on their withholdings than the suits who invest our Social Security assets in safe yet boring U.S. Treasuries. When working stiff like you and me look in the mirror, many of us would swear we see the financial superstar equivalent of a Russell Crowe or Julia Roberts peering back through the glass. It's this sort of endearing self-confidence that convinced our ancestors that they'd whip King George with an army that could comfortably fit inside the Rose Bowl.

In this case, however, excessive self-confidence could land us in a heap of trouble. Studies and surveys have repeatedly shown that many Americans are, at best, mediocre investors. Yet, despite this obvious handicap, workers have been forced to assume more responsibility and risk for their own retirement comfort. Many corporations have dismantled or drastically altered their pension plans. Workers are now under the gun to duplicate the benefits of a sure-thing pension by saving in voluntary 401(k) plans that require some degree of financial know-how. With little or no meaningful guidance on how you cut and paste a diversified portfolio together, too many workers resort to the enie-meenie-minie approach to investing.

But for Americans who messed up or simply never saved enough,

there has always been a sturdy backstop. Social Security checks land in their mailboxes regardless of whether their owners are investing klutzes. But if sweeping changes are ushered through Congress, workers will be asked to assume more risk on what has always been retirees' Rock of Gibraltar. Talk about pressure.

Frankly, whether you personally understand the principles of intelligent investing and could handle the task of managing a portion of your Social Security is not as important as the investing acumen of those around you. How many of you think your neighbors, colleagues, your college roommate and the guy who cuts your lawn could invest a piece of their Social Security successfully?

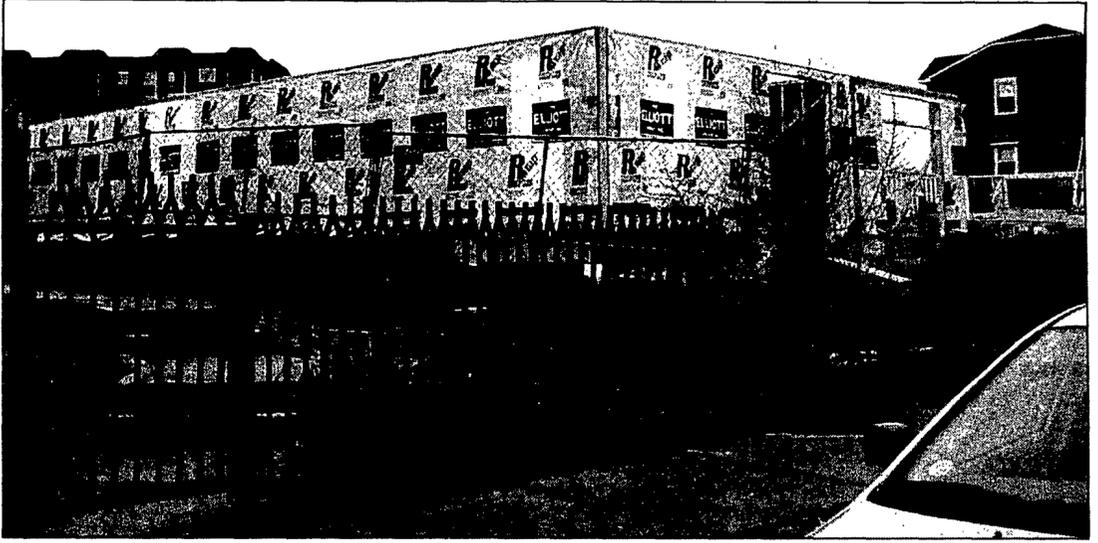
If our safety net is reformed into some version of Social Insecurity, there will undoubtedly be some winners, but it's the losers that I worry about. Do you think our politicians will turn their backs on the millions of Americans whose investment choices were dumber than dumb? And when the inevitable bailout arrives, I suspect we will all pay dearly for the mistakes of others.

It's obvious why raising the ceiling is appealing since most folks don't make anything approaching \$90,000. What's more, many will view the alternatives as downright Draconian. I have yet to run across anyone who is hoping that the 6.2 percent tax is ratcheted up for everybody. I also haven't bumped into anybody who is hankering for the government to force Americans to push papers, sweep floors, fix transmissions and wear out computer keyboards until they reach a much older age before qualifying for full benefits. And most people would probably prefer swallowing sawdust to seeing Social Security benefits being indexed to the rate of inflation rather than wage growth.

Ultimately, what is attractive about trashing the income ceiling is that it should work. If wealthier Americans paid full fare on their income - something the vast majority of people already do - the funding problem would vanish. In 2001, a bipartisan board appointed by President Bush concluded that lifting the cap, but not increasing benefits for the most affluent Americans, would eliminate the entire funding gap. If the top earners were given higher benefits to correspond with their greater contributions, 88 percent of the funding problem would be solved. How simple.

Lynn O'Shaughnessy is the author of "The Retirement Bible" and "The Investing Bible." She can be reached at LynnOShaughnessy@cox.net. Visit Copley News Service at www.copleynews.com.

Business Spotlight



Hard at Work

The last townhouses of the Elliot Builder's Woodlands project is currently under construction along Lincoln Avenue in Morton Grove. The sales trailer was taken down several weeks ago and the pace of construction is speeding up.

Mayoral Candidates to speak at the Park Ridge Chamber of Commerce luncheon

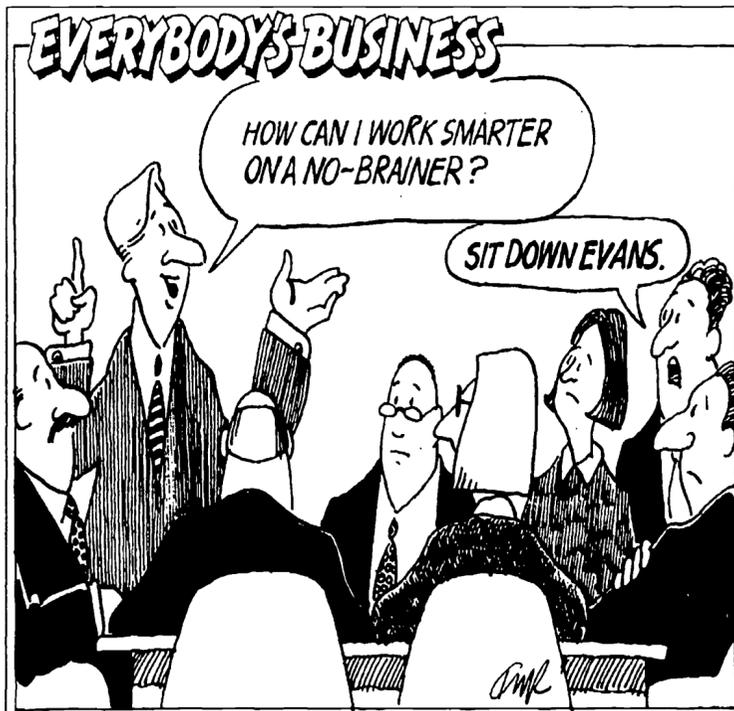
Aldermen Howard P. Frimark and Michael Tinaglia, candidates for Mayor of the City of Park Ridge, will speak at the Park Ridge Chamber of Commerce monthly luncheon at the Park Ridge Country Club on Wednesday, Mar. 16. The candidates will speak on the issues that they see facing the City of Park Ridge.

Their presentations will be followed by a question and answer period. This event will provide business people the chance to learn more about the candi-

dates' views regarding the various issues.

There will be the opportunity for networking before the luncheon from 11:30 AM - Noon, followed by lunch at Noon. The program will begin at 1:00 PM, and it will conclude at 1:30 PM.

For reservations, please contact the Park Ridge Chamber of Commerce office at 847-825-3121. The deadline for reservations is Monday March 14. The luncheon is \$25 in advance for Chamber members, and \$30 at the door and for non-members.



Calendar

- Saturday, April 9th
Niles Night of Roses Community Recognition Dinner
6:00pm - 12:00 Midnight
Chateau Ritz
- Monday, April 11th
Niles Chamber Business After-Hours
Salon M/3X Printing
7403 N. Milwaukee, Niles
- Wednesday, May 11th
Niles Chamber Business After-Hours
Harris Bank
7077 Dempster, Niles
- Tuesday, June 7th
Niles Chamber Business After-Hours
Dunkin Donuts, Baskin Robbins, Togo
7039 Dempster Street, Niles
- Tuesday, July 19th
Niles Chamber Golf Outing
11:30am - 8:30pm
Oak Meadows Golf Course
Addison, IL
- Wednesday, August 10th
Niles Chamber Business After-Hours
Radisson Hotel Northbrook
2875 N. Milwaukee, Northbrook

For more about these events contact the appropriate chamber:

- Niles Chamber:
(847) 268-8180
- Morton Grove Chamber:
(847) 965-0330
- Park Ridge Chamber:
(847) 825-3121

SCHOOLS

14th annual Spirit of Notre Dame auction Celebrates the first fifty years

Notre Dame High School is pleased to announce its 14th Annual Spirit of Notre Dame Dinner Auction, Celebrate the First Fifty Years. This 50th Anniversary event will take place on Saturday, April 16 at the new St. John Brebeuf Ministry Center located at 8307 N. Harlem Ave. in Niles and will feature dinner, dancing, silent and live auctions and a chance to win a 2005 Dodge Stratus.

Notre Dame is proud to turn 50 this year. It's time to celebrate and there's no better place to kick off the party than Notre Dame's major fundraiser. Join the Notre Dame community for this wonderful celebration of educating the mind and heart for a half century. Be there on April 16 at the St. John Brebeuf Ministry Center to blow out a few candles and wish Notre Dame the happiest of birthdays.

To attend, donate to or purchase raffle tickets for the Spirit of Notre Dame Dinner Auction, please contact Ann Rommsen at 847.779.8617 or register online at www.ndhsdons.org.

About Notre Dame

This year Notre Dame begins celebrating a half-century of building its mission of educating minds and hearts. Notre Dame, a Catholic, college preparatory school that shapes young men in the educational tradition of the Priests of Holy Cross, opened its doors to students nearly 50 years ago. In the fall of 1954, the school's first cornerstone was laid. Since then, the cornerstones of a Notre Dame education faith, scholarship and service have guided many in turning a corner.

Notre Dame/Resurrection band makes history at state of the art festival

Last month, with the State of the Art Catholic Band Festival on the horizon, Band Director Mike Wallace presented two choices to the Notre Dame/Resurrection Band. Remain at the Festival's Class A level, where the band had traditionally competed, and perform less complex pieces.

"Or we can challenge ourselves and try to become a better band," Wallace told the 47 members (31 boys, 16 girls).

The ND/Res Band chose the latter and the rest, literally, is history. At the Feb. 19 Festival, the band became the first one in the 25-year history of the competition to make the jump in class and win the championship on its first attempt.

Playing the challenging circus march, Comedian's Gallop, by Dimitri Kabalevsky and the intricate overture, Cajun Folk Songs, by Frank Tichelli, the ND/Res. Band also became only the fifth band to sweep the awards ceremony. In addition to capturing the Class AA title, the band also took top honors in the Best Brass, Best Woodwinds and Best Percussion categories.

"I'm proud of them for wanting to step up," Wallace said. "Their talents are starting to surface as they've begun to take more ownership and invest more time in it."

Senior Greg Romanowski (Chicago, 60656), who plays alto saxophone, and his fellow

musicians were in the bleachers at St. Laurence High School when the results were announced. As the ND/Res Band heard its name called ahead of second-place Nazareth and perennial powers Loyola, St. Rita and Brother Rice, Romanowski knew the band had made the right decision to challenge itself.

"It was exciting," Romanowski said, as he described the eruption of screaming that ensued upon hearing the judges' decisions. "I never expected we'd be in Class AA, but we didn't want to play the same old music."

"We weren't going there to win; we were going there to play. Once we started playing,

we kind of felt confident. We'd been playing the music for a while and had been working on the little details."

Wallace agreed. "I really do believe (winning) didn't matter to them," he said. "What mattered to them was going out and giving a wonderful performance."

Mission accomplished. Among other things, the three college professors who judged the competition based their decisions on intonation, tone quality and rhythmic accuracy. "It was a very encouraging performance," Wallace added. "It was a wonderful performance. It was definitely a step in the direction that we want to go."

Maine East holds International Fest

Maine East High School will host its 16th Annual International Celebration on Saturday, March 19 from 12:00 noon to 4:00 p.m. in the ABCD gyms. Sponsored by the SHADES of Maine East Club, the event will feature food and entertainment with an international flavor. Admission is free and food samples can be purchased with tickets sold outside the gyms. Polish, Chinese, Mexican, Greek, Indian, Korean, Filipino and other ethnic foods will be available. Entertainment will feature Indian, Serbian, Polish, and Latino dances, among others, as well as performances by the Mongolian Club, the French Club, the Maine East Rhythm Project and the Martial Arts group. Other attractions include face painting, a photography booth, posters and exhibits from for-

eign countries, and a Kid's Corner with free babysitting by Junior Leaders and Student Council.

This year, International Celebration will be held simultaneously with the 75th anniversary of Maine East. To celebrate the opening of the landmark building at Dempster and Potter in 1930, there will be an open house and reception in the school library. A special poster exhibit highlighting girls' sports from 1930 to the present will be on display and tours of the building will be given during the hours of the International Celebration. Community members, alumni, retirees, students and staff are all invited to celebrate these joint events. For more information, please contact Carol Gutekanst or Merrilee Andersen Kwilford at (847) 825-4484.



Children's Learning World students raise funds for Tsunami victims

Students at Children's Learning Montessori School in Niles held a fundraiser to benefit the victims of the Southeast Asian Tsunami in late January. The students tied it into a course of study on the "Needs of Man" to seriously consider

what those individuals needed. Students held a bake sale last week of January and were able to raise \$1,600. Individual students took responsibility to bring in baked goods each day of the week to sell.

SPORTS

THE BUGLE

Defeat by St. Pat's ends Wolves season 14-10

BY RYAN BISHOP rbishop@buglenewspapers.com

The Niles West Wolves basketball team had the odds stacked against them in their regional final game against St. Patrick. For one, the Shamrocks had defeated West 58-47 on their home court two weeks ago. This game would be played at St. Patrick's tightly packed confines where a hostile crowd was out in full force to support the 19-8 Shamrocks. The Wolves would have to cut down on the 19 turnovers they had in the first game to have a chance in this one.

The turnovers were cut down to 12 but the result was the same as Wolves ended their season at 14-10, falling 58-44 to the higher-seeded Shamrocks. Expectations were high this year for Coach Dave Genis and his pack of Wolves with starters Victor Colon, Sead Odzic and Jackie Hunt back from last year's regional champions. However, the team faltered down the stretch, losing two of their last three games-including their last regular season game against league champion Glenbrook South.

It was the Jason Genova show Friday night at the corner of Belmont and Central. The talented senior erupted for 29 points and 11 rebounds. Leading his team in scoring on the year at 16.1 points per game set the tone of the game by connecting on 3-4 three pointers in the first quarter en route to 11 points in the quarter. Hunt, playing in his last high school game, matched Genova point for point in the first four minutes of the game and finishing with six points in the quarter.

"Genova killed us with those three's in the corner to start off the game. We just couldn't stop him tonight," said Odzic, who finished with a team high 20 points. He's a patient player who looks for his shot. The whole team has a bunch of Genova's. They are really unselfish and they are just a great all-around team," he said.

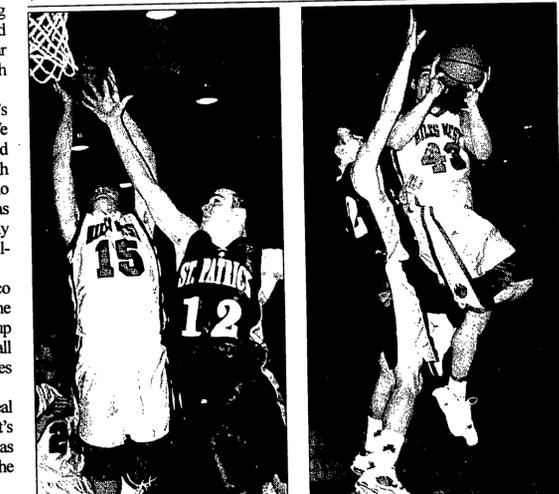
Sophomore guard Sam Maniscalco swished a long three at the end of the first quarter to put the Shamrocks up 16-11. Both teams took care of the ball in the opening quarter, the Wolves forced the only two turnovers.

Wolves inbounders players had to deal with the large contingent of the St. Pat's "stud section" screaming in their ear as the toga dressed students inspired the Shamrocks on the defensive end.

Odzic inched the Wolves closer at the half, hitting a baseline jumper to close the gap to 24-20. Maniscalco attempted another three-pointer at the buzzer, this one off the rim as Odzic grabbed the rebound. The Shamrocks opened up their biggest lead at 19-11 on a Patrick Gallaghy (11 points) three at the 6:37 mark. Switching to a zone defense, The Wolves held the



(Above) St. Patrick's Jason Genova (23) hoists the championship trophy after their victory over Niles West Friday night March 4, 2005. (Below Left) Niles West's Chris McKinney (15) pulls down a rebound over St. Patrick's Patrick Gallaghy (12) in the first half. (Below Right) Niles West's Victor Colon (43) drives for the basket against St. Pat's Michael Ventura in the first half. (Photos by Allen Kaleta)



Shamrocks to five points the rest of the quarter, forcing three turnovers and limiting the shooters to 1-5 field goals. "I thought that St. Pat's really shot the ball well and showed a great defense tonight. It is a tough place to play but we threw everything that we had at them. Give them credit for executing their game plan. They are a

good solid, fundamental team that plays great man-to-man defense. We just didn't rotate and communicate very well defensively. As a result they found the open man," said coach Genis. Seniors Odzic, Hunt, Jimmy Kane

Continues... WOLVES DEFEATED page 14.

Bowling Scores

Niles Senior Men Bowling League 3-2-05

TEAM STANDING

W	L
#8 Dr. Bello	40 16
#1 Seasons Hospice	39 17
#3 Semko	34 22
#4 FDR Post	31 25
#13 Alliance	31 25
#6 Colonial #1	30 26
#16 Malec	29 27
#11 Colonial #2	28 28
#14 RE MAX	28 28
#9 Niles	27.5 28.5
#12 Candle Light	27 29
#20 Northshore	27 29
#19 State Farm	26 30
#18 Skaja #2	26 30
#10 Skaja #1	25.5 30.5
#2 Callero + Catino	25 31
#5 Minelli	24 32
#17 Tram Car	23 33
#7 J.F. Barber	21 35
#15 Heatmasters	18 38

CATHOLIC WOMEN'S BOWLING LEAGUE

Bowled Wednesday, March 2, 2005

Points Won	Points Lost
Niles Dairy Queen	40 16
Bielinski and Bono Dental	33 23
Sandlelight Jewelers	30 26
Classic Bowl	25 31
Skaja Terrace	25 31
Funeral Home	16 41
NorthSide	16 41
Community Bank	16 41

High Series/High Games

Janet Trozzo	475/197
Millie Kroll	455/156
Sandy Panuce	452/162
Helma Drag	452/160
Linda Fahey	187
Lois MacAdam	178
Kay Pecoraro	168
Mary Wasilewski	166
Gerry Nowoczynski	160

"HOT SHOTS"

Alberto Odulio	601
Ken Itter	598
Joe Sapienza	597
Dan Stojek	597
Al Steegmuller	579
Tom Matson	564
Howard Rimm	553

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SPORTS



Niles West guard Steve Parmer (33) feels the wrath of the St. Patrick "Stud Section" as he inbounds the ball in the close quarters of the St. Patrick gym during their regional final game Friday night March 4, 2005. (Photo by Allen Kaleta)

Wolves defeated

five points the rest of the quarter, forcing three turnovers and limiting the shooters to 1-5 field goals.

"I thought that St. Pat's really shot the ball well and showed a great defense tonight. It is a tough place to play but we threw everything that we had at them. Give them credit for executing their game plan. They are a good solid, fundamental team that plays great man-to-man defense. We just didn't rotate and

communicate very well defensively. As a result they found the open man," said coach Genis.

Seniors Odzic, Hunt, Jimmy Kane and Co. will now pass the torch to an underclass group that returns forward Mike Majerczyk, Colon, Steve Parmer, guard Jamie Kriticos among others.

"The seniors have meant so much to this program. I told the underclassmen

that I hope they learn how to do things the right way like our seniors did. From the end of last season up until now, they have showed great leadership and can now pass that along to the younger kids," said Genis.

"I'm going to miss the competitiveness of the high school game and playing at places like St. Pat's. That's what it is all about. We have built a successful program here at West. We have more of

(Continued from page 13)

a tradition now instead of losing in the first round every year", said star senior Odzic.

It was an especially emotional night for Hunt, who finished with 11 points and seven rebounds. "This is the most fun I had in my four years here from the coaches to the players and the fans. We should have gone a lot farther than we did, but we were off on our shooting tonight," said Hunt

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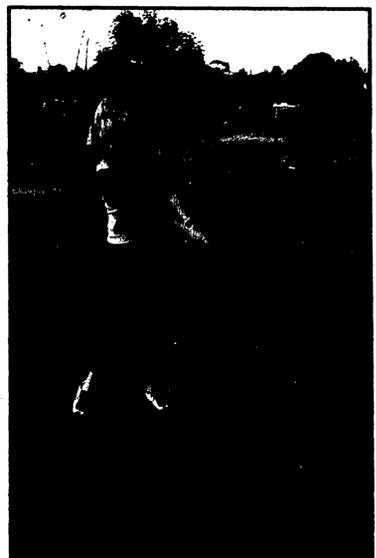
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Professional Golf Tips With Tina Mickelson

Watch the club hit the ball

Impact is the most important position in the golf swing, but the swing does not stop there. There are a lot of amateurs who quit at impact when they should be extending and accelerating through impact.

Many amateurs tend to get ahead of themselves at impact by either sliding or looking up - raising their head prematurely. A simple way to guard against this is to concentrate on actually watching the club face make contact with the ball at impact. If you are watching the club face contact the ball, there is no way you are looking up or raising your head. This will also keep you more centered over the ball, which will discourage the tendency to slide.



Contact Tina at: TinaMickelsonPGA@aol.com

Copley News Service/Tina Mickelson, PGA

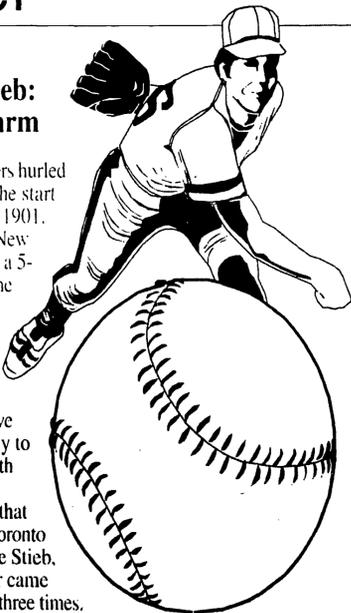
Photo by Paul Nasri

SPORTS FACT

Toronto's Dave Stieb: three times, no charm

There have been 204 no-hitters hurled in the major leagues since the start of baseball's modern era in 1901. Christy Mathewson of the New York Giants tossed the first, a 5-0 win in St. Louis against the Cardinals, July 15, 1901.

The most recent came on May 18, 2004, when Arizona's Randy Johnson blanked Atlanta 2-0 in Phoenix. Many pitchers have come agonizingly close only to see their gem broken up with two out in the ninth inning. Perhaps no pitcher has felt that particular sting worse than Toronto Blue Jays right-hander Dave Stieb, who in the span of one year came within one out of a no-hitter three times. On Sept. 24, 1988, Cleveland's Julio Franco broke up Stieb's bid with a bad-hop single. On Sept. 30, 1988, it was a bloop by Baltimore's Jim Traber, and on Aug. 4, 1989, the Yankees' Roberto Kelly doubled to end Stieb's bid.



Sources: The Sports Encyclopedia: Baseball 2005 and "Can a Deal Man Strike Out."

THE BUGLE

SENIORS

Thursday March 10, 2005

Morton Grove Senior News

ADVANCED BRIDGE LESSONS

In this 10-week class, John Krelle will prepare Bridge students for the world of advanced bridge. Come and learn when to be aggressive, when to be defensive and everything in between. Classes will be held on Thursdays from 9:30 to 11:30 a.m. starting March 17 in the Morton Grove Senior Center. The class fee is \$47 for Senior Center Members and \$56 for non-members. Please register in person at the Senior Center.

MAKING SENSE OF MEDICARE

Martha Kath, Medicare specialist from Alden Rehabilitation and Healthcare, will help seniors understand the Medicare Modernization Act, learn about new deductibles, make sense of prescription plans, and answer all questions about Medicare benefits. Please register for this free program to be presented at 1:30 p.m. on Monday, March 21 in the Morton Grove Senior Center by calling the Morton Grove Senior Hot Line at 847/470-5223.

DIABETES SCREENING

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

"UNDERNEATH THE LINTEL" SHOW

What does a Librarian do with a book that is 113 years overdue?? He endeavors to find the elusive culprit! See this entertaining play at

the Nobel Fool Theatre at the beautiful Pheasant Run Resort on Wednesday, March 30. Transportation, show and lunch featuring Lemon Sole or Roasted Pork Loin are all included. The bus leaves the Morton Grove Senior Center at 9 a.m. and returns at 5 p.m. The cost for the entire trip is \$68 for Senior Center Members and \$78 for non-members. This trip is filling fast, so please register in person at the Senior Center.

"E-MAIL" SEMINAR

Stay in touch with friends and family by learning to how to set up a free yahoo or hotmail electronic mail (e-mail) account. Morton Grove Senior Center Computer Instructor, R.J. Bruno will provide information on the tools needed to create and operate an e-mail either from home or a community computer like those in the Morton Grove Senior Center Library. This Seminar will be held from 10:30 a.m. to 12:30 p.m. on Saturday, April 2 and the cost is just \$10. Please register in person at the Morton Grove Senior Center.

TRANSPORTATION FOR VOTING

The Morton Grove "Seniortran" Bus will transport those needing rides to their polling place on Tuesday, April 5. Voters must be Morton Grove residents and their polling place must be in Morton Grove; know the location of their polling place when they call in; be Senior Center Members to ride at no cost (non-members pay \$2); call the Senior Hot Line (847/470-5223) for a ride reservation before April 4.

HIGH SCHOOL FINE ARTS

Maine East, Niles North and Niles West High Schools invite seniors to join in on numerous free school productions to be performed during the coming weeks. For details call the schools at 847/825-4484 (Maine East), 847/626-2000 (Niles North) or 847/626-2600 (Niles West). The events include: Niles West Spring Play at 10 a.m.

on Thursday, April 7. Maine East Jazz Concert at 7:30 p.m. on Thursday, April 14. Niles North Band Concert at 7:30 p.m. on Monday, April 25. Maine East Spring Play at 7:30 p.m. on Thursday, April 28. Niles North Vocal Jazz Performance at 10 a.m. on Thursday, April 28. Niles West Jazz Night at 7:30 p.m. on Friday, April 29.

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. Courses are now offered monthly in Morton Grove with the next course dates of Saturdays, April 9 and 16 at the Morton Grove Senior Center, and Tuesday, May 10 and Thursday, May 12 in the Prairie View Community Center. All classes begin at 9 a.m. The cost of the course is \$10. Call the Morton Grove Senior Hot Line at 847/470-5223 to sign up.

MOVIES AT THE MORTON GROVE SENIOR CENTER

Tim Rice and Andrew Lloyd Webber's first musical blockbuster, "Joseph and the Amazing Technicolor Dreamcoat" comes to video in this production starring Donny Osmond to be shown at 1:30 p.m. on Monday, April 11. The cost for the show is only \$5.00. Please register in person at the Center. "Under the Tuscan Sun," is a romantic comedy about a writer (Diane Lane) who starts her life over with a new home in a new land within the Tuscany region of Italy to be shown at 1:30 p.m. on Wednesday, April 20. The cost for the show is only \$5.00. Please register in person at the Center.

Maine Township Senior News

The following are some of the new classes, events, trips, 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.

"A ST. PATRICK'S DAY LUNCHEON"

Wednesday, March 16
Doors Open: 11:00 a.m.
Lunch served: 12:00 noon
Crystal Palace, 2648 Dempster, P.R.
Cost: \$13.00 members/\$14.00 guests and Fish Entree

Enjoy a traditional St. Patty's Day Lunch, starting with a Tossed Salad, Corned Beef & Cabbage, Boiled Potatoes and Rocky Road Ice Cream for Dessert.

Then you will try your luck at our first ever Super Bingo. We will provide over \$250.00 worth of Bingo Prizes for you to win. So, bring some luck with you and enjoy an afternoon with your friends.

PINOCHLE TOURNAMENT

Tuesday, March 22 12:00 noon to 4:00 p.m. Cost: \$5.00 members/\$6.00 guest
Enjoy fun and competition at this "Three Handed Pinochle" Tournament. Refreshments are served at 12:00 noon. Competition begins at 1:00 p.m. Newcomers are always welcome!

"AARP'S DRIVER SAFETY PROGRAM"

Mon. March 28 & Wed. March 30
9:00 a.m. to 1:00 p.m.
Instructor: Stanley Fukai, AARP
Cost: \$10.00* check made payable on the day to AARP

This two-part class helps you update your knowledge of age-related changes and rules of the road. Upon completion, your automobile insurance company will offer a discount. Six-County Senior Olympics 2005
Location: Park Ridge, and neighboring communities
Day / Date: Monday - Friday, July 18

-21
Fee: \$12 single day / \$18 unlimited days (some events require additional fees)

Ages: 50 years and older

This exciting event hosted by the Illinois Park and Recreation Association, is for athletes of all abilities and interests. Events include golf, tennis, bowling, swimming, biking, track & field, horseshoes, bocce and more. All participants will receive a 2005 Senior Olympics T-shirt, and medals will be awarded to the 1st, 2nd and 3rd place finishers in each age/gender category. Registration forms and a detailed schedule of events will be available after April 15 at your local Senior Center, or by calling (847) 692-3597. Senior Olympics is sponsored by Erickson Retirement Communities, La Salle Bank, and ManorCare Health Services & Arden Courts Alzheimer's Assisted Living.

Day Trips

The following Day Trips are 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.

CIRQUE DREAMS"

Banek's Restaurant & The Paramount Theatre in Aurora Sunday, April 17
10:30 a.m. to 5:30 p.m.
Cost: \$65.50 members/ \$70.50 guest

Treat yourself to a fascinating outing as we begin at Banek's Restaurant where your feast awaits you... Bread, Butter and House Salad with Dressings, a plate of both Chicken and Vegetable Shish-Ka-Bob, Sliced Sirloin of Beef, Roasted Potatoes and Vegetables followed by German Chocolate Cake for Dessert.

Now you are ready to enjoy Main Floor Seating for Cirque Dreams. This original and imaginative burst of color, costumes and amazing performance artistry, featuring an international cast of inventive acrobats and more... Don't wait. This is sure to be a big hit!

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Check out The Bugle's New Website at www.buglenewspapers.com

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SENIORS

Niles
Senior News

MARCH REGISTRATION
Drop Off Registrations advertised in the March Naturally Active were due at the Niles Senior Center Friday, March 4. Walk-in Registrations began Wednesday, March 9th. It's celebration time at the Niles Senior Center, for the over-90s birthday party - Friday, April 22, 3:00 PM - 5:30PM. Niles Senior Center is planning

a very special birthday celebration for Niles Seniors age 90 and over. The event will take place on Friday, April 22nd. If you or someone you know would like to participate in this wonderful celebration, please call the Senior Center 847 588-8420.

GOLDEN ANNIVERSARY CELEBRATION -
Thursday, June 2 11:00AM-3:00PM

Niles Couples, celebrating 50, 55, 60, and 65 or more years of marriage in 2005 are invited to Niles Senior Center's annual Golden Anniversary Celebration.

Niles couples, married in 1955, 1950, 1945, and 1940 or earlier are invited to be our guests at this annual event. This year's event will be held at the Niles Senior Center on Thursday, June 2, 2005, from 11:00 AM- 2:30 PM. Anniversary couples will be honored with a catered luncheon, formal photographs to mark the occasion, and entertainment by Niles Senior Center's Golden Notes Choral Group under the direction of Eleanor Kostelny. If you would like to be part of this wonderful celebration, please contact the Niles Senior Center at

588-8420.

MARK YOUR CALENDAR.
NILES SENIOR CENTER FLEA MARKET
Saturday, May 7th

Mark your calendar so you don't miss this popular event! Open to the public, Niles Senior Center's annual Flea Market will be held on Saturday, May 7th. Whether you come to browse or buy; you can find some great deals at the Center. Doors open 9:00AM - just remember, the early shopper has the best chance of finding some treasures. If you are interested in having a table,

please call the Center (847 588-8420) as soon as possible to check on available space.

HEALTH FAIR - Wednesday Morning, May 25th
Celebrate National Senior Fitness Day with us. You will have an opportunity to participate in a wide variety of free screenings, visit with exhibitors, and/or have some lab work done. More details will be available in early May.

Continues...

NILES SENIORS page 17.

Take charge of your retirement
A free seminar of retirement strategies

There is no time like the present to take charge of your retirement—regardless of how old you are, how much you earn, or how much you have already put away. How to take personal responsibility for your retirement years has become part of the debate about Social Security and its future that is currently being held throughout the nation.

A free seminar about what you can do to take charge of your retirement will be offered on Saturday, March 12, 2005, at 11 a.m. at Polish Women's Alliance, 205 S. Northwest Highway, in Park Ridge.

Professional investment and tax planners will be the speakers and you will have the opportunity to ask ques-

tions and obtain information about retirement options. Admission is free and refreshments will be served.

The presenters will be Barbara Miller, Attorney at Law, Registered Securities Representative, and National Treasurer of Polish Women's Alliance, and Robert Hughes, Certified Public Accountant and Tax Specialist.

Polish Women's Alliance of America, headquartered in Park Ridge, Illinois, was established in 1898 and has been offering insurance and annuity products to families for generations.

Come to the Seminar and learn how to secure your future. There is no time like now to take charge of your retirement!



Celebrate Spring with us!
Enjoy special treats, flowers,
and enter our raffle!

Wednesday, March 23
2:30 p.m. - 4:00 p.m.

Discover why Norwood Park Home is the choice of many older adults from our local communities! Also learn about the Norwood Park Seniors Network, our community outreach program!

Norwood Park Home
A Division of Nor-Wood Life Care NFP
6016-20 N. Nina Avenue • Chicago • 60631
Call Lisa at (773) 577-5323 with questions!

SENIORS

Morton Grove

"THE JOY OF AMERICAN ART"

This slide presentation of art from the Art Institute of Chicago includes American artists, from the Midwestern art of Grant Wood to the more modern and abstract art of Georgia O'Keefe, plus Mary Cassatt, Winslow Homer and others. Charlotte Hadley from the Art Insights program will present a broad spectrum of art, showing American lifestyles through the eyes of great artists. This free program will be held from 1:30 to 2:30 p.m. on Monday, April 18 in the Morton Grove Senior Center. Register by calling the Morton Grove Senior Hot Line at 847/470-5223.

"THE MUSIC MAN" AT DRURY LANE
When the fast talking salesman, Harold Hill comes to River City the sparks begin to fly on Thursday, April 21. And when Harold takes on Marion the librarian, the real fireworks begin. Brimming with infectious good humor and tunes that lift the heart, this musical comedy is family entertainment at its best!! Enjoy a lunch choice of Rotolo Di Pasta (tri-colored layers of pasta with fresh ricotta and spinach baked with a pink tomato sauce) or Roast

Sirloin of Beef.

The bus leaves the Morton Grove Senior Center at 10:30 a.m. and returns at 6 p.m. The cost is \$65 for Senior Center Members and \$75 for non-members. Please register in person at the Senior Center.

INCOME TAX RETURNS

On Mondays, Wednesdays and Fridays 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.

LOOKING FOR A FEW GOOD "WO" MEN

Any ladies interested in joining a women's-only Poker Club at the Morton Grove Senior Center? Look no further!!! There are some eager Poker players who would like to launch a new Poker Club exclusively for women. As soon as enough ladies sign up the group will embark on plan starting dates and times.

Please call Senior Activities Coordinator, Kathlyn Williams at 847/663-6127 if interested.

HOW DOES OUR GARDEN GROW?

Through the efforts of wonderful and caring volunteers, the Morton Grove Civic Center patio gardens have been one of the highlighted attractions for guests. Anyone interested in getting a little dirty and being a part of the beautiful blooming should contact Bud Swanson at the Center by calling 847/663-6110.

ONESIES, TWSIES, FUNSIES!

What is BUNCO???? It's a game centered around three dice and usually three sets of four players averaging a group of 12. A game of pure luck; no real skill is required other than rolling the dice in an upbeat and social setting. If interested starting a Bunco group at the Morton Grove Senior Center, call Senior Activities Coordinator, Kathlyn Williams at 847/663-6127. As soon as enough interest is generated, a group will be formed.

VIAL OF LIFE

No one ever plans for a medical emergency

(Continued from page 15)

to occur in his or her home, but being prepared for such an event can be essential, particularly for those who live alone. Certainly, the use of 911 is the most important tool in any emergency situation but there is an additional step that can be taken. The Vial of Life issued by the Cook County Sheriff's Office known as the "Helpful Emergency Lifesaving Packet" (H.E.L.P.) is now available at the Morton Grove Senior Center. The Packet contains a plastic vial, which will store medical and health history information that emergency personnel can access in the event of an emergency. If interested in a Vial of Life Packet, call the Morton Grove Senior Hot Line at 847/470-5223.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 847/470-5223. Membership in the Morton Grove Senior Center provides the following annual benefits: six bi-monthly issues of the Seniors in Morton Grove newsletter mailed to the home; free Diabetes Screening at the monthly Senior Center clinic; free passage on the Seniortran Bus for resident members; three issues of the Travelin' Times newsletter mailed to the

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We believe that every day is a new day full of promise, that each day should be as full as it can be. Each life celebrated."

Michelle Caldwell,
Special Care Unit Director
For a Tour and
Mini Box of Chocolates
Call (847)647-6400

Forest Villa
Extended Care
6840 W. Touhy Avenue
Niles, Illinois 60714

(Continued from page 16)

Niles

TRIPS AND ACTIVITIES
RIDGEVILLE BAND OF EVANSTON
RETURNS - Tuesday, April 26 5:00PM-8:30PM

The fabulous Ridgeville Band of Evanston will be back at the Niles Senior Center for another evening of classical and popular music. This all brass intergenerational band is a favorite here at the center. So be sure to get your ticket. Dinner featuring Mostacioli, Meatballs, and Italian Sausage, with salad, rolls, and dessert, will be served at 5:30 PM. This event is open to your non-resident friends of all ages. Cost \$12.

NILES SENIOR CENTER DINNER DANCE COMMITTEE VOLUNTEERS WANTED
It's time to plan our next Dinner Dance. Volunteers are needed to help in all facets of this annual Fall event. If you are interested, please join us at our introductory meeting on Thursday, May 5th at 10:00AM

NILES SENIOR CENTER OFFERS A

BROAD SPECTRUM OF HEALTH & WELLNESS CLASSES & SUPPORT GROUPS -For more detailed info call 847 588-8420
NILES SENIOR CENTER OFFERS FILING ASSISTANCE FOR SENIORS

Niles Senior Center participates in the AARP Tax-Aide Program. Qualified seniors can have their taxes and Circuit Breaker applications prepared free of charge. Due to the high demand for assistance at this time of the year, we ask that you call for an appointment whether you are seeking assistance with your Income Taxes, Circuit Breaker, or Senior Freeze applications. We cannot accommodate walk-ins.

NILES SENIOR CENTER RED HATTERS

You must be a registered member of the Niles Senior Center Red Hatters to register. Contact Kelly for more information on how to become a member (847 588-8420)

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TOWN TOPICS

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BINARY STARS

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By Charles Preston

ACROSS

- 1 Like foie gras
- 5 Former frosh
- 10 Gripper
- 14 Yucca's cousin
- 15 Library request
- 16 Kind of contract
- 17 Home for the Orangemen
- 20 Beam walkers

- 21 Unfriendly sort
- 22 "Star"
- 23 Guzzle
- 24 Having branches
- 27 Intensifies
- 31 Silent
- 32 Keep to oneself
- 33 Flagon filler
- 34 Sneez
- 35 Say "I do"

- 36 F.hrer's WWII partner
- 37 Forum farewell
- 38 Standards
- 39 Maid's concern?
- 40 Writes back
- 42 Uses Bartlett's
- 43 Sale term
- 44 Hunk of hay
- 45 Conqueror of Rome
- 48 Round-trippers

- 52 Garden State city
 - 54 The Wind in the Willows character
 - 55 Eldritch
 - 56 Erelong
 - 57 "___ sow, so shall..."
 - 58 Change, at the printer's
 - 59 Memory route
- DOWN

LIFE

EVENTS CALENDAR

GOVERNMENT

- Monday, March 14**
 -7 p.m. Morton Grove Village Board meeting
 -7:30 p.m. Park Ridge/Niles Elementary District 64 Board meeting
 -7:45 p.m. Niles Township High School District 219 Board meeting
Tuesday, March 15
 -6 p.m. Niles Park Board meeting
 -7 p.m. Niles Elementary School District 71 Board meeting
Thursday, March 17
 -7 p.m. Morton Grove Park District Board meeting
 -7:30 p.m. Park Ridge Park Board meeting
 -7:30 p.m. Golf-Maine Elementary School District 67 Board meeting

COMMUNITY

- Thursday, March 10**
 -The Morton Grove Woman's Club will meet at noon on Thursday, Mar. 10 at the Evanston Golf Club, 4401 Dempster, Skokie. The cost of the luncheon is \$17.50. At the short business meeting, President Louise Starzynski will ask members to vote on disbursements of the philanthropy donations of \$10,500 to various charities including \$4,000 for scholarships and \$400 for EPA-related donations. The program will also feature entertainment by a Barber Shop Quartet from the North Shore Harmonizers.
 -The Park Ridge Garden Club will meet on Mar. 10 at 7:30 p.m. at the Park Ridge Senior Center, 100 S. Western in Park Ridge. Guest speaker Cindy Tyley is the owner of the Carriage House Garden Design. She will discuss basic principles of design with a practical approach to applying these Design Principles to work in your garden or landscape. Guests are invited. For information call (773) 792-2158.
Tuesday, March 15
 -Lillian Gerstner, curator of the Skokie Holocaust Museum, will speak at the Morton Grove Historical Society meeting at 7 p.m. on Tuesday, Mar. 15 at the Morton Grove Public Library, 6140 Lincoln. She will discuss the current operation of the museum and plans for a new museum in the future.
Sunday, March 20
 -The Niles Historical Society will host Leslie Goddard on Sunday, Mar. 8 for a history of the country's candy capital, Chicago. The program is free and will be held at 2 p.m. in the Historical Society's building, 8970 Milwaukee. Many candies, such as Dove Bars, Pixies and Frango Mints will be spotlighted.
Tuesday, March 22
 -The Garden Club of Morton Grove will hold its monthly meeting on Tuesday, Mar. 22 at 7:30 p.m. at the Austin Park Field House, 8336 Marmora, Morton Grove. The program will be "Herbs, I have known and loved." It will be presented by Joan Keyes. It will be a lecture/demo and tasting fresh herbs. How to incorporate herbs into a flower bed is discussed. Samples of herb butter for tasting. Recipes will be handed out. The public is invited and admission is free. For more information, call (847) 966-4264.

Chef Harry presents Recipes for those who favor flatbreads

BY HARRY SCHWARTZ
 Copley News Service

Soft flatbreads, which used to be impossible to locate, are now available almost everywhere. From sun-dried tomato flavor to whole wheat, large, small, round and rectangular, they have become a staple. Soft flatbreads are based on lavash, a Middle Eastern flatbread used to make flavorful sandwiches. While they are great for wraps and roll-ups, they also have a lot of more exciting applications that extend their use as a low-fat and low-carb alternative to many recipes. They can also add some drama - as you will find in the recipes that follow. Let's give a toast to lavash!

FLATBREAD PIZZA
 6 anchovy fillets
 1/2 cup grated parmesan
 3 cloves fresh garlic
 1 cup tomato sauce
 1 teaspoon sugar
 1 large, soft flatbread
 1 small onion, sliced thinly
 2 cups mozzarella, shredded
 Yields 2 meal-size servings or 6 appetizer servings.
 In food processor or blender, blend anchovies, parmesan, garlic, tomato sauce and sugar until smooth.
 Place flatbread on cutting board



pan over medium-high heat and saute onions until golden and tender. Add vermouth and soy sauce and reduce heat to medium. Reduce heat and simmer until liquid has evaporated from pan. Stir in peppers and remove from heat. Place flatbread on work surface and arrange ham and shredded cheese on 1/2 of bread. Spoon onions and peppers evenly over ham and cheese. Place slices of Munster over onions and fold uncovered 1/2 of flatbread to enclose. Oil hot griddle or skillet with thin coating and place sandwich flat on griddle. Reduce heat to medium-low and slowly brown sandwich on both sides while melting cheese, about 6 or 7 minutes per side. Cut in 1/2 and serve.
 Harry Schwartz is author of "Star Grazing," companion cookbook to his public television series. Visit his Web site at www.chefharry.com or send questions and comments to him at Copley News Service, P.O. Box 120190, San Diego, CA 92112.
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LIFE

Today's Lifestyle

Cleaning up after kids can be child's play

R.J. Ignelzi
Copley News Service

Jimmy's in the TV room drawing a picture of a horse. On the wall. With a Crayola marker.

Tiffany's in her bedroom emptying, for fun, the contents of her drink box onto the carpeted floor. Hi-C. Fruit Punch.

Billy's in the kitchen tap dancing. In his black-heeled Sunday school shoes. On white vinyl.

Homes with children living in them tend to be a challenge to those who prefer walls without crayon drawings on them and carpeting that is mostly free of fruit punch stains. We consulted a couple of sources - cleaning expert Susan Taylor, an extension educator with the University of Illinois' Office of Extension and Outreach, who also hooked us up with the office's informative and helpful Web site; Consumer Reports' "How to Clean Practically Anything," a paperback book available at bookstores for \$11.95; and the makers of Crayola crayons.

Taylor offers some suggestions before we get into the specific messes.

"I think one of the key things to keep you ahead in the cleaning game is to gather all your products and supplies together in a single tote so you don't waste time going back and forth retrieving things," Taylor said. "Maybe even have two totes, one for the upper level of the house and one for the lower level."

And while you won't be able to train your children not to drop ice cream on the floor and not vomit on the love seat, there are things a parent can do to involve them in the household chores.

"Small children are part of the family and can help out around the house," Taylor said. "They can fold towels and pick up their clothes and put toys and other items in their place. And anytime you don't have to do something they have already done is time saved."

Here are a few common messes and some handy solutions to the clean up.

GUM ON ANYTHING

"Chill with an ice cube and scrape off what you can," suggests Consumer Reports. "Blot with citrus solvent. Or apply a teaspoon of extra-strength BenGay to gum, heat with a hair dryer and pick off residue with polyethylene (not PVC or Saran) food wrap. Then blot the area with a detergent solution and rinse with warm water."

And Consumer Reports debunks a household cleaning myth. Do NOT use peanut butter to remove the gum. It could make the problem worse.

CRAYON ON WALLS

This tip comes from some real experts, the people who make Crayola crayons. They say you'll need a sponge and soft cloth,



warm water, liquid dishwashing detergent and, the surprise ingredient, a can of WD-40. "Spray the surface to be cleaned with WD-40 and wipe clean with a soft cloth. If residue remains add liquid dishwashing soap to water. Wash the surface with a sponge working in a circular

motion and rinse," Crayola recommends.

CRAYON IN CARPET

This tip comes from the extension's Web site, www.solutions.uiuc.edu:

"Scrape off surface wax with dull knife. Cover stained area with several layers of paper towels and press lightly with a warm (not hot) iron until all wax is removed. Be careful not to melt fibers with iron. Shampoo, let dry, then vacuum. Some colors, particularly red, may leave a dye stain that is difficult or impossible to remove. Try applying a dry-cleaning solvent according to the product directions. Blot using clean towels as long as color is removed. (Test cleaning fluids in inconspicuous area to make sure carpet coloring is not removed.) Shampoo to remove dry-cleaning solvent." Or leave stain untouched and put a potted ficus tree on top of it.

MUD

Treat stains as soon as possible after staining, the extension recommends. The older the stain, the more difficult it will be to remove. If the stain dates back to the Ford administration, it might be time for new carpet.

"Scrape up as much mud as possible and allow residue to dry completely. Vacuum well, then shampoo. Let area dry and vacuum again."

SCUFF MARKS AND OTHER STAINS ON VINYL FLOORS

This tip comes courtesy of Consumer Reports:

"Sweep a vinyl floor regularly to cut down on the need for washing, and occasionally use a mop lightly dampened with water only. To remove visible grime, add some mild detergent to the water, then rinse with clear water. Use a water-based polish, if desired. If the floor yellows, strip the polish and reapply. Remove shoe scuffs with baking soda on a damp cloth or sponge. To take care of a new or fairly new no-wax floor, use a plain damp mop or a little detergent followed by a rinse. When the floor really needs a polish, choose a no-wax floor-cleaning product or a combination cleaning and polishing product recommended for no-wax floors. Be sure to rinse off combination cleaners after use."

URINE OR VOMIT ON WASHABLE FABRICS

More advice from the extension Web site:

"All stain removal methods should be applied prior to laundering washable garments. Stains that have been laundered and dried are almost impossible to remove. Soak in a product containing enzymes. Some laundry detergents contain enzymes. Launder using bleach safe for fabric."

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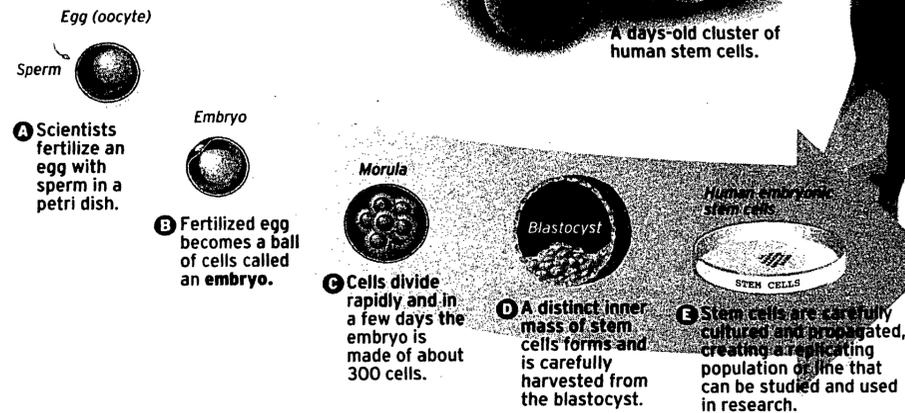
DISCOVERY

How to build a stem cell line

Stem cells are the foundation cells for every organ, tissue and cell in the body. A stem cell line is a population of stem cells that can replicate itself for long periods outside the body. Though many lines have been developed in recent years, only 22 can be studied with federal funds. California's Proposition 71 promises to boost the number of stem cell lines available to researchers.

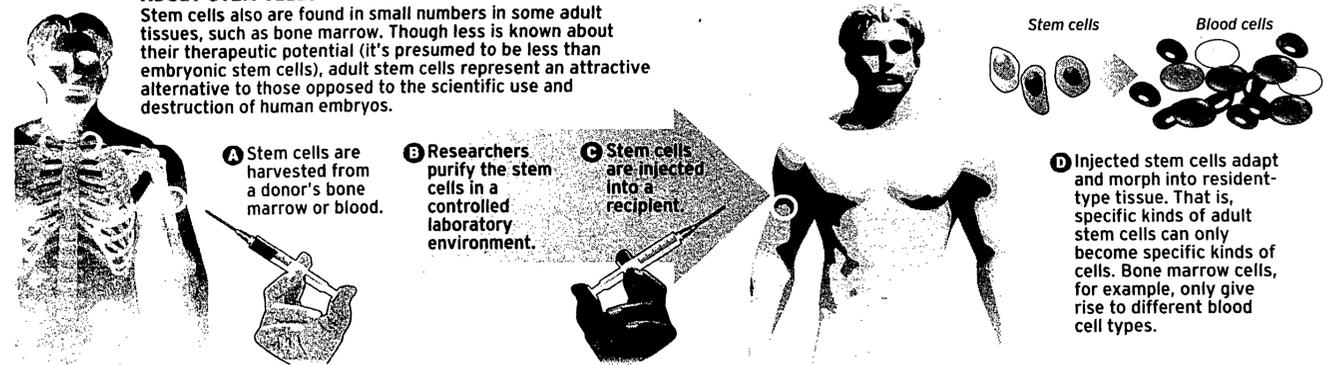
EMBRYONIC STEM CELLS

This is the gold standard of stem cells, capable of becoming any type of cell. To start a human embryonic stem cell line, researchers first need source material, usually excess embryos donated for that purpose by fertility clinics and couples who have undergone in vitro fertilization.



ADULT STEM CELLS

Stem cells also are found in small numbers in some adult tissues, such as bone marrow. Though less is known about their therapeutic potential (it's presumed to be less than embryonic stem cells), adult stem cells represent an attractive alternative to those opposed to the scientific use and destruction of human embryos.



CONSTRUCTION ZONE

An actual stem cell line resembles a liquid layer cake inside a petri dish.



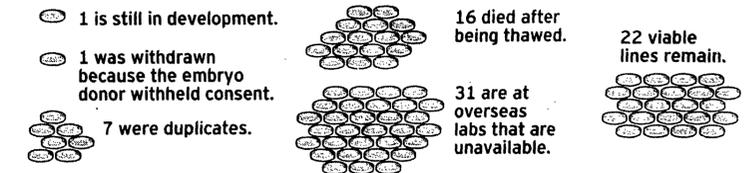
The top layer is the culture medium: a cocktail of water, nutrients, growth factors and other ingredients needed to keep stem cells alive and thriving.

The second layer consists of stem cell colonies.

At the bottom is a layer of fibroblasts or feeder cells that provide physical support and secrete factors that help keep stem cells from differentiating into specific cell types.

WHAT HAPPENED TO THE ORIGINAL 78 STEM CELL LINES?

The Bush administration's controversial policy provided federal funding only for research with 78 embryonic stem cell lines developed before 2001. Now only 22 of those lines have federal approval, and recently researchers said all are contaminated with foreign molecules that would make them risky to use in humans.





REAL ESTATE

THE BUGLE

Thursday March 10, 2005

BY ROSE BENNETT GILBERT
Copley News Service

Decor Score Brighten your kitchen with skylights

Q: How can we give our new kitchen an Arts and Crafts ambience? It's an add-on that will overlook some pretty terrific views, so we don't want to use stained glass like some of the windows in the rest of the house. Also, can we use a light-finish on the hardwood floors in the kitchen and adjoining dining area? The rest of the house has dark oak floors, but with all the windows in the new kitchen, we want to make the most of the light.

A: Then let there be light - daylight from the windows, reflected light from light-colored floors, even light from above, if you borrow an idea from the kitchen we show here and include skylight windows in your plans.

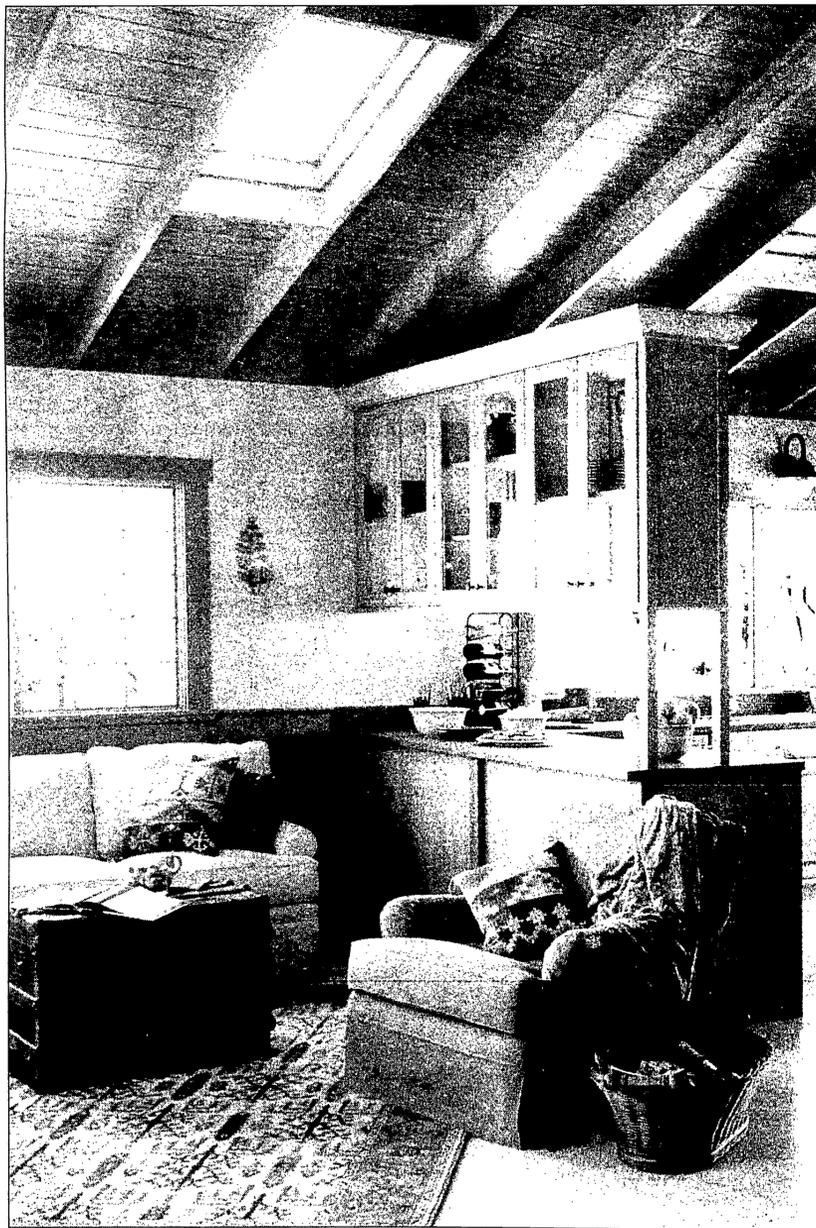
In this wood-warmed addition, space flows from the kitchen work area into a seating area, defined and softened by the area rug on the bamboo floor (it's laid on the diagonal to infuse a gentle bit of visual energy).

The line of demarcation between the kitchen per se and the living room is an almost free-standing cabinet with doors that open on both sides. It also serves as a handy pass-through. Made by Wood-Mode, the cabinets are almost Shaker-simple, a look that would dovetail nicely with the woods in the rest of your Arts and Crafts home. Here, the simple cabinetry works well with the open rafters in the wood ceiling high above. To keep it from looking too high, the designer, John Troxell Jr. of Wood-Mode, ties things together with that tall, rather dramatic exhaust hood over the work island, and brings more wood up the wall to chair-rail height.

(Good resources for a wealth of other kitchen ideas: the Design Gallery at www.wood-mode.com and inspiration/information offered by the National Kitchen & Bath Association, www.nkba.com.)

Q: Can your home office be hazardous to your health?

A: Yes, warns Asher Derman, Ph.D., a professor of architecture and design whose firm, Green October LLC has been involved in many eco-savvy building projects in New York City. Derman also lives in New York, where half the residents may work out of their own apart-



ments, so he knows whereof he speaks when he lays out a checklist of such hazards as crippling chairs, polluted air and poor lighting. In most corporate offices, the work environment is designed by professionals who comply with strict codes "so you are protected

better than you might be when you set up an office in a home environment," Derman explains. Threats on his worry list include:

- Carbon monoxide and radon fumes from the house itself (dual-purpose detector-alarms are available)

- Mold, mildew, dust and animal dander in the air (get a good vacuum with a HEPA - High Efficiency Particle Arresting - filter)

- VOCs - Volatile Organic Compounds - which Derman says can be largely avoided if you look for key words like "low-odor" on the label of paints and other finishes.

- Insufficient lighting (to maximize utilization of daylight, you should locate your desk no further from the window than 1.5 times the height of the window, for example, 6 feet away from a 4-foot high window. Supplement with effective task lighting).

Most important - and often overlooked, says Derman - is a good quality desk chair, one that lets you adjust the height and depth of the seat, the height of the arms and offers the right support for your individual back. It should also roll easily and refuse to tip over. "Your chair is your command-central," he reminds.

"You may be spending eight hours or more in it, so you have to be comfortable, if you're going to be productive all that time."

Ergonomically designed chairs don't come cheap. For example, the renowned Leap Coach chair from Steelcase costs between \$1,200 and \$1,500. A professional tip from Derman: scope out the offerings at stores that re-furbish and re-sell used office furniture, including ergonomic chairs (for example, Office Furniture Heaven, www.officefurniture-heaven.com).

A man who practices what he teaches, Derman thinks so highly of office chairs that he not only has a pair in his own home office, he uses six more around his table as dining chairs.

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

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By David Finkel
For News USA

(NUI) -

Selling a home can be difficult. But by employing the right tactics, you can find a buyer who's willing to pay the price you want.

Here are four tips to help you sell your home for top dollar:

* Create competition for the property. Create an environment where multiple buyers are competing to buy. Stack appointments to show the house in a narrow window so that several buyers are at the property at the same time. This strategy taps into a buyer's fear of loss, the single greatest spark to get a buyer to buy now.

* List it with the very best agent in the area. Interview agents and choose one who has a record of selling homes for a high percentage of the listing price. You should interview at least three agents, ask for referrals and ask for proof of their ability to do what they say they can do. Get in writing what the agent will do to market the house. Be clear that if the agent doesn't live up to his or her promises, you want the option of canceling the listing.

* Set the right scene in your house. Make sure the house is bright, clean and open. Get the temperature right, and make sure the house smells nice. The three most important views of the house are the view from the front curb at the front of the house, the view at the front door, and the view at the front entranceway when someone

first walks into the house. The combination of these three views gives the prospective buyer his or her first impression of the house.

* Spend money for the upgrades that buyers want most. Before you rush off to make repairs in the property or pay for expensive



Make sure it's a good one.

To improve the front view, use flowers with color and ensure the front porch looks tidy. The door should be either freshly painted or brand new.

The kitchen and master bedroom deserve special attention. Simple things like new hand towels in the bathroom or fresh flowers in the kitchen go a long way.

upgrades, tour five or more homes of similar value that are selling in your area. See what final touches are popular with actual buyers. For example, a Jacuzzi tub can be an important feature on homes in certain price ranges but can be a waste of money in others. The key is to ensure upgrades generate at least twice their cost in the home's final selling price.

Tips to increase the value of your home

(NUI) -

When it comes to new home upgrades, there are thousands of options. That's why choosing upgrades can be a daunting task for home buyers as they try to fulfill their desire to infuse their own personal style into their new home - and at the same time maximize its appeal for resale.

Whatever the motive, experts say that real wood finishes are one of the best options for personalizing your space and creating a showplace that will stand out when it comes time to sell the home.

"Tour model homes and scan real estate sections and you'll see that builders and realtors frequently feature real wood finishes to help attract prospective buyers," said David Fanale, Century 21 broker with Eudan Realty in New Jersey.

Continues...

INCREASE VALUE page 25.

REAL ESTATE

Four tips to sell your house for top dollar

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HOME HOW-TO

Give cabinets a facelift

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SELECTION
Available in prefinished products as well as ready-to-finish, paintable or laminated options. Several of the more popular include:

Walnut	Fir	Red oak	Honduran mahogany
Beech	Zebra wood	Ash	Maple

Copley News Service / Pete Chenard

REAL ESTATE

A greener view

Birds and windows: bad combination

Jeff Rugg
Copley News Service

Q: What can I do about birds banging into my windows? This has been going on for months. It's the same two birds. One male, one female. If I close my inside shutters or draw the blinds, they still manage to find a stained-glass window to attack. They circle my house and go to any window that isn't closed up in some way. They don't fly from a great distance. They will sit on a ledge or a tree I have in front of the window. They attack it with their beaks. It's a big problem - and the crazy part of it is that it is not just one window, it's all the windows of my house. If there are any suggestions, I would appreciate it.

A: This is a common problem in the spring. The birds think they are defending their territory against the intruders they see in the window. It typically lasts as long as they are nesting and raising young and if you are in the South, it might be for multiple nesting times. It could last a few days or it could last for months. If there is any way to block the reflection, that will work the best at deterring them. If not, hanging strings and strips of cloth outside the windows might work. They have been known to attack reflections in the chrome on cars and car mirrors and windows of all types. Cardinals are especially bad at this, but many species will do it. They might be distracted from the windows in your house by placing a small mirror outside. It won't stop them from defending their territory, but it could give you some peace and quiet.

Q: We have a white flowering clematis growing on a split-rail fence on the north side of our property. Although the pink flowering variety planted several feet west of this specimen does well, the white one grows vigorously in the spring, sending out a good vine and flower heads, but diminishes rapidly just at the time the flowers would normally bloom. The leaves of the vine tend to go dark, then blacken. I have noticed small bugs, presumably aphids, in the one or two flower heads that have been fortunate enough to bloom. The blooms are

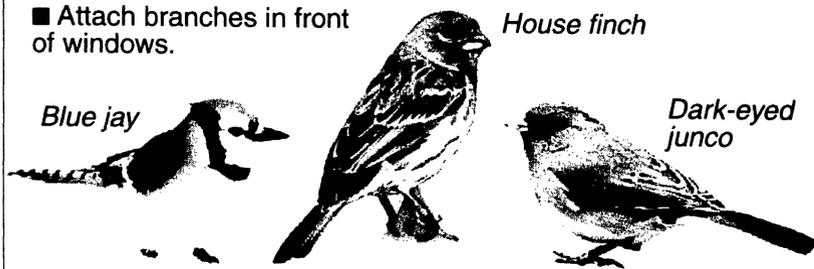
GARDEN TIP

Safeguard windows from birds

Each year in the United States, as many as 100 million birds die or are injured when they fly into glass windows. Try some of these ideas to make your windows safer:

- Relocate feeders and other attractants.
- Attach hanging objects to deter birds.
- Avoid apparent visual tunnels (bright windows on the opposite wall from your picture window).
- Reduce reflections with trees or awnings.
- Break up external reflections with stickers or plastic wrap.
- Cover windows with netting.
- Disrupt reflections with spray-on materials or soap.
- Install windows tilting downward.
- Attach branches in front of windows.

Window-hounding birds



Copley News Service / Pete Chenard

double.

We have concluded that this vine needs to be dug up and destroyed,

however, just wondering if you feel it is a problem with the variety or could it be something we need to

deal with in the ground.

A: Some individual plants just don't thrive where they are planted and

need to be moved or removed. I would first look to see what subtle difference there might be in the landscape that could be causing the problem.

Is there more or less soil moisture caused by a difference in grading? Is there a difference in the number of hours of direct sunlight caused by the house shadow or a tree? Is there a problem with salt damage from snow shoveling? Anything that can be discovered through this investigation that can also be corrected might be enough to allow the plant to stay where it is at.

Or, it might give enough information to help in finding the best location for transplanting. It also could help determine a better plant for this location. If you do decide to get rid of this plant, it would be interesting to try another specimen of the other variety just to see if it does well or if it too dies.

There are some leaf and stem diseases that affect clematis. Some clematis are more susceptible, but it is hard to find any information on most clematis to see if they are resistant. I like clematis, but not so much that I would put up with a sickly one.

Q: We live in Northern Virginia and have three different bittersweet plants that came from Vermont. One is evidently female as it has had very few berries. The others are newer and none seem to even have blossoms. It took me forever to get the bittersweet plants. Is there any hope?

A: How long have the vines been in the new location? Vines especially, but many other plants also, often need a year or two to get established before they begin blooming. If they are new, then have a little patience and see what happens.

It is OK to use some starter fertilizer when planting, but be careful to not overdo it with a fertilizer that promotes new leaves. Any fertilizer with a high nitrogen content may contribute to new vine growth, but it also inhibits flower bud formation.

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

Flushing money

"Hardwood floors, solid wood built-ins and maple cabinetry are some of the key features that stand out both in person and in newspaper listings."

According to Fanale, these wood upgrades have timeless appeal and enhance a home's long-term livability.

"When it comes time to sell, these features can help increase

foot traffic from prospective buyers and, ultimately, help fetch a higher sales price," he said.

Wood also carries other benefits. Studies have shown that wood floors can actually make your home environment healthier because they don't trap dust and mites, a leading cause of indoor allergens. Plus, wood flooring is a bigger investment

initially, but the payoff is that to refinish them costs about \$2 per square foot, while alternate choices must be completely replaced every five to 10 years at a cost of up to \$12 per square foot.

Fanale offers the following tips for home buyers hunting for the right upgrades package:

* Consider builder upgrades that

"look great and work hard" - wide baseboards and door trim are attractive details that help protect walls from wear and tear. * Include every room when it comes time for choosing hardwood floors. Even in bedrooms, solid hardwood flooring is popular today.

* Consider doing it yourself to make the project more afford-

(Continued from page 23)

able. * Rely on the professionals for more complicated jobs. If you've never installed a hardwood floor, your builder can help to ensure that the job is done right from the start.

According to Fanale, the bottom line is that "the home with those 'little extras' will sell faster than the sparsely appointed one."

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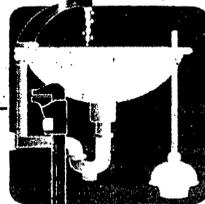
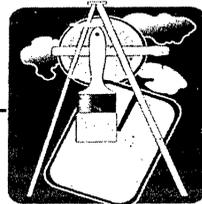
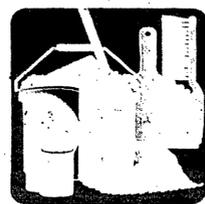
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- **Deck.** Replace any loose nails and warped or rotting boards.
- **Screens and windows.** Fix any torn screens and replace loose caulking.
- **Outside pipes.** Repair any that might have been damaged by the cold weather.

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